

# Heartbeat



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Issue 19

## Students hit the slopes, literally, ahead of Austria



Our sporty students have been gearing up for this month's ski trip to Austria by getting in some much needed practice on the dry slopes at Runcorn, *writes PE's Mr Burke.*

Led by instructors John and Dan, each group has spent an hour going through some basic skills and exercises that will stand them in good stead when they venture out onto the real snow on the slopes of the Salzburger Sportwelt in Austria during half-term.

Each Monday night, the shrieks of excitement and howls of laughter have been filling the air as our students try and master the challenge of skiing for the very first time on an artificial ski slope.

As is always the case, there have been many spectacular falls and crashes as they realise that skiing is not as easy as it may look when watching the experts on Ski Sunday.

The one hour we spend going over the absolute basics is absolutely crucial to ensure our students make the most of their week in Austria.

They will learn how to put their boots and skis on correctly. They will get plenty of practice coming down a gentle slope and carrying out some fun exercises that will build up their confidence. They may even learn how to stop - although this isn't always the case. Above all, they will have great fun. Will Weekes (9D) said after his session; "It was such a good laugh. If I'm honest, I was a little bit anxious at the start but now I can't wait to get to the real snow in Austria."

Ben Monaghan (9C) said "I had quite a few falls to begin with and it was really funny because I wasn't the only one."

This was echoed by David Spencer (9C), who said, "It was really good fun. Loads of

us weren't very good initially and we crashed into each other and fell over quite a few times.

"The instructors were great and by the end of the session I felt much more confident

### News in brief

Dry ski sessions take place at 5pm in Runcorn today. The French Exchange trip takes place this week. The 6th Form Film Night takes place at 5.15pm tomorrow in the Drama Studio. Also tomorrow, there is a meeting at 6.30pm in St Edward Hall for the parents of those students going on the Paris netball trip. Year 9 Consultation Evening takes place on Thursday and, finally, on Friday, there is a meeting at 8.50am in the Drama Studio for those students going on the Prague trip.

# Lower Site dancers are loving life in wonderland



Eight of the College's Lower Site students could have big futures ahead of them in the world of dance and ballet.

Abbie Ford (8R), Isabelle May (8T), Sian Bonner (8T), Abbie Holme (7C), Holly Martin-Bell (7T), Mya Stock (8E), Millie Murphy (8C) and Hannah Martinez (8C) have, between them, already performed to sell out crowds in some of the UK's top theatres.

The most recent performance saw seven of the eight wowing audiences in the Liverpool Empire Youth Ballet's production of Alice's Adventures in Wonderland last month.

The only one of the talented troupe not involved in that production, Holly, is no slouch herself, having appeared in the English Youth Ballet's production of Coppelia – beating 100 other dancers in her age category to the part.

As well as those two productions, their combined list of credits makes for impressive reading. Between them, they have performed in; Seussical the Musical, Peter Pan, Cats, Sister Act, Bobby Dazzlers and the Liverpool Echo Carol Concert.

The girls all say they started dancing between the ages of two and three and their dedication is clearly paying dividends, as the roles keep rolling in, which is exactly what Abbie Holme wants, she said: "We have all had a lot of fun performing for big crowds and we are hoping to do more."

Despite their young ages, nerves do not seem to be a problem and there is a great unity between the girls who are clearly enjoying their experiences together, Abbie added: "We don't seem to get nervous; we just go out and enjoy it. It is nice that there are the eight of us. We all have a lot in common and enjoy sharing our experiences."

## WP thank you for charity work

Staff at Waterloo Partnership (WP) have written to the College to thank staff and students for a donation of more than £600.

Staff and students raised £617.88 for the WP, which will be used to aid the battle against the outbreak of Ebola in Waterloo, Sierra Leone.

Last month, WP Chairman, David Lloyd, sent the school a certificate of thanks for the donation, while Hon. Sec, Linda Nye, in a letter to the College, praised

the charity work, explaining that the donation comes at a 'critical' time. She said:

"I would like to send a big thank you to all the staff and pupils at Sacred Heart

for their fundraising for the charity's Ebola appeal and for the generous donation of £617.88.

"This is a very critical time for our partners in Waterloo, Sierra Leone, as they try to cope with the devastating Ebola outbreak.

"Our Ebola emergency fund is used flexibly to provide food for Ebola orphans and some of the hundreds of people who are quarantined at home for three weeks or more.

"The assistance we are now able to provide through your generosity also gives some reassurance to the community there that we are not going to abandon them and walk away. Your kindness will be greatly valued by all who will benefit from it."

