

# Heartbeat



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Issue 5

## New cultures explored at trip to local synagogue

As part of the National Open College Network (NOCN) studies, our Year 13 students visited the Old Hebrew Congregational Synagogue in Liverpool. The visit gave the students an opportunity to learn about the history of Jewish life in the city, the importance of the synagogue in worship and the role of the Ten Commandments. Among those accompanying the students was Head of RE, Mr Moorhead. He said: "In an age of religious intolerance, it was very important for the students to gain an accurate and detailed understanding of Judaism. The synagogue is a beautiful building and the Jewish community were very welcoming."

The students were very impressed with the synagogue and enjoyed learning about a different culture.

Kiera Old (13D) said: "I found it interesting learning and experiencing about a religion that is so different to Christianity. The synagogue itself was impressive."

Ben Short (13R) echoed those sentiments by saying: "The guide was very informative and we learned a lot about Judaism, especially the importance of The Torah and the Bar Mitzvah ceremony.

Becky Kerrigan (13H) said: "The synagogue was very cultural and it was intriguing to explore a different culture and how they conduct themselves."



### A night at the opera

Mayor of Sefton, Cllr Iain Brodie-Brown (far left) joined 6th Form students for a night at the opera recently. The Una Voce Opera Company celebrated their 20th birthday by providing a wonderful night's entertainment. The evening was rounded off with a buffet in the new 6th Form Centre.

### News in brief

There is a Year 13 Maths Problem Solving Conference at Liverpool University today. On Wednesday, more than 20 of students will set off for a trip to New York. There is the Year 13 Consultation Evening on Thursday,

# Meet the girl racer leaving everyone in her tracks

Watch out Lewis Hamilton, Sacred Heart has someone wanting to take your crown.

Eleven-year-old Alisha Roland (7S) is one of the country's leading Super One Kart racers. Alisha got her first taste of the track aged five but it would be four years later when she went Go Karting at Daytona Motorsport in Manchester with her father Carl, that she truly caught the racing bug.

It was then Alisha started showing her racing chops, surprising everyone with how quickly she got the hang of it.

Carl said: "We went to Daytona to Go Kart. It was raining and we were on the outdoor track. To my surprise, Alisha was over-taking the boys and what was more impressive, was how she handled the kart when it was sliding. Alisha actually knew which way to turn the wheel to stop it spinning off the track. After that, I asked her would she like a go at karting properly and she agreed."

## Risen

Since then, Alisha has risen through the ranks of the racing world and is hoping to become a Formula 1 driver.

Carl added: "We got Alisha her first Kart when she was nine and started practising ready for her first race. Alisha was ready to race and not fazed by hitting 70mph down the straights."

In just two years since then, Alisha has risen from local club meetings to the world's toughest karting series – the Super One British Kart Championship, which launched the career of one of her idols, none other than Lewis Hamilton.

Alisha now races in AIM Motorsport, one of the UK's most successful karting teams. Her busy training and competition programme means she has sacrificed a lot to get this far, with races every weekend and little time for the kind of personal life most 11 year-old girls enjoy.

But the dedicated youngster, who is posting top marks in her school work, would not have it any other way. Alisha said: "I love racing more than anything. My focus is to train harder, get faster and constantly improve my performance overall. I take inspiration from my teammates at AIM who give me great advice and guidance."



## But hey... let's be careful out there



Whizzing around race tracks is one thing, but everyone still needs to remember their Green Cross Code. That was, essentially, the message from John Toker, from Sefton Council's Highway Safety Team, at a recent road safety talk for our Year 7s. John spoke about the daily risks we take and showed videos of the accidents that can happen on the road by taking unnecessary chances. Our Y7s also filled in forms to see what risks they take on a regular basis.