

NAME:

FORM:

Heartbeat



Tuesday, September 24



Issue 3

Diving Bella has a turtley great time with her hobby



While most kids spend their spare time playing Fortnite or Fifa, Isabella Telles-Lennon is getting deep into her hobby... very deep. For Bella thinks nothing off heading off to Egypt and the Red Sea where she and her dad go scuba diving.

The Year 9 student, who turned 13 last month, is also rather good at it too, being as she recently qualified as a PADI Junior Advanced Open Water Diver (J-AOWD).

Proud mum Alessandra explains the benefits of this advanced qualification. She said: "Bella has worked extremely hard to get the J-AOWD, which extends her previous Junior Diver Status.

"Amongst other things, this enables her to dive at a greater depth of 21m, rather than her previous depth of 12m."

To obtain this certification, Bella had to do theory work for a deep diving speciality and a drift diving speciality which incorporated book learning, knowledge reviews with her instructor and skills practice during dives, again with her instructor.

Bella spoke passionately about her diving and explains more about her hobby. She said: "My dad is a scuba diver and it was him who got me interested in it.

"I started about three years ago and mainly get to do it when we are on holiday. I absolutely love it. I have seen so many cool things and had so many excellent experiences.

"I am really interested in marine life and have seen turtles and dolphins and, hopefully, next year, I am hoping to see some sharks. "One of the best experiences I had was see-

ing a Spanish Dancer, which is a sea slug. They are incredibly rare and one of my instructors, who has been scuba diving for almost ten years, has never even seen one."

During her other dives, Bella spent a lot of time practicing underwater photography and has taken some great photographs, all experiences that have bolstered Bella's learning experiences, as mum Alessandra attests to. She added: "I really believe this has been a great educational experiences for Bella and I hope she will continue with her diving education."

As mentioned above, Bella has spent a lot of time practising underwater photography and has taken some great photos.

These can be viewed at:

<https://tinurl.com/yxbwcsku>

New artwork sees students start the day sunny side up

Students have brightened up their day by installing a new art installation outside one of the rooms at Upper Site.

The room, known as the PASS, was given a striking makeover as the students decided to go sunny side up by painting a beautiful sunrise.

Involved in the project was Mrs Kennedy, from the SEN team, who explained more about the idea behind the artwork. She said: "A sunrise was chosen as a reminder of a new start as we arrive here each day.

"On the first day, God said, 'let there be light', and there was light, so this sunrise reminds us all, at the start of every day, that each sunrise brings a new day, with new hopes for a new beginning.

"Painting, like all creative activities, helps ease us into a process of natural mindfulness, enhancing our inner peace and calm through focus and concentration.

"Working as a team was a great lesson in resilience, building competence, confidence, connection, character, contribution, coping and control.

"Our students worked brilliantly together and really enjoyed working on a larger scale painting, whilst also picking up some bonus DIY skills along the way."



Twitter highlights

Among last week's Twitter highlights was some well-deserved praise for our netball teams.

Good start to the netball season. Well done girls.

All games won.

Yr 7: 7-0

Yr 8: 15-3

Yr 9: 18-1



Keep up to date with our Sacred Heart Twitter feed at @SacredHrtCrosby

News in brief

We start at 10am today due to the late finish of last night's Open Evening. There are Geography fieldtrips to Liverpool and Delamere Forest tomorrow and Thursday respectively. Also on Thursday is the Year 11 Information Evening. This will take place in St Edward Hall from 6pm.