



marches school

Issue 7

Friday 3<sup>rd</sup> November 2017



# MARCHES WEEKLY BULLETIN

Dear Parents and Carers,

## Charity Giving – Non-Uniform Days

This year the Student Council have chosen to focus on a single, local charity to raise funds for through the year. Students will also be able to visit and observe the impact of their fundraising. Last week, every student came together to hear four local organisations speak about what their charities do.

- **Horatio's Garden** – Friends of The Orthopaedic Hospital spoke about their project to build a garden capable of taking immobilised patients outside whilst still in their beds.
- **You and I Counselling** – the local counselling service run by volunteers and can charge as little as £3 for sessions.
- **Derwen College** – a school for disabled students. Students spoke about what the school means to them and their fundraising for the heating of the College's swimming pool.
- **Hope House** – shared a video of families they have been able to support, and spoke about families they are unable to support due to a lack of funds.

Students voted for the one project they wished the School to support as they left the hall using tokens, with the clear winner being Hope House followed by Horatio's Garden project.

Through the year we hold one non-uniform day for each of the five houses to lead on. Our full charity statement is on the website [here](#). In addition, this year we will also be joining with the local primary schools with a fundraiser to support mental health in February. Our World Book Day and Christmas Jumper Day (this year on Thursday 21<sup>st</sup> December) remain non-uniform days without fundraising attached.

## A Focus on Sleep

There is much in the news currently about the growing understanding of the importance for sleep and its role in health and wellbeing. Recently, members of the Leadership Group heard Professor Russell Foster, a circadian neuroscientist, speak about his work. He reinforced the importance of teenagers getting enough sleep – 9 hours for the teen years and that sleep is the bedrock for mental health. Just a few days without enough sleep can cause poor problem solving, decreased creativity, irritability, impulsiveness and memory impairment, all effects we as educators are keen not to see in lessons. Professor Foster was clear that teenager's body clocks do shift to mean they do not feel tired until later in the evening than us adults. Blue light from screens and bright lights in modern homes are pushing sleep further back. He recommended laptops, phones and iPads are turned off 90 minutes before sleep.

With Year 11 getting ready for their first mock exams in two weeks' time, there has never been a better reason to focus on looking after the brain by getting plenty of sleep.

A TED talk by Professor Foster can be watched [here](#). We also recommend American Neuroscientist, Jeff Iliff's [talk](#).

Mrs A Pearson, Associate Headteacher

## Ethan raises £750 for Cancer Research

Year 10 student Ethan Lee-Birch raised an impressive £750 for Cancer Research UK in August by swimming 8,000 meters at Oswestry Leisure Centre. Ethan aimed to raise £200 for the charity after finding out his grandad was diagnosed with cancer. He set a target of raising £200 for his 8,000 meter swim but after completing the swim which totalled 320 lengths completed in 3 hours and 9 minutes, Ethan managed to raise £750. This week Ethan proudly presented his £750 cheque to Peter Tew, Representative and Volunteer from Whitchurch Relay for Life as part of Cancer Research UK. Well done Ethan.



## Lowry Theatre Trip

On Wednesday the Marches Academy Trust Drama team took the A Level Drama students to The Lowry in Salford to see a National Theatre production of Hedda Gabler. This is an A Level set text and was a fantastic opportunity for our Year 11 students who are interested in studying A Level Drama to come along and see this epic play. Miss Wright commented that the students were impeccably behaved, as always. It was also lovely to have Mrs Edwards join them from Sir John Talbot's School with her A Level student.



## North Shropshire Netball Tournament

On Wednesday we hosted the U13 and U15 North Shropshire Netball Tournament. 21 local secondary school teams entered the event which took place from 1.00 p.m. – 4.00 p.m. Schools which competed in the tournament were The Corbet School, Thomas Adams School, Lakelands Academy, Adcote School and St Martins School. The Marches School U15 team won all of their 5 games and went onto the final where they were crowned North Shropshire Champions after securing an 8 - 7 victory against The Corbet School.

We had an A and B team competing in the U13 tournament. The Marches School U13 B team were placed 3<sup>rd</sup> in their group. The A team won all 5 of their games and went onto the final where they lost 4 – 2 against Adcote School.

Year 9 and 11 students umpired the tournament. Students were Millie Allen, Holly Faulks, Amy Coulson, Freya Weetman, Evie Lloyd-Butler, Phoebe Davies, Ella Poole, Freya Hood, Emma Adams, Anna Holbrook, Jessie Shaw, Lily Weetman and Daisy O'Reilly.



## Term Dates

### Autumn Term 2017

Tuesday 5<sup>th</sup> September to Thursday 21<sup>st</sup> December 2017

### Spring Term 2018

Monday 8<sup>th</sup> January to Thursday 29<sup>th</sup> March 2018

Half term Monday 19<sup>th</sup> to Friday 23<sup>rd</sup> February 2018

**PD day Monday 26<sup>th</sup> February**

### Summer Term 2018

Monday 16<sup>th</sup> April to Friday 20<sup>th</sup> July 2018

Half term Monday 28<sup>th</sup> May to Friday 1<sup>st</sup> June 2018

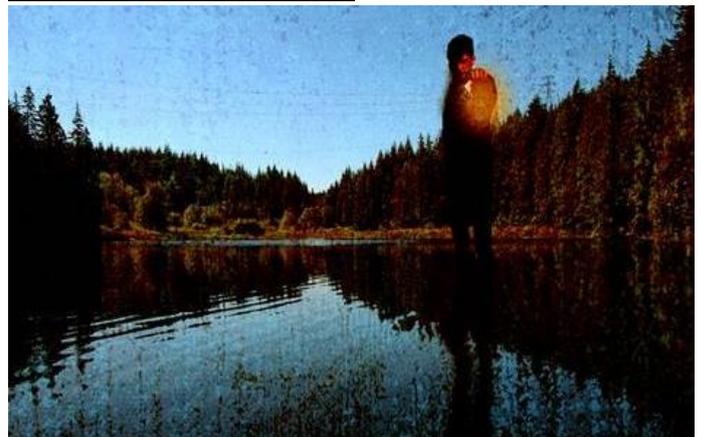
**PD days Monday 23<sup>rd</sup> and Tuesday 24<sup>th</sup> July**

## Term Dates 2018 - 2019

For further term dates for the academic year 2018 – 2019 please click [here](#).

## Halloween Art

Artwork produced by Year 11 Photography students.



## Reminder

If your child is absent for any reason, please let us know by 8:30 a.m. Call the School on 01691 664400 and choose option 1. Please leave your child's name, form, house and reason for absence.

Bonington – 582

Mallory – 165

Whittaker – 402

Hargreaves – 519

Stephens - 404

T. 01691 664400

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