



Plessington Catholic Technology College

Issue No. 25 Volume 1
12th May 2006

Learning Programmes Unit 5/2
Week Commencing 8th May 2006

Theme for the Week - "Pilgrimage"

Lord Jesus,
I give you my hands to do your work.
I give you my feet to go your way
I give you my eyes to see as you do
I give you my tongue to speak your words
I give you my mind
that you may think in me
I give you my spirit
that you may pray in me
Above all, I give you my heart
That you may love in me
your Father and all mankind
I give you my whole self that you may grow
in me, so that it is with you, Lord Jesus, who
live and work and pray in me.

WORK EXPERIENCE PROGRAMME

A demanding, yet exciting time awaits our Year 10 pupils next week, as they carry out their Work Experience programme. This opportunity gives them an insight and first hand experience of the world of work and is very demanding upon them, both physically and mentally.

If your child is carrying out work experience, please support them in their preparation for the week with their work experience diary and Health and Safety booklet.

If your child cannot attend a day at their placement due to illness, please contact the company directly and inform the school office, as we will be visiting the pupils at the placement.

Finally, we wish our year 10 students an enjoyable and informative week and look forward to hearing about their experiences when they return to school on Monday 22nd May 2006.

If there are any issues you wish to discuss regarding work experience, please contact Mr Dolan at school.

PUPIL ABSENCES/SICKNESS

May we remind you to telephone the school office to report pupil absences as soon as possible on the first day of absence.

Plessington News

SCHOOL UNIFORM

With Form Council and Year Council meetings being held all week, all students have been discussing changes to the school uniform. I met the School Council once again today, along with Mr Rylance and Mr Walker, to receive the thoughts of the student body as a whole.

I will be meeting further with the proposed suppliers of the new uniform next Monday 15th May.

The following is a brief summary of the decisions that were made, for implementation from September 2006:

Skirt: Checked, knee length

Trousers: **Boys & Girls** – Black

School badge: A new badge to replace the old one, and to complement both the blazer, tie and shirt. This badge will be supplied free of charge by the school for years 8-11.

Shirts: **Boys** - No change
Girls - A reverse collar (not just the present shirt unbuttoned at the top)

Tie: A blue / silver striped tie

Jumpers: Tank tops ('v' necked) and long sleeve

Shoes: Black

Tights: Dark black / navy, opaque.

Socks: Plain black / navy.

The Sixth form are currently looking into their preferred option for their dress code next year.

Please note that Plessington will not earn commission on the sale of any uniform items so keeping prices as low as possible.

It is planned that there will be three suppliers of the new uniform – Carsons, Trutex Direct and Wirral Uniform Centre.

Full details of these changes will be published in the near future.

Visit our new e-learning portal – <http://www.samlearning.com>

SCHOOL MENU: Please see our menu for next week.

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pasta Dish	Sweet Chilli Chicken	Spaghetti Bolognese	Ham in Cheese Sauce	Lasagne & Garlic Bread	Creamy Tomato and Smoked Bacon
Rice Dish	Chicken Tikka	Sweet & Sour Pork	Chilli Beef	Chicken Korma	Chefs' Special
Main Course	Cottage Pie	Spiced Chicken Legs	Roast Pork Dinner	Steak & Veg Pie	Battered Fish
Vegetarian Choice	Vegetable Pie	Leek & Mushroom Quiche	Roast Nut Loaf Dinner	Cauliflower Cheese	
	Potato Wedges Mashed Potato Veg of the Day Beans Gravy	Potato Wedges Mashed Potato Veg of the Day Beans Gravy	Potato Wedges Mashed Potato Veg of the Day Beans Gravy	Potato Wedges Mashed Potato Veg of the Day Beans Gravy	Chips Mashed Potato Veg of the Day Beans Gravy
	Pizza	Burger	Pizza	Burger	Pizza
	Sausage Sausage Roll Fish Cakes	Sausage Sausage Roll Fish Cakes	Sausage Sausage Roll Fish Cakes	Sausage Sausage Roll Fish Cakes	Sausage Sausage Roll Fish Cakes

CONGRATULATIONS!

Congratulations once again to Michael Jones who recently left Plessington. As you will see from the article below, he played his debut match for Tranmere Rovers last Saturday against Doncaster for the last match of the season. We wish him well with his future career.

EXAM TIPS

1. Go over your exam notes the night before. Try not to cram the morning before.
2. Have all you need ready the night before.
3. Stay calm and take some deep breaths.
4. Make sure you know where and when your exam is being held.
5. Read the questions carefully. Underline key words.
6. Work out the time allocation for each question and try to stick to it.
7. Before you start an answer, make a plan. This will help develop ideas and aid your memory.
8. Remain calm if you run out of time on your last question. As a last resort, write your answers in note form. This may help you gain precious marks.
9. If you have enough time, read over and check your answers.
10. Remember you have done all the hard work. It's over – you have tried your best and congratulate yourself.

FACTS ABOUT MEMORY

You remember approximately **10%** of what you **read**.

Make some revision cards (e.g. small index cards or post it notes)

You remember approximately **20%** of what you **hear**.

Record your work onto an MP3 and listen to it when you are sitting around or in bed.

You remember approximately **30%** of what you **see**.

Draw pictures and use colour on your mind maps or notes. The brain does not work in black or white. Highlighters are good. You can use revision guide books.

You remember approximately **50%** of what you **hear and see together**.

Listen to educational TV programmes, videos or DVDs.

You remember approximately **70%** of what you **say** (if you think as you say it!).

Get talking to yourselves out loud!

You remember approximately **90%** of what you **do**.

Get on the internet and use SAM Learning or Bitesize, or make mind maps.

TAKE CARE OF YOURSELF

- Get plenty of sleep.
- Don't drink too much caffeine. Water can help the brain.
- When revising, take a break – go for a five minute walk.
- Don't panic! Do your best.
- Don't get negative. Your brain can't recall information when anxious. Stay calm and try your best!

**GOOD LUCK. STAY POSITIVE
TO SUCCEED, WE MUST FIRST BELIEVE WE CAN!**