



# Larches News July 2019



**Welcome to our Summer Term edition of our Newsletter. As you can see we have had another busy and successful term. May I thank you for your continued support and wish you all a happy and safe summer holidays.....**

**Christine Mitchell**

## Yates Cup Champions!

Larches High School completed a cup double of tournament wins by winning the Yates Cup in impressive fashion for the first time since 2008. We went the full day unbeaten for the second tournament running, winning 7 games, drawing 2 and conceding just 4 goals in 9 games. Brandon was excellent in goals making some excellent saves and Jordan was clinical in front of goal again finding the net 11 times to finish the tournament as our top scorer. Patrick was excellent throughout, Qasim's quick feet caused problems for the opposition and Bradley, Harry and Josh were solid defensively.



## **The Foxton Centre**



On the 19th June a group of our students decided to give something back to our community as part of their ongoing Prince's Trust community project.

They planned, budgeted, prepared, cooked and served with a smile, a delicious beef lasagne with garlic bread and fresh salad, followed by Victoria sponge cake with strawberries and cream to the users and staff of the Foxton Community Shelter. The response from the community was fantastic. Everyone was really impressed and appreciative of the standard of food served on the day and this gave a real sense of achievement and pride to our students who are looking forward to repeat the event in October.

Larches High would like to say a big thank you to our local Lidl supermarket and manager Steve Reynolds who donated ingredients to our project helping to make it a huge success and to the Lancashire Evening Post who reported on the day.



## Moor Hey School Planters Project



Two of our students from Larches High School and staff from Preston Vocational Centre took part in a project to rebuild old timber raised planter beds in concrete block at Moor Hey School in Lostock Hall. The project allowed the students to put skills in to practice and support another school in need. The spirit of community work empowered the young people. The area had originally 3 raised beds for planting, the beds were made of timber that had rotted away and become unsafe. The staff from PVC started by digging the foundations for the planters and laid concrete footings. The following week two of our year 11 students Byron and Charlie spent 2 days building the raised beds in 150mm concrete block with sand and cement. This will allow the students of Moor Hey School the ability to take part in their horticulture sessions in the future. Our pupils Byron and Charlie have made a great difference to the Horticulture area for the school through their hard work and determination. Both students have gained valuable realistic work experience that will support their future applications for employment or Apprenticeships .



Following the work which Charlie and Byron did, Preston Vocational Centre rewarded the two boys with high street vouchers. This was due to their hard work and commitment to making the planters. They received excellent feedback on how polite, courteous and well behaved they were. The staff at PVC said that the boys had been a pleasure to teach and work with and would like to wish them all the best for the future.....Well Done Byron & Charlie!



## The Others

Six of our students from KS3 were involved in producing film posters assisted by James O'Connor from Whitelabrecords. Their remit was to redevelop a film poster for the film, 'The Others' and we think you will agree they did a brilliant job. Well done to Brandon, Luke, Kian, Ben, Alisa and Isaac.





## School Council Update

Following the departure of the year 11's new form representatives have been elected for the School Council. The focus of the meetings until the end of term has been the revamp of one of our common rooms with pupils choosing paint and furnishings. Mr Llewellyn the school caretaker has been invited to the last meeting of the school year to finalise work that will take place over the summer holidays. Liaison with catering staff continues and the menu continues to be altered and improved.



## Good Bye Year 11's

On Wednesday 19<sup>th</sup> June, we held a farewell BBQ for our year 11 leavers. As you can see we had some fun and games and great food! It was a lovely way to say good bye and wish our pupils success for the future. Results day is Thursday 22nd August collection.



## Dates for your Diary:

School closes for Summer holidays at 12.40pm on Friday 19th July and reopens at 8.55am on Wednesday 4th September 2019.

Autumn half term 21st Oct- 25th Oct

Break up for Christmas holidays 20th December 2019

## Congratulations

Jordan & Amy who have successfully completed their Level 1 in certificate in transport maintenance at Lancaster Training Services.

We have a vacancy for a School Governor if you would be interested in this please contact Christine Mitchell on 01772 792412



## PVC Awards

On 9<sup>th</sup> July Preston Vocational Centre celebrated with year 11 students at their awards evening. Congratulations to Finley, Byron, Charlie and Ellis who were all awarded with their BTEC Level One Certificate in construction. They were presented their awards by Gillian Beeley, Chairwoman of PVC. They worked very hard to attain this and we are very proud of them. There were also some special awards, Byron received Best all Round Award and Finley received Outstanding Achievement in Painting and Decorating..... Well done boys!

## Awards Winners

Congratulations to our Subject Award winners. These pupils have been nominated by teaching staff for their progress they have made in lessons and attitude to work.....Well done!

Brandon—Maths

Charlie—ICT & Drama

Jordan—LTS

Kian—Humanities

Isaac—Art, Media & Food Tech

Devon—Art

Josh—Maths & English

Elle—Food Tech

Nathan—PE

Luke—English & PSHE

Beth—Prince's Trust & Study Skills

Mackenzie—PVC

Emily—Technology Leah—Maths & English Alfie - Creative Writing Lilly—PE, PSHE, Hair & Beauty





## Model Students!



In KS3R, the pupils have been working upon a DT project. The students started by conducting research on model building and hooked into their own interests such as motorbikes. Next, they used their research to design their model, thinking carefully about what materials they would need. After the planning phases came the making phase! This is what the pupils thoroughly enjoyed and have shown real determination and concentration to make their models look realistic. Once the models were built they added an electrical circuit to make parts move or light up. This was challenging but they achieved it through perseverance. Lastly, they painted them to complete the look. KS3R students are proud of their achievements and so are the staff!



## Growing to Cook

In May some of our students planted a variety of seeds and bulbs as part of our "Growing to cook" project. Over the last few months with lots of tender love, care and water we have had some fantastic results!

We have harvested tomatoes and chilli peppers, rocket, parsley and basil and our potatoes should hopefully be ready to harvest in September.

Many thanks go to Mr Dunster who has regularly fed them with the necessary nutrients that they need.



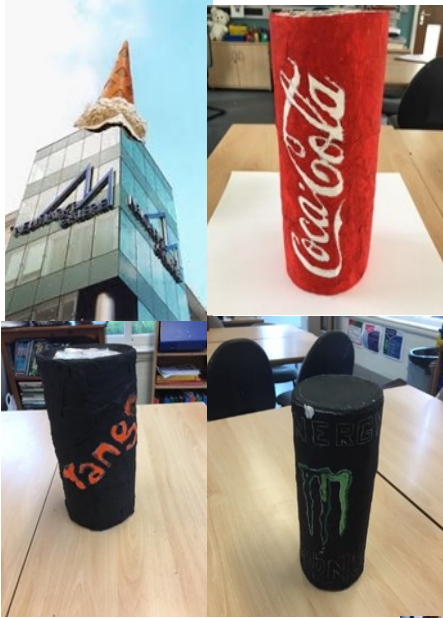
## New DT Room

From September 2019 pupils at Larches High School will be able to study for qualifications in Design Technology. Our new fully furnished room will be ready after the summer holidays.



## Food Glorious Food!

Art groups in KS3 have been studying the work of the sculptor Claes Oldenburg - famous for his ice cream sculpture. The students have used the theme of food as inspiration and have designed, constructed and painted their own supersized 3D models. Some students' work is still on going but the results have been fantastic and very imaginative. Designs range from 'Jaffa Cakes' to Sushi rolls and not to mention lots of cans of pop, sweets and cakes! The biggest problem is that we have all left Art lessons feeling famished after all the talk of food!



Isaac putting the finishing touches to his millionaire shordbread!



## Senior Leaver Cup!

The KS4 football team beat 8 other schools to win the Senior Leavers Cup without losing a game and conceding just 4 goals in the competition. Jordan finished the competition as our top scorer with 13 goals, which was just 1 goal behind the competitions top scorer from Brambles who finished on 14 goals. Brandon also deserves a special mention as he continued his fantastic form in goal, making some excellent saves and keeping 6 clean sheets in total.



## Goodbyes:-

We say goodbye to a few members of staff at the end of the term and thank them for all their hard work at Larches over the years. We wish them all the very best in the future....Ms Murphy, Ms Marker, Ms Grieve & Mr Carter.



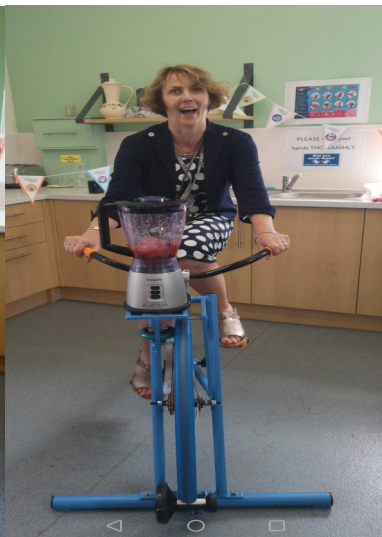


## UCLAN SPORTS ARENA ATHLETICS CHAMPIONS!

In addition to our Football success this year we also finished as the UCLAN Sports Arena Athletics Competition winners for the second year running, beating 5 other schools from the North West, with every pupil of ours finishing the competition with various individual medals. Our KS4 female representative Lilly finished the competition with 3 medals (Gold in the Mixed Relay, Silver in the Shot Put where she competed against the Boys and Bronze in the Girls Long Jump), our KS3 female representative Chloe finished with Gold medals in every race she competed in (The Mixed Relay, 200m, 800m and Long Jump), Oliver finished the competition with 3 medals (Silver in both the KS3 Boys 100m and 800m and Bronze in the KS3 Boys Relay), Patrick finished with 2 medals (Gold in the KS3 Boys 200m and Bronze in the KS3 Boys Relay), Jake finished the competition with 2 medals (Silver in the KS3 Boys 400m and Bronze in the Relay), Brandon finished with 2 medals (Silver in the KS4 Boys 400m and Gold in the Relay), Bradley finished with 2 medals (Bronze in the KS4 Boys 800m and Gold in the Relay), Jerrell finished with Gold medals in everything he competed in (KS4 Boys 200m, KS4 Boys Relay and the Mixed Relay) and Qasim (along with Chloe) stole the show with 4 Gold medals in total (KS4 Boys 100m, KS4 Boys Relay, The Mixed Relay and also the Long Jump). An excellent achievement from all involved and a great day all round, the pupils were a credit to the school demonstrating fantastic attitude and team spirit throughout the day.....Well done!







## Tour de Larches!

Larches High School hired a smoothie bike for 2 days as promotion of our Healthy Eating week. Every young person in school was encouraged to take part in choosing a selection of fresh fruit and either juice, milk or natural yoghurt to make a smoothie.....they then had to pedal like mad to blend their smoothie!! The event was a great success, lots of fun and hopefully will inspire our pupils to choose fresh fruit and exercise as part of a healthy lifestyle. Many thanks to EH Booths who kindly donated a selection of fruits to us.







# Food for thought !



Our Year 10 Prince's Trust students planned, prepared and cooked a lovely two course meal for themselves and staff as part of their Healthy Lifestyles unit of work. They chose to cook a Beef Lasagne and a fat free Swiss roll with fresh strawberries and a small helping of fresh cream [as a treat]! The staff were really pleased with their kind invitation and enjoyed the meal thoroughly. We have included a copy of our Lasagne recipe for you to try at home.....Well done 10S!!



## Ingredients

- 1 onion
- 1 garlic clove
- 1 carrot
- 2 celery sticks
- 1 x 10ml spoon oil
- 100g green lentils
- 1 can chopped tomatoes (400g)
- 1 x 5ml spoon mixed herbs
- 1 x 15ml spoon tomato puree
- 200ml crème fraiche, reduced fat
- 25g parmesan, grated
- 100ml semi-skimmed milk
- Black pepper
- 6 lasagne sheets

## Quick "V" Lasagne



## Equipment

Chopping board, knife, garlic press, peeler, measuring spoons, frying pan, measuring jug, small bowl, spoon, foil trays, baking tray.

## Method

Preheat the oven to 190°C or gas mark 5.  
 Peel and chop the onion & carrot, peel and crush the garlic and slice the celery.  
 Fry the onion, garlic, carrot and celery in the oil until soft – about 4 minutes  
 Add the lentils, tomatoes, herbs and tomato puree.  
 Pour some water, just enough to cover the mixture, bring to the boil and then allow to simmer for 15 minutes with the lid on.  
 Blend the crème fraiche, half the grated cheese, milk and pepper together in a small bowl.  
 Place an oven proof dish or foil tray on a baking tray spread some lentil mixture in the bottom, cover with lasagne sheets and a little crème fraiche sauce. Repeat this, finishing with the sauce top.  
 Sprinkle the remaining cheese on top and bake for 20 minutes.  
 This is our recipe suitable for vegetarians but we substituted 250g of 5% best mince for the meat lovers and omitted the green lentils!

