



Larches News December 2019



Welcome to our Autumn term 2019 newsletter. I hope you enjoy having a look at everything we have been doing.

Pupils have started to learn Latin, have been busy on work experience, have been on various visits & enjoyed success in sport....And all of this on top of their normal lessons.

All at Larches wish you a Merry Christmas and a Happy and safe New year. We look forward to seeing you all in 2020.



The Festive Season



Christmas is a festive season
Where people gather and get trees in
The twinkling lights glisten
Whilst Santa prepares Rudolf and Blitzen
People hang decorations
To make magical illuminations
The night of Christmas Eve
Children dream of Santa and believe
Children awake and get excited
Whilst the whole family get re-united
As the Turkey cooks
It creates a golden look
After feasting on delicious meal
Children play with toys and squeal
As the day turns into night
With full bellies the family sleep tight



Chloe Year 10



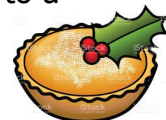
Work experience

Several pupils have been out of school this term .

Brad spent four days with HMRC in Preston learning new skills and experiencing life in a workplace. "I worked as part of a larger team doing lots of different jobs. I helped sort out the mail, listened in on customer service calls and learned all about the different types of tax. I enjoyed my time there and would recommend it to anyone. It's something I would now be interested in after leaving school."

Logan (Pictured above) spent a week at Ashton Autos in November. "My week at Ashton Autos went really well, I was offered a long-term placement there one day a week and a Saturday job. I'm looking at colleges now to go and study mechanics when I leave school"

Kian spent a week at Fleet service "After my induction I worked alongside Simon, assisting him in MOTs and general car maintenance such as putting injectors into cars. We also worked on GEOAMEY vans and I carried out the cell checks. I really enjoyed it and am looking forward to a career in mechanics."





Ad Astra – “To the stars” – KS3H Learn Latin



At Larches High School, Latin has been introduced to the curriculum, trialled in December with KS3H, and destined to be launched to the whole of KS3 starting in January. As part of the ‘Classics for All’ programme, Latin is being used across the country to help students gain a better understanding of the English language.

For instance, words beginning with ‘mal’, such as *malign*, *malevolent* and *malignant* have ‘bad’ connotations and words starting with ‘bene’, such as *benefit*, *benevolent* and *benign* have ‘positive’ connotations. This understanding can help students decode words that they may come across in reading comprehension tasks at GCSE. The students found translating Latin to be fun and one even made a link to French when he said, ‘It’s like in French, when they say, ‘Le stylo noir’ and the adjective comes after the object’. This was after we discussed the way that syntax was different.

We look forward to updating you on our Latin adventures – Ad Astra.

Graffiti Style from KS3 Art



KS3 pupils have been exploring Graffiti Art and have designed, constructed and painted their own original Graffiti Style initials.

Graffiti can be a real issue or seen as an art form. Pupils have discussed the criminal responsibilities of graffiti in lessons as part of a project.

Graffiti has been around for many years and ancient wall inscriptions have been found in the ruins of Pompeii.

Did you know?...the word Graffiti originates from the Italian to scribble or draw.





Life after Larches!



Conscientious Charlie!

We are very proud of one of our ex-students Charlie, who you may remember from the last newsletter. He secured an Apprenticeship with JFN Integration Solutions based at Red Scar and was part of the team completing an installation project at one of our Alternative Provision providers Preston Vocational Centre. Charlie attended PVC last year and staff there were pleased to see Charlie installing the new maglock security system. It just goes to show if you work hard what can be achieved.

Well done Charlie and good luck for the future!

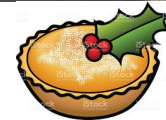


Learning Lydia!

Another of our ex-students who has made us very proud is Lydia. While at Larches she studied hard, and achieved some excellent results in GCSE Maths, English & Science and BTEC Health and Social and Hair & Beauty. Lydia is currently attending Cardinal Newman College and is thoroughly enjoying working towards her Level 3 Extended Diploma in Health and Social Care. She will be attending a placement at Royal Preston Hospital in 2020 to get some hands on experience and is part of the 2 year course she is completing. Her aspirations are to go on to university and study to become a Mental Health Nurse. When qualified Lydia would like to specialise in the Prison service. We are delighted with Lydia's progress and are confident she will achieve her goals.

The future looks bright.....well done Lydia!

We are very proud of you.





Dates for your Diary:

School closes for Christmas holidays at 12.40pm on Friday 20th December and reopens at 8.55am on Monday 6th January 2020.

Spring half term 17th Feb- 21st Feb

Break up for Easter holidays 3rd April 2020.



Word Mental Health Day

On 10th October Larches High School staff and pupils wore yellow for Mental Health awareness. We also held a cake sale and students, staff & parents raised £81.04 for the MIND charity. On 4th November Lancashire Mind were presented with the donation by Jerell, who is a member of our School council.....Thank you to All!


**KEEP
CALM
AND
CARRY
ON**

Avenham Mindfulness Meditation

Pupils were selected from across the year groups to visit the local Buddhist centre in Avenham. The students visited the centre to learn what meditation is and to understand the benefits. The session was with one of the resident monks who explained to the pupils how meditation could be helpful to them. He then taught a simple technique in how to meditate. This experience was calming and the pupils commented that they felt 'chilled' afterwards. For those who struggle with anxiety, depression or low mood meditating for even a couple of minutes a day can have a powerful affect on the mind and body.



School Council

The School council meet every two weeks. Recently the focus has been on working with LCC Catering to ensure the pupils opinions on lunches are recognised. Fundraising is ongoing with events and designated charities discussed. The next event is a Christmas Jumper Day on Friday 20th in aid of Rosemere. Future agenda items include Year 11 leavers events and attendance procedures and rewards.





MEDIA MADNESS!



Larches at Media City – BBC Studio Tour

Larches High School were invited on a tour of the BBC studios at Media City, Salford and jumped at this fantastic opportunity to see how the BBC operated. The first point of call was reception and chance for some photos in the famous 'Mastermind' chair. We were then taken to watch a live broadcast of BBC Radio 6, followed by a visit to a radio drama studio. Who knew that the sound of birds flying was created by rubber gloves and a piece of gaffer tape!

We then went to the BBC Breakfast Studio and as well as sitting on the famous red sofa – which has rips in it – some pupils tried their hand at being a weather broadcaster (not as easy as it looks!)

Finally, we were given advice about careers in the BBC and our host for the day, Sukhi, talked about the opportunities for young people to take up an apprenticeship in broadcasting and the other careers in media. We also managed to meet a Five Live broadcaster and hear about his experiences interviewing war veterans and Usain Bolt. The students behaved fantastically and enjoyed a day at a world class facility.

Feedback From Sukhi Nagra BBC Young Reporter

"Hand on heart I thought the guys were great. I much prefer it when they are themselves and ask questions and take note of the space around them. There is a lot of skill and potential in that groups so I hope they focus on what they want to achieve"



Christmas Lunch For All!

On Monday 16th December we held our Christmas Lunch for pupils and staff. We enjoyed the traditional roast turkey and all the trimmings and as you can see from the pictures we all had a fabulous time!



Careers Information

We held a successful careers event in November for Years 10 & 11. Pupils were given the opportunity to attend sessions by the following employers and providers:

Eric Wright Construction – careers in construction

Preston North End – careers in sport

Preston Vocational Centre – studying Level 1 construction whilst at Larches

'My Apprenticeship Story' – Shout Network

RAF – Careers in the RAF

Tradewind Recruitment – Routes into Childcare, CV Workshops, Applying for jobs

EBP (NW) Ltd. – Benefits of work experience

Royal Navy – Careers in the Royal Navy

Highfield Services – Careers in Adult Social Care

Many thanks to all providers and employers who supported this event.



Larches life Savers

On the 14th November All pupils were given the opportunity to attend CPR sessions run by Doctors. The sessions offered practical advice on what to do in an emergency and some pupils practised the CPR on dummies.



Creative Careers Trip to The Harris Museum

A group of KS3 and KS4 pupils had the opportunity to visit the Harris Museum in Preston to chat with a selection of local 'creatives'. We had the chance to look around the exhibitions and take part in a question and answer session with a panel of local entrepreneurs who were fulfilling their creative dreams in a variety of areas including Music, Dance and Art.

What was really interesting was the fact that 65% of our young people will move into careers that haven't been created yet!! Hopefully it has inspired some of our students to seriously consider a creative career!

Get Larches Cooking.....

This year we are having a focus encouraging pupils to cook at home. To support this we have been sending recipe boxes out weekly and ask that you send any photographs of the dishes pupils prepare to z.ellis@larches.lancs.sch.uk

The photographs can also be used as evidence for the B Tech course.

It is our intention that every pupil will receive a Recipe box over the year.

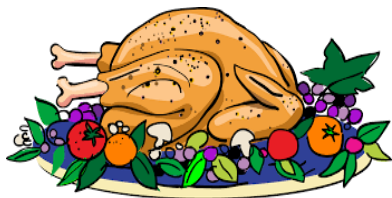
So lets get cooking!!!



Physical Education and Sport

Larches High School have carried on last year's fantastic form in extracurricular sport. The KS4 Football Team are unbeaten in the league this season and they recently got to the final of the Belmont Winter Cup but unfortunately they were beaten on penalties (sudden death). We have played Badminton fixtures against numerous mainstream schools (Broughton, Archbishop, Corpus and Longridge) and we have been competitive throughout in both singles and doubles fixtures. With students Logan and Leon beating both their opponents from Longridge. We recently went on a rewards trip to watch Manchester United vs AZ Alkmaar in the Europa League at Old Trafford, the behaviour was superb and the pupils thoroughly enjoyed the experience.





Food for thought !



Foxton Community Centre

Earlier in the year some of our students at Larches High prepared, cooked and served a two course lunch to staff and clients of the Foxton Centre and it was really well received.

As the event was a huge success our young people decided it would be a nice thing to help others who are less fortunate than ourselves at Christmas, so once again, they have planned and prepared another two course Christmas meal which took place on Friday 13th December 2019.

Kindly, our local Lidl supermarket generously donated some of the ingredients and a huge thank you goes out to their manager Steve Reynolds----- for his continued support.



Easy One Pot Roasted Chicken Dinner

This Easy One Pot Roasted Chicken Dinner recipe is SO easy to make, and it's the perfect family meal with all the fixings and gravy, made in only one pan!

Prep Time: 30 mins, Cook Time : 30 mins, Resting time : 10 mins
6 servings 544 Kcal.

Ingredients

- 1 tablespoon olive oil
- 6 large bone-in skin-on chicken thighs or chicken drumsticks
- a pinch or two of salt and pepper (for seasoning the chicken)
- 3 tablespoons all purpose flour
- 1 teaspoon chopped fresh or dried thyme
- 1 teaspoon chopped fresh or dried rosemary
- a pinch or two of salt and pepper
- 2/3 cup good quality white wine
- 2 1/2 cups chicken stock
- 8 small russet or white potatoes (or 6 medium), washed and each chopped into 4-8 pieces
- 6 medium carrots, peeled and chopped
- fresh thyme and rosemary for garnish, if desired

Instructions

Preheat your oven to 325 degrees Fahrenheit.

Heat a very large oven-safe pan over medium-high heat on the stove top and add olive oil.

Brown the chicken pieces in the pan on all sides, until the outside has turned golden brown.

Remove chicken pieces from the pan and set them aside on a plate.

Add the potatoes and carrots to the pan with the chicken liquid and allow the vegetables to brown slightly in the liquid on all sides for about 5-7 minutes.

Remove vegetables onto a plate and set aside once they've caramelised slightly.

Turn the heat to medium. Add the flour to the liquid left in the pan and whisk until the flour is absorbed.

Whisk in the thyme, rosemary and salt and pepper and continue to toast the flour for about another minute, whisking constantly.

Slowly add the wine and whisk as you add it to prevent lumps.

Add the chicken stock slowly, whisking gently as it cooks for about 4 minutes.

Add the potatoes and carrots back into the pan, nestling them into the sauce until they're submerged.

Add the chicken pieces into the sauce as well, nestling them into the sauce and vegetables.

Cover the pan with the lid and roast for about 35-40 minutes at 325 degrees Fahrenheit or until the chicken is cooked through to an internal temperature of 165 degrees Fahrenheit (74 Celsius) and the potatoes are tender.

Remove the pan from the oven when the chicken is cooked through and allow it to rest, covered for about 5 minutes before service.