



The Helstonian

October 2023

HELSTON COMMUNITY COLLEGE MAGAZINE



INTER SCHOOL SURF COMPETITION



In this issue: Exam Success • Student of the Month
• Praise Points • Sport • Alumni Reunion 2024

ASPIRATION • AMBITION • ACHIEVEMENT

ISSUE





LETTER FROM THE HEADTEACHER

Dear Parents, Carers and Students

It is a pleasure to share with you our first edition of The Helstonian this academic year (our seventh edition since its relaunch). I hope you enjoy it.

Within the magazine are a number of great articles and celebrations about some of our amazing students. However, I'd like to draw your immediate attention to the Food Action event taking place on North Site tomorrow morning (see page 4). Please come along or spread the word to any families you know who would benefit from this brilliant charity. For £20, those in need can pick up a whole week's worth of food and household items for the family.

It has felt like a great first half-term from my perspective. Compared to this time last year, we have issued more praise points, fewer negative points, attendance has improved and we've received some lovely feedback from parents and the wider community. We've also provided iPads to our 6th formers and are ready to announce our exciting plans for next summer's Activities Week (see page 14 for more details). Although the revamp of the South Side quad has been delayed, the plans are now even bigger and will include the refurb of three more classrooms. We expect all the work to be completed by the new year.

After half-term we will be starting up our PTA. If you are keen to join the group and haven't yet signed up, please use the following link to do so [HERE](#). We will contact you in early November to set the first meeting date.

As always, may I thank you for your ongoing support and I wish you a lovely half-term break.

Yours sincerely,

Alex Lingard

Headteacher

HELSTONIAN NEWS

BELLA'S FUNDRAISING



Raising over £4000 to go on an aid trip to help communities in rural Peru may seem like an unachievable task for many.

Not for one student however, Isabella in year 10 has successfully raised over £4000 towards her trip to Peru.

Isabella has enlisted lots of local businesses to sponsor her, she has set up fundraising events in local areas raising £1750 and has businesses paying for their logo to be printed on her travel t-shirt!

Taking part in the aid work in Peru is a selfless task but in addition to this Isabella has offered to donate any additional funds raised to Stithian's playground.

We are very proud of the efforts that Isabella has gone to in order to achieve her funds.

Well done, Isabella!



NATIONAL MANUFACTURING DAY

On Thursday 28 September, we were fortunate enough that our Year 12, Design Engineering students, were invited & involved in an open day at a local design & manufacturing company Spiral Construction Ltd, as a part of National Manufacturing Day. Students got to experience all parts of the design & manufacturing sequence, from the original concept and the various manufacturing stages. There were opportunities to speak to staff from all stages of the process & gain first hand insight into national engineering & manufacturing taking place on our doorstep



Mrs Bloor's English class were invited by 'Helston Makes It' to take part in a recycling workshop at One Blue Eye in Helston. We learnt about the different types of plastic and how they can all be repurposed and reused. We really enjoyed seeing how plastic can be broken down and reused.

As part of the workshop, we all got to have a go at moulding recycled plastic and each student took home a recycled keyring.

Many thanks to Isobel from The Museum of Cornish life and to Matt from One Blue Eye.

FARADAY CHALLENGE

On Monday 16 October, Helston Community College hosted the annual Faraday Challenge, where teams of Year 8 students compete to solve real world issues. The organisation behind the event are the Institute of Engineering & Technology (IET), & part of their aim is to help run a range of STEM activities, to help engage people in the world of engineering. We were joined on site by teams from 3 other schools, Cape, Hayle & St Ives. Students got to work collaboratively, to inform & engineer designs & functioning prototypes. Teams worked hard throughout the day on their designs & had to pitch their ideas to the rest of the audience & judging panel. With their great concept, team work, functioning prototype & presentation skills, Team 1 from Helston Community College were overall winners.





DEVON & CORNWALL FOOD ACTION



SPONSORED BY



HELSTON

HELSTON COMMUNITY COLLEGE



SATURDAY

21st October, 2023



START AT

10-00 - 12.00



Building Relationships with Our Community

Saturday 21 October 2023

Coming again soon...
Saturday 18th November
Saturday 16th December

If you wish to come along there is a £20 donation, which helps to keep the charity running. For this you will get a box filled with groceries, to include:

- Tea or coffee
- Sugar
- Pasta or rice
- A selection of tins
- A large bag with a selection of crisps
- A bag of frozen items
- A bag of fresh fruit and vegetables
- A bag of pasties or pies



Invitation to Alumni Reunion 2024

You are warmly invited to the Helston Community College Alumni Reunion on Friday 19 January 2024 at 6pm. Come back to your old school for some snacks and a chance to reconnect with classmates. Whether you are a recent leaver or if you left school decades ago, we would love to see you again. We will also be offering a tour of the school for a trip down memory lane.

To RSVP, please complete the form found [HERE](#).

Alternatively call the school office on 01326 572685. Please RSVP by 10 December 2023.

If you are still in touch with any former classmates who you think would like to attend, please forward them this information.

If you feel you could help support this event with refreshments, table linen or catering, please get in touch with Mrs Mugford. All help is gratefully received. Also if you have any past photos of your time at Helston School that you would like to share, please could you send them to mmugford@helston.tpacademytrust.org

CONSTRUCTION & GEOLOGY



In October a number of students from Year 12 Construction and Geology classes attended a stonemason workshop in the Old Band Room in Helston. The event was part of CAST's Water and Stone weekend celebrating the links between the local geology and the built environment. The workshop was led by stonemason Jamie Pharaoh. He demonstrated techniques used to shape and 'dress' granite and explained how it can be used in buildings - including many of the historic buildings around Helston. The students then got to practice the techniques, with Charlie Williams' efforts far surpassing the rest of the group!

SPEAKERS FOR SCHOOLS



Post 16 held a Speakers for Schools event towards the end of half term. Speakers for Schools is an organisation that works to level the playing field for young people from state schools and colleges and empower them to reach their potential by providing them with life-changing opportunities that they would otherwise struggle to access. The visiting speaker was Professor Martin Siegert, the deputy vice-chancellor of Exeter University, who is also a leading climate and polar scientist. Professor Siegert talked about his research, challenged the students' perception of what climate change means for them, and also highlighted the ways Cornwall can be a national leader in addressing some of the major causes of global warming and climate change, and in the process create employment opportunities.

A large, vibrant blue poster for the Helston Community College Alumni Reunion. The text 'HELSTON COMMUNITY COLLEGE' is written in a large, stylized font around the top and sides. In the center, the word 'ALUMNI' is written in a bold, blue, brush-stroke font. Below it, the date 'JANUARY 19TH' and time '6-8PM' are displayed. The school crest is positioned in the upper center. A QR code is located in the bottom right corner. At the bottom left, there is a call to action: 'Limited Spaces so book your interest using the QR code now to avoid disappointment!! If you have any old photos you'd like to share on the night, please email them to MMugford@helston.tpacademytrust.org'. The 'Future First' logo is in the bottom right corner.

INTER SCHOOL SURF COMPETITION

Helston students did themselves proud at this year's inter school surf competition, which was held at Godrevy beach earlier this month. Under some challenging conditions the surfers valiantly fought their way through the competition with Joel Kite and Kasper Davi getting through to the semi-finals of the competition. A great time was had by all, even if the waves weren't that big.



U15'S COUNTY NETBALL TOURNAMENT



On Tuesday 10 October our Year 10s competed in the U15's County Netball Tournament at Truro School. They all played amazingly well and demonstrated excellent team work and positivity throughout the day. Throughout the group stages the team won 3 and lost 2, placing them in group 2 out of 4. In the afternoon the team definitely woke up and played outstanding netball. We are very proud of the team's performance finishing in the top 10 in the County! Well done everyone and to our player of the tournament Libby M for absolutely dominating the centre court.

POST 16 FOOTBALL SUCCESS



Four of Helston Community College Post 16 students currently play for Helston Athletic under 18 team. Sam Pallett, Josh Hichens, Kian Layzell and Charlie Simms. The team played in a FA Cup game away at Yeovil, after an epic journey of 4 ½ hours they only went and beat them with an impressive score of 3-0. Sam Pallett scored a worldie! This win will now see Helston boys through to the next round against Truro.

WMAC WORLD CHAMPIONSHIPS



Congratulations to Kian who won two World Titles and two Bronze medals at the WMAC (World Martial Arts Committee) World Championships. He was also awarded gloves for the 'most resilient fighter of the day!' Kian travelled by bus to Germany where over 1700 competitors took part! Well done on a fantastic achievement!

If you have had any sporting successes that you would like to share with us, please email your articles to: enquiries@helston.tpacademytrust.org



SPORTS SUCCESS STORIES

WUMA NATIONAL CHAMPIONSHIPS 2023

Congratulations to Kenzie who became WUMA European and National Champion against 18+ year olds in advanced categories winning 3 Golds and a Silver. She also achieved 'Top Competitor' for the whole competition. Kenzie also competed at the Bristol Open Advanced Competition where

she won Gold, Silver & Bronze medals as an intermediate fighter. She is now hoping to compete in the World Nationals Competition in November. Well Done Kenzie!

- Seven times European Champion
- Six time British Champion
- Kenzie competes for Team Byrne Black Belt Academy



Hair & Beauty National Awards



Back in the summer term of '23 the Hair and Beauty students here at the college were entered into a national hairdressing competition which was being run across other schools and FE colleges. The students had to design and create a mood board and hairstyle for a bridal look. Their work was then judged by some of the industry's top hairdressers and companies. All of the students created some amazing looks and the College was praised for the high standard of work that the students produced.

In June we got a call telling us that the winners were about to be announced, and to the joy of both staff and students alike, two of our students had been awarded first and third place. Honey Bean achieved first place with Amy Callaghan coming third. The winners came back into college this week to receive their prizes and be presented with their certificates by Mr Lingard. Congratulations girls and well done to you all that took part.

THEATRE TRIP TO 'SIX' THE MUSICAL

On Tuesday 10 October, I had the pleasure of taking a group of 40 students from Years 7-13 to St John's Hall in Penzance to watch an amateur teen version of Six, by Boom Theatre. We were really impressed with the powerful vocals, lush harmonies, stunning dance routines and thoughtful characterization of the talented young cast, not to mention the sparkly costumes. Some of us enjoyed it so much that we even booked to see it again! By the sound



of the singing in the mini-bus on the way home, we have lots of budding performers of our own, so don't miss the next Helston Community College production. The students all behaved impeccably and they were a credit to the College. A big thank you to our awesome mini-bus drivers (Mrs Batchelor, Mr Mole and Mr Sparrow) and our other accompanying staff (Mrs Richardson and Miss Cristea), without whom this trip would not have been possible. Mrs Graham

EUROPEAN DAY OF LANGUAGES



To celebrate the European Day of languages on the 26 September the MFL department launched two challenges for KS3 students. The first was a European Bake Off where students were asked to bake a cake to represent a European country and the second was a Duolingo challenge to achieve a two week streak on learning the language of their choice. The Bake Off saw some incredible entries with over 50 students participating and judging was incredibly hard. The top 3 results were as follows:

Year 7

- 1st - Lily S
- 2nd - Polly R
- 3rd - Hal J

Year 8

- 1st - Samara R
- 2nd - Ellie T
- 3rd - James W

The cakes were then sold in a bake sale to raise money for charity with a final total of £174.15 raised for Macmillan which we were delighted with. Thank you to all students who participated and those at home for your support!

So far 41 students have completed a 14 day Duolingo streak and the winner of the prize draw for each year group will be announced after the half term break.

It has been great to see we have so many keen linguists who have helped us celebrate language learning!



Post 16 Results Day - A Fabulous Year

A Fabulous Year for a Fabulous Group of Students

Our Year 13 students celebrated some fabulous exam results. This wonderful year group excelled with a near perfect 100% pass rate. A stunning 60% of students achieved one or more of the top grades (A/A* or equivalent) and over 90% of students applying to university have secured their first choice place (compared to 79% nationally). Our year 12 Construction students also performed exceptionally well, passing the BTEC Level 2 Construction Diploma after one year of study.

Cambridge Awaits for Triple A* Alex!

Alex Penberthy achieved a clean sweep of A*s in her A Levels (Biology, Chemistry and Mathematics) and is now realising her dream of studying Veterinary Science at Cambridge University. Alex has excelled throughout her time at Helston, achieving the College's prestigious AS Worrall Prize for Outstanding Academic Achievement this summer. Alex was part of the College's High Achievers' Programme and we are certain her success will continue during her time in Higher Education.



We decided to interview Alex to find out the secret of her success....



Alex P

How did you feel when you heard you'd been accepted into Cambridge University?

I couldn't have been happier when I got the email saying I had been accepted to Cambridge. Going in to collect my results, it meant I knew I had done well, but I was very excited when I saw I had achieved three A*s! All the work I put in to applying for uni and revising for my exams had paid off.

Which result was your biggest achievement and why?

Probably Maths, as it was the subject in which I improved the most since Y13 mocks as I got a grade higher in the real thing. I put that down to doing all of the past papers as revision.

What was your revision routine throughout Year 13?

Before mocks in February I made sure I had revised all the content and began doing past papers which I continued to do until the exams. I used my study sessions a lot in College and when it got close to the exams I revised most evenings.

How did you look after yourself during the exam season?

I made sure I took breaks from revising which mostly involved taking my dog for walks with my family.

Can you explain the process of applying for a place at Oxford or Cambridge University?

The application process is longer than for other universities and you have to start earlier than everyone else, but that does mean that you also get to know the outcome sooner, as Cambridge made their decisions in late January. Your personal statement is really important as they will ask you questions at interview based on topics you wrote about in it, so make sure you go over it before your interview. I also had to sit an entrance exam in late October. It only tested knowledge I already had but in a problem-solving style, so it was particularly challenging. You do

get to know your result from the exam, and I got an average score. They look at your application as a whole when making an offer so the exam is not make-or-break! (although obviously a good score helps).

Have you always wanted to be a vet?

No, I haven't. I didn't really think too much about what I wanted to do in the future before Post 16. When I had to find somewhere to do work experience in Year 12, I decided to do it in a vet practice as I thought the career suited my interests. I really enjoyed my first week there and decided I could see myself there in the future so I spent the rest of the summer holiday in Y12 doing more work experience to meet the requirements to apply for it at university. Visiting some vet schools on their open days also helped me decide.

How are you feeling about leaving home and starting at one of the top universities in the world?

Excited and nervous! I am writing this the night before I leave, with all my things in boxes ready to go. I still can't believe I have this opportunity, but I'm sure it will feel real when I get there. I know it's going to be an intense 6 years but I can't wait to start!

Why did you choose to study your A Levels at Helston?

Having friends and teachers that I already knew made it a more comfortable option than going somewhere new. The time spent on the bus was also much shorter than if I had gone to Truro or Penwith. The Post 16 community is really friendly and the teachers are so supportive as the class sizes are small, which means they have time to focus on every student. The space in the Post 16 Centre is also great, and I spent a lot of time in there with my friends, both studying and relaxing!

If you were a biscuit, what biscuit would you be and why?

I'd be a biscuit bone, because a dog is bound to try and eat me at some point in my career, probably as revenge for sticking a thermometer up their bum!

GCSE Results Day - 24 August 2023

Building on our wonderful A Level results, our GCSE students all did brilliantly. Over 40% of students gained one or more of the top grades with our top ten students achieving 50 Grade 9s between them!

We interviewed two of our students to find out more...



Alice G

Which result was your biggest achievement and why?

My English Literature result felt like a big achievement due to the effort I'd put into

Lit that year and how my analysis had improved. However, my biggest achievements

were my compositions for music, as I felt I'd created something completely unique and personal.

What was your revision routine throughout Year 11?

Gradually through Year 11, I'd be revising more often. I focused on the weakest areas of my subjects and towards exam season did past papers to make myself feel more confident with the styles of question they ask.

How did you look after yourself during the exam season?

During May half term I didn't constantly revise, and instead had a few days completely distracting myself from exams by enjoying the beach in the sun.

What advice would you give students currently in Year 11 to help them succeed in their exams?

My advice to any other students would be to revise and consolidate each topic you learn before moving onto the next one. This not only fixes your understanding but reduces the pressure and stress later in the year.

What courses are you now studying?

A Levels in Biology, Chemistry and Music

Why did you choose to stay at Helston Sixth Form?

I chose to stay in Helston because of the amazing Music Department, and all the opportunities the Music staff offer.

What are your plans after completing your A Levels?

University - maybe to study Biology



9 Nines for Alice!

Congratulations to Alice Game who achieved nine Grade 9s in her GCSEs. This is an incredible feat only achieved by 0.1% of the students across England! Alice has been an exceptional student during her time at Helston and is a talented artist and musician as well as being an all-round star.



Susannah M

How does it feel to be the best in the country in Engineering Design?

It feels pretty surreal! When I found out, I couldn't believe it (and I still can't really!). I couldn't be more happy that all the hard work I put in really paid off!

How did you feel when you opened your exam results?

When I opened my results I mostly felt relief - the anticipation of waiting for the results had made me really anxious but once I saw them I was really happy that the hard work I had put in had paid off in the end!

Which result was your biggest achievement and why?

My biggest achievement was probably my Geography, as it is the subject that is most important in terms of what I want to do in the future. I did not think that I had done as well as I did so I was really surprised when I saw my result!

What was your revision routine throughout Year 11?

From after the Christmas holidays, I started to occasionally do exam revision, with the topics I found hardest, and then about two and a half months from the exams I was revising regularly, doing different subjects after school from Monday to Thursday. I really enjoyed revising with my friends because it meant we could help each other out. My favourite way to revise was writing everything I could remember about different topics on my whiteboard. I also found flash cards very effective for English revision.

How did you look after yourself during the exam season?

Although it was difficult to stop revising, I tried to get a good

amount of sleep each night so that I could properly function in exams. I also spent time with my family and friends so that I had definite breaks from studying.

What advice would you give students currently in Year 11 to help them succeed in their exams?

Make sure you find effective revision techniques that work for you. Don't start revising too late, or you'll find yourself very overwhelmed. If you struggle to find motivation then think about how you will feel when you smash it on results day (due to all your hard work!). Make all these years of school worth it by getting the best grades you can - knowing that you've tried your best.

What courses are you now studying?

I am studying Geography, Biology, Maths and English literature and language.

Why did you choose to stay at Helston Sixth Form?

Helston Sixth Form seemed like a great place to do my A levels because of the small class sizes, amazing teachers and support systems in place.

What are your plans after completing your A Levels?

I would love to go to university. I'm not sure exactly what I want to do but possibly a course like Environmental Geography and/or Sustainability.

Best in the Country!

A special mention to Susannah Monhemius who scored the highest mark in England in her Engineering course. Jill Duffy, the Chief Executive of the OCR Exam Board, wrote to the College to pass on her congratulations to Susannah for being the 'highest performer in 2023', and to wish her success in the future.

Term-Time Holidays

Please can we remind you that holidays should be taken within the school holidays and not during term time.

This half term 38 students have been on a holiday during school time equating to 345 sessions or 172.5 days of lost learning.

Students who have had a holiday this half term have an average attendance of 82.2% which places many of them into the Government's Persistently Absent category (students with below 90% attendance). It is a well-known fact that students with poor attendance struggle to reach their potential both socially and academically.

At Helston Community College we consider 'Good' attendance to be 97% and above. A student with between 90% and 97% is considered to be a regular attender.

As a school, for every term time absence, we require parents/carers to complete an Exceptional Circumstances Leave Request form which can be found [here](#) on our website.

We are unable to agree holidays which are taken in term time (except in exceptional circumstances) and this absence will be recorded as unauthorised. We also reserve the right to issue Penalty Notice fines of £60 per parent, per student, rising to £120 per parent per student if this is not paid within 21 days. Failure to pay this fine would lead to prosecution by the Local Authority for unauthorised school absence.

We are seeing an increased number of students being absent during term-time because of holidays. The Department for Education does not allow Headteachers to grant any leave of absence for children during term time unless there are exceptional circumstances. Please complete the form available on the College website. If leave is not authorised and you nevertheless withdraw your child from school, the absence will be recorded as unauthorised absence.

If your child is absent from school without authorisation, you will be committing an offence under the Education Act 1996. We may submit a request to Cornwall Council for a Penalty Notice to be issued, in accordance with Sections 444A and 444B of the said Act. Penalty Notices are issued per liable parent, per child and each carry a fine of £60 if paid within 21 days or £120 if paid after this but within 28 days. Failure to pay the Penalty Notice may result in legal action. Absence not authorised by the school may result in a prosecution in the Magistrates' Court under Section 444(1) or Section 444(1A) of the Education Act 1996, leading to a fine of up to £2,500 and/or a custodial sentence. Cornwall Council may also apply for the costs incurred in taking the matter to Court. If found guilty, the parent(s) will receive a criminal conviction.

ABSENCE – Important Notices for Parents and Carers

If your child is absent from College, please can you call the College every day of their absence before 8.30am. Please leave a message with specific detail as to why they are unable to attend. Please can we also ask you to let us know of any medical/orthodontist appointments in advance. This helps unnecessary phone calls being made.

DATES FOR YOUR DIARY

November

Safer Internet Parent Information Evening	Wednesday 1 November
Year 10 Assessments	Start on Monday 6 November
Post 16 Assessments	Start on Wednesday 11 November
Children in Need - Non uniform day	Friday 17 November
Year 11 Mocks	Start on Monday 20 November
Duke of Edinburgh Celebration Event	Wednesday 22 November
Inset Day	Friday 24 November
Year 9 Assessments	Start on Monday 27 November

December

Year 11 Interviews	Start on Monday 4 December
End of term.....	Tuesday 19 December 12.30pm finish

2023-24 Term Dates are available to view on the College website.

MOCK INTERVIEWS

We are thrilled to celebrate the success of our recent Year 11 mock interview evening. With the generous participation of over 30 employers, including esteemed organizations such as the Royal Navy, DB Law, Role 1 Medical, Helston Town Council, Seasalt, Pall Corporation, and many more, this evening marked an important milestone in their education journey.

Over 120 students participated, and this evening was a unique opportunity to gain firsthand experience in the world of work. Prior to the interviews, students diligently prepared by crafting their own CVs and responding to a job description for a social media coordinator. This exercise equipped them with essential skills, ensuring they were well-prepared for their mock interviews.

The students emerged from the interviews with a palpable enthusiasm for their future careers. The experience

allowed them to not only showcase their strengths but also to identify areas for improvement, setting them on a path towards continuous growth and development.



We extend our heartfelt thanks to all the employers, teachers, and staff members who played a part in organizing this event. Your dedication to our students' success is truly remarkable, and it underscores the core values of our school.

Thank you once again to all the employers for making this evening a resounding success, and we can't wait to see what the future holds for our incredible students.

CALLING ALL YOUNG DESIGNERS

We are excited to introduce the "Young Designers" after-school club. During the sessions, students will have the opportunity to enhance their design and thinking skills. The activities include design sprints, product sketching, ideation, and prototyping. The themes discussed throughout the program will revolve around designing for education, inclusive design, accessibility, and neurodiversity.

The club will be run by a former student and contribute towards their final year university project.

Please see Mr Jones in D&T for a consent form.



YOUNG DESIGNERS

Discover your inner designer with 'Young Designers', an exciting **6 week** long after-school club tailored for **year groups 7-9**.

Dive into **design sprints, product sketching, ideation, and prototyping**, whilst exploring the theme of **designing for education**.



Wednesday 8th November 3.30-4.30 pm



DT1

Please return consent forms to Mr Jones

CAST



ABIGAIL REYNOLDS

LOOKING AT LANDSCAPE

Study afternoon
Saturday 28 October, 2 to 5pm
Tickets £5 - £15
(sliding scale, pay what you can)

Focusing on Fay Godwin's landscape photographs and Charlotte Prodger's film BRIDGIT, this study session provides an opportunity to think about different approaches to landscape.

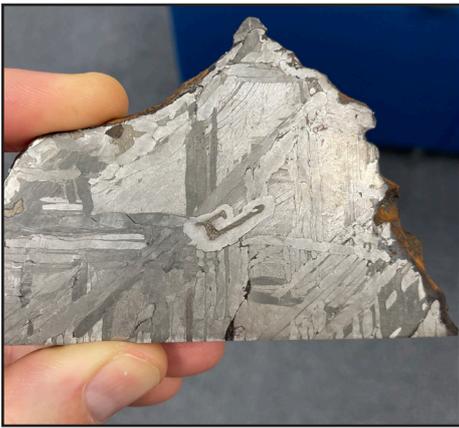
Artist Abigail Reynolds has spent many years studying published landscape photographs, which provide the raw material for much of her collage-based work. The study session will encourage close looking and what it reveals, also considering Godwin's photographs in relation to texts by Ted Hughes and John Fowles, written to accompany them. Participants will have the opportunity to write and share a short text describing one of the works. The session will also consider the use of the term landscape as opposed to ecology, how narratives are inscribed on the land, embodied attitudes to landscape, and the politics of these attitudes.

Fay Godwin's work is on show at Kestle Barton until 28 October and Charlotte Prodger's BRIDGIT will be shown at CAST from 24 October to 9 December. We hope that participants will visit both exhibitions before the study afternoon.

CAST
Cornubian Arts & Science Trust
3 Penrose Road, Helston TR13 8TP
www.c-a-s-t.org.uk
email: info@c-a-s-t.org.uk
Follow CAST on social media @castcornwall

POST 16 GEOLOGY

The Post 16 Geology students recently attended a master class in meteorite research at the Camborne School of Mines, based at Exeter University's Penryn campus. The lesson was delivered by Dr Kate Moore, a senior lecturer in critical metals, with a research background in igneous rocks. The lesson linked directly to the A-Level curriculum. The students learned about the different areas of research into meteorites, the classification of the rocks, and also how meteorites inform us about the composition of the Earth. The students got to study a range of meteorites and even handle a meteorite that is older than the earth! They ended the morning at the university examining the world class mineral specimens in the School of Mines museum.



ODD SOCKS FOR WORLD MENTAL HEALTH DAY

World Mental Health Day was a day to talk about mental health and show everyone that mental health matters. It was also a day to let people know that it's okay to ask for help, no matter what you're going through. At Helston we decided to wear multi-coloured socks to help raise awareness and get the conversations started. The socks also looked cool too!



ART & DESIGN

The Year 11s have been creating work exploring the theme of mental health. The students have produced some powerful pieces in a mixture of materials in both two and three dimensions.



Some amazing year 7 homework from Flo Hall. Can you recognise this character from the BBC television series Ghosts?



Year 11 students getting to grips with sewing. The GCSE Art & Design students have been creating 3D animation style figures based around the theme 'fantastic and strange.' Here are some of the group creating outfits for their characters.



Action for Children - Kernow Connect



Join us for a couple of hours, for an exciting football session at Football Golf! Kick your way around the 18 hole course, through the various challenging obstacles. Come along and join in the fun! Please wear comfortable, suitable, outdoor clothing and footwear for the weather.

Open to young people in Helston and the Lizard areas.
Scan the QR code to book a place.



Open to ages 11-19 (25 SEND)

Thursday 26th October
1pm - 3pm



Wheal Dream, Helston, Cornwall,
England, United Kingdom, TR13 0LR



15th-19th July '24

Activities Week

Exciting Adventures Await...



Get ready for a week of fun, adventure, and exploration as Activities Week kicks off from July 15th to 19th! This year, Year 7 students have a fixed programme with a touch of personal choice, while Year 8 and 9 students have a plethora of options to choose from. There's something for everyone to look forward to during this thrilling week.

Year 7: Adventures with a Twist

Year 7 students are in for an action-packed week with a blend of pre-planned adventures and exciting choices. It's an opportunity to step out of your comfort zone and make unforgettable memories. Activities include watersports, Flambards, Newquay Zoo and a choice from, a physical activity day, an ultimate movie marathon day; a day focussing on fun upcycled fashion, a science challenge, a musical enrichment day, or an engineering challenge day

Year 8 and 9: Choices Galore!

Year 8 and 9 students, this is your chance to customize your Activities Week experience. Here's a sneak peek at the wide range of options available:

- **Adventure Activity Week:** Embark on adrenaline-pumping outdoor escapades.
- **Amazing Animals:** Discover the fascinating world of animals and wildlife.
- **Art Activities:** Unleash your creativity and artistic flair.
- **Barcelona Trip:** A cultural journey to the vibrant city of Barcelona.
- **BMXing:** Master the art of BMX riding.
- **Circular Coastal Walks:** Explore the beauty of our coastline.
- **Coco Kitchen Chocolate Making Workshop and St Ives Visit:** Indulge your sweet tooth and explore picturesque St Ives.
- **Computer Gaming:** Dive into the world of virtual adventures.
- **Cornish Heritage (Lizard):** Immerse yourself in Cornwall's rich history.
- **Elemental Activities:** Get in touch with the elements in exciting ways.
- **Flambards Theme Park:** Enjoy a day of thrilling rides and attractions.
- **Geography Extravaganza:** Explore geography in action.
- **Get Creative:** Let your imagination run wild with a variety of creative projects.
 - **Glow Up!** A week of pampering and self-care.
- **Golf for Beginners and Experienced Players:** Tee off and perfect your swing.
- **Ice Cream Making and Factory Visit:** Craft your own ice cream and visit the factory.
- **Jubilee Pool & Geothermal Pool + Tremenheere Sculpture Garden:** A day of relaxation and art appreciation.
- **Kayaking and Beach Clean:** Paddle through the waves and help keep our beaches clean.
- **Make and Take Beach Picnic:** Create a delicious beach picnic to savour.
- **Myths and Mysteries:** St. Michael's Mount and Marazion Beach: Uncover the secrets of the mystical St. Michael's Mount.
- **Photo Safari:** Capture the beauty of the world around you.
- **Physical Activity Week:** Stay active and healthy with a variety of activities.
- **Primitive Survival:** Learn essential survival skills in the great outdoors.
- **Project Dive Cornwall:** Dive into marine conservation efforts.
- **Sea Life Exploration:** Discover the wonders of marine life.
- **Surf n' Turf:** Ride the waves and explore the land.
- **Trevaskis Farm and Cornhill Farm Visit:** A taste of farm life and fresh produce.
- **Yoga and Wellbeing:** Find your inner zen and focus on well-being.



With such an exciting line-up, Activities Week promises to be an unforgettable experience for everyone. Be sure to check the Activities Week booklets soon after half term and get ready to make your choices!

Praise Points



Leaderboard



Year 7

Theo C	7B	120
Aaron I	7F	111
Ethan W	7A	89
Lilly B	7G	87
Jude N	7D	86
Thomas H	7C	84
Connie I	7J	84
Noah H	7B	83
Leo B-R	7J	82
Joeli T	7C	80



Year 10

Josh B	10D	77
Liv R	10D	75
Emma S	10A	70
James P	10G	69
Miriam M	10B	66
Skye A	10B	64
Rhys D	10E	64
Harley P	10G	62
Reggie P	10H	58
Hazel W	10A	57



Year 8

Jen F	8H	116
Alex H	8F	103
Tehya P	8F	99
Aimee B	8H	98
Dylan R-R	8D	97
Lily R	8H	94
Ashley M	8G	92
Archie S	8H	88
Ruan W	8H	87
Tommy H	8H	82



Year 11

Luke P	11F	64
Benjamin P	11H	56
Lucas F	11F	54
Phoebe J	11D	53
Fern K	11H	51
Charlie B	11E	49
Jenna P	11G	49
Asher A	11E	48
Eleanor M	11C	48
Ry H	11C	47



Year 9

Isaac A	9D	118
Harley W	9B	113
Willow F	9A	74
Lily B	9G	72
Abigail B	9B	72
Lucy R-M	9A	72
Joe C	9C	71
Anya E	9D	71
Charlie F-T	9C	71
Ashley O	9F	70



Year 12

Liv B	12P9	26
Logan H	12P9	26
Daniel W	12P9	25
Evie F	12P9	24
James R	12P9	21
Ben R	12P9	21
Tom W	12P9	21
Leah M	12P9	19



Year 13

Charlotte G	13P4	16
Zara T	13P3	14
Charlie S	13P3	13
Millie B	13P3	12
Sadie S	13P3	12
Cary S	13P3	12
Tabby W	13P5	12
Alia B	13P3	11

Well Done!

(Praise Points as of 17/10/23)

STUDENT OF THE MONTH

October

Year 7

Theo C

Nominated by Hannah Westaway

Theo has shown an amazing attitude in and outside of the classroom.

He is always offering to help others, and has achieved a remarkable 120 Praise Points already. What a fantastic start to Year 7!



Year 10

Rosie H

Rosie has been nominated by Florence Hawksworth for having a great start to Year 10 and for her positive contributions to class discussions.

Well done Rosie - keep up the great work!



Year 8

Finley W-H

Nominated by Andrew Oates & Sharon Morbey for his positive attitude, hard work and thoughtful contributions in lessons and for consistently working hard every lesson.

Finley has perfect attendance and a whole load of Praise Points too!



Year 11

Amelia H

Nominated by Danny Gillman & Laura Hocking for her amazing work ethic every lesson and to her work outside the classroom.

Well done Amelia, you are a great role model.



Year 9

James B

James has been nominated by Luc Hesdon for having a great attitude in every tutor time. He is always willing to help out, give support and be a good friend to the group.

James also got a nomination from Cheryl Richardson for excellent politeness and manners!



Post 16

Tabby W

Nominated by Kieran Ryan, Tabby gave an excellent speech at the Post 16 open evening assembly - sharing her personal experience & Post 16 journey.

She is an excellent student leader and a great role model to our younger students.



STUDENT OF THE MONTH

Nominations

YEAR 7

Amy	C	7	Brilliant attitude in History lessons so far! Amy works hard and makes helpful contributions to every lesson.	Elizabeth Creaser
Brooke	B	7	For her enthusiasm and hard work in French.	Alison Graham
Cruz	K	7	For consistently trying hard in Spanish.	Sharon Morbey
Daniel	W	7	For excellent contributions, thoughtful questions and answers in Geography lessons.	Jo Bryce
Delilah	W	7	For her enthusiasm and hard work in Spanish.	Alison Graham
Ethan	W	7	For his amazing attitude towards others: always wanting to help, always polite, says hello and ask's how my day is going.	Connor Worthington
Jowan	L	7	For having Languages superhero skills of excellent memory and super strong stickability skills.	Siobhan Barnes
Lilly	W	7	For always being positive and enthusiastic and making an excellent start to Year 7!	Kiera Watson
Lilly	E	7	For overcoming her fears and anxiety of coming to secondary school. Her courage has shone through and she is much more confident now.	Adele Batchelor
Lyla	N	7	For her general application in class.	Sharon Morbey
Polly	R	7	Excellent contributions to Science lessons, as well as being kind to others by showing a willingness to help and support classmates and contributing to a positive learning environment.	Rob Greensmith
Rose	S	7	For working with amazing enthusiasm in Science and asking brilliant questions	Nigel Bispham
Rosie	R	7	A fantastic start to Year 7 Spanish. Lots of effort and hard work.	Siobhan Barnes
Sway	M	7	For consistently working really hard.	Sharon Morbey
Austin	M	8	Always polite and helpful, he really tries his hardest in every lesson I have had with him.	Calie Lealand

YEAR 8

Elodie	H	8	For having a positive attitude and consistently working hard in all lessons.	Emma Bragg
Freya	H	8	For being amazingly thoughtful and for her hard work in English.	Eugene McFadden
Jacob	S	8	Excellent contributions in his Science lessons.	Laura Davies
Liam	N	8	For his effort and enthusiasm in Science.	Kiera Watson
Liam	N	8	For amazing enthusiasm in Spanish. A regular contributor to the lesson. Well done!	Siobhan Barnes
Max	H	8	For showing fantastic interest in science.	Nigel Bispham
Narla	W	8	For consistently working hard every lesson.	Sharon Morbey
Olivia	W	8	For super effort in her latest lessons. Having a new teacher can be tricky but Olivia is doing really well.	Siobhan Barnes
Poppy	F	8	Always helpful and supportive of the students around her. Some excellent work in lessons too.	Siobhan Barnes
Safiyya	C	8	Good contributions to group & class discussions, and great effort in her work.	Owain Jones
Tyler-Leo	O-H	8	For always trying his best effort with every task even if he sometimes finds the concept really hard. Well done!	Siobhan Barnes

YEAR 9

Abigail	B	9	For consistently working hard every lesson.	Sharon Morbey
Aiden	M	9	Continued effort and contribution in Spanish. He always gives a task a go, proactive at asking for help if needed.	Siobhan Barnes
Amelie	M	9	For her enthusiasm and hard work in French.	Alison Graham
Aston	M	9	Superb engagement in Drama lessons and knowledgeable answers and points made about 'Treasure Island'.	Siobhan Barnes
Aston	M	9	Great work attitude and effort in College.	Lucy Hosking
Aulay	M	9	For continued effort and contribution in Spanish and for always politely noticing if the class PowerPoints have an error on them!	Siobhan Barnes
Jayden	C	9	For renewed enthusiasm in Spanish, always attempting tasks to the best of his ability.	Siobhan Barnes
Keeley	M	9	For focus and hard work in Spanish.	Alison Graham
Meena	B	9	For increased voluntary verbal contributions to questions asked in lessons. Your teacher has noticed!	Siobhan Barnes
Oliver	W	9	For consistent focus and creativity in Drama. He would make an excellent GCSE drama student.	Maddie Spink
Olly	C	9	Mature & focused behaviour in lessons; excellent levels of concentration & maturity	Patrick Swayne
Reilly	N	9	An amazing start to the year - Reilly has shown a really positive attitude towards school in the last half term. Keep it up Reilly!	Luc Hesdon
Roxy	H-P	9	For consistently working hard every lesson.	Sharon Morbey

STUDENT OF THE MONTH

Nominations

YEAR 10

Alyssa	F	10	Excellent start to GCSE Biology.	Laura Davies
Arlo	T	10	For a brilliant start to Year 10 GCSE.	Florence Hawksworth
Ava	J	10	Excellent start to GCSE English.	Danny Gillman
Chloe	S	10	Excellent start to GCSE Biology.	Laura Davies
Emily	M	10	For assisting her tutor without being asked during our reading sessions. Emily has a fantastic attitude towards learning.	Lara Cameron
Hannah	T	10	Excellent start to GCSE English.	Danny Gillman
James	P	10	Excellent start to GCSE English.	Danny Gillman
Jorja	H	10	Excellent start to GCSE English.	Danny Gillman
Lexie	L	10	For putting the 'creative' into Creative Media Production	Elspeth Stevenson
Maria	C	10	Excellent start to GCSE English. Amazing progress in her second language!	Danny Gillman
Miriam	M	10	Excellent start to GCSE Biology.	Laura Davies
Morgan	G	10	Excellent start to GCSE English.	Danny Gillman
Oliver	T	10	For being such a positive, lovely member of the tutor group. Greeting each day with a smile.	Caroline Bloor
Peter	C	10	Excellent start to GCSE English.	Danny Gillman
Samuel	T	10	For showing real enthusiasm in French.	Sharon Morbey
Tom	D	10	Consistent levels of focus in lessons, alongside excellent verbal contributions & volunteering to read aloud.	Patrick Swayne

YEAR 11

Alistair	S	11	A great start to Year 11 English.	Danny Gillman
Annabel	N	11	For on-going commitment to doing well in Spanish, always looking to stretch her written work wherever possible.	Siobhan Barnes
Annie	M	11	For ambition and focused hard work in preparing for her Creative Media Production assessment.	Elspeth Stevenson
Helen	A	11	A great start to Year 11 English.	Danny Gillman
Henry	P	11	A great start to Year 11 English.	Danny Gillman
Imogen	S	11	For constantly working really well.	Sharon Morbey
Isabella	B	11	A great start to Year 11 English.	Danny Gillman
Isobel	T	11	For her hard work and the positive changes that she has made to her learning	Clare O'Hare
Jenna	P	11	A great start to Year 11 English.	Danny Gillman
Lucas	F	11	For his positive and very sensible contributions to his Spanish lessons, always with a smile and a great sense of humour.	Siobhan Barnes

POST 16

Phoebe	J	11	A great start to Year 11 English.	Danny Gillman
Sky	L	11	A great start to Year 11 English.	Danny Gillman
Alfie	A	12	For his hard work and great questioning in Geography.	Kieran Ryan
Chelsey	P	12	For her positive attitude in Post 16 and welcoming new students early in the term.	Kieran Ryan
Jessica	W	12	For her fantastic effort and positivity in Geology.	Kieran Ryan
Jessica	W	12	For her fantastic effort and picking Photography.	Ben Ellis
Olin	D-H	12	For making a fantastic start to A level Biology.	Laura Davies
Olivia	G	12	For her amazing resilience and effort at the start of her A level Chemistry course!	Kiera Watson
Olivia	G	12	For her enthusiasm and commitment to her EPQ.	Sarah Rogers
Phoebe	R	12	Fantastic start to BTEC L3 Business - excellent work produced - well done, keep it up!	Laura Hocking
Thomas	H	12	For making a fantastic start to A level Biology.	Laura Davies
Tom	W	12	For an absolutely brilliant start to A level Physics.	Nigel Bispham
William	W	12	Commitment to undertaking IT work, every piece of work set for independent study each week this half term.	Laura Hocking
Alex	H	13	For making links across the topic to figure out the source of mantle plumes!	Kieran Ryan
Cary	S	13	Amazing work ethic every lesson and to his work outside the classroom - well done Cary!	Laura Hocking
Henry	P	13	For a consistently amazing effort and enthusiasm in Physics, which is producing great results.	Nigel Bispham
Kade	B	13	Always smiling and always willing to help others .	Sarah Rogers
Nalani	H	13	For their excellent analysis and continued enthusiasm for Photography.	Ben Ellis
Ryan	C	13	Commitment to undertaking IT work, every piece of work set for independent study each week this half term.	Laura Hocking
Elowen	H	13	For diligently getting on with her EPQ to a high standard and progressing ahead of the game!	Sarah Rogers

Head of Year 7

As we arrive at half term it is important to look back at how the Year 7 students have settled in and think about next steps and new opportunities. The last few weeks have been busier than ever for all students but particularly for the Year 7's; getting to know the new systems, getting organised with homework and of course meeting new people. Dropping into lessons has been delightful and it has been great to see such high-quality teaching and fantastic engagement from students in all their activities.

As of Thursday this week the Year 7's have accumulated an incredible 13,000 Praise Points between them. Tutors and I will continue to send home Bronze and Silver postcards after October half term. Please continue to discuss the Praise Points at home and promote our rhetoric in Year 7 which is "Be Kind, Work Hard".

In tutorials and assemblies we have been looking at themes ranging from Aspirations to Gratitude and we continue to promote our Enrichment Programme so that students can step out of their comfort zone and try

new things. We have discussed the importance of students finding their passion whether this is through music, story writing, sport, coding or equations. We hope that this also allows them to meet other students and gain more confidence.



After half term we have a number of important assemblies including Internet Safety which will complement the parent/carer session running after school on Wednesday 1st November in North Site hall. Your support on managing and promoting Internet Safety continues to be appreciated.

I hope you all have a relaxing and enjoyable half term break and I look forward to seeing all of the children back in College on Monday 30th October.

Jack Dudley - Head of Year 7 and Transition

Head of Year 8

Well, what a fantastic start to the year it has been! Year 8 have returned to HCC after the summer break with a strong sense of enthusiasm and motivation towards their studies. I have thoroughly enjoyed my first half term as their new Head of Year and have loved getting to know some new faces. I really do have a great cohort of students with strong ambitions and a willingness to succeed. It has been fantastic to see our positive points increase week on week and our attendance remain competitive throughout the year groups. It has been a

pleasure to drop into lessons and tutor times and see classes focused and working intently. I hope everyone has a restful half term and has the opportunity to spend some quality time with friends and family. I look forward to seeing you all upon our return for the countdown to Christmas!



Jamie Lovelock - Head of Year 8

Head of Year 9

As the first half-term in my new role as Head of Year comes to an end, I want to express just how impressed I have been with the positivity, enthusiasm and energy of Year 9 students since we returned in September.

We have already celebrated many successes within the year group. The students have enjoyed opportunities such as the Careers' Carousel which gave students the chance to meet with a variety of local and national employers to ask questions and gain an understanding of different industries. Some students have also taken part in trips and visits, including a Cornish Heritage trip to Godolphin House, and various sporting fixtures.

Assemblies so far this year have been focused around themes that are central to the College's ethos, but also ones that I believe to be essential to the students'

personal development: showing kindness and feeling proud. I want our students to show kindness to each other, in College and in the wider community; I also want each student to feel proud of our community, proud of our College and proud of themselves. Personally, I feel immensely proud to be part of Helston Community College and to be working with such a wonderful group of young people in this year group.

I hope all the students and their families enjoy a well-deserved break.



Ellis Hawkey - Head of Year 9

Head of Year 10

I hope you are all well and your children are relishing the start of the new term and they have settled into their new subjects and classes.

As we head into half-term I hope that the Year 10s are thriving in their learning of new material, adapting to their GCSE courses and understanding the greater responsibility and independence placed on them now and in preparing them for the coming years.

Thank you to those parents/carers that attended the Year 10 evening last month where we presented information on understanding the exam process, the importance of attendance, work experience and how we all remember so many obscure song lyrics from yesteryear?

Over the last two weeks we have focused on the themes of Black History Month, World Mental Health Day and the importance of self-care in assemblies. Promoting the value of making sure you start by looking after yourself, so then you are able to support others and understand how important looking after each other is as you grow and mature.

Last week we welcomed guest speakers into the College on a Helston Careers/PSHE day where the students learned about such topics as County Lines, relationships and interview techniques. We are now making plans for the Year 10 Work Experience Week and Mrs Mugford and the Year 10 team would be supporting the students in trying

to find a suitable placement in July. All details have been sent to parents /carers and are on the College website under the students' tab - Careers - Work experience.

This month has also seen a busy time with students showing their commitment to extend their learning and having a positive impact at the College. This includes the start of the College production, musical rehearsals and through sporting fixtures and tournaments. Well done to all of those who are both adding to the culture of the College but also participating in these exciting opportunities and experiences.

Looking forward, I am encouraged by the start the Year 10s have made to their GCSE studies. They have been positive in their behaviour, including doing the small things well. One area we are looking to improve further on now is our Attendance especially as we know the significant impact being absent from school has on a student's learning, attainment and ability to socialise with friends.

I'm sure everyone is looking forward to a restful half-term break.

Thank you for all your support and best wishes,

Terry Richardson - Head of Year 10



Head of Year 11

The summer holidays feel like a long way off now. The Year 11 students have settled in to the second year of their GCSE courses coming back refreshed and ready to engage with their lessons. It was lovely seeing so many parents at the parents' evening. Where there were lots of positive and useful conversations. To support these conversations, the students have been writing academic targets reacting to the written comments on their reports. In preparation for the upcoming Mock exams in the week beginning 20th of November the students have been considering what/where and how to revise. Their tasks during the half term is to get the timetables finished and try them out. Short 20m sessions is what we recommend, with a short 5 minute break, alternating either the subject or the topic within the subject keeps the brain engaged and ready to learn. When we come back the Tutor Time sessions will be handed over to trying a range of revision techniques. To support the students, a letter with some of these and links to online conferences has been sent to parents. Please keep an eye out for that in your emails.

We were all very excited about the Wednesday Mock Interviews this week. Employers gave up their time to put our Year 11 students through their paces in the world of interviews. Their first step into the world of work or future study. I expect many of you can remember with some trepidation that first interview. Whether it was successful or

not, I am sure you would have loved to have had the opportunity to have a practice and some feed-back as to how to improve. This is what the session was about. I would like to take this opportunity to thank the employers for generously giving up their time and for the staff at the College who have made this happen.

I wish you all a lovely half term. The next will be as busy as the last. The speed of how this year moves on is incredible. Please do not hesitate in making contact if you have any queries or worries regarding your child. My email is sbarnes@helston.tpacademytrust.org

Siobhan Barnes - Head of Year 11



Post 16 News

It has been a busy half term for Post-16, with year twelves settling into life as sixth form students and year thirteens engaging with the crucial work involved in their final year of secondary education. We pride ourselves on the supportive, collaborative atmosphere in the sixth form, and it has been lovely to see new friendships forming, and relationships developing between the two year groups. It has been great to see students using their new I-Pads to support their learning, and there have been some very creative and imaginative ways of getting to grips with a powerful piece of new technology.

Year thirteens have been working on the challenge of their university applications, with the support of one tutor time dedicated to Progression every week. We have sent off the applications for the early entry candidates, for Oxford, Cambridge, medicine and veterinary science, and we wish those candidates success in these very competitive fields. It is great to see students from Helston challenging themselves to gain entry to the most prestigious higher education institutions in the country. It is vital now for the remainder of the year thirteens to push on and complete their applications over the next half term. We would like you to get these done by the end of the autumn term, if you can, although the final UCAS deadline is not until January 31st.

We recently took the whole of Post-16 to the Regal Cinema in Redruth, for the Learn to Live young driver education programme. This delivers vital safety messages to young people as they learn to drive for the first time, and as they become passengers in their friends' cars. This visit will be followed up with further activities in tutor time.



Year twelves have settled into their new courses, with the flurry of activity as students want to swap subjects now settling down, as people commit to their subjects. We would ask you now to keep going with what you have chosen, as starting a new subject would mean catching up on half a term of missed work. It is important to persist with your choices: the work is not always easy, but we know that if you stick at, work hard, and seek support where you need it, you will be successful.

Well done to all post-16 students for your positive start to the new academic year. Let's keep this going!

Danny Gillman
Director of Key Stage 5.

LAMDA LESSONS



Don't forget we offer LAMDA lessons in acting and public speaking at Helston Community College and there are spaces available!



Benefits of LAMDA lessons include: building confidence, becoming experienced in public speaking, for older students you can gain UCAS points and it looks excellent on your personal statement. Colleges & Universities LOVE it!



Students can work their way up the grades (just like in music exams) and it is open to ALL students from year 7 up – you don't have to be taking drama at GCSE or A Level to be involved.



See Mrs Spink in A29 for a letter with more details.



JOIN US

WOULD YOU LIKE TO TRY PLAYING RUGBY?

Rugby is fast, physical, muddy and great fun, with a position for everyone.

If you want to give it a try, come and join us.

No experience necessary!

Who: All boys Year 7

Where: HRFC

When: Wednesdays 6pm - 7:15pm

Contact:

Head Coach, Wes Davies 07769 812054

Team Manager, Alex Davies 07807 967488