



NTS NEWSLETTER

SPRING
TERM

February 2016

Compiled by
Mrs C. Crone
School Librarian

KEEPING
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Rotary Chef Competition 2015-16

Mrs Cope

On Thursday 14th January, Amy Higham and Lucy Hetherington took part in the first round Rotary Young Chef Competition. Each pupil had to research, plan, prepare and serve a healthy two-course meal demonstrating a variety of practical skills and work under pressure to prepare their meals within an hour and thirty minutes. The standard of the competition this year was very high and the judges commented that the pupils were all talented young people who made it difficult for them to choose a winner.

Their menus were challenging and their table displays were simply elegant which reflected the amount of time that each pupil had invested in the competition.

Due to the high standard of both competitors and the judging being too close to call, both girls went on to represent the school in the County finals on Thursday 4th February.



Amy Higham's menu (pictured above with Mr Downes) was: Roasted Butternut Squash Soup served with Brown Bread and Baked Salmon with Mixed Vegetables and Cous Cous.



Lucy Hetherington's menu consisted of: Oven-Roasted Duck Breast served with Caramelised Swede, Dwarf Beans, Fondant Potato and a Duck Jus.



I would personally like to thank Adrian Hyde (above) for giving his time and expertise during coaching sessions with the pupils, his experience in this field has been invaluable to the pupils.

I would also like to thank Mr Len Baseley & Mr Ian Downes for giving up their time to judge the competition and for supporting the pupils and giving them useful advice based on their years of experience in this field.

Rotary Chef Competition 2016 County Finals

The County finals were held at Dowdales School in Dalton-in-Furness on the Thursday 4th February with 10 competitors this year. The standard of the food was again very high and showcased the vast talent that these young competitors have.

Unfortunately, neither Amy nor Lucy will progress through to the regional finals but their three fantastic dishes were highly praised by the judges and they should be extremely proud of their achievements.

Library News Mrs Crone

Spellbinding 2016



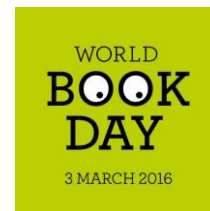
18 members of the NTS Reading Club have started to read their way through the 8 books shortlisted for 'Spellbinding', the Cumbria Schools' Book Award Scheme 2016. They have until the end of May to read and review as many of the books as they can before they vote for their favourite 3 titles. The overall winner will be chosen from the top 3 at the final decision day meeting in June.



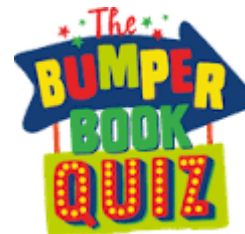
The shortlisted titles this year are:

My Second Life by Faye Bird
Apple and Rain by Sarah Crossan
If You Were Me by Sam Hepburn
The Boy Who Drew the Future by Rhian Ivory
An Island of Our Own by Sally Nicholls
The Wolf Wilder by Katherine Rundell
Smart by Kim Slater
Fire Colour One by Jenny Valentine

World Book Day 2016 Events



World Book Day's Guinness World Record Attempt



Our school has registered to help World Book Day break the world record for the most people participating in simultaneous literature quizzes in multiple venues. 30 of our top Year 7 readers have been invited to take part in the Bumper Book Quiz which will be held in the School Library between 2pm & 3pm on Monday 22nd February. Look out for the next Newsletter to find out if our attempt was successful!

Book Swish

We are holding a Book Swish on World Book Day (3rd March) in the School Library this year. To ensure the success of this event, we are inviting pupils and staff to bring up to 3 books each to swap in advance. The main collection point will be the School Library, where books can be exchanged for Book Swish Tokens from 22nd February – 2nd March. Books should be in good, clean condition and suitable for Year 7+. They can be any type, fiction or non-fiction.

Unfortunately, we can't guarantee that everyone will find a swap they like and for this reason pupils should only bring books that they know they have finished with. If there are any unwanted books left over they will either be added to the library stock or donated to charity.

A Winter Bob Graham Round in aid of Cumbria Flood Recovery Fund

Mr Johnson



At 11pm on the 8th January I set off, along with two club mates from Cumberland Fell Runners, on a Winter Bob Graham Round. The Bob Graham Round is a 24 hour fell-running challenge. The challenge is to complete a 66 mile circular route of 42 Lake District summits within 24 hours. The total ascent is around 28,000ft with the start and finish being at the Moot Hall in Keswick. It is a self-supported and self-organised event. To date, there have only been 28 other people who have completed a Winter Bob Graham Round. We used the round as a way to raise money for the Cumbria Flood Recovery Fund.

The level of challenge involved in a winter round can be considerable. We knew we would be running the bulk of it in darkness (around 15 hours) but the weather conditions and the ground underfoot can alter the nature of the run. What I experienced that weekend pushed me beyond my physical and mental capabilities.

The first 8 hours over Skiddaw, Blencathra, the Dodds and Helvellyn all passed smoothly with mist and only a few inches of snow. It was cold but dry and only a calm breeze. We navigated effectively making only a few minor errors on the indiscriminate tops of the Dodds. It had been good fun running through the night with only our head torches to light the way and the soft snow aiding progress over normally rocky and scree sections.

As dawn broke over the fells above Grasmere and the Langdale Pikes, we began to get a little concerned with the changing weather. The snow depth was increasing and the wind was whipping up around us. The section between Bowfell and Scafell Pike was a real struggle as we stumbled and staggered over the snow covered rocky boulders that litter the great central section of the Lake District. We were kicking steps in deep snow and shielding our faces from the strong wind. The wind was making it difficult to talk and communicate effectively. Our clothes had become sodden, we were cold and I was feeling sick. It was a struggle to eat and sustain the levels of energy required for movement in such weather over that length of time. We reached Wasdale at 2pm. We were feeling weary; it had been a tough section that took a lot out of us. We'd been on the go for 15 hours with around 10 minutes break and were beginning to feel it. At Wasdale, we took on some warm fluid and food and re-stocked our packs. It was nice to see friends and club-mates at Wasdale, Dr Allam being one of them.

The next section over the Western fells takes a beautiful route over great mountainous terrain: Red Pike, Pillar, Kirk Fell and Great Gable are all famous peaks in the history of running and climbing.

Whenever I am up on those mountains I cannot help but be moved by the thoughts of previous mountaineers and runners making epic winter climbs or pushing the boundaries of human achievement. This time, however, it was different. My thoughts were focused on keeping myself safe. As we climbed Pillar, darkness descended and the wind was making it difficult to stay upright. Hail and snow were smashing into our faces. I was desperately cold and finding it difficult to eat anything substantial. Our focus became one of maintaining concentration and not getting injured on the icy rocks. With our increasing tiredness it would have been easy to break an ankle on the rocks. It was a case of keep moving forward and not falling over. The rocky descents of Kirk Fell and Great Gable required enormous concentration as we weaved our way over snow covered rocks and boulders. The incessant sleet and rain was drenching our clothing with our head torches being of limited use in the mist.

We reached the next road crossing at the top of Honister Pass at 7.20pm. It was great to see Mr Beechey who welcomed us with a huge cheer and helped us get a drink and re-sort our rucksacks. We had been on the go for over twenty hours. We had 3hrs 40 minutes in which to cover the final ten miles over the last three peaks of Dale Head, Hindscaith and Robinson. This in itself sounds easy enough but we were really struggling by this point and, although on relatively easy ground, we still had over 3,000ft to climb and a long descent off Robinson down to Newlands Valley.

I found these last ten miles desperately hard. I was soaked to the skin, extremely cold and fiercely fighting the negative demons in my head. The wind was biting into my clothing, my head torch beam was fading and I couldn't move quickly enough to stay warm. But we kept going, kept trudging, kept going in the same mechanical way as we had done for the previous 23 hours.



The Finish!

We reached Keswick High Street and touched the Moot Hall 23 hours and 37 minutes after setting off. We were welcomed by many friends, family and club-mates, including Miss Calvo and Mr Beechey. It had been an exhausting but adventurous day out!

We raised £2,000 for Cumbria Flood Recovery Fund; £300 of this came from the staff and pupils at Nelson Thomlinson School. I would like to take this opportunity to thank the staff and pupils for their generosity and goodwill in supporting this venture. It has been truly warming and humbling to receive such kindness and generosity.

Sixth Form News

Dr Lovegrove

Youth Speaks competition 2016



From left to right: Ian Downes, Sophie Thompson-Gray, Rebecca Mann, Jenni Wharam & Len Baseley.

Wigton Rotary Club sponsored a Year 12 team comprising Rebecca Mann as Chairperson, Sophie Thompson-Gray as Speaker and Jenni Wharam as Vote of Thanks for the Youth Speaks public speaking competition. They attended the Regional Finals at Kirkham Grammar School on 6th February. Sophie wrote and delivered a thought-provoking speech titled 'Has feminism come far enough?'. The standard of all teams was very high on the day and unfortunately, they will not progress through to the next round. However, they should be extremely proud of their efforts and they have gained many important skills through the experience. A big thank you in particular must go to Ian Downes, Len Baseley and Robin Swindells of Wigton Rotary Club for their constructive advice during the preparation period and for supporting the team on the day.

Co-Head Prefect Election 2016

After a gruelling nomination and interview process, Ryan Baxter, Adam Ferguson, Tom Garner, Kate Jackson and Jenni Wharam were elected as the new Co-Head Prefects. We are confident that they will do an excellent job.

A big thank you must go to the outgoing Co-Head Prefects and their Prefect teams; they have served us well and have ensured the smooth-running of the tuck and lunchtime dinner queues and have provided a valuable presence in several of the blocks around the school at lunchtime.

FONTS 100 Club

Ms D. Richmond

The results of FONTS 100 Club January Draw are:

1st Prize - £20.00 goes to Alison Train

2nd Prize - £15.00 goes to Andrea Southwell

3rd Prize - £10.00 goes to Beth Wilson

Parental Feedback

Mr Beechey

I recently asked for feedback from Year 7 parents on what factors influenced their choice of secondary school. We received 33 responses. A wide range of reasons were highlighted with the number one factor being the Quality of Teaching. Other key influences stated in the survey were our Ofsted judgment, our traditional approach to education, siblings already in school, the management of the school and our examination results.

When asking what communication source influenced parents the primary factor was the Open Evening senior team presentation and further day time tours which were introduced two years ago. Other major factors were word of mouth communication between parents and the Open Evening tour.

Some parents provided further written comments which have proved useful.

Thanks for your feedback!

Careers Information, Advice and Guidance

Mr G. Clark

Careers guidance is available to all NTS students from home or at school:

1. From home, at: <http://vle.nts.cumbria.sch.uk/>. Please log on to 'Moodle', select 'Careers Guidance', and follow the blue links that interest you.
2. For personal help with finding out about Careers, or making choices about your future, please contact the Careers Education & Guidance Officer at NTS, Mr Graham Clark.
3. 'Drop-in' Careers Guidance sessions are available to NTS students on Monday and Friday lunchtimes, from 12.45. Please come to the Careers Education & Guidance Services office.
4. Parents or carers: if you have any queries about your child's career options or choices, please feel free to contact the NTS Careers Education & Guidance Officer at Parents' Evenings for Years 9-13, by phone (016973 42160, extension 250), or email at: careers@nts.cumbria.sch.uk.

REMINDER – Colour versions of the Newsletter can be viewed on the School website!

HALF-TERM – 15TH -19TH FEBRUARY