

SPOTLIGHT



Issue 9

Parents' Information Newsletter

Autumn Term 2010

Dear Parent/Carer

REJOICE IN LIFE

It is well known that I am always counting days and reminding pupils (especially Year 11s) about how many days they have left in school, mainly because the time is so precious and every day matters. From the moment a child joins us in Year 7, working together, we have just 900 days to prepare them for the role of adult citizens, ensuring that they have the qualifications, skills, experiences and self-confidence to make a success of their lives. The good news is that in modern society we can all look forward to many years and many opportunities to make our contribution, to lead, to inspire, to make others happy and to feel good about it. Did you know that adult life on average equates to more than 22,000 days? I passionately believe, that the 900 days spent in a secondary school are a critical foundation for what follows.

REMEMBRANCE DAY

At this time of year, we are also reminded of those generations of young people (including many service personnel today) who have given their lives in conflict, on behalf of their nation. Many of them were denied their lengthy adult lives and a whole host of opportunities that would have been afforded to them. They acted so that the rest of us could live in peace and enjoy fruitful, successful and contented existences. The whole school observed two minutes silence yesterday.

COLD AND WET WEATHER

It finally feels that we are now in Autumn and heading fast towards prolonged periods of more wintry weather. Every year we notice how many pupils come to school without a good outdoor coat. I would like to encourage all parents to ensure that their child has a coat and brings it into school. Without this there is a tendency for pupils to use other forms of additional clothing which are not acceptable as part of school uniform. For a reminder about the school's stance on jumpers, hoodies, wet shoes, vests and t-shirts etc, please can I refer you to the definitive uniform page on the school website www.poltairschool.co.uk.

CHILDREN IN NEED

Next week is 'Children in Need' week and at Poltair there is a full programme of activities being organised by several of the school's subject areas. The theme is 'Show your Spots'. We have something for everyone - from the usual 'spotty uniform' and 'spotty face painting' to the more unusual - 'spottify', 'spot the ball' and 'get spotted reading' among the activities on offer. The full programme is available on notice boards around the school and on the school website.

Stephen Tong

Stephen Tong
Headteacher

'WORD OF THE WEEK'

Chosen by Miss F Quinn
(Admin Dept)
As part of our focus on
Literacy in the
MFL Department



**un grain de
riz soufflé**



IMPORTANT CALENDAR DATES:-

Friday 19 November
'Children in Need' Day

Various events will be taking place during first and second breaks each day of the week.

To participate in these activities children will need to pay between 10p and 50p.

All money raised will go to Children in Need.

Wednesday 24 November

Year 9 Parents' Evening
(Year 9 tutors have the appointment sheets)
3.30 to 6.30 pm in the Main Hall

UPDATE

The book voted most popular read this term was 'Twilight' by Stephanie Meyer. 10 pupils have done the vocabulary test this term. Andrew Hammett has achieved 10 tests with 100% each time. Please remind your child to take the vocabulary tests as they will improve their spelling, vocabulary and reading skills.

Mrs Hancock, Librarian



Laura, of 7JH, has danced her way to a prestigious Junior Scholarship with the British Ballet Organisation. Laura had to attend a tough audition in London and has just been informed she has been successful. Around 30 students from across the south of England competed for places.

'This is a once in a lifetime opportunity' said Laura 'and although it means travelling to London each month for training, I will be able to receive the best tuition from professional dance teachers. I have already been lucky enough to dance with the Duchy Ballet in the Hall for Cornwall and this now gives me the chance to go to the next level.' In two years' time at the age of 13 Laura will be eligible to apply for a Senior Scholarship. Laura trains regularly with Ann Holland at St Austell Arts Centre where she studies classical ballet as well as modern and tap.

Students of the Week

**Year 7
Emily**



For community involvement in a sponsored event

**Year 9
Sheree**



For being punctual, having a 100% attendance and zero points. She is also a good member of the tutor group.

Student Council Election Results

Congratulations to the following students who were elected to the Student Council for the year October 2010 to October 2011

YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
Maddison Burdon	Jamie Chapman	Daniel Hall	Eric Davis	Nathalie Hamilton
Oliver Burt	Chelsea Payton	Lauren Wingrave	Kayley Warne	Stephen Bryant



2010-2011 Student Council

Mr Lake and Mrs Golding were assisted in running the elections by a team of Year 9 students. Thanks to the following:- Sarah Walsh, Sarah Cridge, Will Ratcliffe, Lauren Wiles, Jessica Pattingate, Amie-Louise James, Declan Henry, Katie Round, Amelia Borfese, Kadie Daniels, Charlie Rooker, Ellis King, Michael Carne and Daniel Rowe.



Spotlight on Design Technology: Food and Textiles

THE FOOD/TEXTILES TEAM

Miss K Partis Head of Department
 Mrs M Peters DT Food, Textiles and
 Child Development
 Ms K Lobb DT Product Design & Food
 Mrs A Dinsdale Technician
 Mrs C Pearce Technician
 Mrs V Mayhew Technician

At Poltair School the Food Technology staff aim to blend the old with the new! We feel we achieve a good balance between learning traditional cookery skills, whilst understanding the design process and appreciating the current issues and trends influencing the choice of the foods we eat and guidance on healthy eating.

Healthy eating guidelines underpin much of the design and planning work undertaken by students. Students consider the main dietary goals:

- Eat less fat
- Eat less sugar
- Eat less salt
- Eat more dietary fibre
- Drink more water

Students are also encouraged to eat 5 portions of fruit and vegetables a day.

All products need to reflect consideration of these healthy eating guidelines, so that students can learn how to adapt basic recipes to a healthier option.

Food Technology is a popular area of the curriculum and we teach both GCSE Food Technology and GCSE Catering. These are popular courses so many students will continue to develop their knowledge at KS4.

TOP TEN



Mrs A Dinsdale

1) What exactly do you do at Poltair? I am a Teaching Assistant and DT Food Technician.

2) What is your favourite meal? Chinese, especially lightly battered king prawns with sweet chilli sauce.

3) If you were not a teaching assistant what would you be? A nurse.

4) What is your favourite film? I am not a big movie fan, however, I did enjoy 'One Flew over the Cuckoo's Nest'.

5) Who is your favourite singer/band? I love music and have a very varied taste from the Rolling Stones to Katy Perry, but no real favourite.

6) What is your favourite book? Once again no favourite as I have read and enjoyed so many books, anything light and humorous.

7) Name one thing that perhaps people don't know about you? I worked for 22 years as a pastry chef and loved it!

8) What do you enjoy most about Poltair? The satisfaction in knowing that I have made a positive difference to someone's day.

9) What do you treasure most? My very good health and my wonderful little family.

10) What one thing would you change in the world? I wish children did not have to suffer serious illness.



Two new Year 7 budding chefs, tell us their first impressions of Food Technology

My first experiences of Food Technology lessons have been extraordinary. My favourite lesson was when we made soup, not only was it fun but it tasted superb. The very first lesson was when we learnt about bacteria and what it can do to you. My second lesson was making sandwiches, my sandwich had lettuce, marmalade and cucumber! One of my friends brought in a fish and we were shown how to present it properly.



Jack & Kallie

I feel I have learnt the following in my first couple of exciting Food Technology lessons. I have learnt HACCP (Hazard Analysis and Critical Control Point) and how to cut different vegetables and how to put fillings neatly in a sandwich. When we made soup I learnt how to cook the soup, it was amazingly delicious and now I know what HACCP means.

BREAD RECIPE

A very popular easy bread recipe we use to develop new products.



Basic Recipe Bread

500g plain flour – strong plain flour or bread flour is best as it contains extra gluten to make the dough stretchy
½ tsp salt
25g margarine
1 packet easy blend yeast
200ml warm water (approx.)
Use wholemeal flour for extra fibre. Add seeds, nuts or grated cheese for extra interest and flavour

Method (Oven on to 220 C or Gas 7)

1. Rub fat in flour
2. Add salt, mix in
3. Add yeast, mix in
4. Add warm water, mix in
5. Create soft moist dough
6. Knead for 10 mins. to extend gluten in dough
7. Divide into 8 – shape into rolls. Add flavourings, if required, knead in
8. Prove: 15 mins. in warm place
Bake: 15 mins. until golden brown



KS3 Year 8 Sponge fruit gateau

TWO of our students' favourites!



KS4 choux buns

The food technology teachers would like to take this opportunity to thank parents and carers for their continued support in supplying ingredients for the practical food lessons.

Textiles Technology

In Textiles students design and manufacture:

Year 7 - a kit-roll

Year 8 - a tie dye garment

Year 9 - a bag from recycled resources

The Year 8 Textiles course is based around the Theme of Colour. Students study a variety of techniques for applying colour to fabric, one such technique is Tie and Dye. As part of the wider work on this theme and to develop students' literacy skills students are asked to write a colour poem. One example is included here.

Year 8 Textiles

A Colour poem by Alisha Armstrong

BLACK

Black is the colour of
Halloween,
When Dracula, devils and
Batman can be seen
Funerals, haunting, murders too
Beware! Something might
happen to you!
Haunted houses, stormy nights,
Nasty ghosts that give you
Horrible frights
Evil pirates, blackmailing wicked witches,
Poisonous spiders that cause awful itches
Mysterious happenings, illusions appear,
Black isn't only a colour, but
FEAR!



Dan proudly displaying his finished tie dye bandanna.



The present Year 8 topic is 'Adding Colour to fabric' in the photos L-R: Kieran fabric is red tie dye and Scott is purple with a pattern drawn on it.