

## Dear Parents and Carers

### Year 11 'Countdown to Success' Event

Year 11 students enjoyed a day at the Marches School learning how to prepare for the forthcoming GCSE exams. Karim Al-Abbas' presentation about memory and how the brain learns was extremely valuable and very entertaining. Students learnt how to count to 10 in Japanese and how to use mind maps to aid retention. Students also took part in wellbeing workshops. These included stress management, Pilates and the importance of sleep. The psychologist, delivering the workshop on stress management, explained how the brain thinks pessimistic thoughts too easily and that students need to combat this with realistic thoughts. Meditation exercises were all carried out by students as a way of encouraging the brain to regain focus on realistic expectations. Students learnt the importance of having a minimum of 8 hours sleep so that the brain can transfer information from short term to long term memory.

The day was followed by an exam preparation and information evening for parents. Feedback from the evening was very positive.

### U14 girls football Greenhous Trophy

The girls played Idsall School in a tough semi-final match. They won 1-0 with Prue Noss scoring the winning goal. They now go through to the final of this very prestigious competition and we wish them the best of luck.

Mrs Apperley, Associate Assistant Headteacher

## Krakow and Auschwitz Trip

Last week fourteen Year 12 students travelled to Krakow, Poland to study life in the city pre and post war plus the plight of the Jewish population during the Holocaust. After a very early start from Whitchurch the group arrived in Krakow and took part in a walking tour of the old town of Krakow. The second day the group had a six-hour study tour of Auschwitz-Birkenau. The students found this a very moving visit and the snowy conditions really gave them a sense of how difficult it must have been for the prisoners in the camp. Day three involved visits to the Jewish quarter in Krakow and the Jewish Ghetto where all Jews were forced to live after the Nazi occupation before being shipped out to the death camps. The group also learnt about the story of Oscar Schindler who saved over a 1000 Jews by bringing them to work in his factory. A highlight of this day was a meeting with Holocaust survivor Rena Rach. On day four, they travelled via public transport to the Wieliczka Salt mine, an amazing underground labyrinth and UNESCO World Heritage site. On the final day, the group studied life in Krakow under communist rule. Travelling in Trabant, they had a tour of Nova Hutta, a planned new town supposedly being the most perfect communist town outside the Soviet Union. Evening meals were in local restaurants and they were treated to some Polish dancing and singing which all the students participated in! Heavy snow on our final day did not dampen the spirits and once the plane was 'defrosted' the group headed home.



## Photography

Last week, Year 10 Photography students visited Moreton Corbet Castle near Shrewsbury to gather primary source materials for their upcoming project 'Historical Architecture'. Students were encouraged to focus on weird and wonderful viewpoints, perspective and architectural features.



## Staff Vacancy

An opportunity has arisen for a short term position as a personal care assistant. The role will involve providing 1:1 support to a student during the school day. If you are interested in this vacancy, please contact Hayley Burton, Headteacher's PA: [burton.h@mmat.co.uk](mailto:burton.h@mmat.co.uk)

## Year 11 'Countdown to Success'



## Beauty and the Beast

Beauty and the Beast production is fast approaching. Students are now busy rehearsing on Sundays as well as after school in order to produce a show-stopping event. We would be very pleased to welcome parents/carers and members of the community to this production which promises to be a wonderful extravaganza of performance and music. Performances take place over three nights and information about purchasing tickets is shown in the box below.

## Whitchurch 10K

Whitchurch 10K 2019 is less than four months away and with hundreds of entries already confirmed, it is set to be the biggest and the best 10K we have hosted yet.

The race is for all abilities, from those who are running their first 10K, those wanting to post a PB and those who are elite runners. To register for the race, please click here:

<http://whitchurch10k.niftyentries.com/Whitchurch-10K-2019>.

Sir John Talbot's School  
**WHITCHURCH 10K**  
SUNDAY  
7th APRIL  
Starts 10.00am  
Please register by 31st March at [www.niftyentries.com](http://www.niftyentries.com)  
For further information: [www.sirjohntalbots.co.uk](http://www.sirjohntalbots.co.uk)

**FUN RUN**  
On the day | Ages: 3 - 14  
Start: 9.00am  
School Field

**WE ARE MACMILLAN. CANCER SUPPORT**  
Sponsored by: **GROCONTINENTAL**

## Powerlifting Silver Medal

Taking part in her first competition at the British Weightlifting Midlands Age Group Open, Year 8 student Sadie Heath won a silver medal. In winning the silver, Sadie, who is part of the Prees Cricket and Recreation Weightlifting Club, had six clean lifts, three 'snatch' and three 'clean and jerk', including two personal bests at her peak lifts. Well done Sadie!



## Upcoming Events

Year 8 HPV Vaccinations 23 January 2019

Year 10 Parents' Evening 24 January 2019. Please register for this event using the link [here](#)

Beauty and the Beast School Production, 11, 12 and 13 February at 7pm. Tickets are limited to 100 per performance and cost £5 Adult and £4 Concession. Tickets will be available from reception.

## Reminders

Term dates for the academic years 2018/2019 and 2019/2020 can be found online [here](#).

Oss Mere – 74987

Brown Moss – 72161

Blake Mere – 68844

Red Brook - 63948

**Sir John Talbot's School**

Prees Road, Whitchurch, Shropshire, SY13 2BY

T: 01948 660600

E: [sjadmin@mmat.co.uk](mailto:sjadmin@mmat.co.uk)

W: [www.sirjohntalbots.co.uk](http://www.sirjohntalbots.co.uk)