

## World Restart a Heart Day

Wednesday 16 October was 'World Restart a Heart Day' and thirty Year 9 students were given the opportunity of participating in a workshop held at Colchester General Hospital where they learnt how to do Cardio Pulmonary Resuscitation (CPR).

The reason the hospital offered the workshop was that in the United Kingdom over 30,000 people suffer a cardiac arrest outside of a hospital and at the current time less than 1 in 10 of those survive. Through the promotion of World Restart a Heart the National Health Service are looking to improve these statistics to try and match those currently in Norway where 1 in 4 survive.



Through watching a presentation the students learnt that as well as CPR being Cardio Pulmonary Resuscitation it also stands for 'Call, Push, Rescue' and the quicker someone helps the greater the chance of survival.

Using a mannequin the students were taken through the various stages of performing CPR. This included where to put your hands on a person's chest, linking fingers, keeping arms straight and how many pushes should be given. From this, the students then moved on to learning how to tilt the head and to perform the mouth to mouth breathing part.

The students learnt about defibrillators and the nurses talked about the many public places in which these are now located

so that anyone can use them to help save lives.

Afterwards the students were able to talk to the consultant and nurses supporting this workshop and at the same time enjoyed having a drink and cake.

The students were incredibly engaged and all participated in learning these life skills and at the end felt that if they were faced with someone having a cardiac arrest that they would be able to help them.

Mrs Green  
Careers Adviser



## Local Governor Vacancy

Local Governance Committee for the Stanway & Thomas Lord Audley Schools

We are looking to recruit Governors who have skills that can be used to strengthen the work of the Local Governance Committee (LGC).

The Stanway and Thomas Lord Audley Schools are members of The Sigma Trust which is a partnership of schools located in North East Essex covering both Colchester and Tendring. It incorporates schools that share the same mission, vision and values and have a strong history of working collaboratively.

LGCs are 'committees' of the Sigma Trust Board. Being a governor is a rewarding and effective way of making a voluntary contribution to your community and to the lives of local young people.

For further information please contact the school or [Sharon.burns@stanway.school](mailto:Sharon.burns@stanway.school)

## Assemblies for week commencing 21 October

This week the House Assemblies are being led by Mr Julier associated with well being.

## Breakfast Club

Breakfast Club runs every morning before school from 7.30am till 8.20am.

This is free and available to all students

Students are not to enter the School site before 7.30am.

We offer a choice of :-

- Crumpets or Kingsmill 50/50 medium toast served with choice of butter, jam or marmite
- Selection of cereals served with semi-skimmed milk
- Pure apple or orange juice
- Hot drinks including tea, coffee and hot chocolate with semi-skimmed milk
- Milkshakes - available on a Tuesday and Thursday only



## Spirited display from TLA Year 10s

On Thursday 10<sup>th</sup> Oct 2019, we played our opening game of the footballing season against St Benedict's School. From start to finish, the team were in high spirits, conducted themselves impeccably well and were a credit to TLA School.

Throughout the game, all players worked incredibly hard, competed as a team and showed a very positive attitude. Although, the final score did not go in our favour this time, there were moments during the game where we played some very nice football but unfortunately did not reap the rewards.

With continued desire and dedication, this team will only improve!

Well done to all involved.

Mr Hickey and Mr Julier



**(Back row)** Cameron McNeill, Freddie Baker, Jake Thompson, Alex Tombs, Joey Barber, Peter Bredin, Alex Jones, Elliot Crimes, Oliver Youngs, Tyler Riley.

**(Front row)** Menic Tawanyarat, Cian Walpole, Cameron Thorpe, Ben Jones, Danny Dibell.

## Lost Property

Lost property will be displayed at the Student Office from Monday 14 October for two weeks. After this date all items will be disposed of.



### Keep your child's online gaming safe

- Have open and honest conversations with your children about their online gaming and the risks involved.
- Educate your children about the dangers of revealing private information such as their email address, home address, family members or financial details.
- Explain that not everybody is who they seem or claim to be, and their motives may be dishonourable.
- Tell your children not to respond to bullying or other abuse, and to report it to you straight away.
- Join your children in online gaming from time to time and randomly. This will give you an idea of the games they're playing and who they connect with.
- Set and monitor limits for the amount of daily or weekly time your children spend online gaming.
- Check age ratings of games to ensure your children aren't accessing inappropriate content. It's 18 for a reason!
- Never give your child your payment card details as extras can be very costly.

For answers to typical questions parents and players have about video game age ratings and advice on how to play games responsibly, visit <http://askaboutgames.com>

### School Uniform Reminder

The majority of our students have returned looking very smart for the new year. We do still have a concern about some of the trousers and skirts that are being worn. Please see below for a reminder of our expectations:

If "trousers or skirts" are purchased from other outlets they should be a similar design. They should **not be 'skinny'** (tight all the way down to the ankle), or made of stretchy material e.g. leggings or in the style of, or resembling, black jeans. We appreciate that some shops are selling 'school trousers' in these styles, but they are not acceptable as part of the uniform for students at The Thomas Lord Audley School.

Skirts should be black and knee length (as shown on our website) and not the stretch fashion designs or flared.

We will be following up any items that are not suitable in the forthcoming weeks.

If you need any further clarification, please do not hesitate to contact us for advice.

### Personal Items

REMINDER — Students must take full responsibility for any personal items they bring into School e.g. mobiles phones & headphones etc

### Child Protection Policy

The Thomas Lord Audley School's Child Protection Policy is available via the School Website





## Social Media Awareness Course

We are running a Social Media Awareness Course on Tuesday 19 November. There is one session at 4.30-5.15pm and a second session at 6.00-6.45pm.

Could you please register your interest by emailing [ross.mckenzie@tla.school](mailto:ross.mckenzie@tla.school).



## Examination Certificates

Year 11 leavers may collect their GCSE certificates at the school main reception from **Monday 11 November between 8.15am - 4.15pm.**

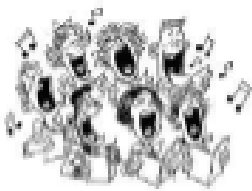
If students are unable to come into school to collect their certificates, family can collect on their behalf as long as they have a written letter of permission addressed to the Examinations Officer.

## Music Clubs 2019



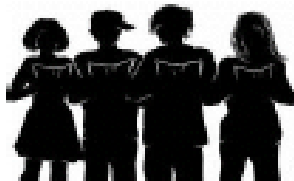
### Ukulele Club

Tuesday Lunchtimes in MU1



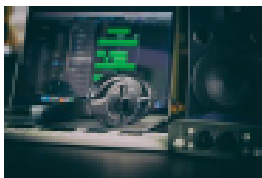
### Year 7 + 8 Singing Group

Thursday Lunchtimes in MU1



### Advanced Vocal Group

Friday Lunchtimes in MU1



### Music Tech Club

Tuesdays 3.15pm - 4.15pm in MU1



### Rock School

Wednesdays 3.15pm – 4.15pm

in MU1 & MU2

### TLA House Point Totals

1st Nelson

2nd Austen

3rd Darwin

Year 11 in 1st place is 11-RL with 17.72. The top year 11 was Louise Purtell with 6 house points. Well Done!

Last weeks top earner was Ben Mee in 8A-JK with 16 house points. Well Done!

### Attendance Winners

This week's attendance winners with 98.52% attendance were 9N-CD. Congratulations!

### Medication in school

We keep a very small supply of paracetamol in school for use in emergencies only. Just recently we have had children requesting Calpol. We are not able to provide these so if you know that your child may need them during the day please make sure they have them with them.

We are happy to store these during the day if you do not want your son/daughter to carry them with them during the day. If this is the case we ask that you make sure that they are clearly labelled and handed in to the Student Office.



**Where:** Library

**When:** 3:10pm – 4pm  
Monday to Friday



### Finance Notices

1. Sharp el-531 calculators available via ParentPay
2. Replacement catering cards available via ParentPay for £3
3. TLA school ties are available via ParentPay for £6.00
4. Replacement locker key are available via ParentPay for £3
5. Easter Multi-Sports Holland Festival - 3rd payment is requested by 15 November
6. Year 10 Ypres and The Somme - non-refundable deposit is requested by 15 November
7. OCR GCSE PE revision guide available via ParentPay for £7
8. Year 7 Mersea Camp. Non refundable deposit is requested by 1 November 2019 via ParentPay
9. Year 11 Science Revision Guides are available via ParentPay
10. Year 11 Edexcel Maths Revision Guides are available via ParentPay

**Can we please ask you to check your child's catering card balance and clear any debt.**

### Diary Dates

Wednesday 23 October	Thurstable College Colchester United Football Trials
Wednesday 23 October	Year 11 Careers trip to Mersea Homes
Wednesday 23 October	Year 9 Brilliant Club
Wednesday 23 and Thursday 24 October	Colchester Sixth Form College Open Evening
Wednesday 23 October	Year 11 Mersea Homes Visit
Monday 28 October— Friday 1 November	Half Term Week
Monday 4 November	First day back of term
Non Student Day	29 November





## Reading at TLA - Parent / Child Bookclubs

As you will be aware, at TLA we place great importance on developing the reading skills of our students and as such have developed a wide range of opportunities in order to do this successfully through both in-class and extra-curricular activities. New for this year!

The library will be hosting a parent-child book club where parents can read the selected book with their child and then attend the book club and discuss the book in an informal setting with the added bonus of a light meal provided in the form of pizza!

Book Club 2 - Wild Boy by Rob Lloyd Jones - Tuesday 26th November 5-6pm

For more information please ask Mrs Warriner. Books can be collected from Mrs Bredin in the Library. Happy reading!

Mrs Warriner  
School Improvement Leader

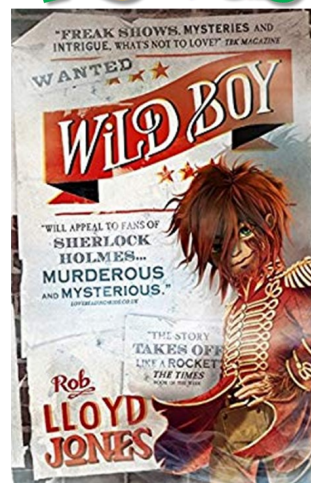
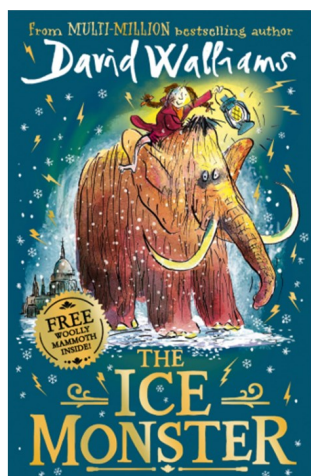
## Parent-Child BookClubs

New this year!  
Enjoy reading a book  
with your child. . .



A great way to get  
involved and increase  
your child's motivation!

Tuesday 22nd October



Tuesday 26th November

Discuss it in a friendly and informal environment.  
Collect your copy from the library now!

# TLA Catering Department

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Fresh Chicken Burger</b> (Wheat Gluten Milk)  <b>Quorn Nuggets V</b> (Wheat Gluten Egg Milk)  <b>Savoury Potatoes</b>  <b>Baked Beans</b>  <b>Sponge</b> (Wheat Milk Egg Gluten)	<b>Beef Enchilada</b> (Wheat Milk Gluten)  <b>Cheese Omelette V</b> ( Egg, Milk)  <b>Croquette Potatoes</b>  <b>Roasted Medley of Vegetables</b>  <b>Fruit Crumble</b> (Wheat Milk Gluten)	<b>Roast of the Day</b>  <b>Roast Potatoes</b>  <b>Chickpea &amp; Butternut Squash Curry V</b>  <b>Roasted Chantenay Carrots</b>  <b>Savoy Cabbage</b>  <b>Jam Doughnuts</b> (Wheat Gluten Milk)	<b>Fresh Meatballs in a Tomato Sauce</b> (Gluten Soya Wheat Egg)  <b>Quorn Tacos V</b> (Milk Gluten Wheat)  <b>Baked Fresh Cajun Wedges</b> (Celery Gluten Wheat)  <b>Baked Beans</b>  <b>Choc Oat Cake</b> (Wheat Barley Milk)	<b>Sausage in Batter</b> (Wheat Gluten Sulphates)  <b>Chips</b>  <b>Peas</b>  <b>Southern Fried Burger V</b> (Fish)  <b>Marble Cake</b> (Wheat Gluten)

## Sandwiches

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Chicken &amp; Bacon Sandwich</b>  <b>Cheese Salad Wrap</b>  <b>Sausage Sandwich</b>  <b>Ham Sub</b>  <b>Cheese Sub</b>	<b>Chicken Mayo Sandwich</b>  <b>BLT</b>  <b>Cheese Sandwich</b>  <b>Cheese Sub</b>  <b>Chicken Sub</b>	<b>All Day Breakfast</b>  <b>Ham Sandwich</b>  <b>Chicken Sandwich</b>  <b>Cheese Sub</b>  <b>Ham Sub</b>	<b>Ham Sandwich</b>  <b>Chicken Salad Wrap</b>  <b>Cream Cheese &amp; Cucumber</b>  <b>Chicken Sub</b>  <b>Cheese Sub</b>	<b>Cheese Sandwich</b>  <b>Chicken Sandwich</b>  <b>BLT</b>  <b>Cheese Sub</b>  <b>Ham Sub</b>

**HOT & COLD FOOD TO TAKE AWAY DAILY**

**ASSORTED PANINIS**

**SALAD CART**

**SPECIALS WILL BE ANNOUNCED DAILY ON THE INFORMATION TVS**

