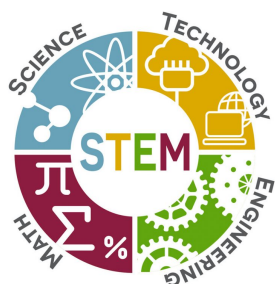




## STEM



Since I started as a teacher at TLA (4 years ago now!) I have always been involved with STEM. For those in the know, those who have attended the various STEM clubs TLA has to offer, it is fairly obvious why. However, there are a large number of students that have no idea what they are missing out on and in this article I'm hoping I can convince you to try out a STEM club!

### **“What even is STEM? Isn't it just Science Club?”**

STEM stands for Science, Technology, Engineering, and Mathematics, but why are they grouped together? The idea is that all these subjects are linked, especially in various careers that you might want to enter into in the future. This means that whilst STEM clubs have elements of science in them, this science is put to practical use in projects, and bring in elements of technology and engineering as well.

### **“How will going to STEM club help me? What's in it for me?”**

First of all, most people who attend STEM clubs tend to find them interesting, engaging and fun. There are various different activities and projects that you could get involved with. Further to this, STEM-based jobs and careers are one of the few areas in which there are more and more jobs every year. By going to STEM related clubs and improving your understanding you add vital CV builders that can help get onto the A-level courses you want to get onto.

In addition, a group of year 10s and 11s are completing a STEM-based qualification this year called CREST. This involves them completing a project and submitting it to be marked and reviewed, and they will gain a qualification from this. If they were to continue this into their A level they can even gain qualifications that will help them get into university!

### **“How can I get involved?”**

STEM clubs run weekly and there are a wide variety of them. For years 7 and 8, Mr Marr runs a STEM group on Wednesdays after school in EO5, and Mr Worton runs a group for year 9-11 in EO1 on the same evening for years 9-11. If that seems a bit general for you then you can always come to Drone Club, run by Mr Williams from his room on Monday evenings. If you are looking to do something a little more serious and work towards a real-life award, Mr Appleton runs a CREST award group on Monday evenings in EO5. Also - watch this space for robotics and coding clubs that will be starting soon!

So what are you waiting for? Give it a try, and you might just find something that is not only fun, (and interesting), but also something that can really change your life and take you into careers and jobs that you never thought about doing before.

## FOOTBALL TRIALS

At the end of last year, some Year 7s attended football trials for Ipswich Town and Colchester United. An outstanding performance by Ollie Wyatt saw him picked up by Colchester United and he attended further trials there. Another 2 students from other Sigma schools have now signed contracts with Ipswich and Colchester, as well as being head hunted by teams such as Arsenal and Tottenham.



Due to the success of the last event, we have attended a similar event this year but with other year groups. On Tuesday 16th November, saw years 7 and 9 participate and once again all of the players performed well and did us all proud. During these trials there were 2 Year 9 students noticed and have been asked to attend further trials at Colchester United - Oscar Malcolm and Jack Milne. Both of these students played incredibly well and we wish them all the best with their further trials at Colchester United.

On Wednesday 17th November, was the chance for our Year 10 and Year 11 students to attend and have the opportunity to demonstrate their potential in front of the scouts. We choose 3 year 10 students and 4 year 11 students. Once again, the performances were excellent and the behavior/attitude was something for us all to be proud of. Out of the 7 students participating from TLA, we had 3 outstanding performances by Aaron Birch, Billy McFarlane and Cody Farrington-shave who have all been selected to attend further trials at Colchester United.

Once again this was a fantastic event and all of the students attending, from all schools did themselves proud and we wish all of the students the best of luck in their further trials and endeavors with Colchester United and Ipswich Town.

Mr Martin  
PE Department

## ESAFETY

### Child Protection Policy

The Thomas Lord AudleySchool Child Protection Policy is available on the school website

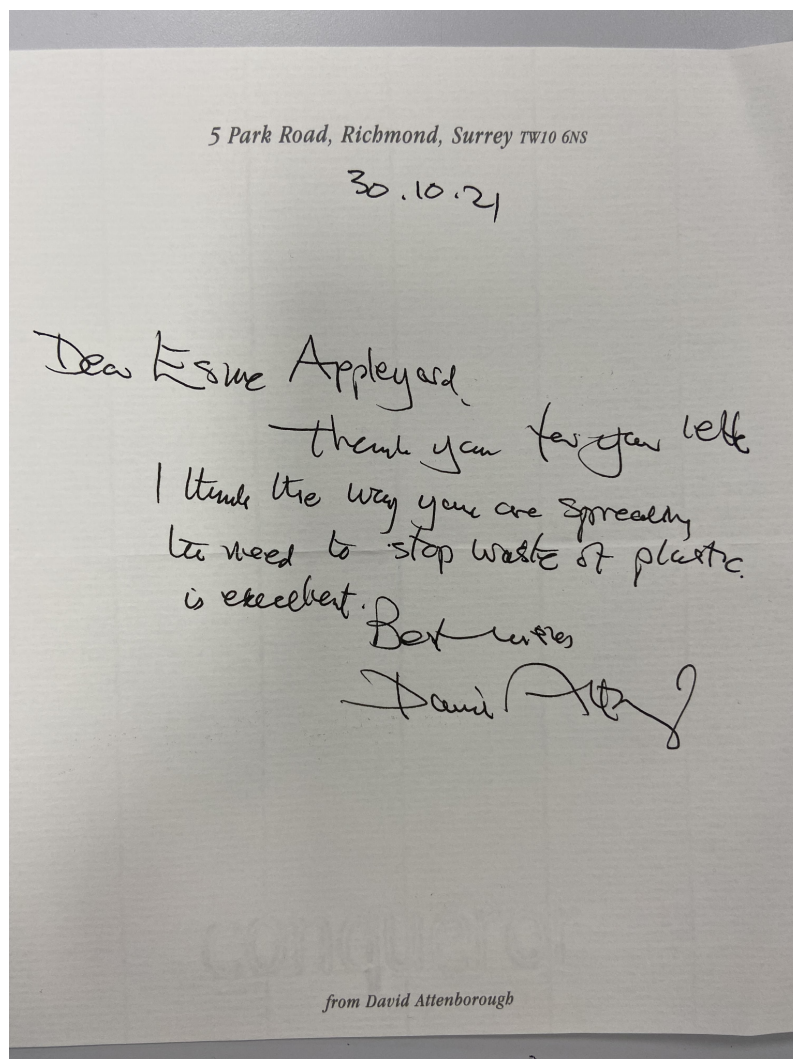
### Emotional Well-being and Mental Health

Please refer to the links on our website if you are looking for information or contact your child's pastoral team if you have any concerns about their well-being.

### Be Careful Who You Meet Online

People you meet online are not always who they claim to be. Indeed, they may not even be real, fake social media profiles are a popular way for unwanted contact to be made. Be as cautious and sensible in your online social life as you are in your in-person social life.

## A LETTER TO SIR DAVID ATTENBOROUGH



As with many of our students at TLA, we carry a conscious thought of the environment with us day to day. In the past, our school has held a big focus on recycling and that doesn't go forgotten, even after the pandemic and its restrictions.

Esme Appleyard, in year 9, has recently turned her efforts towards this topic once again by writing to our nation's hero, Sir David Attenborough, to get his views and advice on the subject.

Esme says that she wrote to him 'to raise awareness of recycling in schools' and to 'ask for his advice on what to do' around the school site.

Amazingly, he wrote her back!

Within a short period of time, Esme received a personal response from Sir David himself in which he offers his 'thanks and support' for her stance on recycling, and that 'he is very pleased with what we are trying to achieve' at TLA.

Going forward, Esme has a message for her peers; she says 'I would like people to be more aware of their plastic waste products and be aware of where this ends up'.

## DATES FOR THE DIARY

Thursday 25 and Friday 26 November:  
*Non Student Days*

Wednesday 1 December:  
*Year 9 Virtual Parents' Evening*

Monday 6 December until Friday 10 December:  
*Year 10 PPE*

Friday 17 December until Monday 3 January:  
*Christmas Holiday*

CLUBS TIMETABLE		
	Before School / Lunch Time	After School
Monday	<b>Before School:</b>  <b>Fitness Club / Boxing Club</b> 07:30 - 08:00  <b>Lunch Time:</b>  <b>Multi Sports Club</b>	<b>Rugby Club</b> Lower Field 15:15 - 16:15  <b>Drone Club</b> D4 15:10 - 16:00  <b>Music Tech Club</b> MU1 15:10 - 16:10  <b>Fitness Club</b>  <b>English P6 - Year 11</b> C12
Tuesday	<b>Lunch Time:</b>  <b>Drama Club - Years 10 -11</b> Drama Studio  <b>Girls Basketball</b> Sports Hall	See everyday clubs
Wednesday	<b>Before School:</b>  <b>Fitness Club / Boxing Club</b> 07:30 - 08:00  <b>Lunch Time:</b>  <b>Creative Writing - Years 7-9</b> CO3  <b>Girls Basketball</b> Sports Hall  <b>Maths Club - Years 7-8</b> D3	<b>Maths P6 - Year 11</b> With individual Maths teachers  <b>Football Club - Year 7 - 8</b> Sports Hall 15:15 - 16:15  <b>Rock School</b> MU1 15:10 - 16:10  <b>STEM Club</b> E01 15:15 - 16:15  <b>Musical Club</b> Drama Studio  <b>Netball Club</b>

CLUBS TIMETABLE CONTINUED		
	Before School / Lunch Time	After School
Thursday	<b>Lunch Time:</b>  <b>Boys Basketball Club</b> Sports Hall  <b>Ukulele Club</b> MU1  <b>Boys Basketball / Multi Sports Club</b> Year 8 - 9  <b>Drama Club</b> - Years 7 -9	<b>Football Club</b> - Year 9 Sports Hall 15:15 - 16:15  <b>Textiles Club</b> - Year 8 & 9 F4 15:15 - 16:15  <b>Art Club</b> A1 15:10 - 16:10
Friday	<b>Before School:</b>  Fitness Club / Boxing Club 07:30 - 08:00  <b>Lunch Time:</b>  <b>Choir</b> MU1  <b>Chess Club</b> C12  <b>Tech Club</b> - Years 7-9 F2  <b>Fitness Club</b> - Year 11  <b>Textiles Club</b> - Year 7 F4	<b>Football Club</b> - Year 9 Sports Hall 15:15 - 16:15
Every Day	<b>Lunch Time:</b>  <b>Film and Pokemon Club</b> D4  <b>Homework Club</b> C14  <b>Ozone Club</b> E03	<b>Homework Club</b> Library 15:10 - 16:00

CATERING - Week Beginning 22nd November				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Burger <i>(Wheat Gluten Milk)</i>	Fresh Chicken Pie <i>(Wheat Milk Gluten)</i>	Roast of the Day	Non Student Day	Non Student Day
Lasagne V <i>(Wheat Gluten Barley Soya Gluten)</i>	Quiche V <i>(Wheat , Gluten Egg, Milk)</i>	Roast Potatoes		
Baked Fresh Potato Wedges	Creamed Potatoes <i>(Milk)</i>	Steamed Carrots		
Sweetcorn	Carrots	Peas		
Assorted Paninis	Assorted Paninis	Lentil Curry V <i>(Wheat Gluten Milk)</i>		
Pasta Pots	Pasta Pots	Donuts <i>(Wheat Gluten Soya Sesame Milk)</i>		
Baked Potato & Beans	Baked Potato & Beans	Assorted Paninis		
Fruit bags	Fruit bags	Pasta Pots		
		Baked Potato & Beans		
		Fruit bags		

## CATERING - Week Beginning 29th November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Battered Chicken Burger (Wheat Gluten Celery)	Sweet & Sour Chicken with Brown Rice	Roast of the Day	Cottage Pie (Soya Barley Wheat Milk Gluten)	Chicken Nuggets (Wheat Egg Milk Gluten)
Tomato Pasta Bake (Wheat Gluten)	Spaghetti	Roast Potatoes	Lyonnaise Potatoes	Chips
Wedges	Bolognese V (Egg Wheat Barley Gluten)	Carrots	Sweetcorn	Peas
Steamed Sweet Corn	Peas	Hotdog in a Roll (V) (Egg Gluten Wheat Soybeans)	Quorn Chilli & Rice (Wheat Soya Egg Gluten)	Vegetable Bake (Gluten Milk Wheat Egg)
Assorted Paninis	Assorted Paninis	Donuts	Assorted Paninis	Assorted Paninis
Pasta Pots	Pasta Pots	Assorted Paninis	Pasta Pots	Pasta Pots
Baked Potato & Beans	Baked Potato & Beans	Pasta Pots	Baked Potato & Beans	Baked Potato & Beans
Fruit bags	Fruit bags	Baked Potato & Beans	Fruit bags	Fruit bags
		Fruit bags		

## CONTACT

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Colchester  
Essex  
CO2 8NJ

Telephone: 01206 547911



## Student Travel 2021-22



Do you or your child travel to University, College or School by bus? If so, we've got the perfect solution!

Arriva Student Saver tickets are valid for anyone in full time education. You will get unlimited access to travel on any Arriva bus, across all of our routes in your chosen area.

The Saver tickets will not only cover your travel to and from University, School or College, but can also be used to travel in the evenings, at weekends and throughout the holidays too.

Arriva's Direct Debit scheme allows you to spread the cost of your ticket over affordable monthly payments. It's an easy way to pay for travel and there's no contract involved, making it an ideal way to get reduced bus travel for the whole Academic year, without paying upfront.

**\*Our tickets do not cover Arriva London/TFL routes**

It's a simple process to apply, to arrange your Direct Debit please visit:

[www.arrivabus.co.uk/monthlytickets](http://www.arrivabus.co.uk/monthlytickets)

To ensure delivery of tickets in time for the start of the new Academic Year, we recommend registering now.

Once registered you can select either to receive your monthly pass by post or sent to your mobile phone. This ticket will rollover every month for as long as the direct debit remains active.

For any queries regarding the scheme, please email: [talktous@arriva.co.uk](mailto:talktous@arriva.co.uk)

A close-up photograph of a young woman with vibrant, multi-colored hair (red, orange, yellow, green, blue, and purple) and black-rimmed glasses. She is smiling broadly, showing her teeth. The background is blurred, suggesting an outdoor setting with trees.

**Student travel**

Make your money go further.