

## **This Girl Can, University of Essex**

This week twenty nine Year 9 female students participated in a day at the University of Essex called 'This Girl Can'. The day is to promote STEM opportunities and for females to understand that all opportunities within industry are open to them.

The day started with an interactive talk by a Microbiologist lecturer who talked to the students about her career and how they test, treat and identify parasites, fungi, viruses and bacteria.

Afterwards the students participated in two workshops. The first was with Medical Mavericks enabling the students to obtain an understanding of some of the 350 health care professions that are available within the Health Service and that there are opportunities for everyone at all levels of academic ability. The students were then able to use various items of medical equipment to learn further about the different roles.

The second workshop was with TechGirls and was called 'The Blue Ocean'. The students had to work in groups and create an idea of how technology can be used to raise awareness and help keep our oceans blue.

The students came up with many different ideas, from using gaming apps that not only developed awareness for children of the issue but also as levels were completed contributed towards the overall cost of this massive global task; to generating more reusable plastic containers that could be used again within supermarkets and devices that could be attached to shopping trolleys that highlight the amount of plastic and waste content the products you are purchasing contain.



At the end of the session each of the groups had to present their idea to their peers. This session not only developed knowledge of a global problem but also their problem solving, team work, communication and presentation skills.

Finally the students participated in a speed networking event where they had the opportunity to talk to various women from different roles to find out about their job, their employer and the grades required to achieve that role.

The students enjoyed the day and learnt a lot about opportunities within the STEM sector.

Mrs Green  
Careers Leader



### Attendance Winners

This term's attendance winners with 96.77% attendance were 7D-EH.

This term's house winners were Nelson with 95.00%. Congratulations!

### TLA House Point Totals

1st	Darwin	2.35	Last weeks top earners were Ronnie Achille, 10N-FL and Zahra Akther, 7N-EP, with 16 house points each. Well Done!
2nd	Nelson	2.21	
3rd	Austen	1.81	

### Assemblies for week commencing 24 February

This week the House Assemblies are being led by Ms Boast, Headteacher. On Friday 28th February the Year 7 assembly will be linked to recycling.

### Child Protection Policy

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



## Year 11 Catering Cards

Please note that from Tuesday 25 February there will no longer be any overdrafts on catering cards for Year 11 students.

Students will be required to bring in a packed lunch if there is no money on their card.

Any existing debt must be cleared in order for you to purchase either a Prom ticket or Leavers hoodie.



## 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



### Mock / Pre-Public Timetable Monday 2 - Friday 20 March 2020

02-Mar	A Monday 1	Monday 2	Monday 3	Monday 4	Monday 5
	English Lit (x pop only) 2h 15m		PE paper 1 (1h)		
03-Mar	A Tuesday 1	Tuesday 2	Tuesday 3	Tuesday 4	Tuesday 5
	Option B		Maths paper 1 (1h 30m)		
04-Mar	A Wednesday 1	Wednesday 2	Wednesday 3	Wednesday 4	Wednesday 5
	Science (Biology) 1h 10m		English Language (1h 45m)		
05-Mar	A Thursday 1	Thursday 2	Thursday 3	Thursday 4	Thursday 5
	Option A except Music & Catering		Option C except Art German Writing (1h 15m)		
06-Mar	A Friday 1	Friday 2	Friday 3	Friday 4	Friday 5
	Science (Chemistry) 1h 10m		Maths paper 2 (1h 30m)		
09-Mar	B Monday 1	Monday 2	Monday 3	Monday 4	Monday 5
	Maths paper 3 (1h 30m)		Science (Physics) 1h 10m		
			Catering exam 11.05 - 3.10		
10-Mar	B Tuesday 1	Tuesday 2	Tuesday 3	Tuesday 4	Tuesday 5
	Computer Science paper 2 (1h)		PE paper 2 (1h)		
			Catering exam 11.05 - 3.10		
11-Mar	B Wednesday 1	Wednesday 2	Wednesday 3	Wednesday 4	Wednesday 5
	Media Studies paper 2 TV clip (option B & C)		German Reading (1hr)		
12-Mar	B Thursday 1	Thursday 2	Thursday 3	Thursday 4	Thursday 5
	Music listening (1h 30m)		German Listening (45m)		
13-Mar	B Friday 1	B Friday 2	Friday 3	Friday 4	Friday 5
	Art GCSE - Day trip to Tate Gallery				

### Mock / Pre-Public Timetable Monday 2 - Friday 20 March 2020

16-Mar	A Monday 1	Monday 2	Monday 3	Monday 4	Monday 5
	<b>Art</b>		<b>Art</b>		<b>Art</b>
17-Mar	A Tuesday 1	Tuesday 2	Tuesday 3	Tuesday 4	Tuesday 5
	<b>German Speaking</b>		<b>German Speaking</b>		<b>German Speaking</b>
18-Mar	A Wednesday 1	Wednesday 2	Wednesday 3	Wednesday 4	Wednesday 5
19-Mar	A Thursday 1	Thursday 2	Thursday 3	Thursday 4	Thursday 5
	<b>German Speaking</b>		<b>German Speaking</b>		<b>German Speaking</b>

### Medical Appointments

We would kindly appreciate it if you could let the school know of any medical appointments in advance by:

- Writing appointment in Student Planner or give a copy of appointment card
- Student to go to Student Services on the day to collect an Early Leaving Slip.
- Parent to collect student from Main Reception.

This will hopefully ensure students are ready for collection when parents arrive.



**Your Appointment**

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

### Students in Medical Room

Dear Parents/Carers

Please be aware that children leaving school due to illness or injury, will no longer be permitted to travel home unsupervised. Previously, if parental consent was given, children could take themselves home when unwell.

This decision has been made to ensure the safety of our students by reducing the possibility that they could fall ill on their way home.

We would advise that emergency arrangements, with relatives or friends, are made as a precaution, should your child become unwell and you are unable to collect them. Please ensure all contact details we hold are up to date including mobile phone numbers.

Our First Aid policy can be viewed in full on the school website <https://www.tla.essex.sch.uk/policies>

We thank you for your continued support.





## Anorak Patch

We have a group of students at TLA who have formed their own band and have been playing for around a year. In a short space of time they have made quite a name for themselves on the Music scene.

Anorak Patch are Oscar Ryland, Luca Ryland, Effie Lawrence and Eleanor Helliwell. I am pleased to say that I have been to watch a couple of their gigs and was amazed at how good they are! They have been performing at various youth events including local venues such as the Three Wise Monkeys and The Albion in Rowhedge.

On New Year's Day they had an article written about them in the Colchester Gazette and they have recently been on BBC Suffolk as part of BBC Introducing. Even more exciting is that they are having one of their songs played on BBC 6 Music!

Obviously I am super proud of them as these are huge achievements! If you have the chance you should definitely check them out!

Mrs Curd  
Lead Teacher for Music



# BROOK talks:

## Relationship and Sex Education- What parents need to know

St Helena School	12 <sup>th</sup> March 2020
Sheepen Road Colchester CO3 3LE	18:00-19:00 <a href="#">Click here to book</a>

***Brook invites you to a Sex Education workshop created especially for local parents and carers.***

Our Education and Wellbeing Specialists will explore how the new legislation will impact on your child and-

- What it means for primary and secondary school students,
- What is taught and why we teach it
- How you can continue those conversations at home.

There will be time reserved for questions and how Brook can provide further support.

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For more info contact:  
[joanne.quinn@brook.org.uk](mailto:joanne.quinn@brook.org.uk)



## LGBTQ+ glossary for parents

Your child has come out. That's great: it means that they feel confident about themselves and they are trusting you to be supportive.

But what do you actually say?

The terminology of gender and sexuality changes so fast that finding the right words can be a minefield. Our glossary is designed to get you started.



### What does LGBTQ mean in the first place?

LGBTQ stands for lesbian, gay, bisexual, transgender and queer or questioning. You might also see it written as LGBTQA, with the A signifying either ally (i.e. supportive) or asexual.

All the variations on the acronym refer to a community of people who share some experiences:

*Ally* – in this context, this usually means a person who does not identify as LGBTQ but who supports the rights and experiences of people who do. That said, LGBTQ people can also be allies. For instance, a cisgender gay person might be an ally to a transgender person.

*Asexual* – someone who generally does not feel sexual attraction. Being asexual is not the same thing as being celibate – asexual refers to a lack of sexual attraction, not to abstinence. Asexual people can and often do experience romantic feelings, and can have successful relationships with people who may also be asexual, or may not.

*Bisexual (or bi)* – someone who is attracted to their own gender and another.

*Biphobia* – Hate of or aversion to bisexual people. People of any sexual orientation can be biphobic, and these feelings are often expressed through negative stereotypes of bisexual people.

*Cisgender (or cis)* – someone whose gender identity matches the sex and gender they were assigned at birth; in other words, someone who is not transgender.

*Coming out* – the process of accepting one's own sexual orientation or gender identity and/or sharing it with others. It is possible to be 'out' to yourself, to everyone or only to certain people – for instance, some people choose to come out to their families and friends but not their teachers or co-workers.

*Gay* – someone whose attractions are exclusively or almost exclusively same-gender. While anyone can identify as gay, the term tends to be associated more with men than with women (who may also identify as lesbian).

*Gender binary* – the system of dividing gender into two distinct categories, male and female. Someone is binary-identified if they feel comfortable categorising themselves as one of these two options and non-binary identified if they do not (e.g. a transgender man who keeps his original – female – name and doesn't live completely as a man or woman).



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*Gender nonconforming* – a person who behaves or identifies in ways considered atypical for their gender.

*Genderqueer* – sometimes used to describe people with non-binary gender identities.

*Heterosexual (or straight)* – a person who is attracted exclusively or almost exclusively to the 'opposite' gender.

*Homosexual* – another term for a person who is exclusively or almost exclusively attracted to their own gender.

*Intersex* – a person born with anatomical characteristics (like sex chromosomes and genitalia) that don't fit the standard definitions of male or female. There are a range of intersex conditions and though people are born intersex, it doesn't always show up at birth. Intersex people can have a variety of gender identities.

*In the closet (or closeted)* – a term used to describe an LGBTQ person who has not 'come out'. People who are in the closet may be in denial about their identity or they may be comfortable with it but not ready to share it with others.

*Outing* – the act of revealing someone else's sexual orientation or gender identity, normally without their consent. Outing someone can be very hurtful.

*Lesbian* – a woman who is exclusively or almost exclusively attracted to other women.

*Pansexual* – a person who is attracted to all genders. Some people prefer the term pansexual to bisexual because pansexual does not assume a gender binary.

*PGPs* – Stands for preferred gender pronouns. Examples include she/her/hers, he/him/his and they/them/theirs. Some people might prefer a mix of pronouns and increasingly some people are using less traditional gender-neutral pronouns like zie or hir.

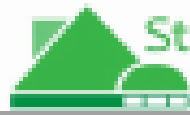
*Sexual orientation* – the type of attraction an individual feels. Gay, bisexual, lesbian, pansexual and heterosexual are all examples of sexual orientations.

*Transgender (or trans)* – Typically refers to anyone whose gender identity does not align with their assigned sex and gender at birth. Some trans people are binary-identified, others are not.

*Transphobia* – hate or fear of and aversion to transgender people.

LGBTQ people won't all feel exactly the same way about every word on this list, so it's important to be sensitive. For parents, it can be confusing or difficult when your child identifies in a way you don't fully understand – but the most important thing is to emphasise that you love and respect them unconditionally.





St Margaret's  
Berechurch



## Free Winter Warmer Community Event

At

St Margaret's Church

Stansted Road, Colchester, CO2 8RA

On Monday 17<sup>th</sup> February 2020 open  
from 11:00am to 3:00pm

**Free** preloved warm winter coats for adults and children,  
bedding, school uniform and winter packs to help your family  
keep warm and well this winter.

Everyone is very welcome to pop in for a free cuppa and  
biscuit, a chat and to pick up what they need.

### **Free craft activities for children**

Advice and support available from our friendly team of staff  
and volunteers from different organisations.

Essex Child and Family Wellbeing Service



Monkwick Munch Club (17<sup>th</sup> Feb)  
5<sup>th</sup> Scout Hall  
Queen Elizabeth Way CO2 8LT  
You must book your place by contacting Mo.  
Tel: 07974113341  
[marianepowell1952@btinternet.com](mailto:marianepowell1952@btinternet.com)



THE SIGMA TRUST



THE THOMAS LORD AUDLEY SCHOOL

## Breakfast Club

Berechurch Family Hub  
The Ormiston Centre  
School Road  
Colchester CO2 8NN

**Week beginning 17<sup>th</sup> February 2020**  
**Monday, Tuesday, Thursday and Friday**  
**9.15am – 10.30am**

Join us for breakfast and a morning of indoor fun!

Our Breakfast Club is for any family who feel they are in need, whether this is due to financial difficulties, feeling lonely, isolated or experiencing family problems.

**All welcome and no need to book.**

t. 0300 247 0015 for more details

[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

Services commissioned by:



## Love Your Heart Health and Wellbeing Event

**Berechurch Family Hub**

The Ormiston Centre  
School Road  
Colchester, CO2 8NN

**Date: Friday 21<sup>st</sup> February 2020**  
**Time: 10.30am-12.00noon**



Come along and meet the Essex Fire Brigade, sit in a fire engine and get advice on how to keep your whole family safe from fire in your home.

Join in craft activities based on eating well and having a healthy lifestyle and join in with sports activities for all the family.

Get a free BMI check from My Weight Matters, Community 360 Team

**All welcome. No need to book. Just come along!**

Services commissioned by:

[www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)



THE SIGMA TRUST



THE THOMAS LORD AUDLEY SCHOOL

### Finance Notices

1. Sharp el-531 calculators available via ParentPay for £4.40
2. Replacement catering cards available via ParentPay for £3
3. TLA school ties are available via ParentPay for £6.00
4. TLA school tie (clip-on) are available via ParentPay for £5.25
5. Replacement locker key are available via ParentPay for £3.00
6. Easter Multi-Sports Holland Festival - Final instalment is now overdue
7. Year 10 Ypres and The Somme - 3rd instalment is requested by 27 March 2020
8. OCR GCSE PE revision guide available via ParentPay for £7
9. Year 7 Mersea Camp - 2nd instalment is requested by 28 February 2020
10. Year 11 Edexcel Maths Revision Guides are available via ParentPay for £5.50
11. Year 8 Germany - 2nd instalment is requested by 28 February 2020

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

### Diary Dates

Monday 24 February	Non-pupil day
Tuesday 25 February	First day back to school
Thursday 27 February	Theatre trip - Macbeth
Thursday 12 March	Year 9 Parents' Evening
Friday 13 March	Year 11 GCSE Art Exam trip to Tate Modern
Thursday 18 June	Year 11 Prom
Friday 19 June	Year 7 day trip to France



# TLA Catering Department

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lasagne &amp; Garlic Bread</b> (Wheat Milk Gluten) <b>Cauliflower Cheese V</b> (Wheat Milk) <b>Parsley Potato Sweetcorn</b> <b>Apple Crumble</b> (Wheat Gluten)	<b>Roast of the Day</b> <b>Roast Potatoes</b> <b>Steamed Carrots</b> <b>Savoy Cabbage</b> <b>Lentil Curry V</b> (Wheat Gluten Milk) <b>Jam Doughnuts</b> (Wheat Gluten Milk)	<b>Chicken Curry &amp; Brown Rice</b> (Gluten Soya Wheat Mustard Milk) <b>Sauté Potatoes</b> (Celery Gluten Wheat) <b>Tomato &amp; Brie Flan V</b> (Milk Wheat Gluten Egg) <b>Citrus Sponge</b> (Wheat Gluten Milk)	<b>All Day Breakfast</b> (Wheat Egg Milk Gluten) <b>Hash Browns</b> <b>Baked Beans</b> <b>Vegan Vegetable Bake</b> (Gluten Wheat) <b>Marble Cake</b> (Wheat Egg Gluten)

## Sandwiches

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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**

