



The Pupils' Newsletter Highfield Leadership Academy

Edition 1 - Summer 2019

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Highfield Celebrating Young Chef of the Year Winners

By Katie Weekes Year 9

Ruby Williams and I joined the Reg Johnson Young Chef of the Year competition not knowing that we would get as far as the final! For the heats, we had to make a duck dish, so we made *"duck with a red wine reduction and a rice stock which included grated carrots and pomegranate seeds with roasted peppers on the side"*.

For the heats, we didn't practise nearly as much as we did for the final. This didn't set us back though because the judges still loved our dish. When the judges were

reading out the names, Ruby and I had no idea we had got through. We were both really happy because we tried so hard to get the dish to be a really high standard.

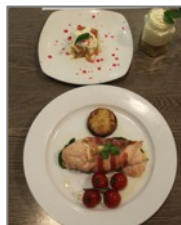
For the finals, we wanted to make a really unique dish so we wouldn't be making the same as anyone else. In the finals, we made *"chicken breast stuffed with goats cheese and rhubarb jam wrapped in pancetta"*.

We also had to put a twist on a rhubarb trifle so we made a deconstructed rhubarb trifle with a raspberry drizzle.

We chose these dishes because they were different and more complete than some of the others we had in mind. To get the dishes to be the very best we could do, we practised a total of seven times, plus a run through at Blackpool and the Fylde College.

When they first announced us as winners we didn't really know what to do and we had to have our photos taken a lot of times!

Everyone congratulated us and it was so good to have the judges recognise our hard work.



Young Engineers Competition Winners

By Amalia Gollam Year 9

Last month, I entered the Young Engineers Competition along with Lee Black, Blue Ayres and Mia Beilby-Duckett. We competed against other local schools to win this competition. All we knew was that we were going to be given six hours to complete the project, so we were very nervous to find out what could possibly take so long! Our challenge was to design and make a syringe pump operating digger that would pick up and move as much rice as possible, from one container to another.

We were against 16 other schools. Each team was given limited materials and tools such as wood, hot glue, bolts and card. We started off by designing our crane, giving extra thought to the claw. We were mindful of using our equipment sparingly and the final product used everything we had to ensure a secure finish.

We were so pleased to win, moving more rice than the other schools. We worked really well because we were calm, communicated well and showed really good teamwork and excellent coordination. The grand prize was £10,000 for Highfield's STEM club from the Gazette.



Bill the Bull's Be Your Best Corner



Bill's Friendship Run

By Charlie Urquhart-Rothwell Year 7

Our Anti-Bullying Ambassadors and Bill's Buddies worked with some of the Highfield Helpers' Team to organise this event - it was the best! Some of the Pupil Leaders joined in, some cheered us on. Even some of the teachers did a bit of running!

During tutor time, all Year 7 had made special ID badges that were connected to friendship and kindness: 'I am running for friends who listen' 'I am running for my friends who make me laugh' 'I am running for people who don't leave others out'. We put these on our tops ready for the run. Mrs Thompson and Mrs Dodgson welcomed everyone and talked to us about friendship and being part of our Academy Community, then Mr Brookfield did the warmup! It was funny!

We set off in form groups. Some people were *in it to win it*, some people ran with their friends, some people had to have a little rest! During the run, we could have our photograph taken with our friends in the Bill Selfie Frame and Bill made a special appearance to congratulate us all. Everyone got a certificate from Bill and the Pupil Leaders made us all a goody bag which included a special kindness note from our form tutors.



Online Safety

Stay **S.M.A.R.T.** Online
with Bill

Keep all your
personal information
Safe

Don't **Meet** any
strangers you've
talked to online



Tell
A responsible
adult if you feel
uncomfortable

Think
before you
Accept
anything online

Not everyone is
Reliable
Not everyone is who
they seem to be

Advice from our ABAs ...

'Switch on your privacy settings, then people can't see your personal details like your phone number, email address and don't post pictures of your holiday until you come home- people will know your house is empty!' - **Isabelle**

Looking after young people during exam stress

By Andrew Speight Year 11

Andrew is passionate about looking after young people's mental health, especially during the exam season. Along with Blackpool Youth Council, he has designed posters to be displayed in the local area to educate people about looking after body and mind.

When I was younger, I went home and played and learnt through whatever captivated me in wonder, but today children are forced to grow up too quickly and have adult pressures. I joined our Academy's Council, desperate to gain a platform to change things. I am very proud that I managed to encourage my teachers to think about how the impact of their words affected our attitudes to study. I was also successful in getting the Academy to offer mindfulness workshops.

Not all of us are successful in our exams, maybe we are going through a difficult time. Although exams are important as they give us opportunities, our mental health is more important. There are other pathways to success. Being happy and safe should be our number one priority and if we can find this, we will perform better.

During discussion workshops with some of our pupil leaders, one year seven boy said 'It's important that we talk. It cannot always make things better but it helps. Just talk. Being a man is not about bottling it up, it is knowing when you need someone to lean on'.

During this week, some pupils and staff have been taking part in mindfulness workshops and after half-term we will setting up our Mindfulness Drop-in Club to help support the wellbeing of staff and pupils.

'Don't tell people where you live or wear your school uniform if you are going to take a photo and post it online. Think before you post. Would you want a photo or message on the plasma screen for everyone to see? Lots of people see your posts' - **Callum**

'Make sure you know how to screenshot, report and block. Watch the ABA's Be SMART Be Safe video clips.' - **Jonathan**

'If someone is being unkind online, tell someone. Learn ways to protect yourself online, eg. switching on ghost mode so no one can track you.' - **Maria**

Buddy Bill's Brunch CLUB
Monday, Wednesday & Friday
1:30pm Room 205
Ask your Head Of Year for a pass.

Highfield Highlights

Year 11 Energy HQ Visit

By Rio Louth and Brandon Reith Year 11

A group of Year 11 pupils were given the opportunity to visit Energy HQ which is near Blackpool Airport. We looked round all the facilities there which were really impressive.

A big part of the day was thinking about all the different careers to do with energy. We had no idea there were so many different careers. The visit really opened our eyes to all the different jobs we could do.

We learned all about managing nuclear power plants and how simulations can retrieve a nuclear reactor from critical failure.

We got hands-on using metal to trace out different designs and used machines to cut these out. There then were turned into 3-D models. We looked at how roofs could be designed to be sustainable using hydraulics for ventilation and learnt all about green roofs.

There were also more traditional jobs which we could find out more about, like plumbing which quite a few of our year group want to get in to. Also we looked at jobs on oil rigs and we learnt about how important it is to follow safety rules. Even one bolt not fitted properly could be fatal.

This was a really great visit as we are all thinking about our futures. It let us think about lots of jobs in the energy sector.



Borwick Hall Residential

By Murcia Eva Year 8

When we first arrived at Borwick Hall we went to our rooms and had to make our beds up [my auntie made mine because she came to help me on the visit]. After we had all finished, we went to the dining room to have lunch. In the afternoon my group went canoeing and it was really good. I had great fun. We did lots of different activities during the days we were there including team building, high ropes, low ropes, electrical orienteering and we also went on a walk of the local area.

My favourite activity was the low ropes because we had to zip wire very fast over a pond. I was very excited to do this. In the evenings we had dinner followed by some free time to spend with our friends. There was also a tuck shop in the evenings!

The whole experience has taught me that even being in a wheelchair I can achieve anything I want. I would tell any Year 7s to go on this trip next year!



Young Enterprise Showcase

By Sofia Howarth and Jasmin Dickinson Year 10

The showcase was an opportunity for us to show off our work in Young Enterprise.

After being given the opportunity to go, we were introduced to a lot of newly developed companies – all of whom were our age group. The experience was very valuable and we were delighted to go to it.

As a whole, the Young Enterprise showcase was really beneficial and helped us to realise our mistakes and learn from them. We developed our social skills by talking to other students and we were able to let others know about our progress and all about how we created our business.

Overall, it was a great event and let us explore different opportunities in the future. We would recommend it to others.

Easter Brunch

It was nice to be rewarded for my good behaviour by being invited to the Easter brunch. I enjoyed playing bingo with my friends and winning a chocolate egg. I loved the food and hope to get a ticket to the next event like this. – **Lois Walker Year 8**

I really enjoyed going to the Easter brunch with my friends. We played bingo for Easter eggs. I'm really happy the school is doing these events now and can't wait for the next one. – **Beth Cartmell Year 8**



Community award win for tech savvy Highfield Helpers

Volunteer pupils at Highfield Leadership Academy have recognised for their work helping the town's older people to become more internet savvy.

The school's Highfield Helpers silver surfer volunteers received special recognition in the Young Learners Award category in celebration of the achievements of the young people who, through volunteering, have made a difference to the lives of Blackpool Coastal Housing residents. The awards dinner took place at the Blackpool Coastal Housing Community Awards, on 28 March at The Imperial Hotel Blackpool.

For 12 months, the pupils have run intergenerational IT sessions for some of Blackpool Coastal Housing's elderly and vulnerable residents in conjunction with Blackpool and Fylde College. The project aims to help them boost their confidence when going online and help to overcome social isolation.

Thanks to the project, the pupils are also developing a strong social conscience and making a difference to the lives of others whilst improving their own communication and leadership skills.

Principal Andrew Galbraith said: "We are so proud of our pupils. Over the last year, they have selflessly volunteered to support members of their local community. Not only have they helped to develop the group's ICT skills but they have also forged great friendships across the generations. It is a privilege to witness the compassion and care these young people display week after week and we can see the impact this project is having."

"Residents who rarely leave their sheltered accommodation now come to join us at our community events. Of course, it is important not to forget that our young people have also benefited from this venture as they receive some good life advice from the residents and the staff from BCH and Blackpool and Fylde College have helped to develop our pupils' communication and leadership skills, as well strengthen their ability to work as a team."



Highfield Helpers help the Silver Surfers

**Isabell Scott and Jonathan Hillier
Year 9**

Over the past year, a group of us have been going to Lostock Community Centre to do some volunteer work with the elderly and vulnerable people who live in social isolation. We have been working alongside Blackpool Coastal Housing and Blackpool and Fylde College. We help people develop their digital skills. It is fun and we feel like we are making a difference. We always have plenty of laughs and sometimes, one of the clients, Stella, asks us to search for songs so we can have a sing-along - Elvis and Engelbert Humperdinck are her favourites!

In March we were awarded a Community Prize for our work. We all enjoyed the evening at the Imperial Hotel and it was amazing to be surrounded by lots of local people who volunteer in Blackpool. We were nervous but once we received our award we were proud and excited. The next stage of our work begins in a few weeks. We will be planning all the sessions and our hope is that we could support other people - maybe even parents and carers who want to develop their digital skills.

A star in the making

By Demi Garnett Year 8

I went for my first ever audition - to be on a Shell TV advert. I was feeling overwhelmed, a bit nervous. We had to learn a script in five minutes and then perform it. The crew thought I was a natural and that I had auditioned before. I never dreamed of getting it. My mum screamed when we found out I had been successful! It is an advert for Shell energy and you can see it on TV now!

I have been invited to perform at pop idol in Blackpool it takes place on the 21 May and I am singing *Naughty* by the musical Matilda I am really excited because I love to sing.