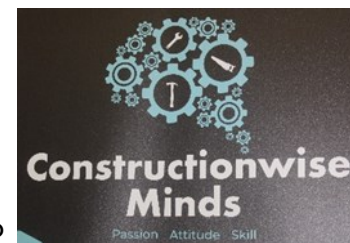


## Constructionwise Minds

Last week thirty four Year 9 and 10 students participated in a roadshow run by Constructionwise Minds an organisation that was formed by an individual who when he was at school was asked to participate in work experience at a swimming pool which he held no passion for. Before he started he was given an alternative option which was to work with an electrician in London learning how to rewire homes.



This inspired him and changed his views, gave him drive and made him want to achieve in life. By the age of 19 he had qualified and completed his Electrical Apprenticeship, by 23 was a supervisor and at 27 owned his own electrical company. That one opportunity changed the course of his life.



From here he has gone on to set up Constructionwise Minds which is a company who work with groups of primary and secondary school students providing them with an alternative form of education over an initial 6 week period enabling young people to gain an understanding of the variety of opportunities that are available within the Construction Sector.

During the roadshow the students participated in four activities and each activity was a challenge with a time constraint. The activities gave the students the opportunity to find out more about what is on offer.

The activities they participated in were:

Activity	Winner
How to strip 100mm of a piece of cable and then to strip the inner cable by 10mm	K-ci Spicer Bailee Doughy
Accurately measure, straighten and clip a wire to a board	Kier Wells Imaan Finn
Understanding electrical circuits and how to get a light bulb to switch on	Joint first place: Logan Holt & Liam John  Joint second place: Tyrell Simon & Konrad Kolpacki



From the students who participated, twenty four will be given the opportunity to start a 6 week course (2 hours per week).

The students who complete the first 6 week course will achieve a Level 1 CWM qualification and then go on to complete level 2.

This is a fantastic opportunity for twenty four of our Year 9 and 10 students.

Mrs Green  
Careers Leader



### TLA House Point Totals

1st	Austen	2.59
2nd	Darwin	2.00
3rd	Nelson	1.90

Last weeks top earner was Jasmine Hall, 8A-JK, with 17 house points. Well Done!

The year 11 competition is as follows:

1st 11-RL 34.64 points per student on average for the year

### Assemblies for week commencing 27 January

This week the House Assemblies are being led by Mr I Muir. The Year 11 assembly is being led by Mrs S Green and Miss L Price with Colchester Hospital.

### Child Protection Policy

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



## 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.

Thank you



### Your Appointment

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

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

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

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

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

## Attendance Winners

This week's attendance winners with 98.57% attendance were 7N-PM Congratulations!

## 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



## Summer 2020 Series GCSE Timetable

Practical exam week is **20th - 24th April 2020** and all students must be available

**UP TO AND INCLUDING CONTINGENCY DAY ON 24th JUNE 2020**

Exam date	Board	Qual	Code	Subject	Title	Exam time	Duration
26/02/2020	OCR	GCSE	J316/03	Drama	Presenting and performing texts	3.30pm	3h
11/05/2020	OCR	GCSE	J276/01	Computer Science	Computer Systems	AM	1h 30
12/05/2020	Pearson	GCSE	ISCO IBF	Combined Science	Paper 1 : Biology 1	PM	1h 10
12/05/2020	Pearson	GCSE	ISCO IBH	Combined Science	Paper 1 : Biology 1	PM	1h 10
12/05/2020	Pearson	GCSE	IBIO IF	Science (Biology)	Science (Biology) Paper 1	PM	1h 45
12/05/2020	Pearson	GCSE	IBIO IH	Science (Biology)	Science (Biology) Paper 1	PM	1h 45
13/05/2020	AQA	GCSE	8702/1	English Literature	English Literature Paper 1: Shakespeare/19th century	AM	1h 45
13/05/2020	OCR	GCSE	J587/01	Physical Education	Physical factors affecting performance	PM	1h
14/05/2020	Pearson	GCSE	ISCO ICF	Combined Science	Paper 2: Chemistry 1	AM	1h 10
14/05/2020	Pearson	GCSE	ISCO ICH	Combined Science	Paper 2: Chemistry 1	AM	1h 10
14/05/2020	Pearson	GCSE	ICH0 IF	Science (Chemistry)	Science (Chemistry) Paper 1	AM	1h 45
14/05/2020	Pearson	GCSE	ICH0 IH	Science (Chemistry)	Science (Chemistry) Paper 1	AM	1h 45
14/05/2020	OCR	GCSE	J276/02	Computer Science	Computational thinking, algorithms and programming	PM	1h 30
15/05/2020	OCR	GCSE	J587/02	Physical Education	Socio-cultural issues & sports psychology	PM	1h
18/05/2020	AQA	GCSE	8035/1	Geography	Geography Paper 1: Living with the physical enviro	AM	1h 30
18/05/2020	OCR	GCSE	J316/04	Drama	Performance and response	PM	1h 30
18/05/2020	AQA	GCSE	8668/LF	German	German Paper 1: Listening	PM	35m
18/05/2020	AQA	GCSE	8668/LH	German	German Paper 1: Listening	PM	45m
18/05/2020	AQA	GCSE	8668/RF	German	German Paper 3: Reading	PM	45m
18/05/2020	AQA	GCSE	8668/RH	German	German Paper 3: Reading	PM	1h
18/05/2020	AQA	GCSE	8192/1	Sociology	Sociology Paper 1: The sociology of families and education	PM	1h 45
19/05/2020	Pearson	GCSE	IMAI IF	Mathematics	Mathematics Paper 1: Non-calculator F	AM	1h 30
19/05/2020	Pearson	GCSE	IMAI IH	Mathematics	Mathematics Paper 1: Non-calculator H	AM	1h 30
20/05/2020	Pearson	GCSE	ISCO IPF	Combined Science	Paper 3: Physics 1	PM	1h 10
20/05/2020	Pearson	GCSE	ISCO IPH	Combined Science	Paper 3: Physics 1	PM	1h 10
20/05/2020	Pearson	GCSE	IPH0 IF	Science (Physics)	Science (Physics) Paper 1	PM	1h 45
20/05/2020	Pearson	GCSE	IPH0 IH	Science (Physics)	Science (Physics) Paper 1	PM	1h 45
21/05/2020	AQA	GCSE	8702/2	English Literature	English Literature Paper 2 Modern texts and poetry	AM	2h 15
22/05/2020	AQA	GCSE	8552/W	Design & Technology	Design & Technology written	PM	2h
22/05/2020	AQA	GCSE	8192/2	Sociology	Sociology Paper 2: Crime and deviance and social stratification	PM	1h 45
01/06/2020	Pearson	GCSE	IHI0 10-12	History	History P1: Thematic study & historic environment	AM	1h 15
01/06/2020	Pearson	GCSE	ISCO 2BF	Combined Science	Paper 4: Biology 2	PM	1h 10



01/06/2020	Pearson	GCSE	ISC0 2BH	Combined Science	Paper 4: Biology 2	PM	1h 10
01/06/2020	Pearson	GCSE	IBIO 2F	Science (Biology)	Science (Biology) Paper 2	PM	1h 45
01/06/2020	Pearson	GCSE	IBIO 2H	Science (Biology)	Science (Biology) Paper 2	PM	1h 45
02/06/2020	AQA	GCSE	8700/1	English Language	English Language Paper 1 Explorations in creative	AM	1h 45
03/06/2020	AQA	GCSE	8035/2	Geography	Geography Paper 2: Challenges in the human enviro	AM	1h 30
04/06/2020	Pearson	GCSE	IMAI 2F	Mathematics	Mathematics Paper 2: Calculator Foundation	AM	1h 30
04/06/2020	Pearson	GCSE	IMAI 2H	Mathematics	Mathematics Paper 2: Calculator Higher	AM	1h 30
04/06/2020	Pearson	GCSE	IHI0 2A-2W	History	History Paper 2: Period Study & British depth study	PM	1h 45
05/06/2020	AQA	GCSE	8700/2	English Language	English Language Paper 2 Writers' viewpoints	AM	1h 45
05/06/2020	WJEC	GCSE	C680U10-1	Media Studies	Media Studies Component 1 (Eduqas)	PM	1h 30
05/06/2020	AQA	GCSE	8668/WF	German	German paper 4: Writing	PM	1h
05/06/2020	AQA	GCSE	8668/WH	German	German paper 4: Writing	PM	1h 15
05/06/2020	OCR	C Nat	RO81	Creative iMedia	Pre-production skills	PM	1h 15
08/06/2020	Pearson	GCSE	IMAI 3F	Mathematics	Mathematics Paper 3: Calculator Foundation	AM	1h 30
08/06/2020	Pearson	GCSE	IMAI 3H	Mathematics	Mathematics Paper 3: Calculator Higher	AM	1h 30
08/06/2020	WJEC	GCSE	C680U20-1	Media Studies	Media Studies Component 2 (Eduqas)	PM	1h 30
08/06/2020	OCR	C Nat	R018/01	Child Development	Health & well-being for child development	PM	1h 15
09/06/2020	Pearson	GCSE	IHI0 30-33	History	History Paper 3: Modern depth study	AM	1h 20
09/06/2020	EDUQAS	GCSE	C670U10-1	Film Studies	Film Studies Component 1	PM	1h 30
09/06/2020	OCR	GCSE	J536/5	Music	Music: Listening and appraising	PM	1h 30
10/06/2020	Pearson	GCSE	ISC0 2CF	Combined Science	Paper 5: Chemistry 2	AM	1h 10
10/06/2020	Pearson	GCSE	ISC0 2CH	Combined Science	Paper 5: Chemistry 2	AM	1h 10
10/06/2020	Pearson	GCSE	ICH0 2F	Science (Chemistry)	Science (Chemistry) Paper 2	AM	1h 45
10/06/2020	Pearson	GCSE	ICH0 2H	Science (Chemistry)	Science (Chemistry) Paper 2	AM	1h 45
10/06/2020	Pearson	GCSE	ICS0 01	Citizenship Studies	Citizenship Studies Paper 1	PM	1h 45
11/06/2020	AQA	GCSE	8035/3	Geography	Geography Paper 3: Geographical applications	AM	1h 15
11/06/2020	Pearson	GCSE	IST0 1F	Statistics	Statistics Unit 1: Foundation Tier	PM	1h 30
11/06/2020	Pearson	GCSE	IST0 1H	Statistics	Statistics Unit 1: Higher Tier	PM	1h 30
12/06/2020	Pearson	GCSE	ISC0 2PF	Combined Science	Paper 6: Physics 2	AM	1h 10
12/06/2020	Pearson	GCSE	ISC0 2PH	Combined Science	Paper 6: Physics 2	AM	1h 10
12/06/2020	Pearson	GCSE	IPHO 2F	Science (Physics)	Science (Physics) Paper 2	AM	1h 45
12/06/2020	Pearson	GCSE	IPHO 2H	Science (Physics)	Science (Physics) Paper 2	AM	1h 45
12/06/2020	EDUQAS	GCSE	C670U20-1	Film Studies	Film Studies Component 2	PM	1h30
15/06/2020	Pearson	GCSE	ICS0 02	Citizenship Studies	Citizenship Studies Paper 2	AM	1h 45
16/06/2020	WJEC	Level 1/2	5569UB0-1	Hosp & Catering	The Hospitality & catering Industry (on paper)	AM	1h 30
16/06/2020	Pearson	GCSE	IST0 2F	Statistics	Statistics Unit 2: Foundation	AM	1h 30
16/06/2020	Pearson	GCSE	IST0 2H	Statistics	Statistics Unit 2: Higher	AM	1h 30
16/06/2020	OCR	C Nat	R021/01	Health & Social Care	Essential values of care	PM	1h

# FLASH

Families Learning  
about *Self Harm*

## FLASH Triple A

- Do you have a young person aged 11- 19 who has mild/moderate with Autism and/or ADHD and/or Additional needs who is self-harming?
- Do you want more information on self-harm and how to manage the concerns within your home?
- Do you feel alone and would like the opportunity to discuss the problem with people who will understand?

Then this **FLASH Triple A** course may be what you're looking for. **FLASH Triple A** is a new parenting course which has been fully sponsored so there is no cost to parents/carers. We are delivering the course as workshops to run over four Saturdays as this we hope will be more manageable for working parents to attend. Please note all workshops must be attended;

- 18<sup>th</sup> January 2020: Exploring What is Self-harm, what the risks are and what is the function of self-harm in relate to ASD, ADHD and additional educational needs
- 25<sup>th</sup> January 2020: Understanding How to Listen and Raise Self-Esteem
  - 1<sup>st</sup> February 2020: Managing the Behaviour Within the Family Environment
  - 8<sup>th</sup> February 2020: Coping Strategies for Parents

Time: 10am – 3pm

Venue: Community 360, Winsley's House, High Street, Colchester

To apply for a place on the course please complete a parents referral form on line see [www.theministryofparenting.com/parents](http://www.theministryofparenting.com/parents) or email us at [administration@theministryofparenting.com](mailto:administration@theministryofparenting.com) or call us on 01206 562626





Dates for this course are 20-27 March 2020 if you would like to book a space.

## Bikeability Interest Request

Your child has the opportunity to take part in Bikeability training.

Bikeability is the Government's national cycle training programme based on the National Standard for Cycle Training. Cycling is a life skill with many benefits: it encourages independent mobility, is great for the environment, and improves physical and mental health. Bikeability builds the skills and confidence of people who can already ride and prepares them for a lifetime of cycling. Evidence shows Bikeability helps more people cycle, more safely, more often.

Bikeability is funded by the Department for Transport and Transport for London, and is delivered by trained, professional and DBS-checked Bikeability instructors.

Bikeability trains riders to make independent decisions and practice safe and responsible cycling.

Bikeability is offered at three levels:

Level 1 develops mastery in cycle handling skills in a traffic-free environment

Level 2 develops skills for cycling on single-lane roads with simple junctions and moderate traffic

Level 3 develops skills for cycling on busy, complex roads and junctions.

Riders must demonstrate all National Standard assessment criteria independently before they progress to the next Bikeability level. All participants receive an official Bikeability certificate including a personal cycle skills profile.

**FURTHER INFORMATION FOR PARENTS.** This course is designed to give the children the chance to participate in Level 3. Participants ideally should be regular cyclists and preferably have attained a Level 2 prior to commencing the course. Each child will be assessed in a playground or similar off road location, before the training commences. The initial section of the course is a refresher of Level 2 outcomes before continuing with the Level 3 training. This section of the course may incorporate complex junctions and road features such as roundabouts and traffic lights and is designed to build confidence in these situations and cope with cycling in traffic with the minimum risk. It will only give your child a basic level of cycling competence on which they will need to build and should not be regarded as a guarantee of their safety

Each child will be continually assessed and will all receive a booklet, badge and certificate.

Bikeability places are limited and places will be booked on a first come basis. Please complete the form below, the school will let you know the date in due course.

---

### Level 3 Bikeability Cycle Training

I would like to put my child's name forward for cycle training.

Name of Child .....Tutor group .....

Please email: [Simone.Hughes@tla.school](mailto:Simone.Hughes@tla.school) if you wish for your child to participate



[www.bikeability.org.uk](http://www.bikeability.org.uk)



## 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 - 2nd instalment is requested by 31 January 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 Science Revision Guides are available via ParentPay for £8.50
11. Year 11 Edexcel Maths Revision Guides are available via ParentPay for £5.50
12. Year 8 Germany - 2nd instalment is due by 28 February 2020
13. Music Tuition Spring Term - payment is now overdue

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

## Diary Dates

Friday 31 January	Year 10 Careers trip to Weston Homes Stadium
Thursday 6 February	Year 10 Parents' Evening
Tuesday 11 February	'Holland Tour Information Evening' 7pm start
Friday 14 February	Last day of half term
Monday 24 February	Non-pupil day
Tuesday 25 February	First day back to school
Thursday 27 February	Theatre trip - Macbeth





# TLA Catering Department

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Beef Burger</b> (Wheat Gluten Milk)	<b>Fresh Chicken Pie</b> (Wheat Milk Gluten)	<b>Roast of the Day</b>	<b>Sausage Roll</b> (Gluten Soya Wheat Egg)	<b>Fish n Batter</b> (Fish Milk Gluten)
<b>Lasagne V</b> (Wheat Gluten Barley Soya Gluten)	<b>Falafel Burger with Spinach (Vegan)</b> (Wheat, Gluten)	<b>Roast Potatoes</b>	<b>Baked Fresh Cajun Wedges</b> (Celery Gluten Wheat)	<b>Chips</b>
<b>Baked Fresh Potato Wedges</b>	<b>Creamed Potatoes</b> (Milk)	<b>Steamed Carrots</b>	<b>Baked Beans</b>	<b>Peas</b>
<b>Sweetcorn</b>	<b>Carrots</b>	<b>Cabbage</b>	<b>Macaroni Cheese</b> (Milk Wheat Gluten)	<b>Vegan Nuggets</b> (Wheat)
<b>Sponge</b> (Wheat Milk Egg Gluten)	<b>Apple Crumble</b> (Wheat Gluten Wheat)	<b>Lentil Curry V</b> (Wheat Gluten Milk)	<b>Choc Oat Cake</b> (Wheat Barley Milk)	<b>Marble Cake</b> (Wheat Gluten)
		<b>Jam Doughnuts</b> (Wheat Gluten Milk)		

## Sandwiches

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

