

Have you ever tried orienteering?

by Karl Roberts

I GOT the chance to try out a new sport called orienteering – have you ever heard of it or tried it yourself?

We went to an orienteering centre, we started off at a bridge and we were given a large-scale orienteering map which showed the different types of land and the environment.



We were also given a compass with a magnifying glass attached.

The magnifying glass helped us to see the small orienteering points on the map. The compass helped us to turn the map so we knew in which direction we should be going.

I was in a team with somebody who was not very enthusiastic and they weren't really motivated. By contrast, I rather enjoyed the experience and would like to do it again.

When we found a checkpoint we had to draw the symbol onto a chart we had been given at the start.

After we found all the checkpoints, we went to a different location where we were told to go by ourselves and find as many checkpoints as we could within a 50-minute time limit.

I was presented with a certificate in assembly.



Our lower school nurture group were not driving the teachers up the wall but they were climbing up one as part of an exciting enrichment activity.



Boxing clever

by Courtney Burridge

WEEKLY Thai boxing sessions have been held during the spring term for our year 11 students.

Every Thursday afternoon eight boys attend the Hakuda Gym in Burnley and receive an hour's training from Kieran Adamson.

All of the sessions, run in partnership with Burnley Leisure, focus on the four elements of kicking, punching, knees and elbows. A typical session begins with a warm up of skipping followed by

pad work in pairs.

This is to develop teamwork and communication skills.

Throughout the sessions the students are drilled in discipline and respect, if they break the rules punishments are handed out.

One of our students, Aadon Johnson, has knowledge of the sport and so is helping to train and coach the other students, which is excellent and great

to watch.

Vicky Bishop accompanies the students and praised the progress made by Kamran Adrees, Regan Kelly and Jack Hardman.

Vicky said: "The boys' motivation and achievement so far is fantastic and I can't wait to see their skills develop further."

Keep up the good work!



Teamwork helped our lower school nurture group put the jigsaw pieces together and puzzle it out.



Coal Clough News

A school newspaper written by students from Coal Clough Academy, Burnley.

Issue 2

A residential to remember

by Courtney Burridge

AN EMOTIONAL and thought provoking residential trip to Warrington had a lasting effect on students.

Charlotte Cross, from Year 10, said meeting survivors from the 7/7 bombing in London was an incredible experience.

She said: "I thought they were going to be upset but they were cheerful.

"They were not angry, they were not critical of what happened and not looking for someone to blame.

"It has left me feeling positive and made me think. It made me feel like you don't always

need to be angry, they went through something horrible but they didn't let it make them be negative.

"Now, if I get angry and I realise it's over something quite small I just forget about it."

It was our school's first residential trip and students spent three days at the Peace Centre in Warrington.

On the first day the students, from Year 9 to Year 11, were taken to Gulliver's World to complete some ice breaker tasks with their team leader.

The students looked at topics such as comfort and panic zones, which was a great way to allow the students to voice their opinions and be engaged as a group.



On the second day of the residential they walked through Warrington to see the memorial to Johnathan Ball and Tim Parry, two children who died in the IRA bombing in 1993.

Charlotte said: "At the memorial I read the poems and I got quite upset because they were touching. I thought about what happened from the parents' point of view and there was a tear in my eye."

Later in the day everyone completed a number of fun activities and games, which focused on team building and expressing their creative side.

They then met survivors of the London 7/7 bombings who

explained what happened to them and how the experience had become a positive as they now worked to promote peace and spread awareness.

Finally the staff took the students out for a fun evening where they went to a local bowling alley and laser quest, which was followed by a pamper evening.

On the last day everyone was asked to reflect on the experience.

Everyone concluded that they had a great time. There were also group discussions, which allowed students to voice their opinion in a positive environment.



In the last edition of Coal Clough News we wrote about our Christmas Fair. You will be delighted to know that it raised more than £200, which was donated to Pendleside Hospice and Save the Children.

Dance yourself dizzy

by Amelia Ingham

ON A Monday morning the KS4 girls go to the zone to do hip hop and street dance for an hour.

The programme, run by Burnley Leisure Centre, helps girls keep active and will be running up until Easter.

I used to do cheerleading and street dance and it can be hard work but it's worth it. We started with a warm up – it was fun. Then we started to dance properly. We first did a laid back girly dance and then we started a more hip hop and bouncy dance – it was energetic.

It was a different start to the school week, but it was an excellent way to get focused and into the zone before we got back to school and got our heads down to work.

I would like to thank Julie and Vicky for taking time out for us to do these activities to keep us all active and help us with our confidence.



Nothing goes to waste at Coal Clough Academy. Any spare food we have left on a Friday goes to the Elizabeth Street Project in Burnley to help feed the homeless.



Befriending

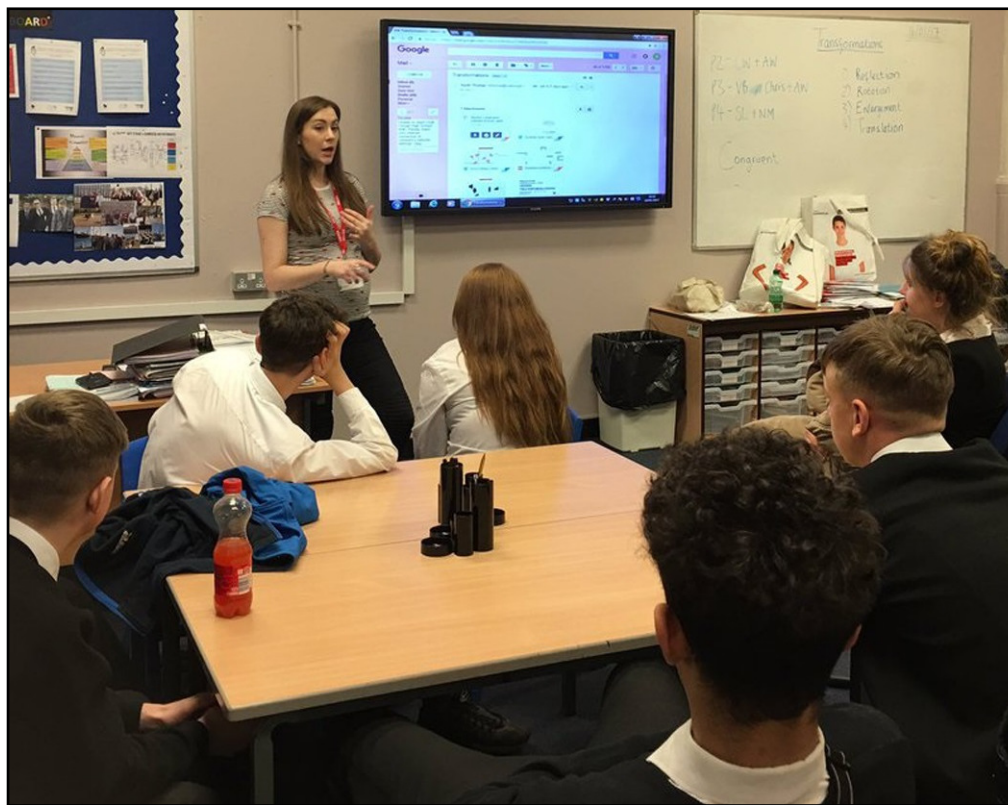
by Karl Roberts

WE ARE working in partnership with Age UK to befriend elderly residents from our local community.

We are planning three themed events in school and inviting older people to attend and enjoy. The first one will be based on the 1940s, the second about the 1950s and the third will be the 1960s. We will also have a war-themed party on February 24 from 11am to 1pm.



Our Year 11s are very fortunate to be involved in partnership working with the Calico Group on employability training. If they work hard and do well in their GCSEs it could lead to an apprenticeship.



Uniform gets seal of approval

by Amelia Ingham

WE HAVE introduced a new item at Coal Clough Academy and that's the incredible uniform.

We previously had no uniform, but now it has been decided students should wear: black school shoes, fully black trainers, school socks or tights, a black jumper or cardigan, white shirt, black pants or skirt and finally a royal blue tie.

Yes, initially a few students were a bit unhappy, but the teachers had a big meeting about introducing a uniform before it all happened and we had all been informed and given full information before the change happened on the first day back after Christmas.

Staff arranged different competitions with the students before coming up with the final choice



of uniform to introduce across the school.

It was a massive change, but the introduction of a uniform has successfully improved the attitude of students who now have more respect for the school and themselves.

Now I wake up in the morning and I put the uniform on and I look in the mirror and think 'right I look smart today, I better get used to it'. It does prepare you for the day ahead.

Lessons to save a life

by Karl Roberts

THE whole of Year 10 learned how to save a life

The British Red Cross came to our school to teach us about first aid and how to save lives.

The training was presented by Youth Education Co-ordinator Sandra Maguire and it gave us the chance to discuss and practise first aid techniques.

She taught us how to use a defibrillator, the recovery position and how to spot signs of medical problems such as choking, a stroke or a heart attack.

The second half of the session was when we were split into teams of three and

we were given a medical scenario to discuss.

We discussed how to treat a choking child, a head injury and a burn. We had to explain what we would do to help the patient in each scenario and demonstrate how to care for a patient.

At the end, we were rewarded with an Everyday First Aid certificate by the British Red Cross.

I learned how to perform CPR and how to save someone's life.

Sometimes people find it uncomfortable to help a person who is in need, but, after doing this course, it has helped me think about how much I would and could do to help somebody, if I had to.



The Prince's Trust regularly work with our Year 11 students providing a range of different opportunities. This term they also ran a baking session.