

THE PRIORITY COMMUNITY SCHOOL POST



An Academy



The Priory Learning Trust
charity for 2020/21
MPS Society
Transforming lives through support,
research and awareness



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PLEASE TAKE ONE

Issue 7, Autumn 2020
www.goodnewspost.co.uk

GOOD NEWS TO CHEER YOU UP



www.pcsa.org.uk Tel:01934 511411 Principal - angelos.markoutsas@pcsa.org.uk

OUT OF THIS WORLD

Jill Dando students quiz NASA astronaut



By Joshua Keyes, 14

NASA astronaut Doug Wheelock was quizzed by Jill Dando TV reporters alongside Rugby player, Nolli Waterman, World Cup winners, a Messi and Ronaldo training expert, BAFTA and OSCAR winners and more.

Doug urged the students: "Continue through life with a heart of curiosity and a mind of wonder and you can achieve anything you want to. Navigate your life's work with so much passion that people cannot take their eyes off you".

The Zoom TV reporters included Tamsen Markham, 12, Shannon Kingston, 12, and Aimee Braithwaite, 14

For full story see Page 6



Mental Health Hacks
For World Mental Health Day this October we are giving Good News - Mental Health Hacks. Look out for them in this issue.

INSIDE THIS ISSUE

Paddington & Chicken Run to return
see page 4

Beat Anxiety & Boost your happiness tips
see page 7

Meet Maggie the new school pup
see page 7

Alice interviews top cricketer Chris Cooke
see back page



JILL DANDO NEWS CENTRE

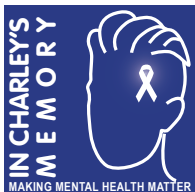
THE POST editor@theplt.org.uk

This is a unique good news newspaper written by reporters aged 8 to 18

- | | |
|-------------------|----------------------|
| Olivia Finch | Joel Dean |
| Aimee Braithwaite | Archie Matthews |
| Poppy Day | Lewis Martin-Edwards |
| Emma Latchford | Freddie Triggol |
| Emma Hewson | Jack Maydew |
| Ruby Owen | Joshua Keyes |
| Henry Jones | Dawson Panter-Wray |
| Jack Clark | Josh Lloyd |
| GJ Bright | Alfie Pocock |
| Katie Loach | Murphy Lynn |
| Olivia Montgomery | Sophie Maclennan |
| Tom Burdge | Harrison Down |
| Elijah Maxwell | Tamsen Markham |
| Shannon Kingston | |

Mental Health Hacks

Laugh more - Studies show it can relieve pain, strengthen the immune system and reduce stress.



Supporting IN CHARLEY'S MEMORY

@ICMCharity

Good news for young people in Weston after £23,000 mental health boost

The amazing mental health charity, In Charley's Memory, is celebrating after receiving a £23,000 windfall from the National Lottery.

In Charley's Memory is a rapidly expanding charity which helps the mental wellbeing of hundreds of 11 to 25 year olds.

It encourages, trains, and gives ongoing counselling support.

Now it has expanded into Weston-super-Mare. Dawn Carey, the charity's Operations Manager, said: "This is fantastic news. We are now open and helping people across Weston-super-Mare".

In Charley's Memory was set up after Burnham teenager Charley Marks, took his own life aged 18 in September 2014. The charity now supports and helps hundreds of young people affected by mental health every year.

Call **01278 557490**
to get help or donate



Welcome

by Olivia Finch,
Student Editor

Since the opening of the Jill Dando News Centre in 2017; I've had the privilege of seeing it develop from a handful of students in a newsroom at Worle Community School Academy. Now it has hundreds of student journalists all over Somerset planning, interviewing and writing up stories to be published in The Post.

Our main motivation is to promote positive news because there's too much negative reporting in the world, especially at the moment. Our aim is to put a smile on every person's face when they read our newspaper. All of the schools which have set up a Jill Dando News Centre are giving their students the opportunity to have a voice in the world and have the aspiration to be positive change makers.

We hope you enjoy this edition.

Record numbers start back at one of Britain's best school-based sixth forms

The King Alfred School Academy Sixth Form in Highbridge started back with a record number of 180 students including many from Weston-super-Mare and six from abroad.

It has enjoyed two fantastic years with considerable success by students in a lovely school environment.



The sixth form has just had £66,000 of improvements and has seen dozens of its graduates go onto brilliant universities, apprenticeships and other routes.

Principal Nathan Jenkins said: "We are thrilled that the sixth form has continued to grow and develop over the last few years.

"Having a successful and thriving sixth form is incredibly important for the students who deserve a local sixth form option that can support them to fulfil their potential".

Head of Sixth Form Jonathan Gaskell said: "There is a real buzz around the sixth form and the students are visibly thrilled to be back".

Over 6,000 students and 700 staff in six schools have chosen their latest inspirational charity of the year



The schools of The
Priory Learning
Trust (TPLT) are this
year helping The
MPS Society.

The charity provides brilliant support to families affected by rare genetic conditions.

They raise money and awareness of these conditions through fundraising, information, research and support.

TPLT have previously supported In Charley's Memory, and Weston Hospicecare raising multiple thousands for good causes.

Neville Coles, CEO of TPLT, said: "The MPS society does phenomenal

work with a range of support and help for rare genetic disorders.

"Our students and staff are eager to help in any way we can.

Becky Beeson of the MPS society said: "We are delighted to have been chosen as Charity of the Year by The Priory Learning Trust.

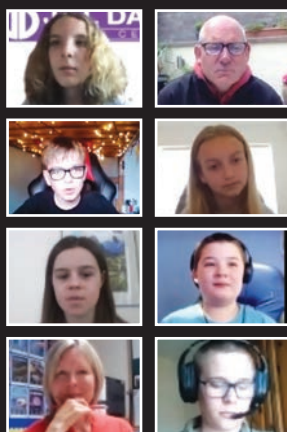
"We hear that these schools are all fabulous at fundraising so we can't wait to start working with them".



Incredible students quiz NASA astronaut & host of others on hope after COVID-19

"We are all in this together and we have more in common than you would think. What we learn in human spaceflight by working on hard things – like going to the Moon – and by working with nations across the globe for a common goal of benefitting humanity is that if we work together, if we come together and work hard, we can accomplish amazing things".

-NASA Astronaut Doug Wheelock



"The interview was one I will never forget - the photos Doug took from space were stunning and he was very inspirational. I particularly remember the story he told us about how his teacher at school told him to dream big and look where he ended up - out of this world!"

Joshua Keyes, 14, WCSA

By Joshua, 14, and Jill Dando News reporters

A NASA astronaut, World Cup winners, a Messi and Ronaldo training expert and BAFTA and OSCAR winners are among a host of world figures who have been interviewed by reporters aged 8 to 16 during COVID-19.

The student Jill Dando TV reporters from schools in The Priory Learning Trust took their good news interviews across the globe over the last few weeks. In a unique and exceptional extra curricular 'Period 6' learning subject, Principals, teachers and Jill

Dando's vastly experienced journalist brother Nigel Dando all watched on.

The students learned a host of life tips from some world figures including NASA astronaut Doug Wheelock.

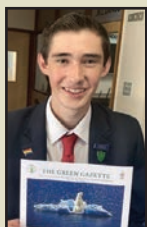
They lined up two interviewees a week which included top writers from Aardman, who helped make a host of major films including Chicken Run and Paddington, TV presenter Ed Chamberlain, Washington news correspondent Andrew Buncombe, and sports author James Witts. Government ministers James Heappey and John Penrose also had question and answer sessions.

Mental Health Hacks

Deep breathe - A deep belly breath gives us much needed oxygen to the brain and makes us feel better



And back down to earth... Jack inspires pupils to save the planet



By Jill Dando News Reporters

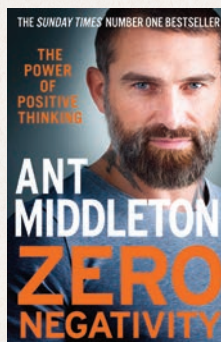
Environment Editor, Jack, 15, is taking his fellow eco students into primary schools to set up green teams.

The high-flying Academy is working with primary schools across Weston-super-Mare and Worle in Somerset to inspire future Greta Thunbergs and set up 'Green Teams' to help the community and environment.

The first schools to sign up to the scheme are St Anne's Church Academy and Castle Batch Primary School Academy. Principal Jacqui Scott said: "Jack is quite simply sensational. We look forward to working with primary schools on this".



Ex-special forces soldier Ant Middleton urges people to get a 'positive mindset'



By James, 17

Ant Middleton, 39, has released his new book 'Zero Negativity' and it is already rising fast in the charts.

In the book he teaches people how to tackle everything with a positive mindset and highlights that there is always a brighter side you can look on. Ant is best known as the Chief Instructor for Channel 4's hit show, SAS : Who Dares Wins.

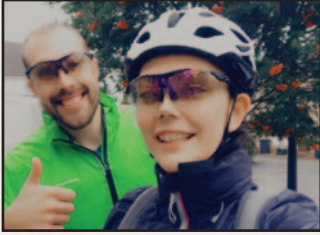
Jill Dando apple trees planted by school full of kindness and hope...

The brilliant Ashcombe Primary School is the latest school to plant Jill Dando apple trees.

Nearly 50 apple trees are being planted at schools across Weston-super-Mare and Somerset in memory of the former WCSA student. Children and adults are encouraged to think of Jill Dando and to be kind to others every time they see a tree.



Stephanie overcomes bad cycling accident to ride over 500 km for mental health charity during lockdown



Stephanie Reeves, a maths teacher, has ridden over 300 miles to help support the charity Mind UK.

In line with the charity she's raising awareness for, Miss Reeves has not gone without struggles along the way. In addition to a global pandemic which inevitably created its own issues, Stephanie suffered a serious falling injury earlier this year.

Speaking to The Post, she said: "I was genuinely heartbroken at the thought of potentially not being able to complete my charity ride". Stephanie's partner, Adam Lewis, also completed a 500km cycle to raise awareness for Dementia UK, and over the next year, the two of them are planning to virtually ride the length of Route 66 in America which comes in at a length of 3670km. Speaking of this challenging feat, Miss Reeves said, "We will be splitting the miles between four charities that are personal to us".

Stephanie has been an inspiration especially for those involved with Mind UK. Every year, 1 in 4 people will experience some sort of mental health issue and Mind UK believe no sufferer should have to deal with it alone.

Stephanie said, "I have decided to raise money for Mind as they save people's lives everyday".



Mental Health Hacks

Eat well - Eating the right food is good for us.

Fruit and vegetables nourish the brain.



LENNON REWARDED FOR EXCEPTIONAL KINDNESS

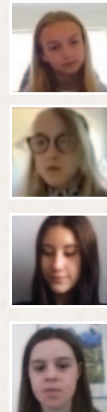
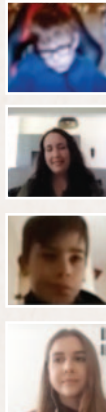
PCSA student Lennon Edwards is this year's first recipient of a Community Kindness Award

Head of Year Jake Caulfield said: "Lennon demonstrated exceptional kindness. I will be giving out this award each week to a student who does something for another student, member of staff or for someone in the local community".



Good news! Students discover new Chicken Run and Paddington blockbusters in production for 2021

By Jill Dando News Reporters



Amazing Priory Community School Academy students interviewed three of world's biggest creative Oscar-winning stars on their Jill Dando TV.

Emma Latchford, 11, Tamsen Markham, 12, Shannon Kingston, 12, and Aimee Braithwaite, 14, interviewed Mark Burton, John O' Farrell, and Merlin Crossingham and discovered the good news that a latest Chicken Run and Paddington 3 should be released in 2021.

The stars have been involved in films such as Shaun the Sheep, Wallace and Gromit and Chicken Run.

Between the three of them they have produced books and films read and seen by tens of millions of people worldwide. They have also won and been shortlisted for Oscars and BAFTA.

Emma, 11, said: "We were honoured to have the opportunity to interview these guests.

"Mr O'Farrell and Mr Burton have reunited once again to write the Chicken Run sequel and have written many drafts for it already. "It would appear we have a lot of new and exciting things to look forward to in the near future from them".

Mark, screenwriter and director for Aardman animations, is now working on Paddington 3 and has a long list of credits including Shaun the Sheep, Wallace and Gromit, Madagascar, and comedy programmes including Have I Got News For You. John is the author of best-selling books and was previously a lead writer on Spitting Image and Have I Got News For You. Merlin was Key Animator on Chicken Run, and Second Unit Director on Wallace and Gromit, as well as Creature Comforts. He also directed Morph and was Animation Director on Early Man.

STUDENTS CELEBRATED EXCELLENT GCSE RESULTS IN A YEAR WITH AN UNPRECEDENTED LOCKDOWN AND COVID-19 DISRUPTION

By Jill Dando News Reporters



PCSA Principal Angelos Markoutsas said: “It has been a really challenging year for the students and we are immensely delighted and proud of every single one. The students have showed remarkable resilience and determination in the light of unprecedented circumstances”.

Neville Coles, CEO of The Priory Learning Trust, said: “A very big well done to the class of 2020. We are delighted to see some great GCSE results for our students and wish them well in their

future journeys. As always, we are very pleased to reward academic success but are always mindful to note that school is about much more than examination grades. Our young people leave with a wide range of educational experiences and we hope with a well-rounded character that will prepare them well for the challenges ahead. A very big thank you to all parents and carers who have supported us and the students in what can only be described as challenging times”.

Incredible Somerset charity to expand into two new towns to help thousands more young people with their mental health

By Charles Hewlitt, 17



In Charley’s Memory are expanding their work from Burnham and Highbridge, into Weston-super-Mare to help thousands more young people.

In Charley’s Memory was given its official charity status in March 2015 and since then it’s gone on to aid countless numbers of people as numbers needing their services rocketed. They received a £23,000 boost from the National Lottery Fund last month to help.

ICM has worked with The King Alfred School Academy for many years since the tragic death of former student Charley after battling mental health issues.

Now they are expanding their services across Weston-Super-Mare and Bridgwater. Operations manager Dawn Carey told us: “We are helping more and more young people in their mental well-being. We are delighted to now be in Weston-super-Mare and Bridgwater. As long it is safe to do so our doors will remain open”.

If you yourself or anyone else you know are struggling with their mental health, or just feeling overwhelmed with emotions; then please visit www.incharleymemory.co.uk

Ryan flying high in career and now passes his pilot licence, aged 21

By Jill Dando News reporters



Ryan Scott is blazing a trail just five years after leaving Worle Community School Academy with top A* grades and after winning the UKMT National Maths Challenge while he was there.

Since graduating from Bristol University with a 2:1 in

Economics and Finance, and getting a job as a chartered accountant in London, he has just passed his pilot licence. He is also now planning a Masters in his spare time.

Ryan said: "I am delighted and thrilled to become a pilot. It has always been one of my ambitions".

After leaving WCSA, Ryan became Britain's youngest teacher by helping out in Priory Community School Academy's Evening School.



CAMPAIGNING KATE, 8, WINS BLUE PETER AWARD FOR LITTER PICKING

Katy Adams, of Castle Batch Primary School Academy, won the BBC award on the back of her school's 'Heroes' Award.



Inspired by Sir David Attenborough's TV programmes, Katy is passionate about reducing the amount of plastic on the streets.

Back in March just before lockdown, BBCTV came to film a piece about Katy. She said: "I can't believe I've been awarded a Blue Peter badge, this has made me want to do more recycling and help our environment".

SAFER AND KINDER COMMUNITIES

ROC WSM aims to build safer and kinder communities in Weston-super-Mare and Worle over the years to come.

Now they have £4,000 from the North Somerset Violence Reduction Unit (VRU) fund to use for new initiatives that will help tackle, prevent and reduce the harmful impact of violence in our communities. ROC Leaders Dave and Penny Hynds said: "In these extraordinary times we are eager to build upon the huge community response seen during lockdown, to harness the creativity and entrepreneurship of individuals and groups to help build safer and kinder communities in Weston-super-Mare. A Dragon's Den style panel will judge the entries and funding upwards of £500 could be granted to successful applications.

Mental Health Hacks

Be Kind - The very act of doing something good for others also makes us get a good news boost



New website launches to help children and their parents with mental wellbeing

It aims to help people take simple steps to look after their mental health, improve their mental wellbeing and support others. The campaign's website offers a wealth of information to parents and carers of young children with the top tip urging them to "be there to listen".

Dawn Carey of In Charley's Memory mental health charity in Burnham on Sea, Weston-super-Mare, and elsewhere in Somerset, said: "This is an excellent new resource. We have to listen to young people and offer as much support and guidance as we possibly can".

Search: everymindmatters.co.uk

WE CAN WIN CLIMATE CHANGE BATTLE



By Jack Clark, Environmental Editor

It is undoubtedly true that Weston-super-Mare is a unique and special place. Weston is a town with so much history and so much beauty. By 2027, our home town is expected to be bigger than Bath which brings huge benefits to what, until

a few years ago, was a town on the brink of dilapidation. But this could all be gone.

Climate change is no longer a distant threat to us. It's now a real chance that the future of this town, county and country is at risk. But we can help protect our beloved town.

There are so many ways you can help. Recycle but make sure you're recycling correctly. Don't litter and pick up litter you find lying around if it is safe to do. Buy products with less single-use plastic. Walk and cycle more. Change to a sustainable energy supplier. Rewild your garden.

There are so many more ways you can change to help climate change. We can no longer stop this threat in our town. But we can reduce it and slow it down. Most importantly, we can leave the world in a better condition than we found it because in reality this isn't our world, we're just living in it like every other animal.

Free entry for locals to one of the world's most famous seaside attractions

People with the postcode BS22, BS23, BS24, BS29 in Weston-super-Mare can have a My Grand Pier resident card to celebrate 10 years of the Grand Pier and over a Century of history.

The Grand Pier is known worldwide and holds millions of memories for people of all ages. The card will give free entry and a host of other attractions. Remy Haudecoeur, Head of Operations, said: "We want to celebrate 10 years of the New Pier Pavilion opening and decided there was no better way to do that than to give something back to our loyal local residents with the My Grand Pier card".

For more details see: www.grandpier.co.uk



Tips to beat anxiety and be happy, by Dawn Carey of In Charley's Memory



Everyone feels down from time to time. But there are happiness habits that we can all introduced to boost our mood. Here are a few.

1. Smile

Smiling – even a forced smile – causes us to be happier by releasing dopamine. Make it a habit. If you feel low, try a smile, in the mirror if you can, and see what happens.

2. Move

Exercise reduces stress, feelings of anxiety, and symptoms of depression, boosting self-esteem and happiness. Walk, stretch, bounce on a mini trampoline.

3. Eat well

Eating the right foods is good for us physically and mentally. Fruits and vegetables nourish the brain.

4. Be thankful

Simply being thankful boosts our mind, hope and happiness. Be thankful for the little things, such as your morning coffee, sunshine friends, family – anything positive.

5. Be kind

Studies show that doing acts of kindness makes you feel happy – as well as the other person. Encourage others, give compliments, help them.

6. Breathe deeply

According to studies, deep breathing exercises can help reduce stress. The next time you feel stressed:

- Close your eyes. Try to envision a happy memory or beautiful place.
- Take a slow, deep breath in through your nose.
- Slowly breathe out for a count of 10 through your nose.
- Repeat this process several times, until you start to feel yourself calm down.

7. Ditch your phone

Unplug. Really? You would be amazed at how much anxiety and unhappiness that little phone in your pocket causes. It's a small gadget with a huge negative effect. It's also highly addictive. Put it down for a few hours a day. Read. Meditate. Get into nature, Take a walk and pay attention to your surroundings. Just be.



MEET MAGGIE THE POPULAR SCHOOL PUP

St Anne's Church Academy's latest staff member is Maggie the new school therapy dog.

The excellent primary school welcomed the five-month beautiful white and brown "cavapoo". The pretty pooch is already stepping up to her role as a support dog, as she enjoys having lots of attention and a cuddle.

The school intends for Maggie to aid with students who may lack confidence in their reading skills, and for them to relax and find comfort while learning. She will also help students who struggle with their emotions. The dog will support

everyone's well-being, by reducing anxiety and increasing motivation in the learning environment. Maggie joins a rapidly rising number of dogs in schools across Weston-super-Mare and Worle. Show cocker spaniel Luna at Mead Vale recently became a Channel 4 TV star for her work. Ashcombe, Priory, St Mark's and more all have school dogs. Buddy, Buster, Boshy and others are becoming part of everyday school life. Headteacher Emma Hardy-Smith said: "We think the benefits a school dog brings will make Maggie worth her weight in sausages!"



Jobs boost for town

Ascot Group in Weston-super-Mare is advertising for a host of new appointments over the next few months at their state of the art HQ next to Worle train station.

CEO Andrew Scott is looking to take on dozens of people this year. Since starting the company in 2004, it has grown to 75 staff. Some of the jobs are Digital and tech project managers, data analysts, web developers, customer account managers and telesales and telephone researchers. Other roles in marketing, SEO, content, tech and media as well as sales, customer support and finance will be announced soon.

Ascot Group's HQ is close to the beach and countryside, M5 motorway and 20 mins from Bristol Airport.

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GOOD NEWS FROM WESTON AND WORLE



BY JILL DANDO NEWS CENTRE

STUDENT REPORTERS

Supporting Charity • Inspirational young people



Alice Bird 14, PCSA student and junior county cricketer for Somerset interviews top cricketer Chris Cooke



When this year started, a global pandemic was the last thing we all expected. Shortly after the beginning of March, the whole of the UK went into lockdown, trying to protect and save the lives of everyone. At the end of this crazy year, most of us have experienced new and challenging times and hopefully have come out the other end learning lessons and being stronger for it.

Our Jill Dando journalists recently interviewed Chris Cooke, captain and wicket keeper of Glamorgan to find out more about him and also to explore how an athlete has coped with the difficulties of lockdown.

I think there are people like myself that have learnt a lot of valuable lessons in lockdown. The time away has made many people feel appreciative and grateful for everything we have.

It was great to listen to Chris Cooke too and learn from someone like him, who is one of the best at what he does in English county cricket.

Alice represents Somerset under 15s, scored her first 50 for the county and has been taking lots of wickets. She is a fast bowling all rounder with a great future ahead of her.

Here are some tips Chris passed on.

Stay in a bubble - don't let things get to you.

Don't get carried away when you're doing well, stay grounded.

When in a stressful, or pressurised situation, just compose yourself.

Good things come to those who wait.

Keep things simple - When you're in a game, don't worry about the little things. If you do the best that you can do, that's all you can do.



A new Head Boy and Head Girl team, Tom Harding and Ruby Minty have been appointed at PCSA.

Principal Angelos Markoutsas said: "Tom and Ruby are brilliant students and will make a superb Head Boy and Head Girl team".

An inspirational teenager working at a thriving nursery is taking the next steps in her education after helping children in Fiji

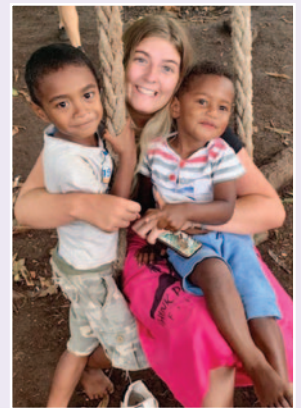
After leaving Priory Community School Academy, Cam Stevens went on to complete her level 3 apprenticeship in August last year. She then went to Fiji for two months before coming back to work at Little Learners Nursery at St Anne's Church Academy in January 2020.

Cam is now working as a qualified Nursery Practitioner at Little Learners alongside completing an access to Higher Education course.

In Fiji she taught children while building the village a community centre.

Amy Marsh of Little Learners said: "Cam has done superbly and is a very popular member of the team. Her achievements in Fiji and elsewhere are inspirational".

Children aged from 2 years 6 months upwards are thriving at Little Learners. For more information <https://littlearnersstannes.co.uk/>



Amazing Alice makes debut for Somerset Seniors aged only 14

Alice Bird, age 14, of PCSA represented Somerset Senior cricket squad aged only 14.

She was inspired by the career of her dad Paul - also a bowler - who played for Somerset Cricket Club in the 1990s.

She said: "I am delighted to have made my debut. I would love to be a professional cricketer".

