

THE POST

An Academy



THE PRIORY
LEARNING TRUST



Brain Tumour
Research
TPLT charity for
2021/22

NEWS THAT'S GOOD FOR YOU

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Issue 11, Spring 2022



Inspirational Underpass Art Brings Community Cheer



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goodnewspost.co.uk



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FED UP OF ALL THE BAD NEWS? WE ARE.

By Josh, 16, and Tamsen, 14, Student Editors

With current world news and so many people needing help with their mental health, it's more important than ever to highlight good news.

There is far more good news around than bad in our communities. Jill Dando News exists to spread stories of good-out-of-bad, the positive, the inspirational, the courageous, kind and even funny. Just reading positivity boosts our morale and inspires - like all the money raised by so many to help the people of Ukraine (see picture opposite).

So with all that's going on - this edition is a **Feel Good Special**. Not only is there tonnes of positive news, but we have tips to boost our mood. **Happy reading!**



Tragic death of policeman Jim sparks charity help

5,000 students and 750 staff have launched their charity of the year after the sad death of a much loved community policeman.

By Aimee, Jill Dando News



The eight Somerset schools of TPLT are supporting Brain Tumour Research as their official charity of the year.

The charity was chosen after Jim Murray sadly died of the disease in December 2020, aged 53. Jim was the community police officer for PCSA, helping hundreds of people and serving the town in so many ways. Jim's family have set up Canoeing for a Cure under the umbrella of Brain Tumour Research, to help find a cure.

Neville Coles, CEO of TPLT, said: "Jim was a superb gentleman and community policeman. He is so incredibly missed by all of us. We are delighted to partner with Brain Tumour Research."

TPLT is passionate about helping people, the community and its civic duty. In recent years schools across the trust have raised more than £130,000 for charities.



Super Taj heads to Harvard as high-flying Sixth Forms soars

By Josh, 16, Jill Dando News

Taj, 16, a Year 12 student at TKASA, is heading to a prestigious summer school at Harvard University.

TKASA Sixth Form has a 100% pass rate, with 80% going to Russell Group Universities, and increasing numbers heading to Cambridge and Oxford universities.



Founding Jill Dando reporter, Olivia, 16, wins prestigious Oxford University place

By Josh, 16, Jill Dando News



Olivia Finch, who left WCSA in September, has made it onto the university's MasterClasses to prepare for medical school.

Olivia was the first Jill Dando News reporter while in Year 7 at WCSA, started in memory of the school's former student and Britain's best TV journalist.

Head of Sixth Form Jonathan Gaskell said: "Well done to Taj and Olivia and all our incredible students."

See <https://www.tkasa.org.uk> or email jgaskell@tkasa.org.uk

Dozens of amazing students at WCSA and PCSA win stunning awards



See goodnewspost.co.uk for full story.

Student, 11, inspired to start own charity after meeting town mayor

By Kiaran, 12, Maria, 12 and Kelsey, 12



Oliver, Year 7 at WCSA, was so inspired after meeting a town mayor that he now plans to start his own charity.

Oliver was one of many students met by Weston-super-Mare Town Mayor, James Clayton.

Cllr Clayton urged students to stay positive even when things go against them.

He added: "There is greatness within everybody" which left the students feeling very inspired.



Children dress as Gangsta Granny and others to bring books alive



See goodnewspost.co.uk for full story

50-year old Time Capsule discovery finds amazing link to community school teacher

By Lewis, 14 and Kaitlyn, 14, Jill Dando News

A former student of a community school found a historic time capsule in her new home – then incredibly discovered it to have been buried by a current teacher, 50 years ago.

Charlotte moved into her dream new home with her husband and baby near to her former school, Worle Community School Academy, just before Christmas. During remodelling of the main lounge, they discovered a tin 'Time Capsule' behind a brick that was placed there in 1971.

Charlotte's father Mark Antoine, who is the Chief Operations Officer at The Priory Learning Trust and former Business Manager at WCSA, recognised the photo as current long-serving WCSA maths teacher Laura John when she lived in the house as a young girl. Laura's family Time Capsule contained mementos and family photos.

There was also a pristine copy of a Freemans mail order catalogue from the same era and other items.

Laura said: "It was so wonderful to see these old items that we had put there so long ago. WCSA is such a wonderful community school it brought back so many memories of the school from the 1970s."



Future Mary Berry, 13, wins prestigious accolade



Superb Libby, 13, has finished runner up in a prestigious chef final – despite being the youngest competitor.

The brilliant Libby of Priory Community School Academy in Weston-super-Mare, Somerset won runner up in the South West Springboard FutureChef competition. She was the youngest competitor at the finals.

The highly competitive contest inspires students to learn about food, cooking, budgeting and presentation. It also prepares them for future careers in the industry.

She is following in the footsteps of one of the world's best cooks, Mary Berry. The 86 year old inspiration trained at The Cordon Bleu in Paris and Bath School of Home Economics before becoming a best-selling author and TV food presenter.

Libby won a round hosted at PCSA before going through to the regional finals that were held at Taunton College in their professional kitchens.

Principal Angelos Markoutsas said: "What an incredibly impressive achievement by Libby. This is a great platform for a top career in the chef and hospitality industry."

Libby's Chicken and Leek pie

Shortcrust pastry

Plain flour 150g
Baking fat 75g
Grated Parmesan 15g
1 egg yolk
salt and pepper

Turn on the oven,
gas 7/8 or electric 180°C

Pie Filling

2 Chicken Breasts
1 Leek
Fresh Peas 30g
Stock Cube (vegetable)
Butter 5g
Milk 250ml
Corn Flour 1 1/2 tsp
Fresh Thyme 3 sprigs
Salt & Pepper
Garlic Powder 1/2 tsp



Step 1 Prepare chicken (dice), slice up leeks into rings.

Step 2: Melt butter in a saucepan on a medium heat, add your chicken to the pan. Cook the chicken until it is white all the way through, add the sliced rings of leek, sauté for 2 minutes with the chicken.

Step 3: Add seasoning, stock cube and sprigs of fresh thyme, add cornflour stir to cover the chicken, then add milk gradually and Simmer until sauce thickens.

Step 4: Prepare the pastry- rub the fat into the flour using the rubbing in method add cheese and seasoning, add egg yolk and a little cold water to join the pastry together.

Step 5: Roll out and make pie top. Decorate as you like. Egg wash the rim of your pie dish, place pastry on top of dish, crimp the edges. Egg wash your pastry top before putting the pie in the oven.

Step 6: Place pie in oven 10-15 minutes

Missing hero dog 'Butter' saves family from fire then reunites with owners



(Butter, picture via Facebook/ Charity Golloway)

A missing hero dog called Butter has saved a family from a fire before being reunited with his owners – and will be rewarded with a slap-up steak!

The most amazing dog hero rescue happened after the house of mother of two Charity Golloway and her family caught fire. Butter the dog barked at the windows of the burning home in

Virginia, America until the owners woke up and escaped safely. Luckily the stray dog called Butter who helped the family of three had been hanging out outside their home recently.

To add a twist to the plot, the hero dog was actually a runaway pooch that ended up at Charity's home.

Butter's original owners recognised the hero pooch as Cooper, their dog that ran away from home during summer.

After that, Butter was reunited with his previous owners. No one was hurt, thankfully to Butter's quick thinking. And he wasn't stray after all!

Golloway said she plans to give Cooper – the dog she knows as Butter – a steak before he is returned to his previous family.

Butter was later congratulated by the Valley Volunteer Fire Department.

Charity said: "He's a smart dog."

Send us your animal and other good news stories
editor@theplt.org.uk

Colby, 11, discovers ancestor was aboard 1915 Antarctica long-lost ship during his English lesson

By Colby 11 and Isabella 11



Millions across the world have been amazed at the discovery of the wreckage of Endurance, Sir Ernest Shackleton's long-lost ship, off the coast of Antarctica - 107 years after it sunk.

But 11 year old Colby, had his own amazing discovery during his English lesson at Priory Community School Academy.

The Jill Dando reporter investigated to discover his own ancestor was part of the crew.

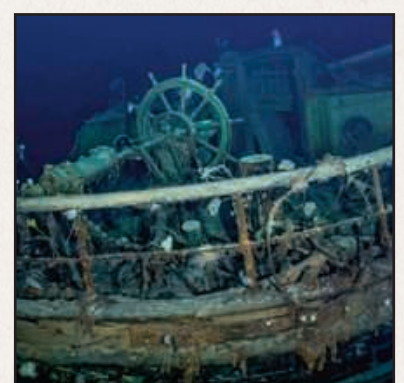
Colby said "It was so exciting to find out that a crew member was in my family!"

The ship's whereabouts were discovered this week by the Endurance22 expedition a month after it set off from Cape Town for the waters of Antarctica.

In 1914, Sir Ernest Shackleton left Grytviken in South Georgia with his crew - and a cat called Mrs Chippy - on the 3-mast barquentine ship, Endurance to be the first ship to cross Antarctica.

But sadly, within 7 months of their departure, the ship was crushed by the ice and sank.

Sarah O'Gorman, teacher at Priory Community School Academy, said: "Colby and the other students were researching their family history as part of an Autobiography writing project. Colby and all of us were amazed at the discovery."





Top mental health tips from In Charley's Memory Smile, walk, deep breathe and more...

Over the past decade, we've seen a considerable change in how people view mental health issues. We're starting to recognise that people's mental health is as important as our physical health. But we've also seen a dramatic increase in students with mental health problems. In Charley's Memory is helping the mental well-being of hundreds of 11 to 25 year olds in Somerset, encouraging, training and giving ongoing counselling support for as long as needed.

The amazing charity was set up in 2014 by the mother of a former TKASA student in Highbridge, who sadly took his own life after mental health issues. Nationally, the demand for mental health support has rocketed and In Charley's Memory now find themselves helping on average 145 young people each year in their local vicinity.



Uniquely the charity will never turn away anyone asking for help, the sessions are open ended.

01278 557490

Tips to boost mental well-being

- ✓ Realise a bad day is totally normal. Everyone has them.
- ✓ Regularly just stop for five minutes and breathe deeply. Do really long, slow, deep breaths in through your nose.
- ✓ Turn off social media or stop using it so much. It can be a real time waster and can be bad for mental well-being. People forget that social media is not real life. To get the perfect picture, sometimes people would have taken 100 photos and used photoshop. Never ever compare yourself with anyone.
- ✓ Spend at least 20 minutes away from technology
- ✓ Do regular exercise - walking, running, cycling or games such as tennis. *This is a crucial way to relieve stress, short five minute bursts are good.*
- ✓ Talk, share your emotions and be proactive with friends.
- ✓ Laugh. It is a good stress reliever.
- ✓ Take up any support from friends and family and do a random act of kindness for someone else.
- ✓ Saying something kind, or doing something good for others, is a great way to boost our own mental well-being.

For more on this and all of our good news stories see goodnewspost.co.uk



FED UP OF ALL THE BAD NEWS?

FEEL GOOD SPECIAL



Life can sometimes be tough. Here are five quick habits to develop to boost your mood.

1. Connect

Turn off the bad news and meet face-to-face with positive friends who listen and also make you laugh. Do it over tea and cake, or other happy foods for an extra boost. Laughter boosts your brain with a release of happy chemicals.

2. Move

Being active boosts your body and brain - releasing positive happy chemicals to make you feel good. Walking outside is powerful or try tennis, cycling, or a mini-trampoline.

3. Think

Thinking positive thoughts is vital for a positive mood. Instead focus on positive things, mix with positive people, turn off the phone and TV.

4. Give

Being kind has been proved to boost mood, while generous and grateful people are the happiest people. Do-it.org is a database of UK volunteering opportunities.

5. Mindfulness

Pay more attention to the 'right-now' moment is incredibly powerful. It is a habit you need to make over 21 days. Really focus. Try mindfulness breathing.



If you need to talk to someone, contact www.incharleymemory.org

“

To get the perfect picture, sometimes people would have taken 100 photos and used photoshop. Never ever compare yourself with anyone.”

”



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The Queen hails amazing eco students' miracle tree planting for her Jubilee

By Tamsen, 14, Jill Dando News

The 420 trees planted in Remembrance of those who have died alongside a quest to answer Sir David Attenborough's call to help save the planet has been backed by the Queen.

To celebrate her 70th year on the throne, Her Majesty has uploaded the work done by PCSA to her Jubilee Tree Planting Green Canopy map.

Students planted 420 trees to remember the past and look to the future months ago. The event was part of its Remembrance Day commemorations and also its quest to help save the planet - answering the calls by Sir David Attenborough, Prince William, Professor Brian Cox and others.

Now they have been awarded a Virtual Plaque from The Queen.

The Queen's Green Canopy letter said: "Thank you for your contribution to this special initiative which we hope will inspire countless others.

"With you support we are creating a greener UK and a legacy in honour of The Queen's leadership of the nation which will benefit future generations."



Principal Markoutsas said: "We are delighted to have been awarded this incredible accolade. The students have worked incredibly hard with huge enthusiasm and vision."

Fast Finley, 9, Wins Gold at Go Karting Competition

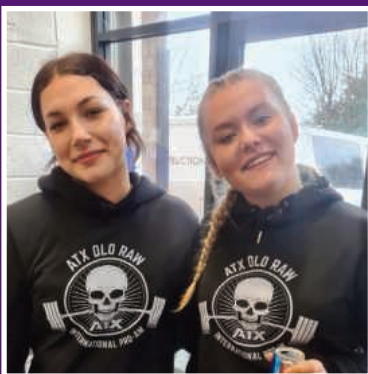
By Evie, 10, Aaron, 9, and Jack, 9, Jill Dando News



Fabulous Finley of St Anne's Church Academy, was inspired by his big brother to take part in go-karting races - and stunned spectators as he won gold!

Finley said, "I felt good because I won and my family was proud!"

Amazing students raise £121 for Bristol Hospital's Charity



Megan and Billie of PCSA spent all day helping people to support their hospital's Grand Appeal. The students are also rugby players for the Hornets.

PUTTING STUDENTS FIRST



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