



## Students savour season's rewards

by Caitlin Duval

**AUTUMN makes me think of harvest, fruit and veg being ready to collect, leaves on the floor and the world preparing for winter.**

Here at The Heights KS2 have been learning about autumn in a task called 'Autumn Abundance: Health and Harvest'.

Miss Hamilton said: "The students have been learning about

healthy eating and cooking and they seem to be enjoying their topic on autumn."

They even brought the outdoors inside when they created a sensory autumn play area.

Miss Hamilton said: "We have put in moss, conkers, pine cones, different types on leaves, feathers and bark and the children are enjoying spending time in the area."

They also enjoyed a school trip to Worden Park in Leyland.

Mrs Hamilton said: "The

children collected apples from the walled garden in the park and we used them to make apple crumble and apple turnovers."

Key Stage 2 students also enjoyed a forest walk and skills session at Heaton Park in Manchester.

They are now planning a return trip to Worden Park to try to identify different types of trees from their leaves. They will also be doing leaf rubbings and also writing a report on their topic.



## Autumn

by Caitlin Duval

**A** corns on the floor waiting for the squirrels to take them away.

**U**nique leaves gather as the world gets ready for winter.

**T**oday has been a cold, windy day leaves blowing everywhere.

**U**nderground animals prepare to hibernate.

**M**orning breaks and I step out into the misty air.

**N**ightfall is cold and trees hammer against my window in the breeze.





## Amazing Aboriginal art

by Megan Burns

**NURTURE students got to try their hand at Aboriginal art.**

This is a way of painting animals using natural colours.

We also used hama beads in the art work and

made them into a boomerang.

I painted lots of animals and used lots of colours like brown, green, blue and black.

I don't really like art, at least I didn't think that I did, but when we did the paintings I found it really

relaxing because I disappeared into a different world and I felt calm.

Aboriginal art is one of the oldest art forms and involves painting using traditional methods and colours. It originated in Australia.

## Heights students have say in national consultation

by Caitlin Duval

**THERE is a national youth consultation and students from The Heights are taking part.**

We had a visitor in school who spoke to us about the 'Making your Mark' campaign.

We were giving a ballot paper to say what our number one priority was that we felt needed addressing.

When the ballots were counted, Mental health provision was the topic that most people voted for.

In my own experience mental health is a problem.

Personally, my self-esteem is bad, I have low confidence and I don't like communicating with people. I have a mental health nurse but I still have my

episodes.

Going to Blackburn Youth Zone helps me make friendships and communicate with people in a social environment.



**KS2 students learned about chords and rhythm while playing the ukulele in their music lessons.**







# Opportunities galore for future careers

by Oliver Church

**YEAR 11 students have had a very busy half-term attending taster sessions and finding out where they can go when they finish at The Heights.**

At Burnley College they took part in activities including building, plastering and decorating.

Students also attended Accrington's AccRoss College for an Army careers presentation.

Our health and social care department went to The Royal Blackburn Hospital for a an employment visit.

Students also had the fantastic opportunity to visit the Bolton arena for an apprenticeship event.

Years 9, 10 and 11 attended a careers' event at Blackburn Cathedral.

Caitlin Duval said: "Outside the cathedral there were different companies represented and inside there were lots of different schools and colleges.

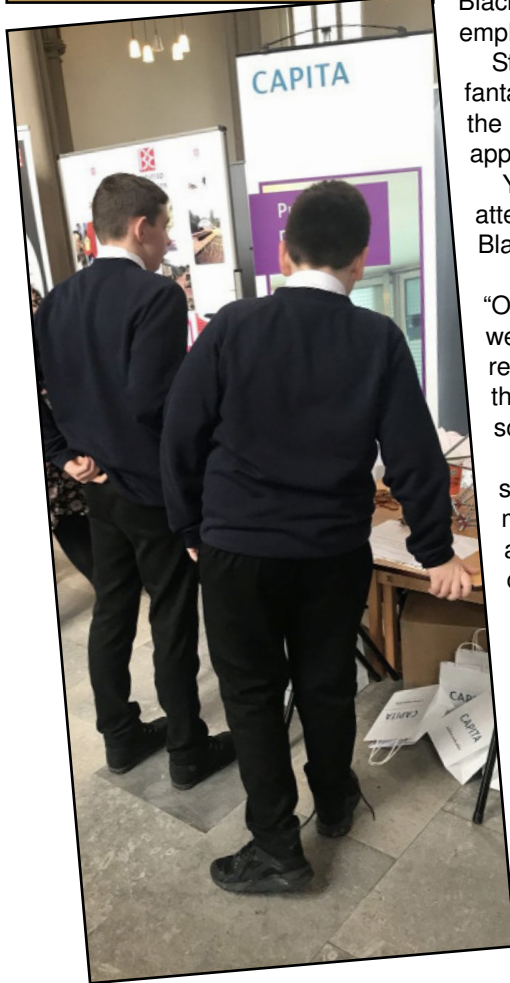
"I looked at Runshaw's stand because they have a music department and I am interested in a music career.

"I looked at St Mary's



College because it is close to me. Going round the event made me look at what opportunities I could have and it helped me to plan what I will do when I leave school.

"It helped my communication skills. Before I went to this event I knew about Blackburn College and I thought that was about it, but now I know there are other places I can go to that also do music."



**Keeping parents and carers informed is vital to the success of The Heights - and our consultation day was very well attended**







# Canoeing, kayaking and raft building



*by Jayden Grundy*

**EVERY** October four canoeing sessions are held to give students the opportunity to take part in activities on the lake in Queens Park, Blackburn, or on the canal.

Lead Outdoor Education Instructor Mr Stafford said: "They learnt new skills using a variety of boats and also got the opportunity to take part in raft building as a group."

Pupils also learnt

about the equipment needed including wetsuits, life jackets, cags and paddles.

Mr Stafford said: "It is fundamental that students learn different paddling skills and how to stay safe in the water.

"This will eventually lead to the paddle power awards and this is the start of them working towards their first star award."

Megan said: "This was my first time canoeing with school and we were at Queens Park on the

lake.

"It was a bit scary at first because the boat kept rocking. I felt as though I might fall in. I found it hard at first to paddle and to get used to just what I had to do.

"At the end, when everyone had finished and got out of the boats, we all threw each other in the water.

"I was freezing afterwards, bit I was pleased that I got this opportunity."

At the end of each session, students received a certificate of achievement



*Throwing, catching and hand-eye co-ordination skills being practised in a sport session*



## Students keep on running

*by Jayden Grundy*

**NATIONAL** Fitness Week was marked by Key Stage 3 and 4 students and teachers attending an event at Witton Park in Blackburn.

PE teacher Mr Bailey said: "The staff and students

from Years 9, 10 and 11 completed a few laps round the running track for National Fitness Week.

"Representatives from the Youth Sport Trust also came into school and spoke to students about health and fitness and getting ready for their exams."

