

THE PRIORY COMMUNITY SCHOOL POST



The Priory Learning Trust
charity for 2020/21

MPS Society

Transforming lives through support,
research and awareness

An Academy



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Issue 8, Spring 2021

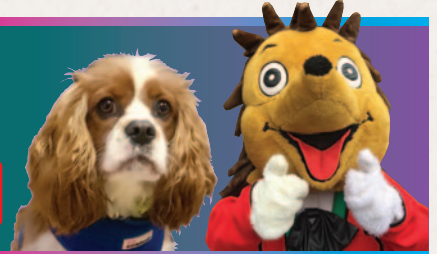
Tomorrow will be a good day



for more good news see

THE GOOD NEWS POST

www.goodnewspost.co.uk



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Miracle girl to sing global song of hope



THE POST

WORLD EXCLUSIVE

Brain tumour survivor, Lyra, 7, to raise world spirits and boost people's mental wellbeing at Easter with release of third charity single.

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Teens to make world's first student-led mental health documentary

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Generous takeaway delivers thousands of free curries to staff and students

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Look out for Emma's Happiness Hacks

in this issue



Lockdown, Life and Strictly - TV's Fiona speaks to The Post

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For the latest news see



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JILL DANDO

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THE GOOD NEWS POST

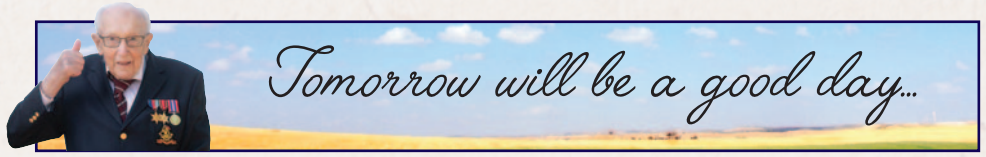
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This is a unique good news newspaper written by reporters aged 8 to 18

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Jack R	



We're all surrounded by a substantial amount of positive and negative news, in the media and on social media.

At Jill Dando News, we highlight the positive news to show that there's a light at the end of every single tunnel. That's why we're focussing this edition on Captain Sir Tom's positive and inspirational words: 'Tomorrow will be a good day'.

Captain Sir Tom's actions lit the way for many people over the course of the pandemic. He was a true inspiration who put a smile on so many people's faces and that's why we're dedicating this edition to him.

Tomorrow really will be a good day.

Olivia, Student Editor



Captain Sir Tom will never be forgotten



The inspirational 100 year old symbolised all that is brilliant about the human spirit.

That's why we dedicate this edition of The Post to Sir Tom, a man whose remarkable charity feats kept everyone going. As someone said, 'when you walk through a storm, keep going'. And that is what people across Weston, Somerset and Britain have been doing throughout these difficult few

months.

Looking at some of the stories in The Post, from Lyra, aged 7, to the miracle recovery of a 106 year old from Covid, we see the courage, kindness, generosity and hope of people of all ages.

Our 5,000 students, families and 750 staff have been a credit to their schools throughout the lockdowns.

Thank you to the NHS and all people of service for their heroics.

In the words of Captain Tom, 'Tomorrow will be a good day'.

Neville Coles, CEO of TPLT

EMMA'S

HAPPINESS HACKS

Since Covid-19, record numbers of people have struggled with their mental health. Our own Emma Britton, a Jill Dando News patron, and former BBC Bristol and Somerset presenter, has hosted a Happiness Half Hour podcast for the BBC. You can find it on the BBC Sounds app.

Throughout this issue are a flavour of some of the tips. The key message is - these tips only work if you do them!

Emma's Happiness Hacks



Emma's Happiness Hacks

LEARN OPTIMISM

Positivity is learned. What you think is a choice. Stop thinking negative thoughts and start the good habit of optimistic thinking.

ONE OF BRITAIN'S BEST SCHOOL-BASED SIXTH FORMS CONTINUES TO SOAR

By Samara, 16



Three more students from The King Alfred School Academy in Highbridge have received firm offers to study at Cambridge and

Oxford universities.

The successes were alongside offers from the top universities and educational establishments in the UK, including London, Durham, Cardiff and Belfast.

The range of courses to be studied include music, psychology, medicine, maths, sport, history, law, biology, politics, photography and film.

The school-based Sixth Form is one of Britain's most successful, with rapidly expanding numbers, and superb exam results. Some 190 students including 10 from across the world are thriving in their studies.

The Sixth Form is part of The Priory Learning Trust and is attracting students from schools in Weston-



super-Mare including Priory Community School Academy, Worle Community School Academy, as well as schools in Bridgwater. Places are still available for next year on a wide range of subjects.

Anyone looking to study A-levels in a high performing Sixth Form is encouraged to take a look at the website <https://www.tkasa.org.uk> and to make contact with Mr Gaskell via email jgaskell@tkasa.org.uk



Miracle girl to sing global song of hope

By Aimee, 14, Olivia, 16 and Jill Dando News Reporters

Brain tumour survivor, aged 7, to raise world spirits and boost people's mental wellbeing at Easter with release of third Charity single.

The inspirational Lyra Cole is releasing a cover of Toy Story's 'You've got a Friend in Me' on Good Friday to raise money for In Charley's Memory, a Mental Health Charity.

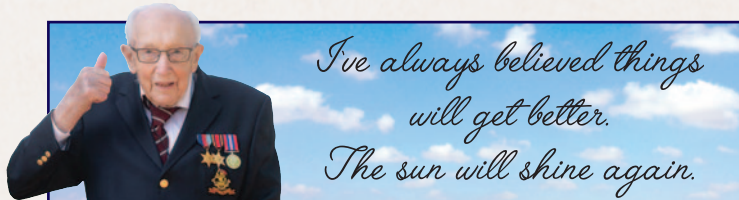
It will be filmed on Weston's Grand Pier and the whole project is being helped by Jill Dando News and TPLT schools. Lyra, who had a brain tumour "the size of an orange" successfully removed when she was a baby, hopes the song can cheer up Britain and the world in tough times.

Her two previous songs, Shakin' Stevens' Merry Christmas Everyone and When A Child is Born reached 120 million people and were both hit singles to raise money for Brain Cancer Research.

The money raised from her latest song will go to In Charley's Memory, a charity formed close in partnership with The

King Alfred School Academy in Highbridge, Somerset. Lyra's auntie, filmmaker Jessie Hawkes, ex TKASA, is again producing and filming the song.

Jessie said: "It has been such a tough 12 months for Britain and the whole world. Everybody's mental health is affected in some way. This song aims to lift everyone's spirits and raise money for a brilliant charity." The song will be available to buy on iTunes.



The Post reporters making world's first student-led documentary on mental health crisis

By Dawson, 13, Jack, 16 and Aimee, 14

Students aged 13 to 18 from our schools are making a unique TV documentary on the mental health crisis affecting UK children.

They are now in production of Our Silent Pandemic to go across YouTube and selected TV outlets later this year.

The one-hour film is a partnership between In Charley's Memory, The Priory Learning Trust, Jill Dando News, Jessie Hawkes from The Digital Ladder, and the Good News Post.

One of the team Olivia Finch, 16, said: "Mental health has become the massive issue of our day. Covid19 has accelerated what was already a crisis."

"It has become The Silent Pandemic. Our documentary aims to show the nature of the problem and call for urgent solutions."

Dawn Carey, Head of ICM, said: "The numbers of young people needing help across the UK has rocketed since the start of Covid19."

"Urgent action needs to be done. This documentary is quite rightly being done by young people themselves."

For the latest news on the documentary see www.goodnewspost.co.uk.



To access ICM's affordable counselling, email: counselling@incharleymemory.co.uk or call 01278 557490



A FORMER Weston-super-Mare student is flying high in her ambition to help cure brain illnesses such as dementia.

By Tamsen, 13



Jodi Parslow, 25, formerly of PCSA is now a Doctoral Researcher at King's College London.

She is looking at dementia and things that go wrong in the brain in hopes of finding new therapies to control these conditions.

She said: "I'm really excited about the brain as it is the most complex thing to study. It's the only organ that has the ability to think about itself."

Jodi completed her university dissertation by interviewing doctors in Tanzania during a volunteering trip to hospitals, clinics and orphanages.

International award for bringing learning alive



By Tamsen, 13

PCSA has been awarded Foundation level of the British Council's International School Award in recognition of its work to bring the world into the classroom.

In 2019 PCSA took students on an inspirational trip to Baza in Granada to boost their learning in Spanish.

Principal Angelos Markoutsas said: "We are thrilled to receive this award. Well done to our students and staff who have made it happen."

Mental Health Hacks

Take the **E.A.S.Y.** route to improving your mental health:

Eat healthily, be
Active, get plenty of
Sleep and try
Yoga or
mindfulness for
relaxation.



JAYDON SMASHES CHARITY TARGET

By Shannon, 12

Jaydon of PCSA raised hundreds for the Alzheimer's Society with his 50 mile charity challenge.

He was concerned about those with dementia during the COVID-19 crisis so wanted to help.

He said: "The past few months have been tough for everyone, but coronavirus has hit those affected by dementia the hardest and continues to disrupt lives."

PCSA raises several thousand pounds each year for charity.



By Megan, 12

DOZENS of students have been rewarded for kindness, courage and more wonderful character traits and deeds in a glittering online celebration ceremony.

One PCSA student was rewarded for being totally selfless, another for being kind and generous and another for litter picking in their spare time.

Another organised an online session to help fellow students during the lockdown. One student helped a student to cope with the grief of losing a parent and another gave food to the homeless.

Principal Angelos Markoutsas said: "It has been a tough year this year but all these students are real life heroes. Well done to all of them."

Super Gracie makes perfect pancakes as part of maths challenge



By Tommy, 11

St Anne's Church Academy Year 4 pupil Gracie took her maths learning to the next level by scaling up her own pancake recipe.

Principal Emma Hardy Smith said: "Our pupils have been producing some fantastic work both inside the school and at home during lockdown."

STUDENTS' BOOK 4TH BEST IN THE WORLD

By Megan 13

PCSA students produced 'Christmas Stories Volume 5' which reached the top 2 in the UK and top 4 in the Amazon Children's book list with readers as far away as Asia and Australia.

Their book reached the charts alongside Matt Haig and Tom Fletcher.

Pictured is Shannon, left, who wrote and illustrated for the book.

Year 9 Freddie said: "It was really exciting. I would like to write plays and scripts."

Director of Careers James Wilmot said: "Well done to every single student."

Principal Angelos Markoutsas said: "The students have produced a quality book which is being read right across the world."



It is never too late to start something new and make a difference, especially if it brings light and life to people around the world

Generous takeaway delivers almost 4,000 free curries to teachers and students



By Tommy, 11 and Ewan 12

Sayd Ahmed, who runs Pappadoms, has delivered curry to more than 40 primary and secondary schools across Weston-super-Mare - around 2,800 curries.

We spoke to a Year 7 PCSA student to see what they had to say about the food and he said:

"It was a very nice treat because we would never normally have it."

To say thank you the Year 7 PCSA

students made a 'thank you' card which was secretly sent to Pappadoms. Principal Angelos Markoutsas said: "Thank you to Pappadoms for their amazingly generous delivery."

Sayd said: "We want to show our appreciation on behalf of the community and ourselves to all the teachers throughout the lockdown looking after the children of the keyworkers."

FUN AND EXCITEMENT AS 'BIG SCHOOL' ANTICIPATION BUILDS

By Jill Dando News Reporters

The amazing children at the Ofsted Outstanding Little Learners Nursery based at St Anne's Church Academy in West Wick are preparing to go to one of the two 'big school' campuses in September.

They will head for either the St Anne's campus at Hewish or the West Wick campus.

The Busy Bees at Hewish have recently been enjoying their extensive new

outdoor area including a climbing frame, construction area, mud kitchens and outdoor role play area.

Amy Marsh of Little Learners said: "There is a huge amount of fun and excitement going on."

Call 01934 520461 or email littlelearners@stannesprimaryschool.co.uk if you would like to know more about places available.



Emma's Happiness Hacks

DO GOOD

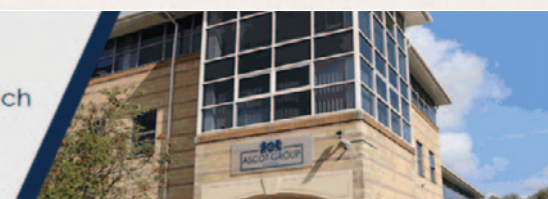
Send someone a card, do a random act of kindness, smile at or help someone. Donate to Foodbank. Doing good makes us feel better and happier.



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Mighty Mary beats Covid for the 2nd time

-to celebrate her 106th birthday

By Samara, 16



Wonder Woman Mary Nicholson overcame Coronavirus for the second time to celebrate her 106th birthday.

She has incredibly survived two world wars and two Covid-19 infections and says she feels "healthier and happier" than ever. Nicknamed "Polly", the centenarian, described the feeling of coming out of isolation as a 'lovely sensation, surrounded by cards and gifts.

Mary said she ate full fat milk and cream, and her secret to long life was "Good food and no men!"



BEST JOB IN THE WORLD!

Popular teacher training scheme surges since COVID-19

By Olivia, 16

TPLT is seeing exceptional teachers to be trained after other careers including law, banking and sport.

Denise Hurr, Head of Training School Alliance, said: "Teaching is the best job in the world and we are delighted to see so many people wanting to sign up."

Jake Caulfield started at PCSA this year after training to be a teacher at TKASA, also part of TPLT. Jake, pictured, has played rugby for England and Ireland, as well as Bath and Ulster.

Jake said: "I would encourage others with a passion for teaching to take a look – they will not be disappointed." Please contact www.theplt.org.uk for more details about teacher training within TPLT.



£1,100 boost for vulnerable children to help make a kinder, safer community

By Josh, 14

Twelve sessions of play therapy to help support vulnerable children are being provided by a new group to make Weston-super-Mare and Worle in Somerset a kinder, safer community.

ROC WSM have given £1,100 to help three children at risk of exclusion to receive 12 sessions of play therapy delivered by qualified counsellor and therapist Yvonne Britton.

Yvonne, pictured with ROC WSM leader's Dave and Penny Hynds, said: "I am absolutely thrilled to receive this funding. This grant will enable me to do a short term piece of work with three children in North Somerset; children who are on the exclusion pathway who, if not reached, will often sadly end up heading down a path of crime."



MPS Society

Transforming lives through support, research and awareness

By Tamsen, 13

The chosen charity for a Somerset set of schools have been giving their tips on how they stay positive during Lockdowns.

The MPS Society, which provides brilliant support to families affected by rare genetic conditions, is backed by The Priory Learning Trust (TPLT). The charity asked some people living with MPS or similar diseases how they've been staying positive during lockdown.

Amy said: "Take comfort in your furry friends, make use of the care and support available and take on any advice given to you from your general practitioner for alternative ways to stay physically healthy from home."

Janet said: "If you're still able to get food, sleep in a safe place and feel healthy, make sure you take a few minutes each day to remind yourself how lucky you are. Focus on what you do have, rather than what you don't."

Myles said: "The key to coping with this is simple really, just have to accept this is the new norm."

Every year The MPS Society reach 1,500 families and recently experienced a 12.6% increase in demand for their services.

For more information see www.mpssociety.org.uk.



Train to teach in Weston super Mare and Burnham on Sea - The best job in the world!



For more information email: tsa@theplt.org.uk or call 01934 529351

'Strictly? - lovely but not for me' - impressive students quiz TV's Fiona

By Tamsen, 13, and Jill Dando News Centre Reporters

Students aged 9 to 18 quizzed TV legend Fiona Bruce as she appeared in their latest Jill Dando News TV Zoom interview.

The brilliant BBC presenter was asked a wide-range of questions by students in TPLT. Olivia Finch, aged 16, Head Girl of WCSA, hosted the one-hour interview with questions on lockdown, journalism, careers, and more. Fiona told the students how she turned down Strictly Come Dancing.

"I don't want to ballroom dance"

She said: "Strictly is a great show but you would have to really love it to want to put your self through it."

"It is a career move generally, not for everybody but a lot of people do it

because they really love Strictly and really love to ballroom dance. I don't want to ballroom dance so that is not a driver for me."

She described her inspiration. Jill Dando as the nation's 'sweetheart', adding: There is no reason why you can't be nice and successful."

Fiona said: "It was an absolute delight to meet the students who had clearly put a lot of thought into their questions. A few of them really put me on the spot! "And Olivia masterfully chaired it all with the ease of a professional. It was all very impressive and encouraging for the future of journalism."

Jill's older brother, Nigel, welcomed Fiona to Jill Dando TV. In previous weeks the students have interviewed the BBC's LA Correspondent Sophie Long,



formerly of Weston and more.

Olivia Finch said: "It has been a hugely rewarding experience to be a part of the interview with Fiona."

Neville Coles, CEO of TPLT, said: "Our students are producing top-class standards of journalism with maturity and professionalism."

For more on the interview and Jill Dando TV see goodnewspost.co.uk

Children are thriving with a brilliant reading programme

By Shannon, 12



TPLT introduced its Reading Programme to further encourage a love for reading for its 4 to 18 year olds.

A new library area was opened at Castle Batch, with CEO Neville Coles reading stories to four year old pupils (pictured). He said: "Reading is clearly really important for effective learning."



Emma's Happiness Hacks - BE THANKFUL

This is key. Write down what you're grateful for - however small. The air you breathe, the food you eat, your friends family. Even the very act of thinking of things to be thankful for has a positive effect on your happiness.

Be Kind - it's good for you!

By Tamsen, 13



World kindness campaigner, Jaime Thurston has given a blunt message of hope in the middle of Covid19 - 'kindness is good for you'.

The founder of 52 Lives charity, told Jill Dando News reporters how to boost their mental well-being. She said: "Being kind is so much more than just a 'nice thing to do.' When we're kind, when someone is kind to us, or even if we just witness kindness, it releases feel-good chemicals in the brain."

"Kindness reduces stress, relieves anxiety and helps to unlock the happiness inside of us. It's a very simple way to improve our mental health." Jaime is the author of the book 'Kindness and was named Clarins Woman of the Year 2016.

Your child is worth it!

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Harlow, 11, on fast track to be Britain's best

By Tamsen, 13

Harlow Green, 11, of PCSA, is to compete in the 2021 British Motocross Championships in April and has a glittering career ahead of him.

He won the South West Championship in 2019 and competed in his home town at the famous Weston Beach Race, finishing in the top 10.

Principal Angelos Markoutsas said: "Harlow is showing huge ambition, massive talent and outstanding success at such a young age."



Megan, 10, launches world eco campaign to inspire other children to save the planet



By Jack, 16

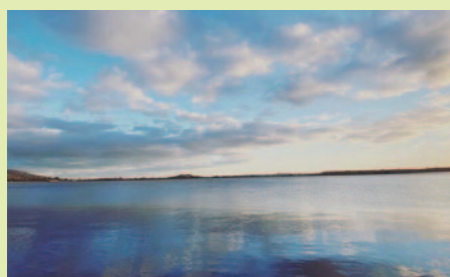
The pupil, from Castle Batch Primary School Academy launches Children Can Save Our Planet (CCSOP).

Megan said: "I have always been interested in helping the environment. This website is about encouraging others to try their hardest because every little thing helps."

To find out more about Megan's work, go to her website ccsop.co.uk

Awesome Jack wows with photo talent

By Tamsen, 13



Jack, aged 12, is already planning out a career as a professional photographer, and is stunning PCSA staff with the incredible quality of his photos for one so young.

Head of Photography James Stanley said: "We have been blown away by these most recent photographs taken in Cheddar. He is able to capture light which is a real skill. The whole creative faculty are very proud of him."