



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

An Academy



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PLEASE TAKE ONE

Issue 7, Autumn 2020

GOOD NEWS TO CHEER YOU UP

www.goodnewspost.co.uk



OUT OF THIS WORLD

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, Nollie Waterman, World Cup winners, a Messi and Ronaldo training expert, BAFTA and OSCAR winners and more.

Doug urged the Worle Community School Academy 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 Jack and Olivia, new Head Boy and Head Girl at WCSA.

For full story see Page 3

WCSA OPEN EVENING 2020

Into the Light – WCSA Walking Tours

Wednesday 7th October 4-6pm
Monday 12th October 3.30-5.30pm
Thursday 15th October 5-7pm

Guided tours of WCSA's brilliant campus with an open air insight into life at the academy.
Booking Essential <https://worle-school.org.uk/walkingtours>

INSIDE THIS ISSUE

Ant Middleton says Zero Negativity
see page 3

Beat Anxiety & Boost your happiness tips
see page 7

Meet Maggie the new school pup
see page 7

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



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.

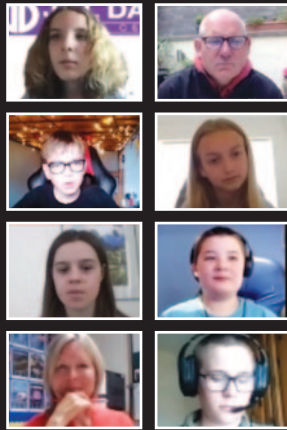
"We hear that these schools are all fabulous at fundraising so we can't wait to start working with them."



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

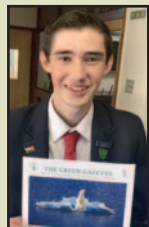
Dando's vastly experienced journalist brother Nigel Dando all watched on.

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.

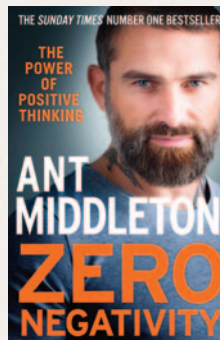
The high-flying Academy is working with primary schools across Weston-super-Mare and Worle in Somerset to inspire future Greta Thunbergs and set up 'Green Teams' to help the community and environment.

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.





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Academy unveils excellent new auditorium and sports hall after cash boost

By Olivia Finch, 15, Jill Dando News

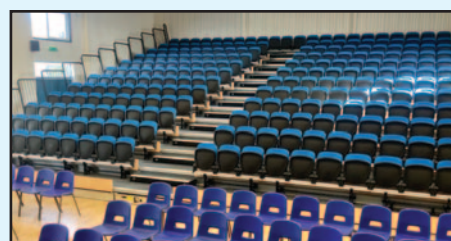
The brilliant WCSA now has retractable seating for over 300 in its auditorium, making it one of the biggest stages of any venue in Weston-super-Mare outside of The Weston Playhouse.

The high-achieving, caring Academy hosts superb drama performances throughout the year attended by local primary school pupils, and the new state-of-the-art auditorium is a perfect setting to expand its music, drama and Arts programme.

WCSA has also had massive improvements to the sports hall, changing rooms and gymnasium, with hundreds of thousands of pounds spent on flooring,

lighting and state-of-the-art decoration. The funding boost means the Academy becomes one of the largest school campuses in the region. Principal Jacqui Scott said "The auditorium and gymnasium look really superb. They are both very welcome additions to what is an excellent and substantial educational campus."

The academy has a caring and high achieving ethos, excellent extracurricular provision including the Jill Dando News Centre and the groundbreaking eco-club. The WCSA motto is 'We Challenge and Support to Achieve.'



WCSA OFFICIALLY ONE OF NATION'S BEST SCHOOLS FOR MATHS - AGAIN!

By Olivia Finch, 15, Jill Dando News



Worle Community School Academy has been named one of the top performing Hegarty Maths schools in the country, ranking in the top 10% for the amount of videos watched by our students.

The official title of 'Hegarty Maths Super School' was awarded after a fantastic year of Hegarty Maths usage at Worle, particularly during the recent remote learning period.

Overall in this academic year the wonderful students have answered over 670000 questions and completed over 18000 hours of additional learning.

It is the second accolade in recent months that the high performing Academy has

achieved. They became the only state school in Britain to win a prestigious 'maths in miniature' video competition combining maths with sports. They also have one student who received university standard tuition, even though he was in Year 9.

Sean Wood, Head of Maths, said "The students have excelled themselves in maths throughout the year and the statistics speak for themselves." "Our students thoroughly deserve this award and we are delighted that so many students are enjoying their maths."

WCSA is a brilliant Academy which aims for happy, ambitious and aspirational students.





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Meet Daisy, a future singer songwriter

(or Prime Minister)



Daisy Dennett is planning out a career as a singer songwriter, musician and has not ruled out going for her ambitions to be a future at Number 10 Downing Street.

She finished her year as headgirl of WCSA with a string of excellent results. She was just one of hundreds of Worle students to celebrate their GCSE outcomes. She said: "I am really really happy. This is a wonderful school and like a second home to me."

WCSA celebrated the achievements of every single student, in a year when the coronavirus lockdown abolished GCSE exams for the first time. The high-flying Academy saw 57 Grade 9s across the school, and 124 Grade 8s. Eight students got eight or more of the top grades of 9 to 7. Some 14 students achieved every grade as 9 to 7.

Daisy Hooper obtained eight Grade 9s and two Grade 8s among a host of excellent student results.

Kavin Srikanth was also celebrating after gaining eight Grade 9s, two Grade 8s and one Grade 7.

Principal Jacqui Scott said: "We are extremely proud of all of our students."

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."

DAN HELPS WORLD PLAN POST COVID-19 WI-FI STRATEGY



Dan Jones, formerly of WCSA, is helping produce a plan to ensure that businesses are not handicapped by any future coronavirus spikes, lockdowns or future pandemics.

The Apple and Wi-Fi expert has come up with a range of options for businesses, schools and organisations to get the fastest

Wi-Fi in the world – in a post pandemic world.

Dan said "WCSA set me up to explore the world and go for my dreams. I believe that anything is possible if you put your mind to it." The boss of Maven Consultancy is now heading to Caesars Palace, Las Vegas in October as an invited speaker on designing Wi-Fi for Apple devices.

New students enjoy their first days at one of the South West's fastest improving schools



Year 7 students at WCSA were treated to two days of induction, lessons and fun. They enjoyed making new friends and taking part in sport activities in beautiful sunshine.

Head Boy and Girl team, Jack Clark and Olivia Finch, spent two days with the students alongside the Head of Year Rachel Brace.

Their pastoral system is one of the best around, and the school's motto is 'We Challenge and Support to Achieve'.

Rachel said: "It was a fantastic start for our students. The weather was excellent and there was a tremendous atmosphere. They are really lovely students."

Principal Jacqui Scott said "It was so lovely to welcome all our new students and we are really looking forward to getting to know them and seeing them prosper here at WCSA."



Mental Health Hacks

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



STUDENTS GRILL WESTON MP ON CLIMATE CHANGE

Olivia Finch and Jack Clark, one of Britain's strongest Head Boy and Head Girl partnerships interviewed Weston-super-Mare MP, John Penrose, on climate change

They covered issues on climate change and associated problems accelerated by COVID-19.

John said: "In an age of grumpy and often anonymous online opinions, it's wonderful to find people who ask tough questions openly and politely, and who aren't afraid to follow up if they need more detail to understand something fully. I thoroughly enjoyed meeting Olivia and Jack; WCSA can be proud!"



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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Walk Into the Light this Autumn

High-flying Academy hosts walking tours

By Olivia Finch, 15, Head Girl

Prospective pupils, parents and carers can have a guided tour of WCSA's brilliant campus with an open air insight into life at the academy.

Due to COVID-19 regulations, the usual annual events are not possible. So instead, people can view the stunning campus facilities, including the £400,000 auditorium and sports hall improvements.

Wednesday 7th October 4 – 6pm

Monday 12th October from 3.30 - 5.30pm

Thursday 15th October from 5 – 7pm.

Principal Jacqui Scott said "We are very excited to show pupils, parents and their carers around our excellent Academy. We also welcome families to view our academy via appointment."

Book in advance at worle-school.org.uk

WORLE TO THE WORLD WITH VIRTUAL OPEN EVENING



By Jack Clark, 16, Head Boy

WCSA held an virtual open evening for prospective students online for the world to see.

Due to the pandemic, the ever-improving academy's usual open evening could not go ahead but instead they held a unique virtual open evening.

The evening was opened by Year 11 student Hazel who played a beautiful piano piece.

Parents and future students were then able to listen to a speech from WCSA Principal Jacqui Scott on the school's opportunities and the recent £400,000 in new facilities.

Olivia Finch and Jack Clark, who are WCSA's Head Girl and Head Boy 2020-21, talked through the academy's charter which sets out what the school expects from students and what students should expect from the school.

Jack said that the school had created "a community of trust" with Olivia adding that "WCSA has an extremely welcoming atmosphere".

The evening was finished with a Q&A with Miss Scott where parents sent in their questions.

Meet Will, 16, one of Britain's best young sports photographers

By Joel, 12, Jill Dando News



Will Cooper, aged 15, has just left Worle Community School Academy after a fabulous five years.

Incredibly he started taking photos at the age of 11, and encouraged by the school, he has now stacked up hundreds of photo shoots, not only in football but in other genres, including commercial and automotive.

He has been the official club photographer for the previous three seasons, and is about to take up his role once more, and was even a photographer at last year's England U21s fixture against Poland, played at Ashton Gate, the home of Bristol City.

Will told us "I am excited to be starting my career, and have really enjoyed all the experiences I have been lucky enough to have so far. "Worle Community School Academy gave me every encouragement, and it has set me in good stead to reach for my goals".

Mental Health Hacks

Move - Exercise reduces stress, boosting happiness. Walk, stretch, bounce on a mini trampoline...



CALLUM OVER THE MOON AFTER 100% FIVE-YEAR ATTENDANCE

Callum Moon has been rewarded with a certificate and £30 of Amazon vouchers after not missing a single day of his education at WCSA.

The 16-year-old has also excelled across the school, demonstrating great character and a hard work ethic.

He is now embarking on a career as a carpenter, and is aiming to own his own company in the years to come.

Principal Jacqui Scott said "Callum is an inspiration to every single student at WCSA, as he has proven to be diligent and hard working. "It really is an outstanding achievement to not miss one single day of his schooling whilst at WCSA."

