



Malton School

A Specialist Science School

Stronger For Being **One**



Pearl Of Africa Children's Choir Drama Studio Opening

Last term we welcomed the Pearl Of Africa Children's Choir into school to work alongside our music students. They held workshops throughout the day working with key stage three and four musicians. In the evening we held our official opening of our new Drama Studio where our visitors performed, they gave guests, parents and students a fantastic evening filled with song and dance. Our Glee Club performed after the interval along with the Choir. The Drama Studio was full and we all sat enthralled at the spectacular performances in front of us. We were pleased to have Pete Dwyer the Director of Children's Services North Yorkshire to open our Drama Studio, taking time out of his busy schedule, to come along and spend the evening with us. This studio opens up a fantastic opportunity for our students, where each year group gets to participate in Drama, along with those students taking a GCSE in Drama who are looking to study Drama at length.



Pearl of Africa Children's Choir in full swing!

Titus Andronicus

Our GCSE Drama students accompanied by Miss Butcher and Miss Spiers, our new Drama teacher, enjoyed a trip last week to York Theatre Royal where they took in 'Titus Andronicus' a play by Smooth Faced Gentlemen. It was an all female cast, the language was original Shakespearian, the set and presentation was modern. The Drama students really enjoyed the play, they also stayed for the Q & A at the end of the performance with the performers and the director which gave them all a fantastic insight into drama production and performance. Titus Andronicus have just finished at the Edinburgh Fringe Festival and are looking to tour regionally.

Parents Forum

Looking at Positive Discipline, please come along and join us on Tuesday 26 November 2013 at 7pm in the West Wing Hall. For more information contact West Wing Reception.

Please Help – Urgently Needed

**RAFFLE PRIZES
for forthcoming
Celebration Evening
(21 November)
and Christmas Concert**

All donations to West Wing Reception

Rewards Trip

Those students in school who have followed our positive discipline reward system throughout the last academic school year were treated to a day of thrills and spills at the Flamingoland theme park and zoo. Students in Years 8-11 and a small number of Year 13 students were transported to the theme park along with members of teaching and support staff. At the park, students were allowed to branch off with friends for the day to dare the rides or walk round the zoo. A number of people were lucky enough to feed the animals! We would like to thank Flamingoland for having us. We have been running these rewards trips for a number of years and students and staff alike look forward to some well earned time out from school!



Students enjoying the thrills and spills at Flamingoland

Please see the enclosed information with this Newsletter regarding Privacy Notices and photo consent. If you have not received this insert, please contact school for a replacement.

NEW FITNESS CLASS TIMETABLE



Mondays

12:30-1:00pm Metabolic Effect
6:00-6:45pm Functional Circuit

Tuesdays

9:30-10:30am Fitness Pilates
5:30-6:15pm TRX Core Training
7:00-8:00pm Belly Dancing
7:00-8:00pm Yoga
8:00-9:00pm Circuit Training

Wednesdays

12:30-1:00pm Metabolic Effect
6:30-7:00pm Metabolic Effect

7:00-8:00pm Fitness Pilates

Thursdays

12:30-1:00pm Ab Blast
5:15-6:00pm Triple A

Fridays

12:30-1:00pm Metabolic Effect
6:00-6:45pm TRX Core Training

(From Jan 2013 tbc)

Metabolic Effect:

Metabolic Effect training uses the latest understanding in exercise science to drive hormonal responses for optimal fitness, performance and body composition. These tools and techniques have been shown in research to generate fat burning responses that can last long after a workout has ended. When compared to traditional exercise protocols, ME workouts can generate almost a 10-fold greater loss in fat.

Functional Circuit:

It is an intensity-filled full body workout that involves blitzing through exercises with short periods of rest in between each station. Using equipment like dumbbells, kettlebells and medicine balls, the class encompasses a wide range of movements to improve areas such as strength, speed, agility and balance.

TRX Core Training:

Developing a strong, stable core will help you achieve your fitness goal. Your core fitness will form the foundation for building your strength, power, endurance and overall athleticism. This class combines TRX functional movements with a variety of exercises and circuits to enable you to build a core that will be your body's power plant.

Fitness Pilates:

Fitness Pilates focuses on the body as a human kinetic chain. By applying the fundamental Pilates technique and exercises, Fitness Pilates aims to offset musculoskeletal imbalances. The Pilates technique focuses on strengthening your centre by retraining the mind and body to recruit core muscles.

Triple A & Ab Blast:

A challenging workout targeting problem areas. The session includes aerobic exercise to get the heart pumping and muscles burning, leading to desired results in specific target areas.

Coming 2013: Indoor Cycling Classes - keep an eye on the website, www.maltonsport.org

* Lunch time classes are priced at £3.15. Offers are available for 2 classes (£5.25) or 3 classes (£7.35) taken in the same week.

* Evening classes are priced at £4.20. A loyalty card scheme is currently in operation, giving 1 free class for every 10 attended.

* A prepaid loyalty card for 10 classes, at a cost of £42, provides 2 free classes at the end of the 10 class block.

CARLTON LODGE

On Friday 21 September, whilst the rest of the school were at Flamingoland, the Year 7 students enjoyed a day of activities at Carlton Lodge Outdoor Activity Centre near Thirsk. The students took part in various activities including archery, orienteering, problem solving, kayaking and raft building. A great day was had by all, even though the water was freezing!!



Year 7 students awaiting the splash!

Sponsored Walk

On Wednesday 9 October the whole school took part in a sponsored walk to raise money for the Geography department and the ongoing School Minibus Fund. The walk was well attended with students and staff enjoying the autumn sunshine. Our total at the moment is £3,753 with a further £2,031 to collect in. Our thanks go to all who helped with the organisation of the event.



Walkers enjoying the fresh air

Annual Celebration Evening

This annual event, which reviews the life of the school over the previous year, will take place on **Thursday 21 November at 7.00pm**. Attendance is by invitation, but all students in the school can qualify to attend, we invite any student who has been awarded three commendations in a year, as well as the top ten in each year. One commendation is awarded in all classes three times per year, either for effort, improvement or behaviour. Hence the event is not limited only to high ability students, but includes a range of students who are doing well in a variety of ways at school (except of course Year 7, who have to wait a year until they have gained their commendations!) Invitations have already been sent out. We regret we can only offer a maximum of two guests with each student due to the numbers involved.

Maths Drop-In Sessions

Tuesday, Wednesday and Thursday

Room 21

3.35pm—5.00pm

Open to all students/year groups

Come along and get help with your homework
Revise for exams or just to do some extra maths!

Trips and Visits forms

Many of you are frustrated with the number of consent forms you have to complete for educational trips. While this is done to ensure the safety of your child by having the most recent contact and medical information, we have been able to reduce this burden following the introduction of ParentPay. We have asked for a rolling consent form to be completed for every student. This lasts for one year and covers all local visits. For other visits, if you pay by ParentPay you will not have to fill in the additional form for a particular visit. You must, however, inform us if any of the details you completed on the rolling consent form have changed. If you do not pay by ParentPay you will still need to complete this additional form. We hope this helps!

English Karate Alliance

Maisie Thomson and Joseph Rowland have both been selected to join the Squad of the English Karate Alliance. They will be competing in the WUKF (World Union of Karate-Do Federations) European Karate Championships. The competition will be held over 4 days at the English Institute of Sport in Sheffield. Maisie will be competing with the Kata Squad and Joseph in the Kumite (fighting) Squad. Good luck to both students.



Maisie Thomson and Joseph Rowland

School Family Christmas Carol Concert

to be held at

St Marys Priory Church

Old Malton on

Wednesday 18 December 2013

at 7.00pm

Please come along and help us to celebrate Christmas. Our PTA will be serving refreshments after the service. All welcome.

SIXTH FORM OPEN EVENING

Thursday 14 November 2013
7.00pm in the West Wing Hall
Malton School
All Year 11 students and their parents welcome

Sports News

The Year 10 rugby team have made a really good start to the year. They beat local rivals Ryedale School in a friendly match and got to the final of the 10-a-side rugby tournament held at Scarborough Rugby Club. Congratulations to Josh Wainwright who has been selected to play rugby for the county at U15.

After winning the Yorkshire Schools Biathlon in July, Stephanie Bramley qualified for the Yorkshire and Northern Region Biathlon Championships which took place at the beginning of October at Queen Margaret's School. She has also qualified for the U15 category of the British Modern Biathlon Championships in Solihull at the end of November—both as an individual athlete and as part of the



Yorkshire Pentathlon U15 girls team. Well done Stephanie.

Year 11 Netball District Champions

Our Year 11 Netball team are District Champions. They fought off stiff competition from Lady Lumleys, Whitby Community College, Filey and George Pindar Community Sports College. The final was played at a later date due to wet weather. Malton played Ryedale in the final and beat them 8-3. The team now move into the County round which is due to be played on Saturday 9 November at Ashville College in Harrogate. Good luck in the next round girls.



Our Year 11 Netball Team - District Champions!

And not forgetting our Year 8 Netball team who had a fantastic tournament finishing second overall in the recent District Tournament at Eskdale School. Well done girls, keep up the good work.

Calendar—Autumn Term

November

Mon 04	Training Day
Weds 06	Maths GCSE Linear Exam
Thurs 07	Y7 Review Day Senior Maths Challenge Y10 1st Assessment → Home
Fri 08	Maths GCSE Linear Exam
Weds 13	Senior Maths Challenge
Thurs 14	Sixth Form Open Evening. Y12 1st Assessment → Home Newsletter 2 issued
Fri 15	Children In Need (Non-Uniform Day)
Thurs 21	Celebration Evening
Mon 25	Y11 Mock Exams Week
Tues 26	Parents Forum

December

Weds 04	Y12 Parents Evening
Thurs 05	Y13 2nd Assessment → Home
Weds 11	Christmas Concert
Mon 16	Y7 & 8 Christmas Carol Service pm (St Michaels) A Level certificates presentation
Wed 18	Family Carol Service
Thurs 19	Y11 & 9 2nd Assessment → Home
Fri 20	Last day of term

January

Mon 06	Term starts Y12 Mock exam week
Wed 15	Y11 Parents Evening
Thurs 16	Newsletter 3 issued Y7 2nd Assessment → Home
Thurs 23	Y10 2nd Assessment → Home
Tues 28	Y9 Options & Parents Evening
Thurs 30	Y8 & 12 2nd Assessment → Home
Fri 31	Deadline for 6th Form Applications

February

Weds 05	Y9 option forms due
Thurs 06	Y11 & 13 3rd Assessment → Home Intermediate Maths Challenge
Fri 14	Last day of term
Mon 24	Term starts Y13 Mock exam week Y11 Photographs am

Dates Of Terms 2013-14

<u>First Day</u>	<u>Last Day</u>	<u>Day Closures</u>
Tues 05 Nov	Fri 20 Dec	Mon 04 Nov
Mon 06 Jan	Fri 14 Feb	
Mon 24 Feb	Fri 04 Apr	
Weds 23 Apr	Fri 23 May	Mon 21 Apr Tues 22 Apr Mon 06 May

Providing a nurturing environment, inspiring every individual to flourish.

Headteacher: Mr R Williams

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