



Sharples

SCHOOL

Newsletter

ISSUE 278
11th January
2019

Revision Skills Workshop

This week, Year 11 students took part in a very useful workshop delivered by GM Higher. Learning about the science of revision and trying out different methods of exam preparation. Our students were also given some great advice about dealing with the pressure of exam season. Some of top tips they gave were:

- Set aside a quiet place for revision;
- Make sure you get enough sleep;
- Eat well and keep yourself hydrated;
- Use revision guides and resources provided by your teachers;
- Don't be afraid to ask for help.



With the PPEs next week, our Year 11 students will have a chance to put this experience into practice!

Good luck to everyone!

Attendance

7th January - 11th January

Best Year Group

Year 7	97.1%
Year 8	97.4%
Year 9	90.9%
Year 10	95.3%
Year 11	94.7%

Best Forms:

7P1/R/R	100%
8E/S1/R/P1	100%
9L	98.8%
10S	100%
11H	99.2%

356 pupils have 100% for current academic year

Dates For Your Diary

Wednesday 16th January - GCSE Poetry Live

Friday 18th January - Year 7's Science Night at the Museum

Monday 21st January - Year 7 John Rylands Library Visit (12:20 – 3:50pm)

Weekly Sports Information

Monday:
KS3 swimming club
Rugby practise

Tuesday:
Year 7/8 Football training
BTEC catch up session
Netball practise
Basketball practise

Wednesday:
KS3 Swimming club
Girl's football - all years
Year 10 Boys Football v Essa (a)

Thursday:
KS3 Girls Football tournament @ St Catherine's - JBA
Running Club - all years

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Fillet £1.55 Fish Fingers £1.35 Pasta King £1.85 Curry Pots £1.85 Various Baguettes and wraps £1.75	Meatballs in sauce £1.55 Cheese and leek Whirl £1.35 Pasta King £1.85 Various Baguettes and wraps £1.75	BBQ Pulled Chicken Wrap £1.75 Veg Moussaka £1.55 Pasta King £1.85 Various Baguettes and wraps £1.75	Pizza £1.35 Spinach and Potato curry £1.55 Pasta King £1.85 Curry Pots £1.85 Various Baguettes and wraps £1.75	Fish Fillet £1.55 Cheese burger £1.55 Veg burger £1.55 Pasta King £1.85 Various Baguettes and wraps £1.75
Meal Deals £2.35	<u>Fish Fingers or Chicken Wraps</u> Served with Side Salad Small Grapes or Biscuit And Drink Carton	<u>Cheese and Leek Whirl</u> Served with Beans Side Salad Small Grapes or Biscuit And Drink Carton	<u>Veg Moussaka</u> Served with Garlic bread Side Salad Small Grapes or Biscuit And Drink Carton	<u>Spinach and Potato Curry</u> Served with Veg Samosa, Nachos Side Salad Small Grapes or Biscuit And Drink Carton	<u>Cheese or Veg Burger</u> Served with Small chips and beans Small Grapes or Biscuit And Drink Carton
And there's more	Salad bar £1.85 Various Sandwiches and Wraps from £1.27 Jackets with Various filling 80p	Salad bar £1.85 Various Sandwiches and Wraps from £1.27 Jackets with Various filling 80p	Salad bar £1.85 Various Sandwiches and Wraps from £1.27 Jackets with Various filling 80p	Salad bar £1.85 Various Sandwiches and Wraps from £1.27 Jackets with Various filling 80p	Salad bar £1.85 Various Sandwiches and Wraps from £1.27 Jackets with Various filling 80p
And there's more...	Fruit Pots £1.10 Grapes lrg 70p sm 55p Popcorn 60p Crackers 75p Tray bake 61p Biscuit 41p	Fruit Pots £1.10 Grapes lrg 70p sm 55p Popcorn 60p Crackers 75p Tray bake 61p Biscuit 41p	Fruit Pots £1.10 Grapes lrg 70p sm 55p Popcorn 60p Crackers 75p Tray bake 61p Biscuit 41p	Fruit Pots £1.10 Grapes lrg 70p sm 55p Popcorn 60p Crackers 75p Tray bake 61p Biscuit 41p	Fruit Pots £1.10 Grapes lrg 70p sm 55p Popcorn 60p Crackers 75p Tray bake 61p Biscuit 41p



What's on THE MENU

www.mellorscatering.co.uk

m m m...delicious



- MAIN DISHES**
- CHEESE AND ONION PASTRY - £1.10
 - CHEESE AND LEEK TURNOVER - £1.35
 - MEAT AND POTATO PIE - £1.55
 - PIZZA - £1.35
 - DAHL - £1.55
 - MEAT PIE - £1.55
 - POTATO SKINS - £1.55
 - FISH - £1.55
 - CHICKEN/FISH WRAP £1.75
 - SAUSAGE - £1.35
 - VEG/BEEF BURGER - £1.55
 - LASAGNE - £1.55
 - CHICKEN CURRY - £1.55
 - ENCHILADAS - £1.55
 - MEATBALLS - £1.55
 - PASTA BAKE - £1.35
 - BIRYANI - £1.55
 - MAC CHEESE - £1.10
 - VEG MOUSSAKA - £1.55
 - CHEESE FLAN - £1.35

- FRUIT AND TRAY BAKES**
- LARGE GRAPES - 70p
 - SMALL GRAPES - 55p
 - GRANOLA POT - 80p
 - WHOLE FRUIT - 40p
 - FRUIT POT - £1.10
 - STRAWBERRIES - £1.00
 - TRAY BAKE - 61p
 - BISCUIT - 41p
 - HOT PUDDING - 61p
 - YOGHURTS - 50p
 - CRACKERS - 75p
 - SOREEN - 61p
 - POPCORN - 60p
 - JELLY - 61p

- SIDE DISHES**
- JACKET POTATO - 80p
 - POTATO SIDE - 80p
 - VEGATABLES - 30p
 - SIDE SALAD - 40p
 - CHEESE PORTION - 55p
 - BEANS - 42p
 - SOUP - 60p
 - BREAD PORTION - 40p
 - CHIPS - £1.07

- BREAKFAST AND MORNING BREAK (ONLY)**
- SAUSAGE BARM - £1.35
 - OMELETTE BACON - £1.25
 - BREAKFAST WRAP - £1.20
 - BACON BARM - £1.10
 - TEACAKE - 41p
 - PANNINI - 72p
 - TOAST - 32p
 - PANCAKE - 45p
 - CHEESE TOAST - 65p
 - POTATO CAKE - 41p
 - CRUMPET - 41p
 - CEREAL - 80p

- MEAL DEALS**
- AVAILABLE DAILY £2.35 INCLUDING DRINK AND BISCUIT OR SMALL GRAPES



- GRAB AND GO ITEMS**
- CURRY POTS - £1.8
 - PASTA KING - £1.85
 - PASTA POTS - £1.35
 - PANINI - £1.75
 - SALAD - £1.58
 - BAGUETTES - £1.75
 - WRAPS - £1.75
 - SANDWICHES - £1.27
 - SANDWICHES - £1.55
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- DRINKS**
- CUPLET - 32p
 - AQUA JUICE - 42p
 - MILK CARTON - 45p
 - MILKSHAKE - 60p
 - SMALL WATER - 50p
 - PURE JUICE - 65p
 - AQUA SPLASH - 65p
 - OMJ - 70p
 - HOT DRINKS - 80p