

# Saint Ambrose College Newsletter

11th May 2018



## Message from the Principal

Firstly and most importantly, I would like to give my best wishes to all students involved in exams over the coming weeks.

Thank you to all staff and parents who have supported the boys in their preparation; I am confident that if the hard work has been put in, and continues, then the deserved results will follow.

Today, we heard officially that the government will be supporting both Grammar and Catholic schools going forward, in terms of their policy. As yet this will have little direct effect on St Ambrose, but it is good to feel that we are supported from above. Well done Mr D Hinds.

Congratulations to all those involved with the U13 Water Polo team and their fantastic performance in the National Water Polo Championships. We are delighted with their success, to be ranked 2nd nationally is an incredible achievement.

*'The mission of the Catholic school is the integral formation of students, so that they may be true to their condition as Christ's disciples and as such work effectively for the evangelization of culture and for the common good of society.'* Pope John Paul II

Mr J M Keulemans

### Dates for the diary

**14th May**  
GCSE examinations commence

**25th May**  
2nd year PGL trip

**28th May to 1st June**  
Half term

**4th June**  
Return to school

### Examination season begins

We wish all students well with their GCSE and A level examinations, which for many commence on Monday. Please consider the following advice to help students prepare.

#### The evening before the examination.

- \* Check all equipment/supplies are organised and ready for the following day.
- \* Finish intense work by 8pm.
- \* Exercise to work off stress.
- \* Review all topics for the next day's examinations
- \* Take time to relax in a positive frame of mind.
- \* SLEEP—you need eight hours!

#### The morning of the examination.

- \* Get up early to allow enough time for the following:
- \* Breakfast - super important to ensure your body and brain has fuel.
- \* Exercise to work off stress and wake up.
- \* Review all topics.
- \* Take time to relax in a positive frame of mind and collect your thoughts.

#### Equipment

- \* Ensure your body and brain have been well equipped with breakfast.
- \* Ensure you have enough pens, pencils, ruler, rubber, appropriate stationery for the exam.
- \* All equipment to be placed in a clear wallet or bag.
- \* A bottle of water  
(please remember to remove all labels).



**Believe**  
in yourself and  
your abilities!

#### Coping with exam stress

There is no doubt that any form of worry, anxiety or stress, can block your learning channel and dramatically influence your ability to revise and achieve to your full potential. Everyone experiences stress and some are able to cope with stress easier than others, not coping is not a sign of weakness, it is just a sign that you need to train yourself to control the stress.

#### There are a number of ways to help cope with stress

- \* Constructive self talk.
- \* Increase oxygen input - deep breath.
- \* Plan and organise daily routine.
- \* Exercise, diet, sleep (sleeping patterns should be balanced with your work load pressure).
- \* Predict and prepare for tough times; focus on your long-term goals.
- \* Listen to relaxing music.
- \* Give yourself credit when you are doing it right and can feel the benefit of managing the stress.
- \* Build in rewards and enjoy them!
- \* Seek help - supportive people are reassuring and great to build your confidence.
- \* Know how to say "no" to those who distract you.

## Career's Café

The first 'Careers Café' was a great success! The boys enjoyed some little treats and a thirty-minute talk from entrepreneur and self-confessed tech 'geek', Matthew Scullion, from Altrincham software company, Matillion. The boys learnt about the various and numerous roles within the IT sector, the benefits – travel, money, and creativity to name just a few - and pathways into these careers.

The new 'careers café' concept is designed to give all the boys a glimpse of careers that they may be interested in **OR** know absolutely nothing about! It is a chance for them to increase their careers knowledge, while enjoying some snacks during their lunchbreak.

The 'cafes' run on the first Friday of every month and enhance our already well-established careers programme to provide the students with a comprehensive and inclusive careers provision from 1<sup>st</sup> year. We trust that the better informed the boys are, the better choices they will make in their future life planning.

The next 'café' will take place on Friday 8<sup>th</sup> June at 1.10 pm in the De La Salle. We will be dispelling myths about the construction industry and talking about careers such as Project Management, Quantity Surveying, Design Management and Civil Engineering.



L. Coultas

## Careers Advice Clinic

All students are invited to drop in to see Mrs Woods in the careers room from 1pm every Tuesday. Mrs Woods is available to answer student careers queries and give support with CV writing.

**Please book an appointment at the main school office.**

## Success outside of school (SOS)

We are aware that many of our students achieve great success in their participation in a range of activities outside of their time at school.

Furthermore, we are eager to share their success with the school community and would like to know what they are involved in.

If you would like to share your son's achievements with us, you can email [behaviour@st-ambrosecollege.org.uk](mailto:behaviour@st-ambrosecollege.org.uk).

We look forward to hearing from you!



## Career's Café

Come along to our new concept;  
'The Career's Café'

Maybe you would like to learn something new during your lunch?

Want to learn about different careers from industry experts?

Unsure about which career pathway you would like to pursue?

Not sure about routes into your desired career?

Revision  
Revision  
Revision

**'By failing to prepare,  
you are preparing to fail!'**

Benjamin Franklin

# SAPA News

Saint Ambrose Parents' Association

## Important announcement

Notice is hereby given of the next Annual General Meeting (AGM) of Saint Ambrose Parents' Association.

The AGM will be held on Monday 11 June 2018 at 7pm in the College. As well as summing up this year's events and fundraising totals, we're looking for new members who would like to join SAPA and we will be voting in new committee members. If you have time, please come along and join in! If you have any questions or want to know more about SAPA, please contact Joanne at [chair18@sapa.org.uk](mailto:chair18@sapa.org.uk).

## Next SAPA meeting

Before the AGM, we have an important meeting to finalise Summer Party plans. It's on Monday 14 May at 7pm in the College. If you can spare an hour, please come along and find out how you can help. We still need raffle prizes – can you help us?

Joanne McEntee  
SAPA Chair

## Keep up with SAPA on;

Facebook - [www.facebook.com/SAPAnews/](https://www.facebook.com/SAPAnews/)

Twitter - <https://twitter.com/StAmbrosePA>

Website - [www.sapa.org.uk](http://www.sapa.org.uk)

Parent View gives you the chance to tell Ofsted what you think about your child's school. Please use the following link:

[parentview.ofsted.gov.uk/](http://parentview.ofsted.gov.uk/)

## SAPA dates for your diary

Saturday 12th May  
9 - 10am  
Second-hand uniform sale  
(Sports entrance)

Monday 14th May  
6.30 - 7pm  
Second-hand uniform sale at SAC

Monday 14th May  
SAPA meeting @ 7pm  
At SAC

Monday 11th June  
SAPA AGM @ 7pm  
At SAC

Friday 15th June  
Summer Party @ 7.30pm  
At Bowdon Rugby club



**SAPA**  
**Summer Party**

Friday 15th June  
Bowdon Rugby Club  
Timperley

Being successful in exams is a simple two step process - believe in yourself and back it up with hard work.

## Hale Barns CARNIVAL

RETURNS 14<sup>TH</sup> + 15<sup>TH</sup> JULY 2018

BIG LIVE OUTDOOR SHOWS WITH FIREWORKS + ARTISAN FOOD + BEER TENT + FUNFAIR!

THE SOUND OF  
**ROWIE**

THE  
PRETEND  
**BEATLES**

BOOTLEG  
**BEE GEES**

**GEORGE  
MICHAEL**  
By Andrew Browning

**ABBA** REVIVAL

**DIANA ROSS**  
By Tameka

GET A WEEKEND PASS FOR ONLY £30!

BUY YOUR TICKETS ONLINE TODAY AT

**HALEBARNSCARNIVAL.CO.UK**

# Sports News

All boys are reminded to check the School Sports Website for updated/rearranged matches:  
<http://www.schoolssports.com/School/?id=332>

M. Fitzsimon  
 Head of Sports



## International Water Polo Success

Great Britain water polo star Ciaron Byrne proudly holds the commemorative Slovakia Cup, for competing in the under-17 international tournament against teams from Poland, Lithuania and Great Britain.

Ciaron, a 5th year student, is currently tapering down his 15 hour a week training regime to complete his 25 different GCSE exams across 11 different subjects, but says he cannot wait to get back into the pool.

Ciaron, who plays for both the school and Manchester Water Polo club said; "I want to play for Great Britain and you don't get to international level without putting in the hard work."

He added: "You have to be an exceptional swimmer, have good hand to eye skills and, above all, be passionate about the sport."

Ciaron was part of the England under-17 side that lost on penalties in the final, having drawn 5 – 5 with the Polish national team after extra time in the finals in Poland.

His next challenge is to play for the North-West in the interregional championships in the summer and he says the team based around clubs in Manchester, Liverpool and Lancaster "will be one of the favourites."

He added: "We all get to keep the commemorative cup for a week so I thought I'd show my coaches and team mates at school."

Swimming and Water Polo Coach, Mrs Chandler said: "Ciaron is developing rapidly as an athletic wing and has an enviable work ethic and love of the sport, we wish him every success."

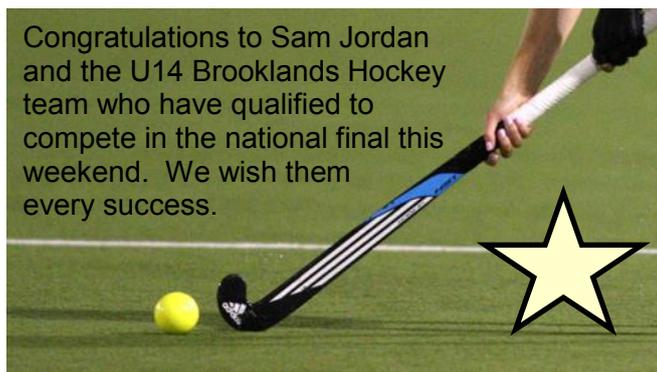
S. Carter



## Next week's fixtures

	Sport	Team	Opponent	Time
Tuesday 15th May	Cricket	U15A @ home	The King's School, Macclesfield	2.30pm
		U14A - away	The King's School, Macclesfield	4pm
Wednesday 16th May	Tennis	1st & 2nd year - B @ home	Bridgewater High School	1.30pm
		3rd & 4th year - A @ home	Bridgewater High School	1.30pm
	Athletics	U13 & U15	ESAA—Round 1 @ Longford Park	10am
	Cricket	1st XI @ home	Altrincham Grammar School for Boys	2pm
U13A & U13B - away		The King's School, Macclesfield	2.15pm	
Thursday 17th May	Cricket	U12A & U12B @ home	The King's School, Macclesfield	2.30pm
	Tennis	1st & 2nd year - B @ home	Woodchurch High School	1.30pm
		3rd & 4th year - A @ home	Woodchurch High School	1.30pm

Congratulations to Sam Jordan and the U14 Brooklands Hockey team who have qualified to compete in the national final this weekend. We wish them every success.



## Please help next season!

If you are available to help with refreshments during Saturday home fixtures, please e-mail:

[mrnhandy@st-ambrosecollege.org.uk](mailto:mrnhandy@st-ambrosecollege.org.uk)



**No dogs permitted on school premises**



## Helpful links:

School office: [office@st-ambrosecollege.org.uk](mailto:office@st-ambrosecollege.org.uk)

Pastoral concerns e-mail: [Pastoralsupport@st-ambrosecollege.org.uk](mailto:Pastoralsupport@st-ambrosecollege.org.uk)

Twitter: [@StAmbroseColl](https://twitter.com/StAmbroseColl)

