

# Hamilton Lodge

## School & College Newspaper

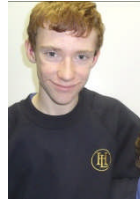


### PE Performance of the Week

The PE performers of the week this week are Andrew K and Sam R.

Both boys worked really hard in the sports centre gym. Andrew is now running and walking on the treadmill as well as planning his own weights to lift and Sam worked with his i pod plugged in to the cycling machine to follow a personal trainer and record his progress.

Sam cycled 21 laps on the virtual track on level 9! An excellent achievement. Well done to you both. Ms Mundy



Friday 20th January 2012 Issue no: 1087

Weather: The weather is quite warm, not really like winter.



### Bikeability Awards

In assembly on Friday Tim, Andrew K, Kai and Marcel received their bikeability Level 1 awards. They have been learning how to ride a bike safely one evening a week with help from Brighton Bikeability techers.



### Chicken Run

On Tuesday Caroline went to feed the chickens and discovered two chickens had escaped. Luckily Geraldine was found behind Hill House and Chloe was at the front of the Girl's House searching for worms.



### More Chicken news

Our link school in Ethiopia have also recently started keeping chickens. The children there are also learning about how to keep chickens and are enjoying eating the eggs.

### Telephone Numbers

An updated list of the school and college telephone / Fax / mobile numbers and e-mail addresses is coming home tonight with this newspaper.



## Door Plates

10K have made door plates using air-drying clay. When they started the clay was soft but then it dried hard. They finished their door plates by painting them in bright colours.

## House Prizes in No 1

Well done to Ayeshaa and Abi who have won the girl's house prizes the last 2 weeks.



## Housepoints

Last week:

Yellow—21      Blue—27

This week James (B), George (Y), Sam R (Y), Rosie (B) and Lutricia (B) have been awarded certificates. The scores

now are:

Yellow 23

Blue 30

## Hamburgers

Year 9 have been making home made burgers. They all said they tasted much better than MacDonald's - and healthier too.



## Cooking in No. 1

On Monday evening in the Boys House, Oliver B and Tim made some jam biscuits and cheese straws. They tasted delicious.



## School Council

The new School Council met for the first time this week. We elected new people to be in charge:

George - Chairperson,  
Chloe—Vice Chairperson  
Rian - Secretary



## Dental Hygienist visit to HLSC

On Wednesday 2 dental hygienists visited school. All the pupils went in groups to learn about dental hygiene and to take part in some experiments. The hygienists were very pleased with the questions that they were asked. We learnt about teeth cleaning and which foods and drinks are good and bad for our teeth. At the end everybody was given a new toothbrush. Some of us sucked a tablet that showed up where our teeth were dirty.



## Table Tennis



The table tennis competition has now started. Good luck to all those who are taking part. (First to 11 points.)

## Sign to Shine Charity Concert

Saturday 10th March, 6.30pm

at East Ham Trinity Centre

Tickets £10.00 (adults) and £5.00 (children)

Contact Rebecca on 07534907803 or Grace on 07859935687

