



Valentines Party

Hamilton Lodge Valentines Party will take place on the evening of Wednesday 11th February in the dining room.

Visitor

We had a visitor this week called Gemma. She spent 2 days with FE because she is interested in coming to HLSC in September. Gemma said, "It's been good."

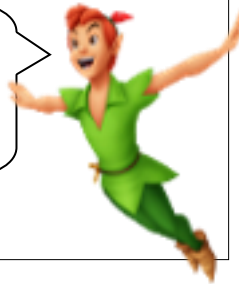


Christmas DVDs

Editing of the Christmas Play *Peter Pan* is under way. We hope to have a DVD for all pupils soon.

Lots of pupils have been asking Mr. Kent about the DVDs for our other HLSC Christmas productions - *Oliver* and *Scrooge*. He said, "They have been edited but we are having a technical issue with burning a DVD that will play on standard DVD players. As soon as we fix this problem, pupils will be able to get a copy. Thanks to everyone for being patient."

DVD
Coming Soon!



Hamilton Lodge School & College Newspaper

Friday 16th January 2015 Issue no: 1202 — Est. 1981 (32 years ago)

Weather: Strong winds and heavy rain (maybe some snow) followed by sun.

www.hamiltonlsc.co.uk

PE News

It's been a good week for performances in PE and these students definitely deserve a special mention:

Marcel for his great 100 calorie rowing challenge v Ms Mundy
Marcel won with 7 min59secs; Ms Mundy got 10 mins but she is training hard to beat him next time (very unlikely—Ed)!

Ayeshaa for outstanding Sport Leadership leading her group through different exercises to raise their pulse rate

Kai and Lutricia for great work in the gym using the weights machines independently.

Keep up the good work everyone!

— Ms Mundy



Duke of Edinburgh

As part of their Duke of Edinburgh Award Morgan, Natasha and Lutricia have been volunteering at the local Rainbows group.

Rainbows are the youngest section of Girlguiding and are aged between 5-7 years.

This week they organised a game and the Rainbows really enjoyed learning about Deaf awareness and sign language.

The girls will be helping with the Rainbows until Easter.

Well done girls. Keep up the good work!



Street Dance

This week at Street Dance club Kate, the instructor, started teaching the group a new dance. She has chosen a song by Jason Derulo "Wiggle". The moves are a little harder to master but it's really coming together. Maria (Care) said, "Everyone has risen to the challenge!"



Chilli Night

The 1B FE boys made the most amazing chilli con carne this week. It was HOT!



Nacho

Abbie and Rosie helped make vegetarian Nachos at No. 34. They used 11 different ingredients, including coffee! Naturally the Nachos went down well.



House Prize

The winner this week is **Scott**.



Sea Safety

Following the deaths of two young men from Brighton last weekend, Mrs Grant talked about sea safety in Assembly. It is very important not to go in or near the sea when it is very windy and the sea is rough.



Pine Wood Derby

Kai and Marcel attended their first session of Scouts. They were involved in designing and building a pine wood model car. When the cars are finished they will be entered into the Pine Wood Derby, a race involving 80 pine wood model cars built in Brighton.

Kai and Marcel are attending Scouts for twelve weeks, as part of their Bronze Duke of Edinburgh Award volunteering module. They will be involved in helping scout leaders and organising and delivering their own activities. We look forward to seeing the finished pine wood cars!



Cake Baking

On Tuesday evening, Lucy and Catherine baked a yummy, lemon drizzle cake. Good choice!



Housepoints

Last term the score was Blue 7 Yellow 8.

This week, **Natasha** got a point for Yellow. Well done!

Blue 7 Yellow 9

Energy Drinks

Mrs Grant and Mr Rogers have banned energy drinks from school, FE and in Care. Mrs Grant talked about it in assembly today. They have been banned because they are unhealthy, make it difficult for people to concentrate and can affect behaviour. Some of the 500ml cans have the same as more than 13 teaspoons of sugar. The caffeine in them causes lots of health problems including racing heart, stomach ulcers, anxiety and problems sleeping. The government has sent out new rules about food and drink in schools.

