

MVS

Natasha made great progress in MVS this week. She was very worried about riding the moped but she **now thinks it's great fun!** Well done Natasha.



Patrick

Patrick has done some excellent work in science on learning the importance of exercise on our bodies. He presented a piece of his work in assembly explaining **the 4S's**

Speed, Strength, Stamina and Suppleness.

The most important one for our heart is stamina (the ability to keep going without rest).

Well done Patrick!

— Ms Mundy



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Weather: Cooler this weekend. Mixed sun and rain.

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Theatre Visit

Pupils in Year 9 had a fantastic day out on Wednesday at the Theatre Royal in London to see *Charlie and the Chocolate Factory*.

We joined deaf pupils from other schools at a drama workshop which was led by deaf and hearing actors; activities were all about sweets and inventing new things.

Later in the day we went onto the stage to look at the sets and props. We were lucky to meet some Oompa-Loompas who explained about their costumes and dance routines.

In the afternoon we watched the show which was presented BSL by an amazing interpreter. Everyone had an awesome time and we are really grateful to Mousetrap Theatre for organising the day.

The staff are very proud of all our pupils who behaved perfectly and joined in all the activities with confidence and enthusiasm.



Cooking

Lenny and Peter made some quick tortilla pizzas, with 5 different herbs from our patio garden. They said it was a good recipe for independent living.



RED NOSE DAY

Today we had a special Red Nose assembly with a fun dance competition. We also watched a DVD about a girl called Ngosa, who lives in Africa.



Reece's Science Work

This Week Year 7 & 8 have been learning about different Materials.

Reece was really good at spotting objects made from different materials - Well done Reece!



Girls Football Training

On Monday evenings there are Girls only football sessions at No.11 Sports Court. The sessions are for FE and Secondary girls. FE students and ex HLSC Boys Football champions, Paighton, Joe and Matthew coach and referee the sessions. Sarah (FE) was very pleased with the goal she scored!



Curry Night

The 1B FE boys made an amazing curry on Monday night. Every last bit was eaten.



Milkshake

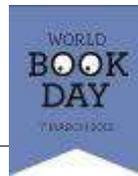
Lewis made a fabulous milkshake today. He used milk, low fat ice cream, honey and fresh bananas. He then used the blender and then sieved it to make it very smooth. He said it was delicious and so did 11T who wanted more!



Competition Winners

Well done to Shopna, Ayesha and Oliver who won the World Book Day competition.

All the entries were great and it was hard to choose just 3 winners!



Housepoints

Last week the score was
Blue 12 Yellow 12

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

Blue 12 Yellow 13

Gym

Well done to Kai and Lewis for good work in the gym this week.

Lewis worked for 10 minutes on the treadmill then another 15 minutes on the rowing machine without a rest and Kai also did some great work with a high intensity, 12 minute row at level 10.

Great work boys, Keep it up!

— Ms Mundy



Cooking

Last night at No. 34, the Girls decided to make Baked Camembert with Chutney & Apple and Baked Camembert with Garlic & Rosemary for dinner. They said that it was delicious!

— Naomi (Care)

