



# Millfield MESSENGER

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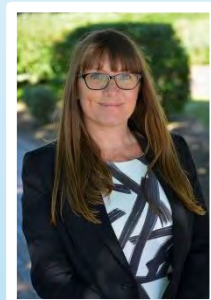
Issue No 13  
24<sup>th</sup> April 2026



- 28 April - 1 May  
GCSE Art Exam
- PA Showcase Evening  
Show  
29 April
- Year 8 Progress Evening  
3.15pm-6.15pm  
1 May
- Year 7 Harry Potter trip  
1 May
- BTEC Travel and  
Tourism exam  
4 May
- Bank Holiday Monday  
- school closed  
5 May
- BTEC Health & Social  
Care exam  
6 - 8 May
- DofE Silver Practice  
7 May - 24 June
- Year 11 Summer  
Examinations  
14 May
- Year 9 Careers - Army  
20 - 21 May
- PA London Trip  
Women in STEM  
22 May
- Year 9 Full Reports to  
Parents
- School Closes for Half  
Term  
1 June
- School Reopens

Dear Parents and Carers,

It's been a fantastic start to the summer term, which began with my final full assembly to our incredible Year 11s. The assembly reflected on the journey they have taken from the children they were in Year 7 to the confident, resilient young people they are today. We talked about how they have unlocked their potential step by step, overcoming challenges and growing along the way. We watched a motivational clip from a former American Navy SEAL, focusing on the importance of small, consistent actions and the determination to never "ring the bell" and give up. As they move into the final run up to their examinations, I want to reassure them, and you, that staff are fully behind them, offering support, guidance and encouragement, and we have every confidence in their ability to succeed.



As the warmer weather approaches, I would like to remind families of our high expectations regarding school uniform. Optional summer uniform may now be worn, however students are still expected to bring and wear their jumpers as part of their full uniform. Please note that both shorts and trousers are acceptable options, provided they meet our uniform requirements. We ask parents and carers to check the school website for full details to ensure students continue to attend school dressed correctly.

Thank you goes to Miss Cross, Ms Fenton-Jones, Mr Yeoman, Mr Calland-Storey and Mr Woodhouse for taking a group of students on their recent visit to Poland. This was a deeply meaningful and educational experience, particularly during visits to sites such as Auschwitz. The students conducted themselves with outstanding maturity, respect and compassion throughout the trip, reflecting the values we hold dear at Millfield. They were a credit to themselves, their families and the school.

Our Year 10 students have impressed us once again through the application process to become Head Students for the 2026/2027 academic year. Students demonstrated commitment and ambition through written letters of application, presentations delivered to Year 7 students, and formal interviews in my office. The standard was exceptionally high, and I was thoroughly impressed by their confidence, leadership potential and sense of responsibility. I am proud to advise that our 2026/2027 Senior Student Team are: Head Students: Poppy Sugden and Daisy Brooks-Brennan and our Deputy Head Students: Josh Elson and Ava Edmundson

Finally, a huge well done to our outstanding dancers who represented Millfield at the Lancashire Schools Dance County Finals held at the Winter Gardens. Performing on such a prestigious stage is a remarkable achievement, and our students rose to the occasion with confidence, creativity and superb dancing. We are immensely proud of the commitment and talent shown by our students, who were awarded second place in the secondary school section. A special thanks goes to, our former student, Ella-Rae Bailey for supporting both choreography and rehearsals.

You can keep up to date with everything happening at Millfield by following us on X @millfieldhighsc.

Thank you, as always, for your continued support.

Mrs N. Regan  
Headteacher



# OUR PTFA



# NEEDS YOU

IF YOU WOULD LIKE TO JOIN THE  
PTFA TEAM AND HELP RAISE  
FUNDS FOR OUR SCHOOL CONTACT  
US VIA.

[admin@millfield.lancs.sch.uk](mailto:admin@millfield.lancs.sch.uk)

*Be Exceptional*



# eco club



## this is PLANET EARTH!

### Eco Club News – April Update (Earth Day Special)

April has been a very special month for the Eco Club as we celebrated Earth Day, a global event dedicated to protecting our planet and raising awareness about environmental issues.

#### What is Earth Day?

Earth Day, celebrated every year on 22nd April, is a chance for people all around the world to come together and take action for the environment. It reminds us that even small changes — like reducing waste, saving energy, and protecting wildlife — can make a big difference.

#### What We Did in Eco Club

To mark Earth Day, Eco Club members took part in activities to help improve our school environment:

- continued caring for our sunflower seedlings, making sure they are growing strong ready for planting after Easter.
- checked on our wildflower area, looking for early signs of growth and discussing how these plants will support bees and other pollinators.
- carried out a garden tidy-up, making sure our eco space is clean and ready for the busy summer term.

#### Looking Ahead

As we move into the summer term, we're excited to:

- plant our sunflowers in the eco garden.
- continue developing areas for wildlife.
- build on our work towards Wyre in Bloom.



## EARTH DAY TIPS: 50 EASY WAYS TO HELP THE PLANET EVERY

For us, every day is Earth Day. Small actions, taken consistently, create real change. Browse 50 ways to make a difference below, then share your own act of green to inspire our community.



[Earth Day Tips: 50 Easy Ways to Help the Planet Every Day](#) use this link to access 50 ideas, such as the example shown here.

'Save perennial garden cleanup for spring Pollinator gardens can also support species after pollen and nectar stores are done for the summer. Some insects spend their winters in hollow stems, while others attach themselves to plants or nestle in leaf litter. To help pollinators survive the winter, consider waiting to cut down your perennial gardens until spring! Additionally, leaving beds of leaves around your yard or green space can support a variety of insects throughout cold winter months.'

# DUCK!



We very recently received a donation to our little garden from **Burnside Garden Centre**. We can't wait to start planting. [#greatful](#) [#lucky](#) [#lovemyjob](#)

## Burnside Garden Centre, New Lane

Read our article about pollinators on the previous page!



We also set up our @BirdfybyNetvue feeding station, we are excited to see who will be visiting us everyday.



Competition time! Design a duck house in the style of Morag Myerscough and see your art come to life! Entry forms from Mrs Riley or Ms Carbon. Deadline is the 22nd May.

## Your ducks need you!!

Mrs Riley and Ms Carbon are wanting to paint the duck houses in the style of Morag Myerscough. We would like you to come up with designs for the houses using her work as inspiration.

Templates can be collected from A23 or A27 for the next two weeks. There is no limit on how many you can enter.

Deadline is Friday 22<sup>nd</sup> May 2026.



# EQUALITY

Noun:  
the state of being equal, especially in status, rights, or opportunities

## Celebrating World Romani Day

Every year on April 8th, people around the world celebrate *World Romani Day*. This important day recognises the history, culture, and contributions of Romani people, one of Europe's largest and most diverse ethnic groups.

World Romani Day was first declared in 1990, marking the anniversary of the first major international meeting of Romani representatives in 1971. It is a time to celebrate Romani traditions, language, music, and art, while also raising awareness about the challenges many Romani communities continue to face, including discrimination and lack of equal opportunities.

By recognising World Romani Day, we encourage understanding and celebrate the rich cultural heritage that Romani people bring to our societies.

## HISTORY OF INTERNATIONAL ROMANI DAY

International Romani Day traces its origin to the first major international meeting of Roma representatives, which was held from April 7 to 12 1971, in Chelsfield near London, United Kingdom. Twenty-three representatives from nine different nations attended the maiden edition of the World Romani Congress. However, April 8 was not officially declared as the International Day of the Roma until 1990 during the fourth World Romani Congress, which was held in Serock, Poland. The 1990 World Romani Congress of the International Romani Union (I.R.U.) had 250 delegates in attendance and they discussed issues such as education, public relations, language, and WWII reparations.

The Roma were originally itinerant court musicians who originated from South Asia — parts of present-day India and Pakistan.

Though they are travelers who adapt to the cultures of their host communities, the Romani have their own cultural language, and distinct genetic makeup. The Roma migrated to Turkey, France, and Spain during the Middle Ages. When they arrived in Spain, the Romani culture mixed with Iberian, Jewish, Muslim, and Moorish cultures, and the people became known as Flamenco. The Roma remains one of the most oppressed populations in the world, having been victims of extinction schemes in Nazi Germany and different Communist governments in Asia. In the early 1800s, a large number of Romani also migrated into many American nations such as the U.S., Brazil, and Canada. To date, there are an estimated one million Roma in the U.S.; 800,000 in Brazil; and about 80,000 in Canada.



**An example of a Romani phrase is**

**"Sa e manušikane strukture bijandžona tromane thaj jekhutne ko diniteti thaj capipa,"**

**which translates to**

**"All human beings are born free and equal in dignity and rights."**

**This phrase is part of the Universal Declaration of Human Rights and is written in Romani.**

**Make a Difference in Education:  
Apply to Become a Coopted School Governor**

**Are you passionate about education?  
Do you want to help shape the future of our school?**



We are looking for an enthusiastic and committed individual to join our governing board as a coopted school governor. In this vital voluntary role, you'll work alongside senior leaders to support the school, helping to ensure that every child gets the best possible education.

**What does a school governor do?**

- Supports the Headteacher and leadership team in setting the school's vision and strategic direction.
- Holds the school to account for educational outcomes and student wellbeing.
- Oversees financial performance and ensures money is well spent.
- Champions inclusion, equity, and excellence for all students.

**What's in it for you?**

Becoming a governor is a fantastic way to give back to your community while gaining valuable skills and experience, including:

- Strategic planning and decision-making
- Budget and data analysis
- Leadership and teamwork
- Insight into educational policy and strategic school development



***No previous experience in education is needed - just your time, your curiosity, and your willingness to learn.***

***Join us and be part of something meaningful. Help shape the future. Help shape a school.***

For further information, informal discussion or an application form, please contact:

[dmountford@millfield.lancs.sch.uk](mailto:dmountford@millfield.lancs.sch.uk)



We would like to say a huge thank you to the pupils at Millfield high school.

Before Easter the pupils had the opportunity to participate in a fundraiser in aid of our cause. The pupils participated in a wear red and row fundraiser and they had to row as far as they could as a group between the hours of 8-3pm.

They managed to achieve a total of 226,000 metres!

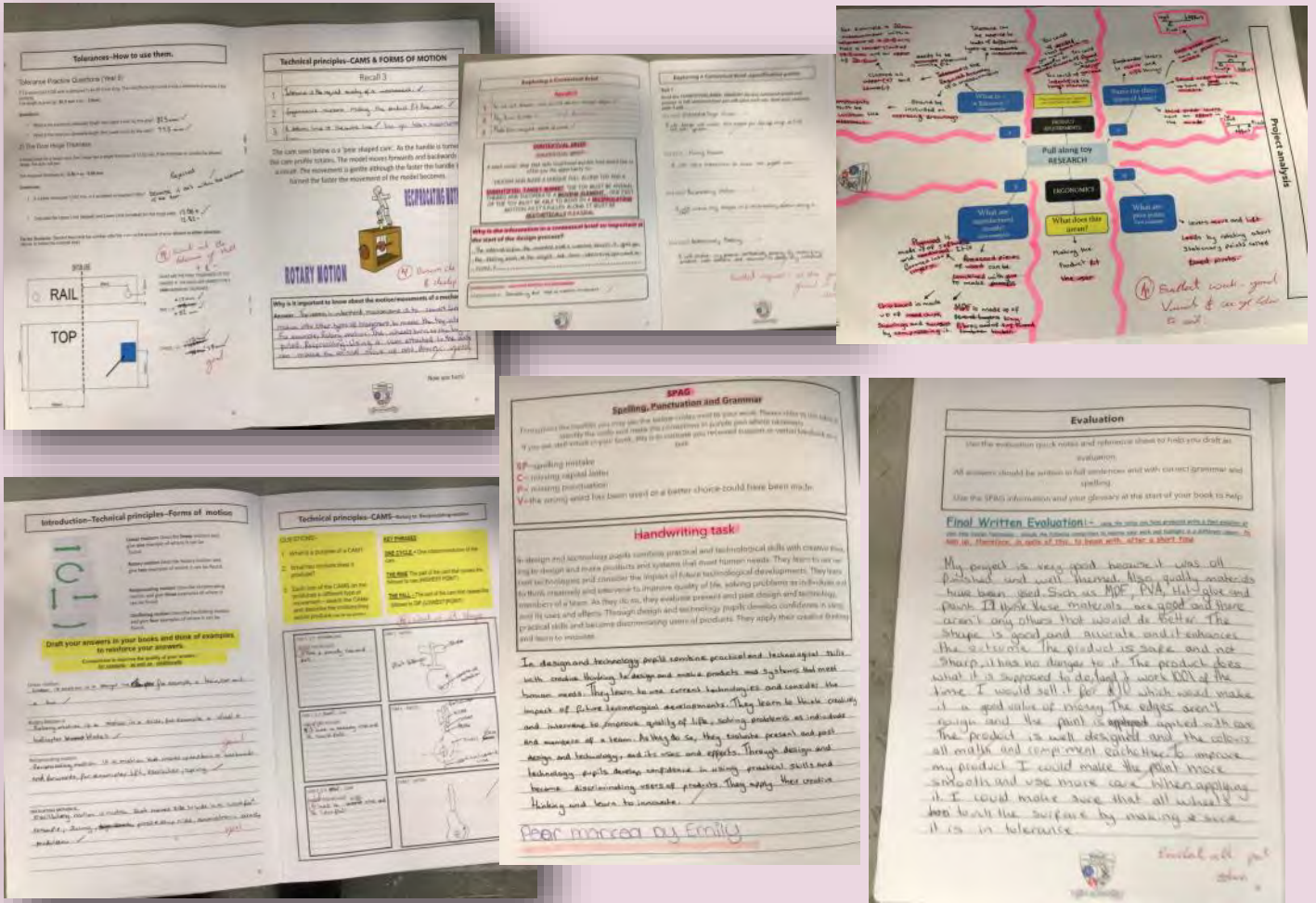
The pupils managed to raise an amazing total of £520 😊

Thank you so much ❤️



Congratulations go to students in Design Technology - who have produced outstanding examples of creative home learning regarding mechanisms and motion alongside outstanding examples of handwriting and mind mapping in which they have focused on topics designed to improve exam performance.

# learning@home



## Study past exam questions

- This is the biggest single thing that students say has improved their performance in exams.
- This does not involve sitting down and completing a whole 2 hour exam paper.
- Look through past exam questions and traffic light the questions: green for those that you could do now, orange for those that you could have a stab at and red for those that you don't have a clue about. This will help prioritise where your revision needs lie.
- Another way of using past exam questions is to spend five minutes planning answers to different questions. You don't need to write full answers to practise.



Most people are afraid of the unknown. The more exam questions you look at now, the greater the chance that you will have seen your real exam in advance





## World Autism Acceptance Month 2026 - A nationwide opportunity to celebrate neurodiversity and challenge misconceptions.

April is recognised across the UK as World Autism Acceptance Month, a time to build understanding, celebrate differences, and promote inclusion for autistic people in our schools and communities.

This important month encourages us to move beyond simply *awareness* and towards true acceptance, respect, and support for individuals with Special Educational Needs and Disabilities (SEND).

### What is Autism?

Autism is a lifelong neurodevelopmental difference that affects how a person communicates, interacts, and experiences the world. Every autistic person is unique, with their own strengths, interests, and ways of learning.

*At Millfield, we recognise that difference is not a deficit—it is something to understand, support, and celebrate.*

Research and national campaigns highlight that acceptance and inclusive practices help autistic children feel happier, healthier, and more confident in school.

### How Families Can Get Involved

You can support Autism Acceptance Month at home by:

- Talking about how everyone is different—and that's a good thing
- Reading books or watching programmes featuring neurodiverse characters
- Encouraging empathy and patience
- Celebrating your child's individual strengths

### A Final Thought

Autism Acceptance Month reminds us that inclusion is not just a school priority - it's a community value. By working together, we can create a world where every child feels understood, valued, and supported to succeed.

Lancashire  
**SEND**  
Roadshow

## Dates across Lancashire are:

<b>6th May 2026</b> 9:30 – 1 pm	Rawtenstall Family Hub and the Zone
<b>16th June 2026</b> 9:30 – 1 pm	Fleetwood Library
<b>1st July 2026</b> 1:30 – 4:30 pm	Moor Nook Ribbleson Family Hub

Please scan the following QR codes  
for more information:



Local Offer



Family Hubs


## WHAT IS AUTISM?

### AUTISM EXPLAINED

Autism (Autism Spectrum Condition) is a **lifelong difference in how the brain works**.

It affects how a person:

- Communicates
- Interacts with others
- Experiences the world

 Every autistic person is **unique**

### KEY FACTS

- ✓ Autism is **not an illness**
- ✓ People are **born autistic**
- ✓ It is part of who someone is
- ✓ It is a **spectrum** – everyone is different

### WHAT MIGHT THIS LOOK LIKE?

#### Communication

- Prefers clear, direct language
- May find social cues difficult

#### Social Interaction

- May prefer smaller groups or time alone
- Social situations can feel overwhelming

#### Routine & Interests

- Likes structure and predictability
- May have strong interests or hobbies

### Sensory Differences

- Sensitive to noise, light, touch or smells
- Busy environments can be overwhelming

### STRENGTHS

**Autistic people often have:**

- Excellent attention to detail
- Strong focus and determination
- Creativity and unique thinking
- Honesty and reliability

### THE MILLFIELD APPROACH

**At Millfield, we:**

- ◆ Celebrate differences
- ◆ Support every learner
- ◆ Create inclusive classrooms
- ◆ Value every child's voice

### HOW YOU CAN HELP

- Be kind and patient
- Use clear communication
- Respect differences
- Celebrate strengths

### DIFFERENT, NOT LESS

Together we create a school where **everyone belongs.**

**"If you've met one individual with autism, you've met one individual with autism."**

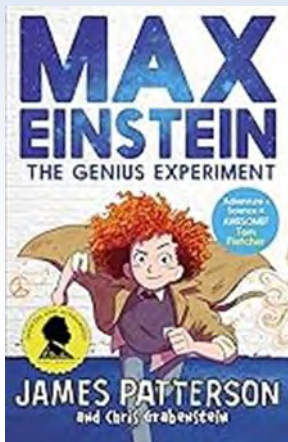
- Stephen Shore

# RECOMMENDED READS

“Max Einstein”

**Week A's Library Book of the Week is 'Max Einstein' by James Patterson.**

Max is a typical 12 year old girl, until one day she is recruited by a mysterious organisation! She's helped by young geniuses around the globe to solve some of the world's toughest problems using science.



Max finally meets her hero, Albert Einstein, as she dashes across glaciers, visits the Great Barrier Reef, and flies a solar-powered jet in a race to stop global warming - before it's too late for Planet Earth.

**World Champions ... GET OUTDOORS**

From racing across glaciers in Greenland and flying in a super fancy solar-powered jet to Hawaii, to visiting the Great Barrier Reef off the coast of Australia and hanging out with a robot named Leo, twelve-year-old genius Max and her friends live for adventure.

**TAKE ACTION**

Whenever there's a problem to solve, the kids work better together. So does an evil group of the rich and powerful, who will do whatever it takes to split the kids up—even as the planet is changing before their eyes.

**NEVER GIVE UP**

Max has one more surprise in her playbook, and if she's going to pull it off, she needs her team around her. Whoever said that kids can't save the world?

*This book is suitable for ages 9-11 years and is book 2 of 4 in the Max Einstein series.*

“Malamander”

**Week B's Library Book of the Week is 'Malamander' by Thomas Taylor**

Who will uncover the secret of the Malamander? In the basement of the Grand Nautilus Hotel, a mysterious girl crashes into Herbie Lemon's room and cries 'hide me'. Mermonkeys, monsters and magic, a mystery full of secrets & myths

Nobody visits Eerie-on-Sea in the winter. Especially not when darkness falls and the wind howls around Maw Rocks and the wreck of the battleship Leviathan, where even now some swear they have seen the unctuous Malamander creep...



Herbert Lemon, Lost-and-Founder at the Grand Nautilus Hotel, knows that returning lost things to their rightful owners is not easy – especially when the lost thing is not a thing at all, but a girl. No one knows what happened to Violet Parma's parents twelve years ago, and when she engages Herbie to help her find them, the pair discover that their disappearance might have something to do with the legendary sea-monster, the Malamander. Eerie-on-Sea has always been a mysteriously chilling place, where strange stories seem to wash up. And it just got stranger...

*This book is suitable for ages 8 - 10 years, and is book 1 of 5 of the 'Eerie-on-Sea Mysteries'.*

# METACOGNITION

## *The Superpower of Successful Learners*

“At Millfield, metacognition is essential to ensure our students are reflective and independent learners.”



What if students had a secret learning superpower? Good news—they do! It is called metacognition: thinking about your thinking. It means knowing how you learn best, spotting when you are stuck, and choosing strategies to help yourself succeed.

Strong learners use three key habits: plan, monitor and evaluate. They think before starting, check progress while working, and reflect afterwards.



## The 3-Step Learning Cycle

### PLAN

What do I need to do?  
What strategy will help me most?

### MONITOR

Am I understanding this?  
Do I need to change approach?

### EVALUATE

What worked well?  
What should I do differently next time?

### What does this look like in real life?

Imagine a student revising for a science test.

Plan: “I struggle with diagrams, so I’ll practise those first.”

Monitor: “I can explain photosynthesis, but I keep forgetting the equation.”

Evaluate: “That flashcard quiz worked well. Next time I’ll use it again.”

### How can parents help?

Ask helpful questions:

- What is your plan tonight?
- What part feels tricky?
- What strategy could you try?
- What worked well today?

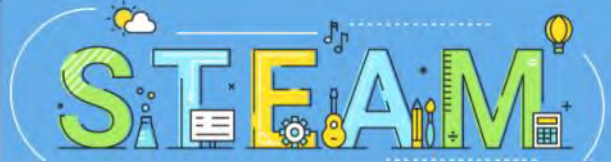
### Final Thought

Metacognition is like being the coach of your own brain. The more students practise planning, checking and improving, the stronger learners they become. Don’t just work hard, think smart too!



Mr Mitchell

Lead Practitioner Teaching & Learning (Performing Arts)



@ Millfield



# EGG TRANSPORTER CHALLENGE!

**This week in Science Club, students have been putting their creativity and problem-solving skills to the test with an exciting STEM challenge: designing and building an egg transporter. The goal is simple - but far from easy! Students must create a device capable of safely moving an egg from one place to another without causing any damage.**

We have already seen a wide range of imaginative designs, from cushioned carriers to more complex moving mechanisms. It has been fantastic to watch students apply their knowledge of forces, materials, and engineering principles in such a hands-on and collaborative way. The real test is still to come, and we are all looking forward to seeing which designs successfully protect their fragile cargo!

It is an especially exciting time to be exploring STEM, as developments in space exploration continue to capture global attention. The Artemis II mission, planned by NASA, will be the first crewed mission in the Artemis programme. It aims to send astronauts on a journey around the Moon, paving the way for future missions that will land humans on the lunar surface for the first time in over 50 years. This mission represents a major step forward in human space exploration and highlights the importance of science, technology, engineering, and mathematics in shaping our future.

*By taking part in challenges like our egg transporter project, students are developing the same key skills - creativity, resilience, and critical thinking - that are essential for the scientists and engineers of tomorrow. It's a very exciting time to be involved in STEM, both in school and beyond!*

Mrs McRoberts

**The Artemis Program** is NASA's ambitious plan to return humans to the Moon and prepare for future missions to Mars. Named after Artemis, the twin sister of Apollo in Greek mythology, the programme builds on the achievements of the Apollo Program, which first landed humans on the Moon in 1969.

Artemis aims to land "the first woman and the next man" on the lunar surface, with a focus on exploring the Moon's south pole. This region is of particular interest because it contains water ice, which could be used for drinking water, oxygen, and even rocket fuel. The programme is designed not just for short visits, but for sustained exploration, allowing astronauts to stay on the Moon for longer periods.

A key part of Artemis is the Space Launch System (SLS), a powerful rocket that will carry astronauts aboard the Orion spacecraft. Another major component is the Lunar Gateway, a small space station that will orbit the Moon and act as a staging point for missions to the lunar surface.

The first mission, Artemis I, successfully orbited the Moon in 2022 without astronauts, testing key systems. Future missions, including Artemis II and Artemis III, will send astronauts around and eventually onto the Moon.

Overall, the Artemis programme represents a major step forward in human space exploration. It aims to establish a long-term human presence on the Moon, advance scientific knowledge, and inspire a new generation, while also acting as a stepping stone for eventual missions to Mars.



**In Year 10 Science, students were learning how to find the empirical formula.**

# Students had a Krak-ing time!

Year 9 students headed to Krakow on the Thursday before the Easter holidays and had a great time despite a couple of very early morning starts and some drizzly weather. It was a busy trip; jam packed with new places and experiences and lots and lots of walking!

One of the most significant parts of the trip was our visit to Auschwitz and Birkenau. Walking through these historic sites was a powerful and emotional experience. Seeing the preserved buildings, personal belongings, and learning about the events that took place there helped us understand the scale and impact of the Holocaust in a way that no classroom lesson ever could. It was a time for reflection, respect, and learning, and I am sure that it left a lasting impression on everyone.

A particularly meaningful moment during the trip was meeting a Holocaust survivor, Monika Goldwasser, at the Galicia Museum. Hearing her story firsthand was both inspiring and humbling. It reminded us all of the importance of remembering history and standing against hatred and discrimination in all forms. It's something that we will carry with us long after the trip.



While the trip included serious and thought-provoking experiences, there were also many opportunities to enjoy Polish culture and visit sites such as Wawel Castle and watch the fire-breathing Wawel dragon down by the river. We explored Kraków's beautiful Old Town Square, with its stunning architecture, and charming Easter market stalls. It was a great place to take photos, soak in the history of the city and feed the many, many pigeons!



To balance the more serious parts of the trip, we also had some fun activities - including an evening of bowling. It was a great way to unwind and laugh after an emotionally intense day. Some of our Year 9 seem to be naturals, but I don't think there will be a staff bowling team anytime soon!

Food was another highlight of the trip! Students enjoyed a variety of meals out, trying traditional Polish dishes as well as more familiar favourites.

Some students also managed to sample the local pierogi (stuffed dumplings) at the Easter Market in the Old Town Square. We also managed to squeeze in a walk around Kazimierz, the former Jewish district and the wartime ghetto of Podgorze before heading back to the airport.

Overall, the trip to Kraków was an unforgettable experience. It allowed us to learn important lessons about history, and experience a different culture. We returned not only with great memories, but with a deeper understanding of the past and the importance of shaping a better future.





¡Aquí hablamos Español!

Milfield Science & Performing Arts College

El periódico de Milfield



Elicción Nro 5.

¡Feliz Semana Santa!

Happy Easter



HOLA!

Feliz regreso after *Semana Santa* to everyone! We hope you had a relaxing break and are feeling refreshed for the weeks ahead. We're excited to welcome you back and share lots of exciting news, events, and *logros* in this edition of the school newspaper.



Year 9 GCSE Options Journey

Year 9 students have recently taken an important step in their school journey by choosing their GCSE options. Throughout this process, they have been completing graduation tasks to reflect on their strengths, attended option taster sessions, and took part in the Options Evening with their families.

They have been fantastic throughout, showing excellent attendance, positive behaviour, and a mature attitude towards this important decision. We are incredibly proud of how well they have engaged in the process—well done, Year 9!

**¡Hola!**  
China and Spain (China) Chinese with various speakers by the week, various languages by the week.

**Clubs In ML**  
All clubs are lunchtimes clubs, please see your Assistant Language Teacher (ALT) for more information.

Monday: Italian club (B1)
Tuesday: French club (B1)
Wednesday: Spanish club (B1)
Thursday: German club (B1)
Friday: Mandarin club (B1)

**Teacher: Sarah Cook**  
(01773) 789000

Estrellas de la escritural

We worked really hard to get this done.

¡FELIZ PASCUA DE RESURRECCIÓN!



Datos útiles:

Lingöpie.

Lingöpie: Learn by watching TV shows and Netflix with dual subtitles.

Amazing buildings:  
La Sagrada Familia

Por: L. Harrison

The Sagrada Familia is one of the most famous edificios in the world and it's still being built today. Construction started in 1882 and was designed by Antoni Gaudí, but he died before its **completación**. It is expected to be finished in 2026.

Gaudí sadly died after being hit by a **tranvía**, and his **cuero** is buried inside the building. He also created an **escuela** for the workers' niños.

Some workers even lived there, and their faces were carved into the stone to remember them. In 1984, it became a UNESCO World Heritage Site because of its unique and detailed design inspired by nature.

Today, the **edificio** is seen as a masterpiece. It was made a **basílica** by Pope Benedict XVI, which means it is now an important religious building.



WIKITONIA

Conoce a la profesora:



Señora Higgins has answered some questions. We are intrigued!

1. **What language did you learn at school?**

Sra. Higgins: German

2. **Did you follow this up to GCSE?**

Sra. Higgins: I did German GCSE and continued this in University.

3. **What do you think about learning a language?**

Sra. Higgins: As a history teacher I think learning a language is so important to understand the cultural background of society and the world.

4. **If you could learn a language now, which one would it be?**

Sra. Higgins: I would love to relearn German as I loved it and also I try to incorporate it as much as I can in my lessons.

**Gracias Señora Higgins. Por: F. Armer.**

**CHEE: Patterson will delight us with the following PIELLA recipe, take notes:**

**Paelia (basic recipe)Ingredients:**

- Rice
- Chicken (or seafood)
- Onion
- Garlic
- Red pepper
- Tomato
- Chicken stock
- Olive oil
- Paprika / saffron (optional)



**Method:**

1. Heat olive oil in a pan.
2. Cook the chicken until golden.
3. Add onion, garlic and pepper, cook for a few minutes.
4. Stir in rice and paprika.
5. Add tomato and stock.
6. Let it cook without stirring until the rice is soft.
7. Add seafood if using and cook for a few more minutes.

Serve hot and enjoy! 🍴

loi, nous parlons français!



Edition nombre 5.

Millfield Science & Performing Arts College

Le Journal de Millfield



Joyeuses Pâques

Happy Easter!

Welcome back everyone!

We hope you all had a lovely Easter break, filled with rest, good food, and time with family and friends. As we return to school, we're excited to share more stories, ideas, and creativity with you in our French newspaper.

Bonne reprise à tous et à très bientôt!

Year 9 GCSE Options Journey

Year 9 students have recently taken an important step in their school journey by choosing their GCSE options. Throughout this process, they have been completing graduation tasks to reflect on their strengths, attended option taster sessions, and took part in the Options Evening with their families.

They have been fantastic throughout, showing excellent attendance, positive behaviour, and a mature attitude towards this important decision. We are incredibly proud of how well they have engaged in the process—well done, Year 9!

Étoile de l'écriture

We worked really hard to get this done.

Joyeuses Pâques!!!



Le mot du mois

Le printemps

Conseils utiles:

Lingöpie.

LingöPie: Learn by watching TV shows and Netflix with dual subtitles.

## Amazing buildings: Palace of Versailles

I visited the Palace of Versailles in France and it was honestly amazing. The building is huge and really beautiful, with lots of gold and detailed rooms. My favourite part was the Hall of Mirrors because it was so shiny and grand. The palace was built for King Louis XIV and shows how rich and powerful he was. It also has massive gardens that seem to go on forever. I really enjoyed visiting it because it felt like stepping back in time.

When I visited Versailles, I learned about Marie Antoinette and her fashion. I am really into fashion, so I found it fascinating how her extravagant dresses and huge hairstyles were not just style, but a way to show status and power. It made me realise how fashion can reflect society and history. *Quelle élégance!*

Par: M. Arroyo-Murphy

## Rencontrer le professeur:

Madame Higgins has answered some questions. We are intrigued!

1. What language did you learn at school?

Madame Higgins: German

2. Did you follow this up to GCSE?

Madame Higgins: I did German GCSE and continued this in University.

3. What do you think about learning a language? Madame Higgins: As a history teacher I think learning a language is so important to understand the cultural background of society and the world.

4. If you could learn a language now, which one would it be?

Madame Higgins: I would love to retake German as I loved it and also I try to incorporate it as much as I can in my lessons.

Merci Beaucoup M. Higgins

Par: F. Armer



## A day in the life of a Millfield student

I start my day by waking up and eating some breakfast. (petit déjeuner). Then I get ready and my mum drives me to school. (école). In the sports hall, I have my equipment checked so I am ready for the day. (jour). Next, my form and I go to our form room and do activities. (leçon).

When the bell goes, it's time to go to lesson, so my friends and I make our way to period one. At the end of period one, the bell rings again for period two. After period two, it's break. (récréation), so I usually get a snack from the canteen and talk. (parler) to my friends.

The bell goes again and it's time for lessons in period three and four. At the end of period four, it's lunch and I go to the canteen and eat my lunch. (déjeuner) with my friends. Finally, at the end of the day, it's period five and the home time bell. (cloche) rings at 2:50.

Par: J. Reeves

## Le Plat du Mois

This month's French dish is croissant.

It is a popular breakfast in France and is usually eaten with butter or jam.



Croissants are light, flaky and delicious. In France, people often have it with a café in the morning. I think you should try one in Paris one day!

## The Importance of Bonjour

In France, it is very important to say *bonjour* when you enter a shop, classroom or public place. *Bonjour* means 'hello' and is a polite way to greet someone.

If you are with friends, you can say *salut*, which is more informal. Always say *bonjour* first when you meet new people and respect in French culture.

If you see with friends, you can say *au revoir*, which is more informal. Always say *bonjour* first when you meet new people and respect in French culture.



**All Stars!**

China and Italy have been awarded the most spoken languages in the world!

**Clubs in MFL**

All clubs are available at clubs, bring your friends with you!

- Monday: Lingöpie (8:30)
- Tuesday: Trivia club (8:15)
- Wednesday: Euro club (8:30)
- Thursday: Spanish Club (8:15) / Latin Club (8:45)
- Friday: Mathematics club (8:15)

LingöPie: Learn by watching TV shows and Netflix with dual subtitles.

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Par: J. Reeves

# We Celebrate Success!

Has your child done something out of school that merits celebrating? Won a competition? Taken part in a show? Performed an act of kindness that deserves a mention? Helped in their community?

If you feel your child has achieved or done something to celebrate, please email their Head of House and let us know! Include a picture if you can and you may feature in our next edition of 'We Celebrate Success!'

Rhinos - S.Wier@millfield.lancs.sch.uk  
 Sharks - A.Simpson@millfield.lancs.sch.uk  
 Hawks - C.McOmish@millfield.lancs.sch.uk  
 Bears - E.Covill@millfield.lancs.sch.uk

## HOT CHOCOLATE WITH THE HEAD

Sam Reynolds	7 R2 ARD
Layla Wood	7 S2 SAR
Nathan Wright	7 R1 CHY
Tommy Barnes	7 R2 ARD

All of the above students have been nominated by Miss Latham for their excellent work in Science.

Some of the lightboxes Stanah Primary made with Ms Carbon and Mr Gallagher. Such a lovely experience, cannot wait to welcome the next set of pupils. #lovemyjob @Millfieldhighsc



## House Leaderboard



5028  
House Points



5324  
House Points



5284  
House Points



5117  
House Points

Hawks are still in the lead but Rhinos are charging up behind them! Look out for new competitions and earn points for your team!



## HOT CHOCOLATE WITH THE HEAD




Olivia Binns	10 D JCF
Katelyn-Rose Greenway	10 B CCR
Ella Norcross	10 D JCF
Isabella Andrew	10 D JCF
Maddison Earnshaw	10 D JCF
Edie Goldie	10 B CCR
Daniel Wright	10 A ESN

All of the above students have been nominated by Miss Taylor for their excellent work in Health & Social Care, and Child Development.

# THE HOUSE COMPETITIONS THIS TERM!




## KS3 April to May Half Term House Competitions



Department	Competition	Year Group	Details	Staff Contact	Date
Science 	Bio Spelling Bee	KS3	In form on Monday 11 <sup>th</sup> May, form tutors will show you twelve words. In form (Tues-Thurs), form tutors will get you to write the words down. The winner from each form is entered into the final (lunchtime on Friday 15 <sup>th</sup> May)	Dr Gorst	The winner goes to the final in D3 at Friday lunch on 15 <sup>th</sup> May.
	Hidden Hero	KS3	Your chance to uncover the story of a lesser-known historical figure and tell their story. Choose a person from any period studied (e.g. WWI nurse, medieval inventor, enslaved person who resisted, local figure). Create a short piece (max 300 words, poster or fact file) titled: "The world should remember..."	Miss Weir	Submit this by 15 <sup>th</sup> May 2026.
Head of House	Chess Competition	All	Who will be the chess champion? 	Heads of Houses	Monday 18 <sup>th</sup> May and Tuesday 19 <sup>th</sup> May in A32 at lunchtime.
RE	Poster	KS3	Create or design a piece of art, and a corresponding write-up, limited to 400 words.	Mrs Bell	Submit this by 22 <sup>nd</sup> May to Mrs Bell.

## KS4 April to May Half Term House Competitions



Department	Competition	Year Group	Details	Staff Contact	Date
Head of House 	Chess Competition	All	Who will be the chess champion?	Heads of Houses	Monday 18 <sup>th</sup> May and Tuesday 19 <sup>th</sup> May in A32 at lunchtime.
Maths 	Match the Graphs	KS4	Match the graphs	Mrs McOmish	These need to be completed by Friday 22 <sup>nd</sup> May.
Science 	Quiz Time	KS4	A multiple-choice quiz based across the 3 sciences that they have covered in that time.	Miss Latham	These need to be completed by Friday 22 <sup>nd</sup> May.

**The Reception team currently have over three bin bags of lost property already!**

Please remember to label your child's uniform and belongings as it makes it far easier to reunite lost items with its owner.

Two weeks before the end of each term a list of all lost property is given to each form, and displayed on the reception window - any item not claimed by the end of term is taken to charity.



Labelling

Please label everything!

Sweatshirts, trousers, skirts, t-shirts, vests, pants, gym kits, purple folders, jackets, school bags, water bottles...



# SCIENCE

# Clubs

DISCOVER. EXPERIMENT. CREATE.

## SCIENCE CLUB

WEDNESDAY 3 - 4pm

**STEM & SCIENCE CLUB**

WEDNESDAY  
3-4  
MRS MCROBERTS  
B6  
ALL YEARS

STREET FIGHTER    WII SPORTS    FIFA

## RETRO ESPORT CLUB

WHEN?

**FRIDAY**

LUNCHTIME

A25

YOU CAN BATTLE YOUR FRIENDS IN STREET FIGHTER, GET ACTIVE WITH WII SPORTS, AND SCORE AMAZING GOALS IN FIFA.

IT'S ALL ABOUT HAVING FUN, MAKING FRIENDS, AND ENJOYING SOME OF THE BEST GAMES EVER MADE. EVERYONE IS WELCOME!

**LEGO THERAPY**

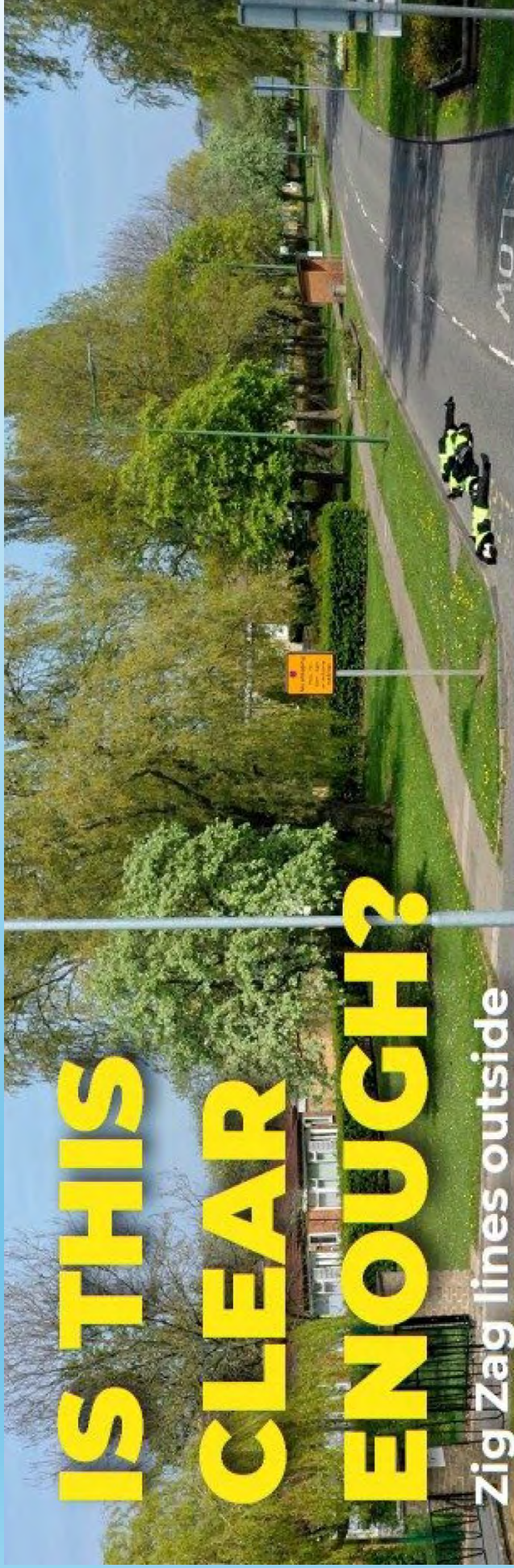
WEDNESDAY  
A27  
MISS CARBON  
3PM - 4PM  
ALL YEARS

## JOIN THE ECO CLUB

WEDNESDAYS AFTER SCHOOL  
11 ROOM D 2

# IS THIS CLEAR ENOUGH?

Zig Zag lines outside  
schools are there to  
protect YOUR children.



Please help us keep everyone safe by ensuring that you park safely.

Parents should not park on the zig zag lines, double yellow lines or on the corner of junctions.

The turning circle should not be used at the end of the day unless it has been agreed with school.

Please can we ask that you encourage your child to wear a helmet if they are riding their bikes to school.