

# OAKLANDS EXPRESS

Issue 1: October 2021

Puzzles

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Charities

Trips

Plus more



## Autumn

Photograph taken by Vincent D

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# Half Term Recap...

## Jeans for Genes Day: 1 3th September



The Jeans for Genes campaign raises awareness about genetic disorders and conditions. 1 in 25 children have a genetic condition and Jeans for Genes is a way to raise money for this important cause. Students in years 7, 8 and 9 redesigned a pair of jeans (now on display in the playground) as part of this campaign. They look fantastic!

## Manchester City: 22nd September



Sadly, the boy's football team trip to Man City was postponed until later this year!

Until then, the team are busy practising their skills every week to win lots of tournaments representing Oaklands!

## Year 12 Boxing: From 27th September

Every Monday this half term, the Year 12 students have been boxing to New Era Boxing Club in Northwich! They have learnt stances, techniques and defence skills whilst having fun and getting fit! The students thought it was great!



# ...Half Term Recap.

## Harvest Assembly: 28th September



We had our first whole school special assembly to celebrate Harvest. Roger Spurling came from the Midcheshire Foodbank and we donated over 100kg of food to the charity. Well done everyone!

## Chester Zoo trip: 7th October

Unfortunately, this trip was also cancelled :(

But students who are particularly outstanding at Science still took part in a fun workshop with Chester Zoo here in school. They learnt all about sustainable palm oil: something Chester Zoo is passionate about.



## Year 8 Residential: 13th-15th October



**cancelled!**

This was another trip which had to be cancelled to keep everyone healthy and safe from Covid. The students would have been taking part in outdoor activities such as canoeing, abseiling and rock climbing. Fingers crossed they'll get to go another time.



# Club Focus...

## **Strictly Come Dancing Club!**

Thursdays in Miss Chesworth's room.

Discuss your favourite dances and competitors of the series, watch clips and even learn some of the dances!

*Anyone is welcome!*



## **BOARD GAMES CLUB!**



Tuesdays in Mrs Lloyd's room.

Come and join us to play your favourite board games. Learn team work skills, make friends and improve your gaming skills.

*Years 7, 8 and 9*

# Home-baking...

*Year 12 and the Hospitality and Catering Options students all made Fairy Cakes.  
Have a go at this recipe yourself, taken from [www.bbcfood.co.uk](http://www.bbcfood.co.uk)*

## You Will Need:

110g/4oz butter or margarine, softened at room temperature  
110g/4oz caster sugar  
2 free-range eggs, lightly beaten  
1 tsp vanilla extract  
110g/4oz self-raising flour  
1-2 tbsp milk  
For the icing  
300g/10½oz icing sugar  
2-3 tbsp water  
2-3 drops food colouring  
hundreds and thousands, or other cake decorations



## Method

1. Preheat the oven to 180C/350F/Gas 4 and line 2 x 12-hole fairy cake tins with paper cases.
2. Cream the butter and sugar together in a bowl until pale. Beat in the eggs, a little at a time, and stir in the vanilla extract.
3. Fold in the flour using a large metal spoon. Add a little milk until the mixture is a soft dropping consistency and spoon the mixture into the paper cases until they are half full.
4. Bake in the oven for 8-10 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean. Set aside to cool for 10 minutes, then remove from the tin and cool on a wire rack.
5. For the icing, sift the icing sugar into a large mixing bowl and stir in enough water to create a smooth mixture. Stir in the food colouring.
6. To ice the fairy cakes, drizzle the icing over the cakes, sprinkle with decorations and set aside until the icing hardens.

# Ten Minutes with...

In each newspaper we interview a teacher, spending 10 minutes firing questions at them to get to know them.

This issue, we spend 10 minutes with Mr Oxley!

1. What is your favourite thing about Oakland's?

*My favourite thing about Oakland's is the students.*

2. What is your favourite thing about being a Head teacher?

*My favourite thing about being a Head teacher is supporting the students and staff at Oakland's.*

3. What was your first ever job?

*My first ever job was a paper round.*



4. What was your favourite subject at school?

*P.E was my favourite subject at school.*

5. What do you like doing outside of school?

*I like to exercise and keep fit and I also coach Rugby.*



6. Do you have any pets?

I have a dog, two tortoise and I used to have a snake!

7. If you were an animal, what animal would you be?

I would like to be a bird because I love to fly!

8. Where do you like going on holiday?

I like to go North Wales because I like to go swimming in the sea.

**Speed round:** What's Your Favourite...

Colour: Blue

Animal: Dog

Sport: Rugby

Food: Chicken pie

Take away: Indian

Drink: Sparkling water

TV show: Top Gear

Film: Gladiator



# Charity of the Half Term...

## **Neuromuscular centre**



NeuroMuscular  
Centre



## **What is the Neuromuscular Centre?**

It's a charity that supports people who have neuromuscular conditions. As a school it is our chosen charity because it is local to us. The NMC provides activities to help sufferers build friendships and learn new skills.

## **What activities do you do?**

- Art and craft club
- Book club
- Bush craft
- Coffee and crossword
- Gardening club
- Fishing club
- Poetry Club
- Shed club
- Powerchair football





## **What therapies are on an offer?**



### **Physiotherapy and hydrotherapy**

Helps people exercise and stay fit and healthy.

People are given support on how to look after their body.

### **Accessible gym**

Offers exercise to people who use the centre.

Helps people to improve their wellbeing and mental health.

### **Wellbeing programme**

Autumn wellbeing programme includes mindfulness, relaxation, exercise, different therapies.

It helps with diet and health.

It offers yoga sessions.

It helps with depression and anxiety.

## **What is 'Design and Print'?**

The NMC 'Design and Print' is a social enterprise. It offers modern and creative graphic design and a competitively priced printing service. The profits they make go towards running the NMC. It is staffed by people with neuromuscular conditions and it is their aim to inspire young people with disabilities to pursue their career goals, be ambitious and creative. They offer graphic design courses so



## **What support do you get?**

Living with a neuromuscular condition.

Helping young people.

Family, friends and carers.

It helps people to do work skills.

Also they do social activities like going to work, school and university.



## **How do you do fundraising?**

The NMC raises £150,000 throughout the year!

It has a charity to organise the challenge events like running, cycling and tri-athlon.



By Olivia P

# Black History Month

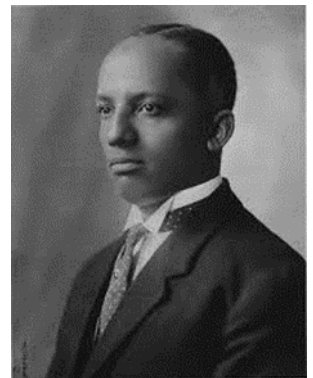


## What is Black History Month?

Every October in the UK we celebrate Black History Month. It is a way of remembering and celebrating the achievements of black people.

## When did it start?

Black History Month started in the UK in 1987. Way back in 1926 it started in the USA by the man called Carter G Woodson. He realised that the history books didn't mention the achievements of black people. He thought it was unfair so he started Black History Month



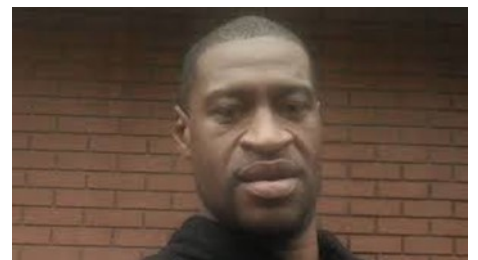
Carter G Woodson

## How is it celebrated?

In school we research particular black people who have made a difference. We can do an assembly about Black History Month. You can hear about it on TV shows and reports.

## Why is it important?

We should stop racism and recognise the achievements of black people and change attitudes and educate people.



George Floyd

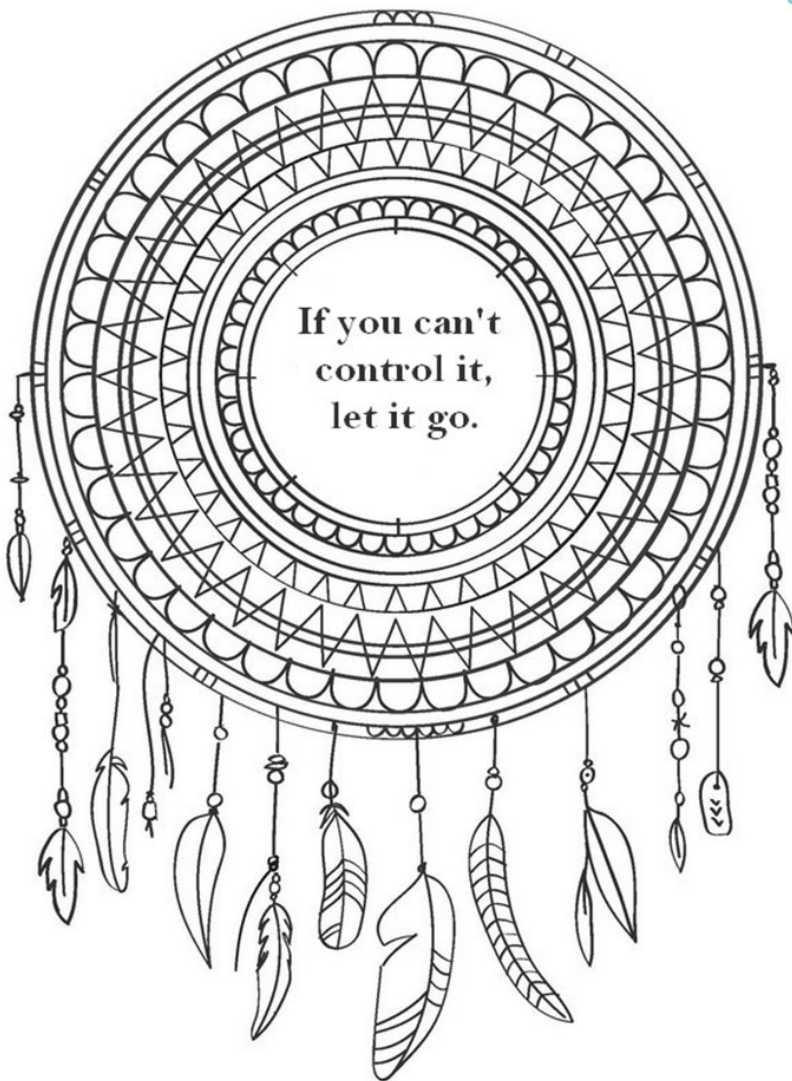
## Black lives matter

The footballers take the knee in solidarity and they remember George Floyd because he got murdered by a police officer so they are respecting him.

*By Jade D*



# Take A Break to Chill.



What are

5

THINGS YOU  
CAN SEE



4

THINGS YOU  
CAN FEEL



3

THINGS YOU  
CAN HEAR



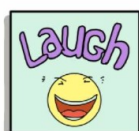
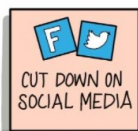
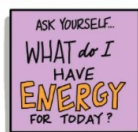
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THINGS YOU  
CAN SMELL



1

THING YOU  
CAN TASTE





Write or draw the things you are grateful for in the gratitude jar.



# Puzzle Page!

Try and solve these spooky puzzles in our Halloween special.

Taken from [www.kidspuzzlesandgames.co.uk](http://www.kidspuzzlesandgames.co.uk)

S	T	R	B	A	T	O	R	M
P	P	E	S	L	A	S	E	O
U	S	K	E	L	E	T	O	N
M	P	T	L	M	R	S	E	S
P	E	M	T	N	T	P	A	T
K	L	O	O	R	M	A	P	E
I	L	M	I	I	C	K	S	R
N	A	C	S	P	O	O	K	Y
B	K	P	U	M	S	P	T	R

## Word Search

BAT  
MONSTER  
PUMPKIN  
SKELETON  
SPELL  
SPOOKY  
TREAT  
TRICK



## Skeleton

How many words can you make from the letters in SKELETON?

.....

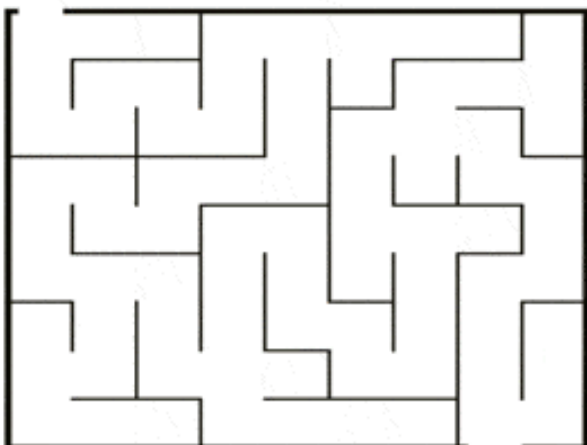
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## Spot the twelve differences



# HALLOWEEN

## Crossword Puzzle



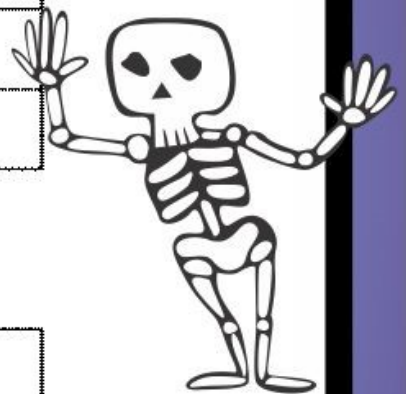
Write the words  
in each numbered space

### ACROSS

1. Ghost
3. Fun
6. Vampire
7. Candy
9. Trick
10. Skeleton
11. Graveyard
12. Pumpkin

### DOWN

2. Haunted
4. Party
5. Spider
8. October
10. Spooky



# Halloween

# Halloween

**DO YOU LIKE THE SOUND OF THESE REAL HALLOWEEN TREATS?**

**DO YOU WANT TO WIN A HALLOWEEN PAMPER?**

**THEN BUY A RAFFLE TICKET!**

## **What's in it?**

**Pin the scar on the frankie game**

**Chocolate Orange**

**Halloween Tombstone cupcake kit recreate your own**

**Creepy Pumpkins**

**Jaffa Cakes**

**Halloween Light Stick**

**Cadburys Cake Bars**

**Matchmakers**

**Halloween Lollypops**

**Halloween Stickers**

**Halloween Gummy Bears**

**BUY RAFFLE TICKETS FOR £1.00 BRING YOUR MONEY IN AN ENVELOPE WITH YOUR NAME ON AND POST IT IN THE RAFFLE BOX IN THE MAIN HALL.**