

# APOLL

Where young people find their confidence

## EASTER NEWSLETTER

Happy Easter **2017** Issue 34

# WORK EXPERIENCE!

**Damien:**  
*Charity Shop* "The best part has been meeting different people."



**Elisha:**  
*Florist* "It's good to have a taste of working life before you actually go out to work."



**Jake:**  
*Charity Shop* "I like school because working life is tiring."



**Morgan:** *Trophy Shop* "I have enjoyed the experience and the new challenges."



**Abdul:** *Charity Shop* "It's a new and good experience interacting with work colleagues."



# PREPARING FOR COLLEGE

## ...CAREERS FAIR ON THE BATH ROAD

### Abdul

We went to the careers fair near the Refresh Centre. When we were getting there we had a problem in the car because we were all squashed to bits, especially me because I was in the middle of it all. When we got there I was very nervous because of so many people there.

We visited the RAF (Royal Air Force) which intrigued me and took some of their booklets, which show the variety of jobs one can have when working in the RAF.



### Morgan

I found going to the careers fair useful and very reassuring, because I managed to speak to one of the IT teachers from Langley College, he gave me good information about the college and managed to put my mind at ease about a couple of worries I had about going to college. I'm definitely glad that I got a chance to speak to him.

The careers fair had lots to look at and lots of information to give out. Pretty much every stall I had a look at had jobs to do with IT. By the end of the trip I was full of leaflets and booklets about different jobs and opportunities.



## ...CAREERS ADVICE FROM KATHRYN



We had to say, "goodbye" to Kathryn, our Careers Advisor. We gave her a card that we all signed. She helped us choose a course and college and complete the application forms. Thank you and Good Luck to Kathryn!



### My College Application by Morgan

I spoke to Kathryn from Adviza, about applying to a college, it was quite a long process. I applied for East Berkshire College and The Gateway. Applying for East Berkshire College was a lot and I mean a lot faster than Applying for the Gateway, it had three pages! It's a little scary to think that I'm applying for a college already, but I'm glad it is all out of the way.

# ...VISITS TO...

## BCA

**Elisha:** It was very interesting to see the differences

between College and Secondary School. BCA is surrounded by countryside and they even have sheep and wallabies in some of the nearby fields. Some of the buildings we saw when we were walking around had wooden planks on the outside making the area as a whole seem more woody and different. The cafeteria looked more like a restaurant in my opinion and had a number of windows that let the sunlight in, making it seem

quite relaxing and calm. Around the grounds there were a number of different animals like horses, emus, rabbits and dogs. They also had a separate zoo area which looked quite promising.

They told us about some of the courses they had on offer and I took a particular interest to Animal Care and Floristry as they both seemed creative and unique, matching my interests well. In the future I may consider going there to pursue these courses.



## EAST BERKS COLLEGE AT LANGLEY

When we visited Langley College we had lunch in the canteen and then a lady called Sunita gave us a tour.

**Morgan:** I have already got a place at East Berks College to do ICT so it was nice to see where I'm going to be working.

**Abdul:** I really liked it because it was very spacious and there were lots of courses which I enjoyed hearing about and I specifically liked the ICT course.

**Elisha:** I liked the cooking section because it was spacious and seemed relaxing, away from the rest of the college.

**Damien:** The kitchen area was much bigger than ours and there were more staff which was good.

**Jake:** The college felt like a secure place and I felt comfortable there.



# OVERCOMING NERVES!

## ...COLLEGE INTERVIEWS AND PLACES OFFERED

**Jake:** I went for my interview for the Catering course at East Berks College. I prepared for the interview by cutting my nails and wearing a shirt, jeans and clean shoes so that I would look nice. I went to the interview with my Mum. I was a bit nervous but not that nervous.

We sat in the hall and watched a presentation of what goes on in the college and the other courses available. We all sat in the row for our particular course. A man talked about what the college is there for and then the Catering lady took us to look round the kitchen. She told us that it is a secure area and we would need a pass to get in.

She told us about the items we would need, like the chef's outfit and the waiter's outfit and the special knife with our initials on it and how much it would all cost, which is about £200. She said funding is available to help us.

We had our interviews and I was the second person to be interviewed. I was a bit nervous but I broke through being nervous by trying to break down the barriers of being nervous and quiet and I became myself and just talked. I didn't lie, I just talked.

She said I will have a place and it just depends on the reference I get from Apollo. On 1<sup>st</sup> March I got a letter offering me a place on Level 2. I was happy to get the letter because I like cooking.



**Morgan:** I got an interview for IT at East Berkshire College. When I first received the text saying my interview time and date I instantly became extremely nervous and I continued feeling nervous all the way until I was actually having the interview.

The interview was being held in a big hall filled with chairs and interview desks and there were lots of people there who were probably feeling exactly the same way as I did. After a short speech from a teacher at the college, names started being called out for the interviews and what a surprise, I was first! I had butterflies in my stomach, but I made my way over to interview desk.

The first thing I realised when I sat down was that there was absolutely nothing to worry about, the lady who was interviewing me was lovely and could see I was nervous. After breaking the ice the butterflies immediately stopped and I found myself talking to her easily without much thought. After a question or two about why I chose the course and her doing a quick run through my application form, the interview was over!

After all that worrying I also got offered a place there. I walked out of the interview feeling really happy and started to wonder why I was even worried in the first place.

# ...DOING THE THREE-SLIDE CHALLENGE

We had to choose a topic and prepare a PowerPoint presentation using only 3 slides plus a title slide and a "Thank you for listening" slide. Then we had to stand up in front of the class and give the presentation. We were all nervous to start with. This activity prepared us for our GCSE English Spoken Language Assessment which was done by Academy21 using Skype.



**Abdul:** *North Korea* "It was good and it helped with my GCSE Spoken Language Assessment and speaking in general."



**Elisha:** *The artist, Yayoi Kusama* "It was very awkward and I was relieved when it was over."



**Jake:** *Teenwolf* "Yes, it was terrifying but it helped with my confidence."



**Morgan:** *Out of Place, my Art project* "Once I had done it I was fine."



**Damien:** *Manchester United football team* "I was very nervous, but I did it!"

# ...AND COMPLETING OUR GCSE SPOKEN LANGUAGE ASSESSMENT



**Abdul:** For our English Spoken Language Assessment we had to prepare a topic, talk about it and answer questions afterwards. It was done by Academy21 (our online lesson provider) using Skype so that it could be recorded and sent off to the exam board. This is me on the screen doing, "Jack the Ripper" and you can see Laura, the examiner, in the right hand corner.

# CUMBERLAND LODGE



## Elisha

In January, we went to **Cumberland Lodge** and the building was enormous, it was brick walled and surrounded by grassland and trees. The view was very aesthetically pleasing. When we entered we were directed to a room with a grand fireplace. You could tell the furniture had been there for a very long time as it looked as if it was better suited to a different time period. The chairs were hard backed and the walls were wood panelled.

When we had lunch it was done quite formally, with all the cutlery set out in the correct places. The food was lovely. For our starter we had leek and potato soup and then to follow we could choose from an array of dishes, such as eggs, potatoes, a different selection of meats and a cheese platter which contained some lovely cheeses such as brie and camembert. The atmosphere was good too.

We then went to view some of the rooms, we saw a bedroom where rumours were circulating that at night the grey lady would sit on your bed whilst you slept, watching you, which is quite eerie.

We learnt a lot of the history behind Cumberland Lodge. Many famous people have resided there, with many famous people visiting it today. I hope to be able to have the opportunity to visit again soon...

## Jake

I went to Cumberland Lodge within the Windsor Great Park. We were met by Rachel and Owen who organised lunch for us. When I got to the dinner hall I thought it was too fancy for me so I thought I was not dressed to be having lunch there. The thing I had for lunch was leek and potato soup for the starter and then there was a buffet that you could choose what you wanted so I chose salmon, prawns on avocado, potato salad and beetroot. I usually don't like fish but the salmon on this occasion wasn't that bad. I didn't like the walking around because I got tired but the staff there were really nice and welcoming, the ghost stories were good.



## Damien

It was bigger than I thought it would be and we went for lunch in a royal room. When we finished lunch we went round all the rooms and we went up and down the stairs and we went underground to another room. Then we went to a bedroom and Rachel said people sleep in the bedrooms and when they are asleep there will be a woman sitting on the side of the bed who is a ghost. Owen said there are 35 bed rooms.



## Morgan

Cumberland Lodge was huge! I didn't expect it to be as big as it was. My favourite part about the trip was when we had a tour around the Lodge and were told ghost stories about certain rooms in the Lodge. The best room was the tower room, which was known for supposedly having a ghost that would be sitting on the end of your bed as you woke up. The ghost was known to be wearing a grey dress. I'm not 100 percent sure this is true, but then who really knows? The room was very fancy. I didn't want to touch anything. The tower room was right at the top of the lodge, we had to climb up a narrow stair well to get to the top. It had an amazing!

The ghost wearing a grey dress was also mentioned in another ghost story, where she apparently was heard slamming doors by the cleaner, who thought she was alone until she heard these strange thumps and bangs coming from upstairs.

# CREATIVITY ...IN WRITING



## The Rollercoaster by Abdul

My first time on a rollercoaster was a frightening experience. Oh how my heart was pounding, hands quivering as I took my first steps to the entrance.

I thought of backing like a coward but no, I plucked up the courage and thought of what a relief it would be over.

It was our turn next. Suddenly, the fear came back to life. Arrgh! What now? My legs became heavy and it was our turn. I cautiously start taking small steps toward what I thought was going to be the end of me, trying not to slip and make a fool of myself. I sat down my face getting paler by the minute making me look like a creature of the undead.

It started roaring just to give the daredevils an appetiser of what is going to happen. As soon as it reached the top it was clearly a marvellous view for an ordinary person. However, for me it was different, as I was scared of heights.

It drops. Moving at an extraordinary speed me screaming like a frightened little girl holding on to dear life. No! This can't be happening! It went faster making loops up and down. Oh the agony. It came to a stop and it was over. I felt exhausted ...



## The Market by Morgan

"Two for one!" "Buy a bunch, get a bunch free!" It was Saturday morning, the sun was shining and the chilly wind was strong. London's finest fruit market was on. With the loud noises of people shouting deafening my ears, I walked joyfully through the fruit market.

A sharp smell of exotic fruits hugged me and welcomed me to their stand. A short, big-bearded man greeted me with his best deals, "Ere, son, would you like some fruits?" I wasn't too keen, but the smell of freshness coming off the fruit was too tempting, so I bought three apples, one mango and an orange. I was clearly his first customer because his face lit up as I gave him my money.

Rumble! Rumble! Rumble! It was time for lunch, I was starving! The illuminating glow from the fruits surrounding me was making me hungry. I strolled down to a little burger van around the corner from the market. I was interrupted by the unusual sight of a child stealing food from an unaccompanied market stall. I was stunned, shocked, blown away! The little child looked so young.

I was in a daze watching his tiny little hands stuffing all his fruit into his old, worn, ripped bag. I slapped myself out of the daze and decided to walk over to the child and ask what he was doing. "Hey, little man, are these yours?" The severe shock of being caught struck him, "Oh.....yes, I mean no.....". The poor child was stuttering over his own words. He was scared. He knew he was wrong.

The child started to unload his bag. I told him to keep the fruit. I rummaged around in my pocket to find the change for the fruit. With just the right amount of change I left it as payment for the fruit. The little boy ran off in a hurry.

About fifteen minutes had passed and I was being swallowed up by a feeling of wanting to find out more.... So that's exactly what I did! I adventured off swiftly in the direction the boy went. It didn't take long. I found him. The innocent little boy was giving the fruit to a local homeless shelter. I walked off with a smile across my face and a warm fuzzy feeling inside. I was never ever going to judge anything again without finding out the full story.



## Nightmare! by Jake

I went upstairs about 8pm and laid down on my bed and started to watch Season 3 of Teen Wolf. Each one lasts about 41mins on my laptop and I finished watching all season's and fell asleep about 6 o'clock in the morning.

My mum always comes up and I pretend to be asleep so she goes back downstairs. Then I finally went to sleep and had nightmare with a werewolf chasing and

biting me. Then suddenly I woke up screaming like a banshee then I couldn't get back to sleep so I stayed up watching Teen Wolf from season one.



## Day after Day by Elisha

**GOVERNMENT HEALTH WARNING! THIS IS SERIOUSLY SCARY!!!**

She was taken cruelly from her family, a week? A month ago? She couldn't recall. The days just seemed to all blur into one another now, all filled with the deep resonating ache of her body, fairly broken now and worse for wear.

She remembered the first kick, straight to her ribs. The sharp blossoming pain of it; the way her voice had risen harshly in a cry for help, but no help came.

The hits just kept coming, no matter her broken pleas for them to 'please stop' and 'no more, no more!' and her futile attempts at curling into herself to minimize the effect of the blows.

One day they brought a knife, sliced it over her neck over and over, just enough to break the skin and let the blood trickle, making her beg for them to slice a little harder, ending her agony once and for all. This only made them cackle with glee, overjoyed they had finally gotten her to lose the will to live.

The next day they bought a bathtub, filled with putrid water, the rotten scent of it emanating around the room. They grabbed her head and dunked it harshly into its depths, holding her under long enough for her to almost black out but then yanking her back up to the hard cold reality where she would cough and splutter, her cracked lips trying to form the syllables to ask them what they wanted? Why was she here? They repeated this process over and over again until she had drunk a great deal of the water that filled the tub. They then left her gasping for air, her hazel eyes glistening with unshed tears, red and bloodshot.

Another day they held pliers, forced her sobbing mouth open and wrenched her teeth out one by one until she passed out from the sheer pain of it all.

Even now she could still taste the metallic tinge of her blood in her mouth. By now she had no hope of being found, her will shattered like the glass of a once beautiful mirror. Her body used to be like that mirror, her eyes shining just as bright and a smile always curling her lips which were now bruised and bloodied.

On the last day they brought a wolf, she looked into its deep silver irises and it looked back, its gaze cold and unyielding....



# CREATIVITY ...IN ART



**Morgan:** For my Mock GCSE Art I chose mark making and decided to make a clock face out of different coloured string. I have used a template of a clock face with marked points of where to put hammer the nails. Once all the nails were in I used string to wrap around the nails to make the outline of the clock, building up layers over time to avoid it from being flat and boring. I used a few different colours to make the lines bolder in certain areas and vibrant in others.

I chose to do this because I was inspired by Idris Khan's digital art which is full of lines and layers. I thought this would be a good way of using layers like he did to make an object. I have learnt that this definitely something I am capable of doing and is an effective way of using layers.

I think I hammered in the nails well and was able to rearrange where they needed to go if something didn't go to plan. I was able to use string well making sure everything was clear and easy to understand what each thing was. I also think the placement of everything worked out very well.

If I were to do it again I would definitely use a range of different shades of the same colour on separate layers creating a contrast in colours, building up the clock face.

My art work is similar to Idris Khan's art work, because he does digital art using lots of fine lines and layers to create a picture of a building or an object. I used lots of different layers of string to create a clock.



**Damien:** What could I improve? Or what would I change if I were to do it again?

The thing I could improve was go to the test and not sit on the chair and not do nothing. The thing I would change is start my test early and get it done early and not just sit in my chair doing nothing because it wastes time from the test.

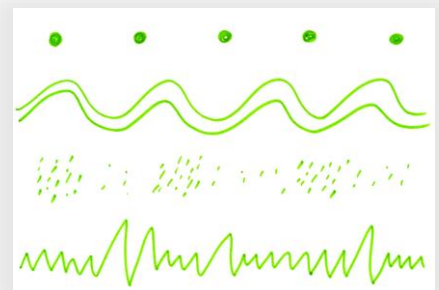


**Jake:** For my art work I have done a mix between painting and a sculpture. I have done a circle shape to represent the wolf moon. In the middle

I have created a raised design of a triskelion that resembles the ranking of the alpha, beta and omega werewolves. By doing my art I have learnt that sometimes you have to try and try but never give up and that if you fail you there is always going to be another shot at it in the future. I need to make sure I have a lot of time left to make it so I can get everything done in my art work.

## AND IN MUSIC...

Rob came to do Music with us and he showed us how to convert a piece of music into a piece of art...



# HOW TO...

# ...PASS YOUR LEVEL 1 COOKERY ASSESSMENT



## ...STAY SAFE

PC Sloane has been coming in to talk with us about Safety Online and Child Sexual Exploitation. It has been very interesting:

**Morgan:** It opens your eyes

**Abdul:** It makes us aware of reality

**Elisha:** It confirms what I already knew and it is common sense. We all have to be careful.

## ...DO A BAD INTERVIEW!

Jake demonstrates how do do a bad interview



**Damien:** The first time I went to Kitchen Craft I was so nervous and I did not talk to any person and I stayed all quiet and did not talk. I was only talking to the teacher but now I am talking to all different people and I am not nervous any more. Since I got out of the way of being nervous I am doing very well for myself at Kitchen Craft. Hopefully I will pass more of the tests later on in the year so I am doing better every time I go there .

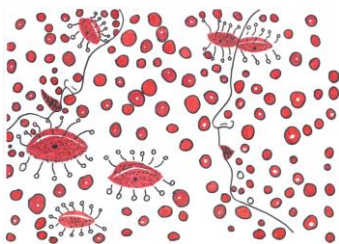
I was cooking yesterday. I was cooking pizza for a test but I was not nervous, I was fine. I was just thinking it was a normal day. I made the pizza by myself with no help. My teacher said I did very well by myself and at the end of the lesson they told me I got a Level 1 pass on the test.

I was shocked when they told me that I got a Level 1 pass on the test and my mum was very pleased with me at the end of the day. I told all of my family about it. They said I have to cook for all of the family soon and my mum was telling me to see if I can beat her in a cooking competition against her by making pizza and our family will chose which one was the best out of the two but so far I am winning because every time I do cooking my dad likes it every time.

And all of my friends said "well done" to me and they think I did well. I am starting to do all of the cooking by myself now with no help and I am going to do a another test very soon and hopefully I will pass again. Then I can start cooking for my family not just at school I can do cooking at home as well. And I think the pizza was unbelievable and my dad liked it very much. He wants me to keep on cooking for him.

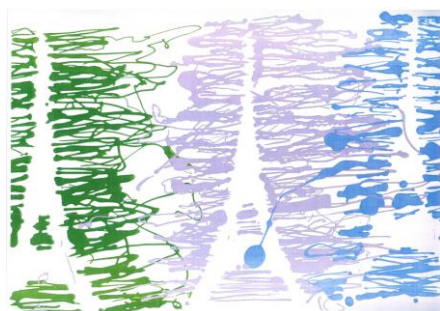
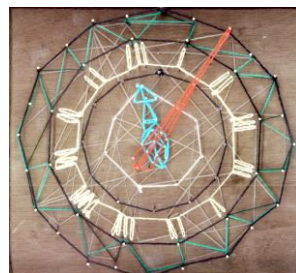


# GCSE ART WORK



Morgan: (right) Art GCSE Mock

Elisha: (left) Art



Abdul GCSE Mock



Damien



Morgan



Abdul

## DATES FOR YOUR DIARIES

Tuesday, 18 <sup>th</sup> April	School starts
Tuesday, 25 <sup>th</sup> April	pm GCSE Art / Step-Up to English
Wednesday, 26 <sup>th</sup> April	pm GCSE Art
Thursday, 27 <sup>th</sup> April	pm GCSE Art
Friday, 28 <sup>th</sup> April	pm GCSE Art / Step-Up to English
<b>Monday, 1<sup>st</sup> May</b>	<b>Bank Holiday</b>
Tuesday, 2 <sup>nd</sup> May	pm GCSE Art / Step-Up to English
Friday, 12 <sup>th</sup> May	am GCSE PWL 1 pm GCSE PWL 2
Tuesday, 16 <sup>th</sup> May	pm Biology 1
Wednesday, 24 <sup>th</sup> May	pm Physics 1
Thursday, 25 <sup>th</sup> May	am Maths 1
<b>Monday, 29<sup>th</sup> May – Friday, 2<sup>nd</sup> June</b>	<b>Half Term</b>
Tuesday, 6 <sup>th</sup> June	am English 1
Thursday, 8 <sup>th</sup> June	am Maths 2
Friday, 9 <sup>th</sup> June	am Biology 2
Monday, 12 <sup>th</sup> June	am English 2
Tuesday, 13 <sup>th</sup> June	am Maths 3
Thursday, 15 <sup>th</sup> June	pm General Studies 1
Friday, 16 <sup>th</sup> June	am Physics 2
<b>Monday, 19<sup>th</sup> June</b>	<b>1.00pm Apollo's Celebration of Success</b>
Tuesday, 20 <sup>th</sup> June	pm General Studies 2
Thursday, 22 <sup>nd</sup> June	Thorpe Park
<b>Friday, 23<sup>rd</sup> June</b>	<b>School Closed for Inset training</b>
Wednesday, 19 <sup>th</sup> July	Last day of Summer Term
Thursday, 7 <sup>th</sup> September	Autumn Term starts

## NEWS OF PAST STUDENTS

Leanne came to visit us with her three-year old daughter. She left us in 2012 and is going on holiday abroad for the first time soon.



Kurtis, who left in 2015, is doing a Cookery course at Reading College.

**APOLLO** by Elisha: I think coming to Apollo provides me with a sense of relief as I get time away from my mainstream school, which can sometimes become too much and get stressful. I think a part of that is I get to wear my own clothes, which makes it feel not as official and imposing. Another part is that the number of people is drastically smaller, increasing my confidence levels. I find it easier to get work done and feel more productive at the end of the day. The people here are friendly and the general atmosphere feels more relaxed making me in turn feel relaxed. I don't find myself as nervous when I know I have to go to Apollo as I might feel when I have to go to school. Instead I feel like it's more of a break for me.



**INVITATION**  
**APOLLO'S CELEBRATION OF SUCCESS**  
**MONDAY, 19TH JUNE AT 1.00PM IN APOLLO**

If you are reading this newsletter, you are invited to come and join us when we will be celebrating the successes of our students with music, presentations and tea and cake.

Do come along! Just email us to let us know you are coming to make sure we have enough cakes!