



Mark Rutherford School

# ASC Centre News

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## My first year at Mark Rutherford by Daniel Clarke

I came to Mark Rutherford in September 2014. I came from Lincroft Middle School.

I felt a bit nervous when I first came to this school but I soon made friends with all the other students, Nicky, Lauren, Adam, Harry, Elliot, Tom and Francesco.

I have been very busy studying this year doing English, PE, Maths, Science, Design Technology, Geography, Spanish, Drama, History, Music and Art. My favourite out of all these subjects is Drama.

I have taken part in a dance workshop and a rowing competition where I came first place! I also really enjoyed an outing to the Beefeater at Christmas.



## Looking Back and Looking Forward by Nicky Monks

I have been at Mark Rutherford School for three years now, through year 9, 10 and 11. Where has the time gone? It has gone so quickly.

Over those three years, the things I have enjoyed include Spanish and Astronomy lessons. I have also enjoyed going on trips to restaurants and bowling. That was a lot of fun! Sometimes, things have happened which I have found really funny. For example, in Spanish when Mrs Arnott gave away the answer when asking us a question. It was very amusing! A lot is going really well at the moment; especially Maths.

Things I have not enjoyed quite so much include English. At the start of year 10, I found it really challenging and did not like it at all. Now I am getting much better at it. I am now nearing the end of year 11 and getting close to exams which is quite stressful. However, I am coping with it very well and preparing for exams as well as I can.

I cannot wait for the end of the exams and the big, long summer holiday when I will be able to put my feet up and be rested until I am ready for the 6<sup>th</sup> form in September. I am looking forward to finding out what it will be like, the trips I will be going on and no stress of tests at all. That will be nice!



Nicky in one of his life skills lessons.

## Dance & Drama by Daniel Clarke

Over the last year in Dance and Drama, I have been studying a range of artists and their different acting styles like romance, mystery, comedy, fighting and silent movies.

I really like it because it's fun, makes you feel good and makes me laugh. Dance is a good way to exercise, anybody can dance, no matter what age and there are lots of different dance classes and styles available.

For my Arts Award, I was allowed to choose a workshop that I was really interested in. I chose Dancing because I attended a dance workshop after school and got to try out lots of different dance styles. For my workshop, I chose to do the Macarena which I had to demonstrate to the whole class and then they all joined in and danced with me. It was great fun.



## Cooking by Adam Blake



Adam has enjoyed his cooking lessons this year in the Provision. He has made a variety of dishes including Chocolate Brownies, Victoria Sponge Cake, Pizza, Curry, Rice & Naan Bread, Chocolate Chip Muffins, Beef Burgers & Potato Wedges, Crème Egg Cheesecake, Mega Chocolate Fudge Cake, Bread and Chicken & Bacon Pasta Bake. His favourites were the Meat Feast Pizza and the Curry and Rice.



## Animal Care Course, Shuttleworth by Lauren Goulding



I am just about to finish my two year Level 1 Animal Care Course at Shuttleworth College. During the time that I have spent here I have had a very enjoyable and interesting experience.

I have learnt how to do a variety of tasks and practised skills to do with pig production – including feeding and cleaning. I have participated in lambing – watching and assisting at a very busy time of year – moving new-born lambs and their mothers. I actually got to hold a new-born lamb – it was so cute. (It was pretty heavy and I was worried I might drop it!) I have learnt how to perform health checks on a variety of farm animals including pigs, cows and sheep and how to handle them in a safe and familiar way.

I have had the opportunity to make some lovely friends and enjoyed our teamwork on tasks and have some fantastic memories that I will treasure forever.



## Joining the Sixth Form by Tom Haynes

After I finished my school life at Sharnbrook Upper School, I moved on to 6<sup>th</sup> form at Mark Rutherford School as I wanted to do English GCSE, retake my Maths to try and improve my grade and study for a BTEC in Science.

When I first started on Wednesday 3<sup>rd</sup> September, I was quite nervous about starting a new lease of life at this school as it was a whole new world away from Sharnbrook. I had been before to visit but I still felt nervous.

At first it looked pretty good then as time went by I met new friends who were much nicer than the old friends back at Sharnbrook. A good advantage of coming here was that I was reunited with my colleagues Harry, Elliot and Jack and along with Fran, we have loads of “banter” in the computer room in the Nightingale Centre.

Work wise is really good at the moment; my maths is definitely improving and my English is coming along well. Science BTEC was one of my favourite lessons, and after completing the exam in March and passing it, I felt really proud of myself that I passed my first ever exam at this school. The exam and the coursework that I did all added up to a BTEC Level 2 pass which is equivalent to a GCSE Grade C.

All of the teachers have been very kind, always ready to help, really supportive and a pleasure to be with during the school day.

Now that I’ve been at this school for around 9 months I know my way around the school much better than back in September.

Next September, I am moving to Bedford College to study the Foundation Course but I will never forget this school and all of the teachers and friends who have helped, supported and been friendly to me throughout the year.



## Come Dine With Me by Fran Insogna

As part of the Asdan Foodwise Short Course, me and my colleague Tom had to cook, prepare and serve a “Come Dine With Me” style meal for our guests Harry and Elliot.

First, we had to cook a starter so we chose to make Vegetable Soup with Garlic Bread. For the main course, we made Chicken Goujons served with Chips and for the dessert, we made Chocolate Fudge Brownie Cake with Vanilla Ice-cream.

When we were cooking, I felt very proud of myself because I was actually cooking independently. It was a lot of hard work, we were in the kitchen preparing and cooking food all morning but it was worth it when we heard the great compliments from Harry and Elliot. Our meal was a success!

Soon after, it was our turn to be guests as it was Harry and Elliot’s turn to cook for us. At the end of the meal we all had to score each other’s cooking out of 10.



## Work Experience in the Sixth Form



I go to St. John Rigby for work experience every Thursday. I have learnt quite a lot over the time I have spent there and I have enjoyed it.

I do Site Agent work with a man called “Jim” who has worked there for a very long time. I go there and help out and to learn new things from Jim.

I mostly do jobs like sweep up leaves in the playground, learn how to put up shelves and stock up on equipment like cleaning spray so that we don’t run out of it.

Some days are peaceful when other days can be busy—you just don’t know what may happen on some days but all in all, I enjoy doing the job.

Harry Dawes



I have work experience at Tesco every Thursday; it’s a very great place.

All the staff are nice, friendly, kind and eager to help me out. I normally help out some of them on the shop floor, stacking items up and printing off price labels. I also work in the warehouse fixing broken items which could be resold at a reduced price.

I work from 10am till 1pm although I go in early as one of the best things about working for Tesco is that I get to have a free breakfast and lunch.

All in all, it is a privilege to work there.

Tom Haynes



Every Thursday, I travel independently on the bus to go to work experience at the Salvation Army.

I work from 10.30am to 12.25pm.

At my work placement, I work as a shop assistant helping out around the shop. I carry stuff and tidy things away. I always work hard and also get on well with the other people who work there.

Since I started work experience, I have learnt lots of new things including how to solve problems but probably the best thing about it for me, is that I am now much more independent.

Fran Insogna



For my work experience, I go to Taylors Estate Agents every Thursday for two and a half hours. My jobs range from a variety of things such as doing your every day filing and making tea and coffee for the members of staff.

I am occasionally tasked with other colleagues to go out leafletting around various areas of Bedford or even go around a property that is for sale.

I have been working at Taylors since 13th September last year and feel that I have settled in very well.

I don’t feel nervous asking for any assistance from others in the office and I’m not afraid to make mistakes.

Elliot Taylor



## Junior Rowing Leaders

Over the past few months, all the sixth formers took part in a Junior Rowing Leaders course run by Sharon and Katherine from Bedford Rowing Club. The course consisted of 2 awards broken down into different parts—understanding the sport of indoor rowing, being safe/risk assessment, assessing abilities on an indoor rowing machine, organising an indoor session and planning and organising an indoor rowing event.

To complete the course, the students had to learn how to assemble and dismantle the rowing machines, learn the correct way of sitting on the rowing machines in order to be able to correctly teach others and promote the competition by creating posters which were then displayed around the school.

The students then organised two competitions in school—one as part of our fundraising activities for Autism Awareness Week and one in the Nightingale Centre for a small group of approximately 10 students.

Congratulations to Harry, Elliot, Fran and Tom who all successfully completed the course.



## Autism Awareness Week 2015

During Autism Awareness Week, staff and students held a variety of events to not only raise awareness of ASC but also to fundraise on behalf of local charity, Autism Bedfordshire. Events included a doughnut sale, a rowing competition and a whole school mufti day. We are delighted to announce that we raised a massive £981.47 for this very worthwhile charity.



## Going to London by Elliot Taylor and Harry Dawes



Last October, me and Harry went to the Tower of London to see the poppy installation commemorating 100 years since the start of World War 1. We arrived in London via a train from Bedford Station at King's Cross St. Pancras where we went to M & S and bought our lunch. After that, we caught the tube to get to the station where we needed to get off at. When we arrived at the station, we walked to the tower where we found it swarming with loads of people.

The poppies were made of a ceramic material and there were 888,246 on display there commemorating all the soldiers who fought and died in the war. Afterwards, we walked alongside the river shortly before having our lunch on a bench whilst the teachers bought coffee. Once we finished, we took some pictures on our phones of some of London's iconic landmarks such as Tower Bridge. When the teachers had finished drinking their hot beverages, we once again walked by the river and went as far as St. Catherine's Docks. Finally, and to finish the day off, we got the tube back to Kings Cross St. Pancras to catch our 1.30 train back to Bedford Station and from there got on the minibus back to school arriving back to school at 2.35pm.

I thought the trip was an experience that will remain in my memory as an iconic moment.

Elliot Taylor



On Friday 24th April, me and my good friend Elliot went to London with Mrs Nightingale and Mrs Arnott. We went to London to look in some of our favourite shops especially mine and Elliot's favourite Sci-Fi shop, Forbidden Planet!

We got the train from the Bedford train station at 08:45 and arrived at London St Pancras International at 09:10. Once we got there we bought our lunch from M&S and then we got the Piccadilly line service to Convent Garden, We arrived at Convent Garden at 10:32 and walked from the Underground station there to Forbidden Planet where we arrived at 10:41.

We spent 50 minutes in the store whilst the Teachers went to look in some shops next door to us and some of the shops we passed when walking down. At 11:32 we left the store with the Teachers and then walked into Convent Garden itself to find somewhere to eat Lunch. After we ate Lunch we walked down to look in the Apple store and Jack Wills while the Teachers left us again to look in some more shops.

When we finished we met up at the station at 12:45 and got the Piccadilly line service back to King's Cross St. Pancras International and at 12:55 we caught the train back to Bedford Train Station and got on the mini bus back to School. We arrived back at School on the mini bus at 14:35 20 minutes before the end of the day.

It was a great day out. We had fun.

Harry Dawes





## Going to College—Transition Visits

Students from the 6th form have been regularly visiting Bedford College over the last 6 months as part of their transition planning. Here are some of their comments:



“On Friday 16th January, me and my colleague Harry went on a trip to Bedford College on a taster day. We went and tried out the painting and decorating course for 3 hours. We met our instructor, Nathan, who helped us throughout the time we spent there. We were doing wallpapering, not painting, surprisingly which at first seemed quite difficult to master. However, with guidance from Nathan, we successfully managed to copy what he did on our own. We enjoyed it and may take it into consideration as an option to do in the future.”

Elliot Taylor

“On Friday 6th February, I went to visit Bedford College to have a look at the motor mechanics course. When I saw what it looked like, I was quite amazed by it, it was big enough to fit about 6 cars which needed repairs. The teacher was Bob Cowley, he seemed very nice and was always ready to help in case I got stuck. I already knew most parts of the car, including parts underneath the car. I would have originally stayed for about 1 hour but because I was enjoying it so much, I was allowed to stay for an extra 2 hours until the other college students had their lunch.

I learned some interesting things about cars and how they work including how to separate an inner tube from a car’s wheel and how to put it back together again.

The good thing about the visit was that it made me want to go to Bedford College for year 13 so I applied for the Foundation Skills Programme and chose Motor Mechanics as an option. I am looking forward to starting there in September.”

Tom Haynes



## ASC Provision Award



The winner of this year’s ASC Provision Award is Tom Haynes. Tom has worked with commitment and maturity this year. His positive and supportive attitude towards other students has been appreciated by both students and staff. He has become increasingly independent and is always helpful and polite. He has been a pleasure to teach.



## Our end of term trip to Hollywood Bowl and Harvester



On Friday 22nd May, all the staff and students went to Hollywood Bowl at Xscape in Milton Keynes for our end of term trip.

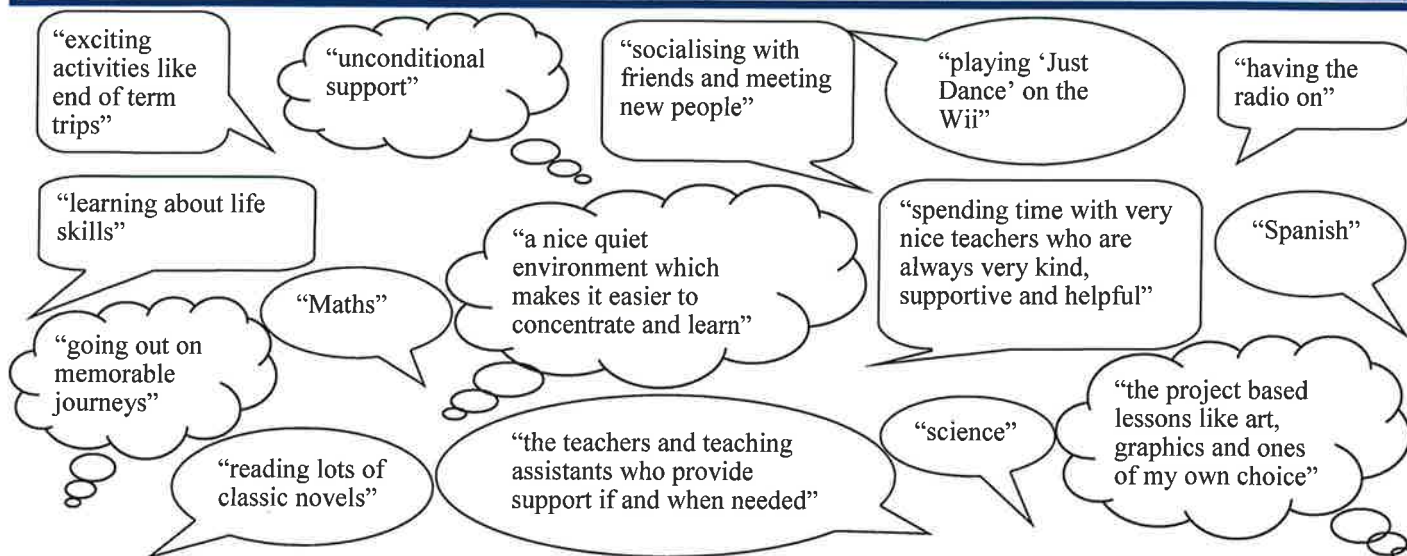
We had two lanes in the VIP area and we split into two teams with us sixth formers in one lane and the rest of the students in the other. We chose wacky names for each of our bowlers and had two games of bowling each—it was fun! After bowling, I got to go and play on my most favourite arcade game of all time—Mario Kart! I had great fun when I was racing against my friends, Tom and Elliot.

Afterwards, we went for lunch at the Harvester. I ordered cheese and bacon burger with an Oreo Cookies and Cream Dessert which were both great.

The trip turned out to be one of the most unforgettable moments of all time which will always be something to remember.

Fran Insoigna

## Some feedback from our students— “What is the best thing about being in the ASC Provision?”



## And finally ....

May we take this opportunity to wish all our students good luck with their exam results.

Sadly we have to say goodbye to Adam Blake, Elliot Taylor, Tom Haynes and Francesco Insoigna. We wish them all the best for the future and hope they will come back and visit us soon.

We are looking forward to welcoming four new students in September -Stefan, Oliver, Jason and Akira.