

BUG!

OUR NEW AFTER SCHOOL CLUB

15 Common Shakespeare Phrases We Still Use Today

In Conversation With...
Shayne House, our Marketing & Communications Manager

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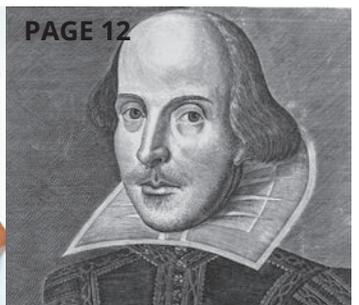
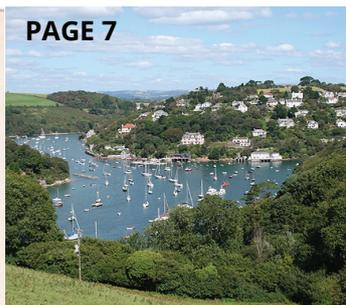
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Kelly Luscombe
Editor

We have an exciting new after school club for students, Beginners Ukulele Group (BUG!), with our teacher Tim which is free to our adult students. We also celebrate International Women's Day by looking through the years at the achievements of women which have shaped the world we live in today.

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The birds are singing, the flowers are appearing and the sun is out - all showing that Spring is on the way and our days will be better and brighter.

Happy Easter.



Suzanne Sparrow
Chairman

NEWS

FREE BUS PASSES

We now provide free bus passes to all our students who are hosted with our homestay accommodation regardless of the travel distance to school.



Clocks Spring Forward

On Sunday 25th March the clocks go forward. Don't forget to change the clocks when you go to bed on Saturday night!



Congratulations!

One of our previous students, Rima, has just graduated from her Masters degree and plans to become either a researcher in one of Saudi Arabia's leading research centres or a lecturer in a university. Well done Rima!

INTERNATIONAL LUNCH

We held our first international lunch of the year for our adult students where students tasted a variety of food from all over the world. There were dishes from France, Brazil, China and of course England! Thank you to all our students who made food from their countries.



Well Done!

Well done to all our Cambridge Examination candidates with 87% of them passing First Certificate.

And a special congratulations to Nicole who achieved a very high grade A in Cambridge Advanced Certificate which means she now has a C2 Level (Proficiency!)

In Conversation With...



Shayne House

Marketing & Communications Manager

WHAT GETS YOU OUT OF BED IN THE MORNING?

Strong coffee. I'm actually a big tea culture fan, but that first cup of the day has to be strong black coffee. In a less literal sense I get a buzz from seeing our students of all ages having a great time. The culture of the school is very much about learning in a caring and fun environment.

WHAT IS YOUR BIGGEST ACHIEVEMENT TO DATE – PERSONAL OR PROFESSIONAL?

Professionally I would say my greatest achievement at the school so far, has been to facilitate an arrangement between the school and RefuAid, who support both refugees and the local community. I'm proud in being able to help in providing a long-term solution to access education & employment.

WHAT IS YOUR MOST TREASURED POSSESSION?

I don't really get attached to 'things'. I don't know if I could live without my books, but having said that I can't believe how easily I converted to using a kindle, but I still love the tactile nature of books. Obviously reading books and reading on a kindle are not mutually exclusive.

WHERE IS YOUR FAVOURITE PLACE IN THE UK TO BE?

Without a doubt it's Cornwall and of all the places in Cornwall, it has to be Porthcothan,

a peaceful little bay, off the beaten track in North Cornwall. It's a well-kept secret though, so don't tell too many people...

WHAT'S YOUR FAVOURITE LINE FROM A FILM?

"These go up to eleven" from Spinal Tap. What a film!

WHAT IS YOUR GUILTY PLEASURE?

I'm a bit of a music snob so I would never openly admit to liking a bit of Phil Collins. Listening to him any more than once or twice a year would constitute a crime though.

WHAT DOES A TYPICAL WORKING DAY LOOK LIKE FOR YOU, NOW YOU HAVE ADDITIONAL DUTIES?

As Marketing & Communications Manager for the school there is plenty to do, as we strengthen our offering to existing agents, and as we move forward in developing our offering in new territories.

I'm happy to have recently taken on the responsibilities of organising activities and organising the social programme, I just hope that all the spinning plates don't crash down around me! Seriously though, we already have so many great activities that our students really enjoy, I'm simply glad that I'm able to add some new ones into the mix for this season.



International Women's Day

On the 8th March it is International Women's Day. What better way to celebrate this than to have a look back in history at all the achievements of women over the years. You may also recognise a particular person too!

1908 - Suffragettes chained themselves to the railings of Number 10 Downing Street.

1913 - Suffragette Emily Wilding Davison was killed after throwing herself in front of the Kings horse at the Epsom Derby.

1918 - Women over the age of 30 were given the vote (UK)

1919 - Nancy Astor became the first female MP to take her seat in parliament.
– Sex Discrimination (Removal) Act rules that women cannot be barred from any profession on grounds of sex or marital status.

1928 - Women were given the vote on the same terms as men (UK)

1947 - Newly independent India decreed there should be no discrimination against women on basis of gender alone.

1952 - The coronation of Elizabeth II.

1955 - Rosa Parks unwittingly sparked the black civil rights movement in the USA when she refused to give up her seat on a bus for a white man in Montgomery, Alabama.

1959 - The Tibetan Women's Uprising. It was March 12, 1959 a day after the National Uprising Day, thousands of women gathered in front of the Potala Palace in Lhasa to peacefully protest against the illegal occupation of Tibet.

1963 - Valentina Tereshkova became the first woman in space when the Vostok 6 orbited the earth 38 times.

1967 - Dame Cicely Saunders founded the worlds first hospice, St Christophers in Sydenham, South London.

1975 - The Sex Discrimination Act and The Equal Pay Act were introduced in Britain.

8th March 2018

#PressforProgress

1977 - Jacqueline Means ordained After an “irregular” ordination, Jacqueline Means was formally and officially ordained by the Episcopal Church (USA), making her the first woman ordained in the Episcopal Church with official sanction.



1978 - Suzanne Sparrow opened the first English Language School in Plymouth, which first started in her home office in Newton Ferrers. Suzanne was 54 when she started the school and had actually been in the Royal Navy as a Wren Coxswain between the years of 1942-945 during the Second World War before going on to start a family and then in time, the school.

1979 - On May 4th Margaret Thatcher was elected Conservative Prime Minister

1997 - Labour election victory doubled the amount of female MPs, from 9% to 18% – a historic first.

2007 - Jacqui Smith became the first female Home Secretary.

2009 - in February 2009 the Aldermaston Women’s Peace Campaigners won the right to continue their legal protest.

2010 - First female Muslim MPs were elected to parliament. Rushanara Ali, Shabana Mahmood and Yasmin Qureshi are all labour MPs.

2015 - Queen Elizabeth became the UK’s longest-reigning monarch after 65 years on the throne.

2017 - Over 100,000 Londoners took to the streets for the London Women’s March

2017 - Over 4.5 million women in seven continents marched the day after Donald Trump’s inauguration on 21 January to highlight the importance of gender equality. What resulted was one of the largest protests ever and a powerful show of faith-restoring solidarity and strength.

A Friendship Through Learning

It would be in the early 1980's we received a letter from Hamburg, Germany requesting information about Newton Ferrers i.e. places to stay and where to visit in Plymouth.

The letter, addressed to the mayor and written in good English, came to us as Bernard my husband was Chairman of the Newton Ferrers Parish Council. I replied and offered to book a hotel, hire a nice car and anything else they would require.

On arrival at the Yealm Hotel we were asked to join them for dinner. It transpired Martin had been a prisoner of war at a camp nearby and his duties had included working in local gardens – including the Yealm Hotel.

We became firm friends with Martin and his wife Liz, so much so that they requested to stay in Plymouth and have English tuition the following year. I had started the Language School in 1978 and was organising tuition in different buildings in Plymouth depending on the contracts – groups or individuals.

As Martin and Liz, who were both working in Hamburg, were using their holidays for this dual purpose – it was ideal for me to organise private tuition in the Holiday Inn where they would stay, with classes in the morning and afternoons free.

I had the ideal teacher for this – a gentleman called Howard Moyse. He was a brilliant teacher and a historian – the very best person to extend Martin's English and to help Liz to learn.

This arrangement continued for a year or so and we kept in touch with them – going on holiday and telephoning from time to time and we have maintained the friendship to this day.

Sadly Martin died last year, but Liz still lives in Hamburg.

- Suzanne Sparrow



A New Free Student Activity Starts

We have a new activity club running for students to attend; Beginners Ukulele Group (BUG!)

If you have never heard of a ukulele (pronounced *yoo-kə-LAY-lee*), it's a member of the lute family of instruments and looks like a miniature guitar. It originated in Hawaii in the 19th century. The tone and volume of the instrument can depend on the size and how it is made and comes in four sizes; soprano, concert, tenor, and baritone.

The club is run by one of our teachers, Tim, who has been playing the ukulele for ... years. We asked Tim about his history with the ukulele and whether the instrument is easy to learn.

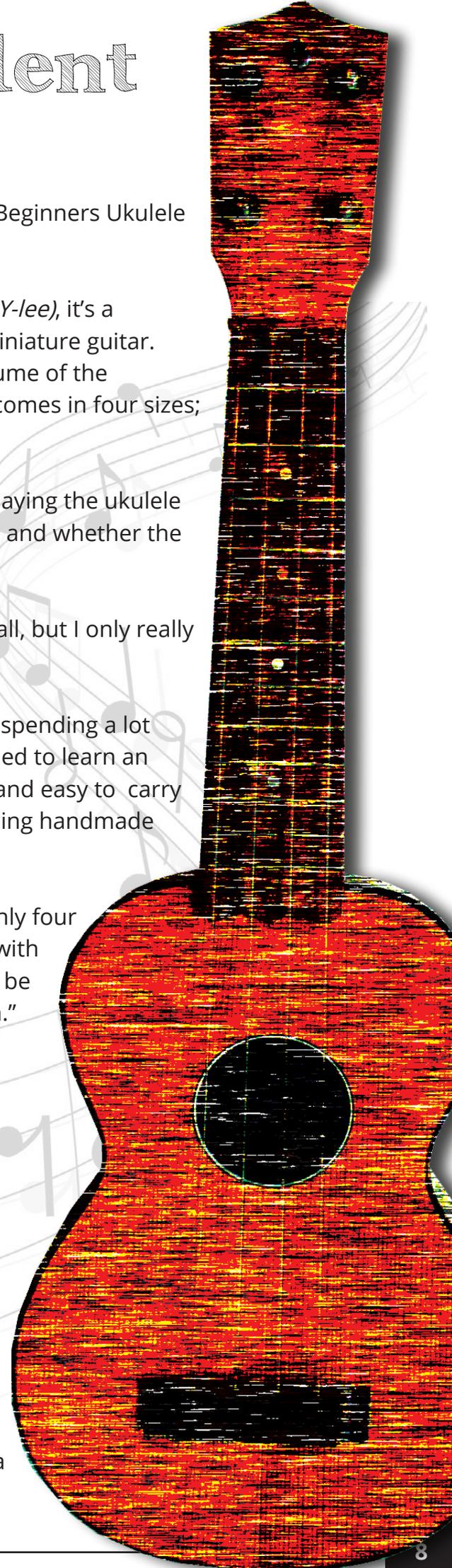
"My dad taught me to play his banjulele when I was very small, but I only really got a passion for playing about 3 years ago."

"I was waiting for my wife, Diana's visa to be processed. I was spending a lot of time sitting around the hotel with nothing to do so I decided to learn an instrument. I wanted an instrument that was quick to learn and easy to carry around. There was a small workshop opposite the hotel selling handmade ukuleles and guitars so I went there and bought one."

"It's much easier to play than the guitar because there are only four strings. There are some people who can do amazing things with the ukulele so I still have a lot to learn, but I'd say it's easy to be good enough to play your favourite songs and have fun with."



BUG will be on every Wednesday after lessons finish and is a free activity open to all students. You will need to book your place with Shayne to be able to attend the session.





A Romantic Start to a Business

One of our homestay providers, Debs Appleby-Marshall, talked to us about their new business venture making handmade and natural soaps.

What is the story behind Soap & Pamper?

John, my husband, romantically made me some soap one Christmas and it was lovely. It didn't dry my skin and it smelt gorgeous. When I took voluntary redundancy in 2016 he suggested I look into soap making as a hobby, to keep me busy before I decided what I wanted to do. I started researching how soap was made and was horrified to find that animal fat went into many well known brands, (I'm a pescatarian) along with chemicals to preserve the soap and to give it the lather that we all seem to want. I researched into animal free fats and oils for about a year then started making small batches and giving it to my friends to try and test. Eventually I had a recipe I liked, several scents that worked and Soap & Pamper was born!

What is your product range?

Predominantly I make and sell soaps. My licence enables me to sell 9 different scents. If you make soap you must have a licence as it is classed as a cosmetic. I do intend extending my range into soap shampoo bars and body scrubs but that will be much later. I want to make sure that I have a good range of soaps first. This year I want to create some exfoliating bars of soaps, perhaps using olive stones or poppy seed....

I also sell bathroom accessories that are made from sustainable material, bamboo, ramie sisal. They are all vegan friendly, even the shaving brush! This is the start of the Pamper range.

What is different and unique about your products?

They are made with all natural ingredients and are free from animal cruelty, palm oil, parabens and synthetics. In addition I am environmentally friendly with my packaging being made with recycled material. Where possible I reuse boxes that I receive to post any items bought from my Etsy or Facebook shop.

I only use pure essential oils to create a scent. I do not use synthetic smells, therefore you will not find any soap that smells of bubble gum or cookie dough in my shop! Essential oils are pure so they are kind to the skin and to the environment. Fragrance oils are created in a laboratory so are not strictly natural. SLS are chemicals that create a lather. You can find them in shampoos, soaps, carpet cleaner. I use a small amount of castor oil to give a natural lather that is so much better for you.

What is the best thing that has happened to you since you started Soap & Pamper?

I have time to call my own. I am always busy doing things but it is things that I want to do, not things that my boss or the government want me to do! I eat when I want, walk the dog when I want, even go to the loo when I want. lol!

Is there anything in particular you are most looking forward to for the future of Soap & Pamper?



Building up the business so I have a range of vegan products. I get irritated when I go out to eat and the only thing on the menu for vegetarians is veg bake. Ok, it is getting better and there are some great veggie restaurants in Plymouth - Veggie Perrins for one...but as a vegan the choice in everything is so much harder, and I don't know why. It doesn't take a lot to leave out animal fats in a soap. When I was researching into making soap, many other soap makers insisted that I would find it hard to avoid animal fats and palm oil, it had to be one or the other. Well, Soap & Pamper does avoid both and the bar of soap cleans the skin whilst leaving it soft and smelling good!

If you are interested in purchasing products from Soap and Pamper you can buy from their Facebook page or Etsy Shop. Anyone ordering from the school can also save on delivery costs as orders will be hand delivered to the school! A list of craft fayres Soap & Pamper will be attending is on their Facebook page.



Season Recipe

Hot Cross Buns



Ingredients

For the buns

300ml full-fat milk, plus 2 tbsp. more
50g butter
500g strong bread flour
1 tsp salt
75g caster sugar
1 tbsp sunflower oil
7g sachet fast-action or easy-blend yeast
1 egg, beaten
75g sultana
50g mixed peel zest
1 orange
1 apple, peeled, cored and finely chopped
1 tsp ground cinnamon

For the cross

75g plain flour, plus extra for dusting

For the glaze

3 tbsp apricot jam

Method

1. Tip the flour into a bowl and stir in the salt, mixed spice and sugar.

2. Rub in the butter with your fingertips. Stir in the dried fruit, then sprinkle over the yeast and stir in. Gently warm the milk so it is hot, but still cool enough to put your finger in for a couple of seconds. Beat with the eggs, then pour into the dried ingredients.

3. Using a blunt knife, mix the ingredients to a moist dough, then leave to soak for 5 mins. Take out of the bowl and cut the dough into 8 equal pieces.

4. Shape the dough into buns on a floured surface. Space apart on a baking sheet, cover loosely

with cling film, then leave in a warm place until half again in size. This will take 45 mins - 1 hour, 15 mins, depending on how warm the room is.

5. When the buns are risen, heat oven to 220C/fan 200C/gas 7. Mix the flour with 2 tbsp water to make a paste. Pour into a plastic food bag and make a nick in one of the corners. Pipe crosses on top of each bun.

6. Bake for 12-15 mins until risen and golden. Trim the excess cross mixture from the buns, then brush all over with honey or golden syrup. The buns will keep fresh for a day. After that they are best toasted and served with butter.

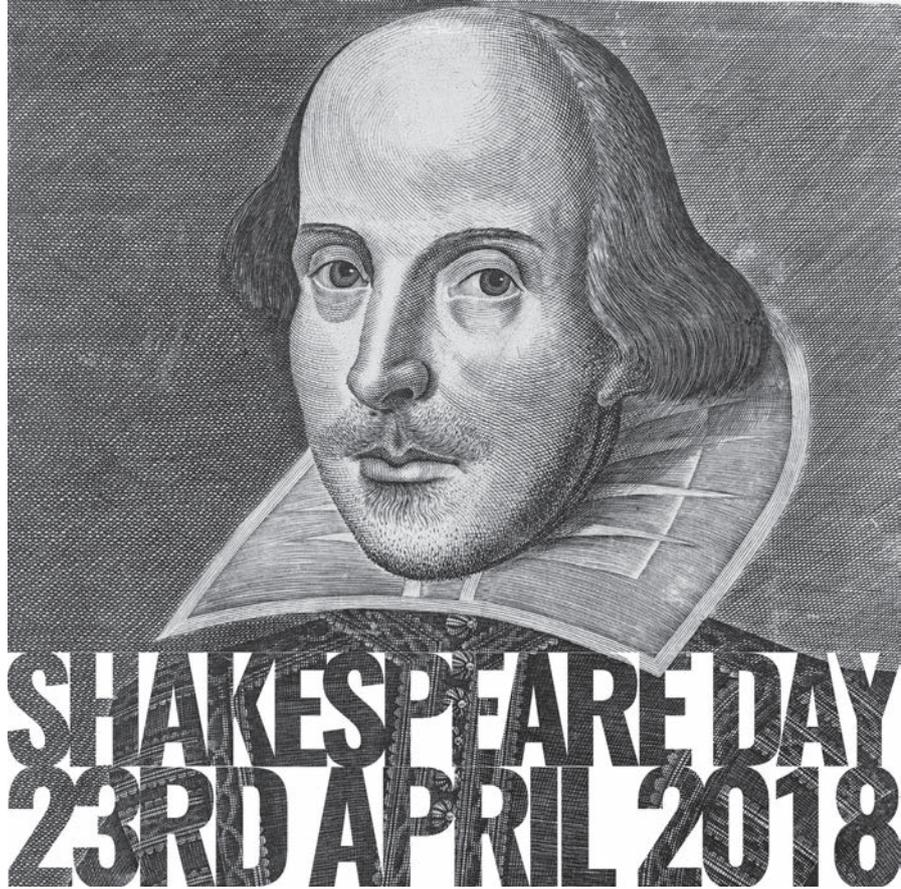


APRIL FOOLS DAY 1ST APRIL

The first of April marks April Fools' Day (sometimes called All Fools' Day) and is celebrated every year by playing practical jokes and spreading hoaxes. The jokes and their victims are called April fools. People playing April Fool jokes expose their prank by shouting April Fool.

Some newspapers, magazines, and other published media report fake stories, which are usually explained the next day or below the news section in small letters. Although popular since the 19th century, the day is not a public holiday in any country. In the UK, an April Fool joke is revealed by shouting "April fool!" at the recipient, who becomes the "April fool".

A study in the 1950s, by folklorists Iona and Peter Opie, found that in the UK, and in countries whose traditions derived from the UK, the joking ceased at midday. A person playing a joke after midday is the "April fool" themselves.



For some, Shakespeare is a distant memory of school days, but even at the ripe old age of 454 years there is no escaping the Bard. His plays are still being adapted for TV and films, his sonnets are still being used in wedding speeches and many phrases we use today were actually first coined by Shakespeare. Some of these phrases are so common you'll be surprised to find them on this list.

Here are 15 of Shakespeare's phrases that we still use today.

1. "For goodness sake" - Henry VIII
2. "Neither here nor there" - Othello
"Mum's the word" - Henry VI, Part II
3. "Eaten out of house and home" - Henry IV, Part II
4. "Knock knock! Who's there?" - Macbeth
5. "All's well that ends well" - All's Well That Ends Well
6. "With bated breath" - The Merchant of Venice
7. "A wild goose chase" - Romeo and Juliet
8. "Too much of a good thing" - As You Like It
9. "A heart of gold" - Henry V
10. "There's method in my madness" - Hamlet
11. "What the dickens" - The Merry Wives of Windsor
12. "Lie low" - Much Ado About Nothing
13. "Dead as a doornail" - Henry VI, Part II
14. "In stitches" - Twelfth Night
15. "Wear your heart on your sleeve" - Othello

CINEMA

TO CHECK WHAT'S ON AT OUR LOCAL CINEMAS PLEASE CHECK WEBSITES

VUE CINEMA

Barbican Leisure Park, Shapters Road, Coxside,
Plymouth PL4 0LG
Phone: 0345 308 4620
www.vue.com

REEL CINEMA

25 Derry's Cross, Plymouth PL1 2SW
Phone: 01752 225553
reelcinemas.co.uk

PLYMOUTH ARTS CENTRE

38 Looe St, Plymouth PL4 0EB
Phone: 01752 206114
plymouthartscentre.org

JILL CRAIGIE CINEMA / UNIVERSITY OF PLYMOUTH

Drake Circus, Plymouth PL4 8AA
Phone: 01752 585050
<https://www.plymouth.ac.uk/your-university/peninsula-arts/film>



PLYMOUTH UNIVERSITY

BRITISH SCIENCE WEEK 2018

FRIDAY 9TH - SUNDAY 18TH MARCH

British Science Week (formerly National Science and Engineering Week) is a national initiative that has been running since 1994.

It is a ten day celebration of the best of British science, technology, engineering and maths with a line-up of fascinating, entertaining and engaging events across the UK for people of all ages.

LANGUAGES CAFÉ

WEDNESDAYS AND THURSDAYS DURING THE SEMESTER.

The Languages Café promotes communication across languages and across cultures. It is a meeting place for students, staff and Plymouth residents to practise their language skills over a coffee, in an informal and fun environment. Sessions are run in a relaxed and sociable environment with native speakers to help guide conversations in French, Spanish and English, and occasionally German, Chinese (Mandarin) or Italian. All abilities - all welcome.

PLYMOUTH ASTRONOMICAL SOCIETY MEETINGS

The Plymouth Astronomical Society (PAS) meets every month at Plymouth University. Society meetings are free to members and visitors are very welcome to attend at a cost of £2 on the door.

FILM: DAUGHTER RITE (1978)

MONDAY 12 MARCH @ 19:00 £6 (£4.20 CONCESSIONS)

Daughter Rite is the link between 'direct cinema' documentaries and the later hybrids that acknowledged truth couldn't always be found in front of a camera. Scandalous in its day for bending the rules of representation to enlighten its audience about film-making, this film has a lot to teach those of us hooked on reality TV too.

THEATRE

SUNSET BOULEVARD

THURSDAY 15TH MARCH @ 19:30

One of the all-time great musicals, Sunset Boulevard is a compelling story of romance and obsession, based on Billy Wilder's legendary film, with Don Black and Christopher Hampton's wonderful book and lyrics.

TICKETS ARE AVAILABLE FROM THE SCHOOL

JERSEY BOYS

THURSDAY 19TH APRIL @ 19:30

Jersey Boys tells the true life story of four boys from the wrong side of the tracks who wrote their own songs, invented their own unique sound, and sold 100 million records worldwide.

TICKETS ARE AVAILABLE FROM THE SCHOOL

CIRQUE BERSERK

THURSDAY 10TH MAY @ 19:30

Combining contemporary cirque-style artistry with adrenaline-fuelled stunt action, this astoundingly talented international troupe includes over thirty jugglers, acrobats, aerialists, dancers, drummers and daredevil stuntmen. Featuring the world's most hair-raising circus act – the legendary motorcycle 'Globe of Death'. Don't miss it!

TICKETS ARE AVAILABLE FROM THE SCHOOL

OTHER EVENTS

CARLTON BIG BAND PERFORMANCE

@ THE DUKE OF CORNWALL

SUNDAY 25 MAR 2018 12:00 - 14:30

£8 ADVANCE TICKETS

£9 DOOR TICKETS

Carlton Big Band playing Swing, Rat-Pack and Latin music for Listening and Dancing.

EASTER WONDERLAND

SUNDAY 1 APRIL 10:00 - 15:00 @ ROYAL WILLIAM YARD

FREE

Easter Sunday wonderland returns to Plymouth's Royal William Yard with special guests Invisible Circus.

Don't be late for a very important date ... Royal William Yard springs into action on Sunday 1st April with a Mad Hatters tea party, Easter Egg Hunt and the ever-popular Good Food Market. Join Alice in Wonderland and friends for a fun, lively and slightly mad tea party on the lawn... pull up a chair at the Mad Hatters table for an unforgettable experience. There'll be an extra special appearance from street performer, Rimski's Bicycle Piano. Chase him as he brings music, entertainment

PIRATES WEEKEND PLYMOUTH

@ THE BARBICAN, QUAY SQUARE & SUTTON HARBOUR

SATURDAY 12TH - SUNDAY 13TH MAY

FREE

The award-winning Plymouth Pirate Weekend returns to our shores on Saturday 12 and Sunday 13 May 2018 for two days packed full of family fun.

LORD MAYOR'S FESTIVAL

@ ARMADA WAY

SATURDAY 26 MAY

FREE

This popular annual event will again be taking place, welcoming the new Lord Mayor into their role.

Through the Lens



Some readers may recognise this beauty from the front of the school! What a great photo for Spring.