



THE ACADEMY OF
**ST FRANCIS
OF ASSISI**

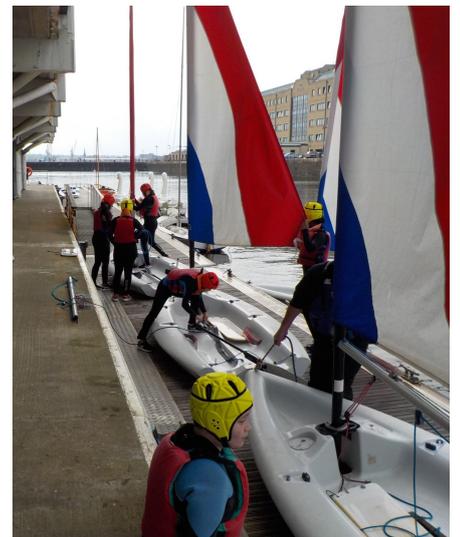
Newsletter

Issue Week Commencing: 6th May 2019

YEAR 8 SAILING AHEAD!

A group of Year 8 students have started to sail at Liverpool Watersports Centre. The 1851 Trust have provided funding for the Rebel Sailing Project which the Year 8 students are part of. Over the next six weeks the students will be taught to sail laser Pico boats and will learn how to rig and derig the boats.

At the end of the six week block they will all have completed their RYA Level 1 Sailing Award demonstrating their new skills and competencies.





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RECENT TWEETS

@ACADEMYSFA

Visit our Twitter page to see more of the great things happening at our Academy!

Miss Williams ASFA @williams_asfa · 10m
A tense game of Pulse with the @peacefoundation #year10day #myformertime

ASFA Sport and PE @AsfaSport Following

@ACADEMYSFA @GreenoughTg Good number of pupils at football tonight. Year 10 pupils also leading the club as part of their Duke of Edinburgh volunteering. ⚽



Debate Mate @Debate_Mate Following

Congratulations to The Academy of St Francis of Assisi @ACADEMYSFA for winning the Liverpool Debate Mate Cup! Well done to all the teams that took part! Keep debating, keep using your voice, and keep changing the world! #GenerationDM #DMC2019



WORD OF THE WEEK

Obsequious

Adjective: showing a great willingness to serve or obey; overly obedient

1: The celebrity was followed by obsequious assistants who did everything for her.

2: She behaved obsequiously towards her boss as she wanted a promotion!

Antonyms:

Brazen, presumptuous, confident, assertive

Synonyms:

Deferential, fawning, ingratiating, sycophantic, grovelling

This week's Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lasagne Choose from either fresh minced beef or soya mince cooked with onions, garlic, tomatoes and herbs, then layered between lasagne pasta sheets and topped with a béchamel sauce before being baked in the oven until golden, and served broccoli</p>	<p>Hunter's Chicken Choose from either a Quorn fillet or a chicken breast topped with BBQ sauce, ham then cheese and baked in the oven until melted and golden. Served with baby new potatoes and peas</p>	<p>Tacos Choose from homemade chilli beef or spicy chicken served in a Taco shell and topped with cheese and sour cream and served with shredded lettuce and tomatoes with a savoury rice</p>	<p>Roast Dinner Choose from our home roasted joint of the day or a nut roast, served with Yorkshire pudding, roast potatoes, carrot & swede, cabbage and gravy</p>	<p>Fish 'Fry-day' A selection of favourite fish dishes' chose from: Golden Battered Cod Fish Fingers Fish Cakes All served with Chips and Mushy Peas</p>
Snack Items				
Pizza	Lamb Koftas	Sweet & Sour Chicken Pots	Southern Coated Chicken Wraps	
Hot Alternatives Available Daily				
Jacket Potato & Paninis A daily selection of fillings and toppings served with salad				
Pasta Bar A meat and vegetarian sauce will be available daily and served with pasta				