

**Purbrook Park School  
Purbrook Park Newsletter**



**Week commencing Monday 29<sup>th</sup> January 2024  
WEEK A**

1. Notes from the Headteacher
2. Calendar
3. Messages
4. PTFA Bingo Night
5. Historians of the Week
6. Sparx Legends & Religious Studies Stars of the Week
7. PE Bulletin
8. Free Online Courses for Parents
9. Weekly House Attendance & Praise Point Leader Boards
10. GCSE Pod Leader Board
11. New Year, New You!



Purbrook Park is “aspirational and inclusive”

**1. Notes from the Headteacher**

Please find below a link to a very positive article in the Portsmouth News about our recent Ofsted inspection:

<https://www.portsmouth.co.uk/education/purbrook-park-school-receives-good-ofsted-rating-following-recent-inspection-4489595>

Thank you, once again, to all our wonderful pupils, parents, colleagues, and friends of our school, for your tremendous ongoing hard work and support.


With best wishes,

**Paul Foxley**

## 2. Calendar

Date	Event
<b>Monday</b> 29.01.24	Staff Briefing Department Meetings
<b>Tuesday</b> 30.01.24	School Day
<b>Wednesday</b> 31.01.24	Year 8 University Taster Day - Portsmouth University – all day
<b>Thursday</b> 01.02.24	School Day
<b>Friday</b> 02.02.24	Year 9 -11 Dance Trip -'Intermezzo' Production at the Minerva Theatre – 12.00pm – 4.00pm

## 3. Messages

<b>Remembering D-Day Variety Show</b>	 <p><b>Mrs Walsh – Teacher of History/Galileo RSL</b></p>
<b>Year 8 Progress Evening</b>	<p>Year 8 Progress Evening is taking place from 4.00pm to 8.30pm on <b>Thursday 8<sup>th</sup> February 2024</b>. Year 8 parents have received an invitation via email, with instructions on making appointments with your child's subject teachers. Instructions on booking appointments are also available to view on the school website in the 'Progress Evenings' section.</p> <p>When making appointments we strongly advise that parents prioritise appointments in subjects which your child is currently performing 'below expectations'. Due to high demand, appointments for Computer Science and PE, as well as all Art, Design &amp; Technology and Performing Arts subjects, will be available to book for selected pupils only.</p> <p><b>Mrs Davies – Lead Practitioner KS3 Achievement</b></p>

<b>Advice on Winter Bugs &amp; Measles</b>	<p>With temperatures dropping this month, Clare Joy – an NHS school nurse working locally, explains in this short video (link below), some top tips on keeping winter bugs at bay, and using the Healthier Together app for advice.  <a href="#"><u>Hampshire and Isle of Wight NHS YouTube channel</u></a></p> <p>It can sometimes be hard for parents to know the best way to help children recover from winter bugs. Healthier Together has been developed by local clinicians, and gives simple advice on how to help children get better at home.</p> <p>The UK Health Security Agency have also published helpful advice on:  <b><u>spotting the signs of when to keep children home.</u></b></p> <p>You can visit the <b><u>Hampshire and Isle of Wight NHS winter wellness web page</u></b> for more advice on keeping warm and well.</p> <p>You will have seen the news regarding the rise in cases of measles in London and the West Midlands. The UK Health Security Agency (UKHSA) has now declared a national incident in order to focus actions to limit the spread. Children who get measles can be very poorly and some will suffer life changing complications. To support this incident the Department of Education (DfE) has published some guidance for parents and for schools:</p> <p><b><u>What to do if you think your child has measles and when to keep them off school</u></b></p> <p>If you have any questions or concerns, please contact our pastoral team.</p> <p><b>Pastoral Team</b></p>														
<b>Dance Live Rehearsal Schedule</b>	<p>All rehearsals are 3.00pm - 4.15pm.</p> <table border="1" data-bbox="392 1279 1428 1727"> <thead> <tr> <th>Date</th><th>Sections required</th></tr> </thead> <tbody> <tr> <td>Mon 29<sup>th</sup> Jan</td><td>Finale</td></tr> <tr> <td>Tue 30<sup>th</sup> Jan</td><td>All except Opening</td></tr> <tr> <td>Wed 31<sup>st</sup> Jan</td><td>Whole cast</td></tr> <tr> <td>Thur 1<sup>st</sup> Feb</td><td>Whole cast</td></tr> <tr> <td>Mon 5<sup>th</sup> Feb</td><td>Whole cast 3-5pm</td></tr> <tr> <td><b>Tuesday 6<sup>th</sup> Feb</b></td><td><b>DANCE LIVE ALL DAY</b></td></tr> </tbody> </table> <p>Finale consists of Hope/Greed/Jealousy/Jayden &amp; Ruby and possibly some of the other evils. We will let you know if this is you.</p> <p><b>Tickets for the performance can be purchased through the Portsmouth Guildhall website or the Dance Live website for anyone who wants to come and support!</b></p> <p><b>Mr Strange – Teacher of Dance</b></p>	Date	Sections required	Mon 29 <sup>th</sup> Jan	Finale	Tue 30 <sup>th</sup> Jan	All except Opening	Wed 31 <sup>st</sup> Jan	Whole cast	Thur 1 <sup>st</sup> Feb	Whole cast	Mon 5 <sup>th</sup> Feb	Whole cast 3-5pm	<b>Tuesday 6<sup>th</sup> Feb</b>	<b>DANCE LIVE ALL DAY</b>
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## Food Practical Reminders

### **STIR FRY** **7Y 29.1.24** **7Z 30.1.24**

If you are bringing in your own ingredients, please use the recipe below and bring in cooked chicken only. Please remember a container to put it in.

## STIR FRY



#### Ingredients

100g noodles  
1 small chicken breast (COOKED)  
1 clove garlic  
½ or 1 red chilli  
1cm fresh ginger  
½ or 1 small onion  
3 mushrooms  
½ or 1 pepper  
1 x 10ml spoon oil  
1 x 10ml spoon soy sauce (reduced salt)  
2X Sweet chili sauce (optional)

## Method

1. Cook the noodles in boiling water. Check the packet for details
  2. Prepare the vegetables with a clean knife on a clean chopping board:
  3. peel and crush the garlic; de-seed and slice the chilli; peel and slice the ginger; slice the onion, pepper and mushrooms. On a different board, finely slice the chicken breast
  4. Heat the oil in a wok or frying pan.
  5. Add the onion, garlic, chilli and ginger. Allow to cook for 1 minute. Add the chicken and fry for 5 minutes
  6. Add the remaining vegetables and soy sauce and continue to cook for a further 5 minutes.
- CHECK THE CHICKEN IS COOKED BEFORE ADDING NOODLES
8. Drain the boiling hot water away from the noodles into a colander in the sink.
  9. Stir in the cooked noodles and cook for 2 minutes until hot.
  10. Serve. Clear up

### **SWEET PINWHEELS** **8X 29.1.24** **8Z 31.1.24** **8Y 2.2.24**

Please remember to bring in a container. If you are bringing in your own ingredients, please use the recipe below. If we are providing ingredients for you the fillings will be either Biscoff or chocolate spread with white choc chips.

## SWEET PIN WHEELS



#### Ingredients

200g Strong White flour  
Extra flour for dusting  
1 packet of yeast  
1 tsp of sugar  
15g Butter  
125ml warm water  
Sauce  
Toppings

## METHOD

1. Preheat oven to 220C fan/ gas mark 7
2. Place dry ingredients into a bowl, add in the butter and rub together to create breadcrumbs
3. Slowly add the water in to the mix using a spoon to make a soft but not sticky dough
4. Turn onto a floured surface and knead for 10 minutes
5. Roll into a square roughly 25cm x 25 cm making sure the edges are straight
6. Spread your sauce over the dough and add toppings, not too many or they will burst out
7. Roll it up like a swiss roll, tucking the edge in first and rolling up together, then cut into 9 equal sections and place onto a greased baking tray.
8. Cover and leave in a warm place to rise or until they have doubled in size
9. Bake for 15 - 20 minutes until golden brown

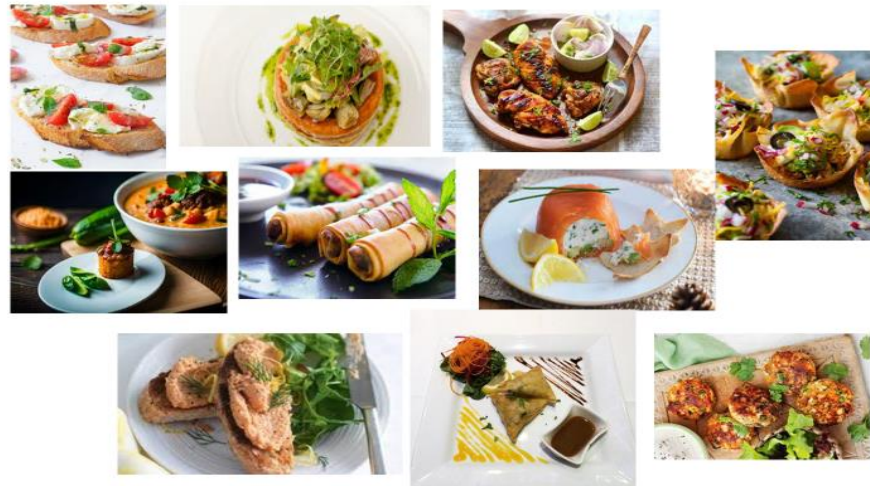


## CHICKEN THIGH AND LEG DISH - 10B 1.2.24



You will be using the thighs and legs from your chicken jointing practical to make a dish of your choice. Please bring in a recipe plan and all the ingredients you will need to make this.

## TRIAL 2- STARTER AND ACCOMPANIMENTS - 11B- 1.2.24



You will be making a starter and accompaniments of your choice based on your NEA 2 brief below. Please bring in all the ingredients you will need and a time plan. Remember that this is a trial, so please make something you can develop further in the final exam. For example, making a mini risotto and then changing this to a higher-skilled small ravioli dish for your exam.

### **BRIEF 1**

Plan, prepare, cook and present a range of healthy and nutritious dishes that would appeal to a family with limited food budget.

### **BRIEF 2**

Plan, prepare, cook and present a range of dishes to be sold in a cafe or restaurant that is promoting using fresh and seasonal ingredients.

### **BRIEF 3**

Plan, prepare, cook and present a range of dishes that celebrate an event, occasion or festival from around the world.

Miss Cumbo – Lead Teacher A, D & T

**Good News Story**

Congratulations to Hallie White (9DCSI) who competed in Nottingham at the weekend with her synchronised ice-skating team for the Britannia Cup. They achieved first place, making them British champions for their category, with a new 'personal best' score of 29.67. Well done Hallie!



**Miss Cumbo – Lead Teacher A, D & T**

**Science –  
Celebrating  
Success****Tassomai**

For the week beginning 15<sup>th</sup> January 2024, 18,831 Science recall-style questions were answered on Tassomai. The following pupils have been rewarded with 25 Praise Points for being the top three users in their year group:

<b>Year Group</b>	<b>1<sup>st</sup> Position</b>	<b>2<sup>nd</sup> Position</b>	<b>3<sup>rd</sup> Position</b>
7	Maddie Moore	Charlotte Losh	Tilly Goodchild
8	Scarlett Strachan	Bradley Ford	Rosie Reed
9	Isabel Goodwin	Lexie Kerens	Ellen Gaylard
10	Austin White	Molly Reeves	Zoe Simpson
11	Harry Simmons	Kyra Hepworth	Sofia Green

If you have any questions relating to Tassomai please do not hesitate to email: [tevans@purbrook.hants.sch.uk](mailto:tevans@purbrook.hants.sch.uk)

**Mr Evans – Lead Teacher of Science**

**BONKERS BINGO!!**  
**(over 18s)**

**Friday**  
**1st**  
**March**  
**630pm**

**Entry fee £5**  
**Includes welcome**  
**drink and bingo tickets**  
**(chance to upgrade to full**  
**bingo book on the evening)**

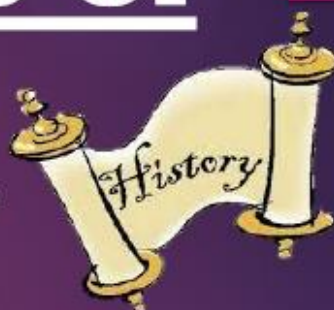
**To book please email**  
**[purbrookparkschoolptfa@gmail.com](mailto:purbrookparkschoolptfa@gmail.com)**  
**Feel free to bring your own drinks and nibbles**

**Raising money to enhance our pupils' education**



Week commencing 22<sup>th</sup> January 2024

# Historians of the Week!



**Year 7 – Jack Foster**

**EKCL**



**Year 8 – Rudy Jones**

**ERJA**



**Year 9 – Nina Rudnik**

**NAFR**



**Year 10 – Ella Johnson**

**GSWI**



**Year 11 – Harry Stallard**

**GAPI**

*These pupils have displayed excellent effort, attitude and work in last week's history lessons; going above and beyond in all sessions, for homework tasks and even extra curricular sessions like revision!*



## ***Sparx Legends of the Week***

**Year 7 – Caspian Nation**

**Year 8 – Elliot Nicoll**

**Year 9 – Lexie Kerens**

**Year 10 – Ellouise Sadler**

**Year 11 – Daniela Chirinos-  
Divers**

**Your Skip the queue pass will  
be emailed to you on Friday  
for the following week!**

**Skip the queue pass allows you  
to get straight to the front of  
the food queue for 1 week!**

# Religious Studies Stars of the Week



★ **Year 7: Jack Foster (EKCL)**

★ **Year 8: Halle Bradshaw (GJMO)**

★ **Year 9: Ruby Jackson Nash (GNLY)**

★ **Year 10: Teddy Westrope (EIBA)**

★ **Year 11: Kyra Hepworth (DCSI)**

**These pupils have shown fantastic effort,  
attitude and work in the last week's RS  
lessons.**



## PE BULLETIN

### Fixtures next week

#### **Football**

Monday 29/1/24 – Year 9 Boys @ Cowplain School

Wednesday 31/1/24 – Year 10 Boys @ Cowplain School

#### **Basketball**

Thursday 1/1/24 – Year 8 Mixed @ Crookhorn School

### Year 10 Trip to Chichester University

On Friday 12<sup>th</sup> January 2024, a select group of Year 10 pupils attended a school trip to the Chichester University Sport Science Department. They spent the day learning about what a sport science course offers and they took part in some practical experiments related to health and fitness. It was a great experience and taught the pupils a lot about future career pathways.

### Girls' Rugby

Calling all Year 7, 8 and 9 girls! If you would like to take part in the girls' rugby training at Havant RFC, please see a member of the PE department.

### New Extra-Curricular Club timetable

## EXTRA-CURRICULAR CLUBS: SPRING TERM 1 2024

<b>Monday</b>	FOOTBALL FIXTURES SUBJECT INTERVENTION	TBC CM2	Mr Wilson All Staff	Year 9 YEAR 9,10, 11
<b>Tuesday</b>	BADMINTON NETBALL/BASKETBALL CLUB ULTIMATE FRISBEE CLUB RECREATIONAL FOOTBALL RUGBY SUBJECT INTERVENTION	SPORTS HALL HARD COURTS MUGA MUGA/FIELD FIELD CM2	MR CROSSMAN MISS FRYER/MISS BRAILEY MR KNIGHT MR HARRIS MR MOON MR WILSON	ALL YEARS ALL YEARS ALL YEARS ALL YEARS YEAR 9 YEAR 9,10, 11
<b>Wednesday</b>	FOOTBALL FIXTURES FITNESS CLUB DODGEBALL CLUB TABLE TENNIS EXAM INTERVENTION	TBC FITNESS SUITE SH GYM CM2	MR MOON MR GISSING MISS FRYER MISS BRAILEY MR WILSON/MR CROSSMAN	YEAR 10 ALL YEARS ALL YEARS ALL YEARS YEAR 11
<b>Thursday</b>	GIRLS FOOTBALL TEAM FOOTBALL TEAM FOOTBALL RUGBY BASKETBALL CLUB GYMNASTICS CLUB	FIELD/MUGA FIELD FIELD FIELD SPORTS HALL GYM	MISS GUILF MR EVANS MR WILSON MR MOON MR CROSSMAN MISS BRAILEY	ALL YEARS Year 7/8 Year 9/11 Year 7 ALL YEARS ALL YEARS



The poster features a large '100' in the top right, with 'MILE CHALLENGE' below it. A diagonal banner on the left reads 'PE DEPARTMENT'. The background is split into yellow and dark blue sections. A dashed line with location pins and a bicycle icon winds across the bottom. A group of eight people in various sports uniforms stands at the bottom, next to a box labeled 'HUNDRED'.



# 100

## MILE CHALLENGE

**WE CHALLENGE YOU TO  
COMPLETE 100 MILES  
OF RUNNING, WALKING  
OR CYCLING BETWEEN  
NOW AND OUR  
CENTENARY  
CELEBRATION ON  
SATURDAY  
6TH JULY.**

**PLEASE USE A  
FITNESS TRACKER  
APP SUCH AS  
STRAVA, GARMIN OR  
APPLE HEALTH TO  
RECORD YOUR  
PROGRESS TO  
PROVE YOU HAVE  
COMPLETED THE 100  
MILES.**

**COMPLETE 100 MILES AND  
BE ENTERED INTO THE  
RAFFLE TO WIN  
TICKETS TO THE  
HUNDRED CRICKET  
MATCH!**

**PLEASE SEE THE  
PE DEPARTMENT  
FOR MORE  
INFORMATION  
OR SUPPORT  
WITH USING A  
TRACKING  
APP.**

**HUNDRED**



## FREE Online Courses for Parents this February

To book type in the link: <https://shop.hants.gov.uk/collections/library-courses>

Course	Dates	Time
<b>Positive Parenting</b>	Mondays 26 February – 25 March	6:30pm – 8pm
<b>Raising Resilient Children</b>	Tuesdays 27 February – 26 March	6:30pm – 8pm
<b>Introduction to Paediatric First Aid</b>	Tuesdays 27 February – 19 March	6:45pm – 9:15pm



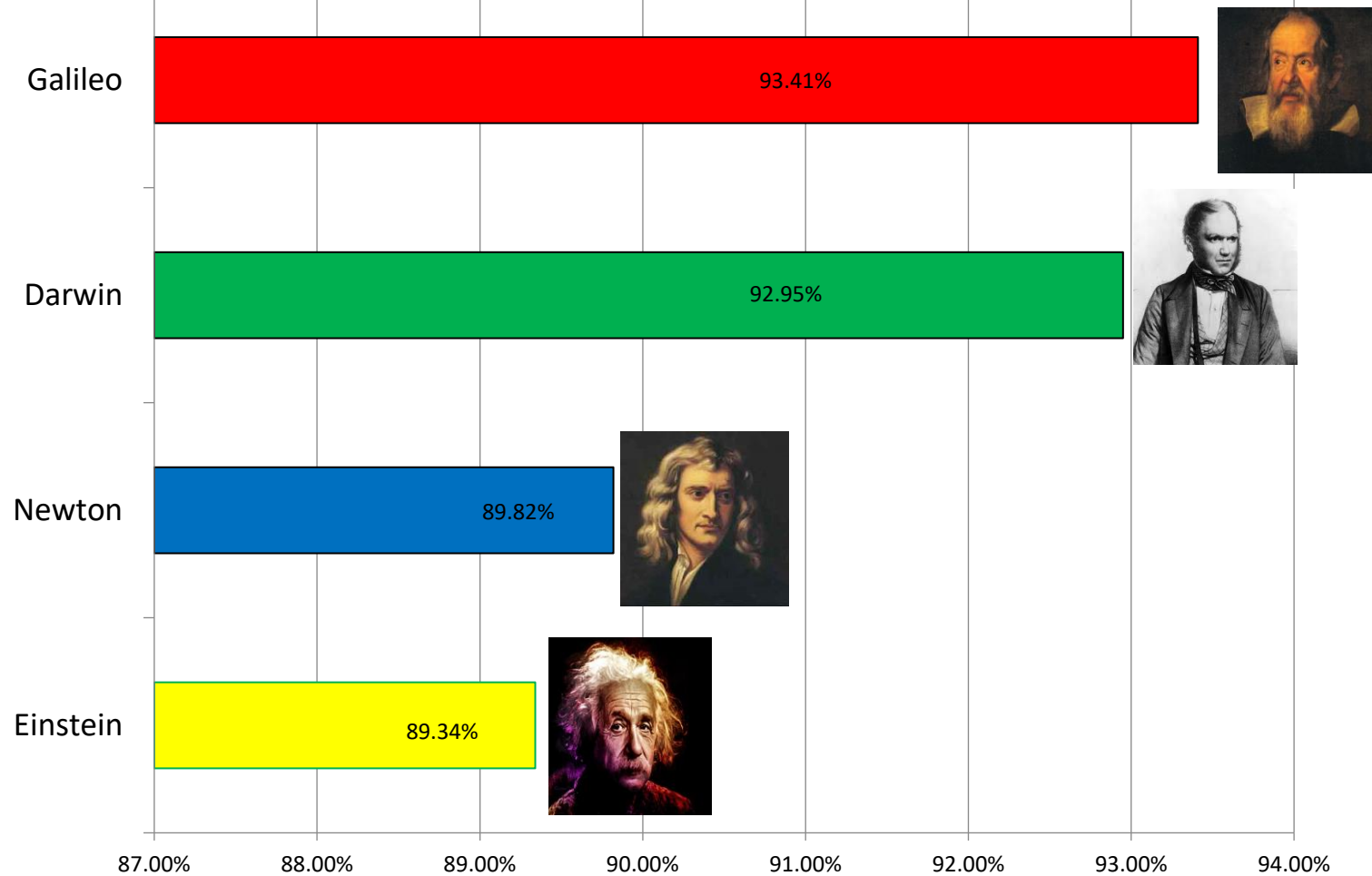
*These courses are aimed at Hampshire residents aged 19+. Attendance is expected at each session to ensure that you get the most out of your learning experience and to minimise disruption for other learners. Please advise the venue/tutor of any absence you may have.*

Participants will be required to use Zoom. No account is required, not sure how to use Zoom? Check out these helpful videos: <https://support.zoom.us/hc/en-us/articles/206175806>



[www.hants.gov.uk/library](http://www.hants.gov.uk/library)   

## Weekly House Attendance - 15.01.24 - 19.01.24



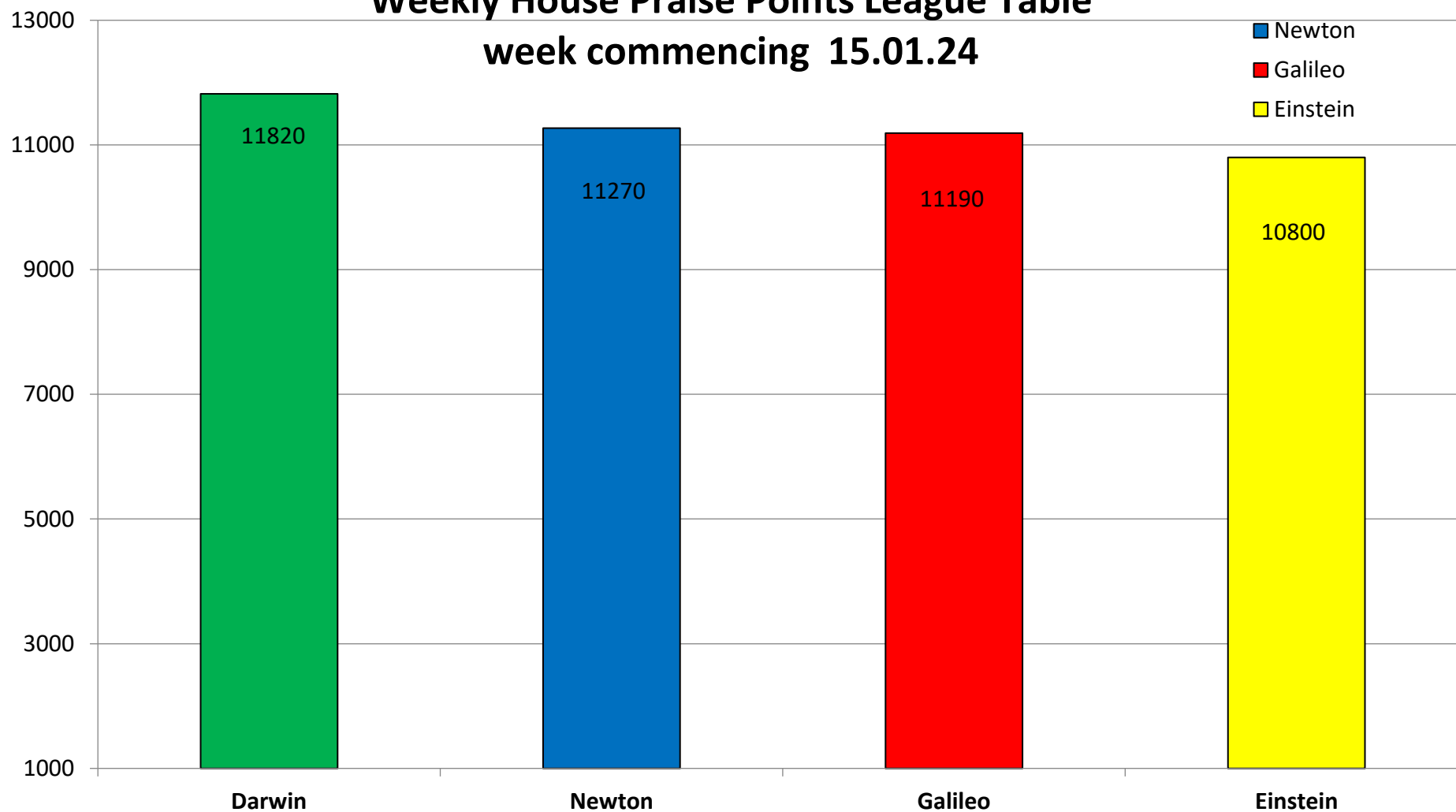
## Weekly House Praise Points League Table week commencing 15.01.24

■ Darwin

■ Newton

■ Galileo

■ Einstein





## Leader Board This Week

**Huge congratulations this week to:**

Year 7	Year 8	Year 9	Year 10	Year 11
Jack Foster	Jacob Weltch	Fran Ferguson	George Calvert	Chloe Wright
Oliver Sawyer	Finn Gould	Evie Hill	Alita Applegarth	Brianna Miller
Jimmy Jarrold	Noah Lane	Toby Buxey	Isla Wren	Isabel Boddington
Well done! We are so proud that your Character Virtues are shining through!				



# REVISION TIPS

**If you haven't given the GCSE Pods on the Purbrook Park Website a go yet they are a fantastic way to boost your revision. Log-on details are the same as your school log-on.**



## Leader Board

Year 9	Year 10	Year 11
Ellen Gaylard	Calleigh Hird	Amélie Hale
Freya Rafferty	Poppy Waters	Josh Hunter Oliver Pymont Jack Sparks Sam New
Oliver Randall Ellie Tanner George Wheeler	Ella Johnson	

In Personal Development Learning (Tutor Time) we have been thinking about setting goals and resolutions for the year ahead. We have linked this to the Character Virtues of Confidence and Self-Discipline.

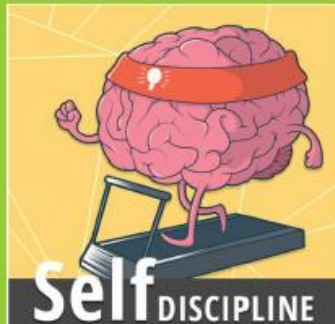
We learned that we can develop more confidence by practising self-discipline. When we set our own goals and stick to them then we learn to trust in our own strength and abilities.

Here is a selection of the work that we produced for "New Year, New You!"

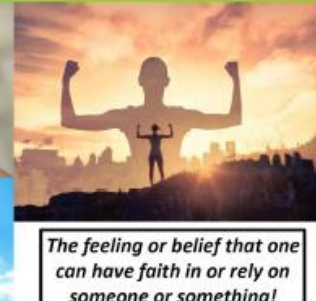
BE THE  
BEST  
version  
OF YOU

12 new chapters.  
365 new chances.

GROWTH IS  
GROWTH  
NO MATTER  
HOW SMALL



Work out  
your brain  
as well as  
your body...  
in rugby you  
need both!



The feeling or belief that one  
can have faith in or rely on  
someone or something!

How can I be more Self Disciplined and Confident

One way to be  
self disciplined  
in rugby is to be

**Teamwork**  
**Respect**  
**Enjoyment**  
**Discipline**  
**Sportsmanship**



A quote says "leadership is a matter of having people look up to you and gain confidence. If you're in control they're in control".



These two superstars help me make myself feel more confident. I look up to them for confidence.

## Confidence

If you have trouble finding a friend, all you need is confidence. If you are a shy person just take a deep breath and say it is going to be alright. Everyone has confidence deep inside them. You just need to show it.

# SELF DISCIPLINE & CONFIDENCE

**NEW YEAR, NEW ME**

My name is: Will

My goal is: to get my fitness started

My strengths are: Running, healthy, energetic, happy

My weaknesses are: Not very fast, not very strong

My dreams are: to be a professional athlete

My motto is: Never give up

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# This Year

BELIEVE THAT ANYTHING IS POSSIBLE  
 START EACH DAY WITH GOALS  
 EAT MORE REAL FOOD  
 BUY GOOD BOOKS AND MAKE TIME TO READ THEM  
 DRINK WATER  
 EXERCISE DAILY EVEN WHEN IT SOUNDS LIKE A TERRIBLE IDEA  
 SHOP FOR QUALITY NOT QUANTITY  
 PURGE THE UNNECESSARY AND DECREASE CLUTTER  
 HUG THE ONES I LOVE  
 FIND THE BEST IN OTHERS  
 SHOW OTHERS THE BEST IN ME

## SELF-DISCIPLINE

*In the dance of dreams, discipline leads,  
 Focused steps fulfil our needs.  
 Resist distraction's tempting plea,  
 Forge ahead, success we'll see.*

Philip Vasilu



### THINGS I WOULD LIKE TO ACHIEVE THIS YEAR:

I would like to: be more social  
 get better at shooting and dribbling in basketball driving  
 going out more often. I would also like to try to dunk and have more fun with my friends and family

### What makes us Confident / Not Confident

Confident	Not Confident
- Don't care about people's opinions	- People's opinions
- Your appearance	- Insecurities
- Lookes, tan, make-up	- Appearance
- Friends / family	- Night
- Looking good / dressing up	- In a bad / feeling dirty
- Compliments	- Not having straight hair / not straight hair

## My years goals

This year a few things I would like to achieve is to have better confidence speaking in front of large groups of people, to be able to get better shooting and work very hard on my dribbles in basketball another this I aspire to achieve is to be able to dunk the basketball

Things I want to achieve by 30!!

- To get a job as a fashion model
- To have a family a daughter
- To have a car
- To have a well paid job
- To be a model
- To be a model
- To have more responsibility
- To go on holiday

**BELIEVING IN YOURSELF IS THE SECRET TO SUCCESS**

Improve Your Self Esteem

YES I DID IT!

I WILL DO IT

I CAN DO IT

I WILL TRY TO DO IT

HOW DO I DO IT?

I WANT TO DO IT

I CAN'T DO IT

I WON'T DO IT

Things I want to happen by 30!!

1. Get Good GCSEs
2. Get a good paying Job
3. Get a nice car
4. Get a girl/friend
5. Get a nice house
6. Still have good relationship with family
7. Still be close with friends
8. Be positive and try my best in life

THE BOOK IS CALLED OPPORTUNITY AND ITS FIRST CHAPTER IS NEW YEAR'S DAY.

Edith Lovejoy Pierce