NEWSLETTER

Lancaster High School

23 October 2026

MESSAGE FROM THE HEADTEACHER

...and that is the end of our first half term!

As I reflect on the last 8 school weeks, it's been an incredibly productive period, with many of our pupils demonstrating ambition every day to try and achieve the very best that they can in each of their subjects.

<u>You must make the most of those Golden 25 hours of learning time a week.</u>

Our Year 11 cohort have been focused upon their upcoming mock examinations, which you can read more about later in this newsletter. While I encourage Year 11 pupils to take time to rest during the break, I also ask parents and carers to support their vital revision and preparation throughout the week.

As we prepare to return to school in November, I ask all families to focus their support of pupils in meeting the following expectations:

- All pupils must wear a Lancaster High School blazer and school tie.
- All pupils must wear plain black leather or synthetic leather shoes. Trainers are not permitted.
- All pupils must wear full-length tailored dark charcoal trousers or our pleated tartan school skirt.
- All pupils must bring a school bag large enough to carry exercise books.
- As the weather changes, a suitable outdoor coat (no denim or leather) is recommended.
- To ensure a smooth start to the school week, please also avoid unnatural hair colours, false eyelashes, false nails, and piercings over the break that would breach our uniform policy.

Thank you to all parents and carers who continue to support the excellent work taking place at Lancaster High School.

Finally, may I focus your attention to our winners of our Attendance Focus competitions! Well done to all pupils who were resilient in their efforts across the last eight school weeks, in ensuring they were in school, every day.

Enjoy the half term break—we look forward to welcoming pupils back on Wednesday 4 November

Mr C. Malone

Ambition Kindness Service

EVENTS

Monday 26 - Friday 30 October
School Closed - Half Term

Monday 2 & Tuesday 3 November
School closed - INSET Days

Wednesday 4 November
School Re-opens

Wednesday 4 - Tuesday 17 November
GCSE Mock Exams

Tuesday 17 November
GCSE Art Mock Exam

Friday 20 November
Pastoral Coffee Morning 9:30- 11:00

Thursday 26 November
Year 11 DT NEA Day

Monday 30 November
Foodbank Reverse Calendar Begins
Year 11 Mock Employment Interviews

Thursday 3 December
Year 7 Christmas Tree Decorating
Class of 2026 Achievement Evening
18:00 - 19:30

Thursday 10 December
Christmas Concert 18:00 - 20:00

Tuesday 15 December
Elf Run & Community Event

Wednesday 16 December
Community Run with
Christ Church & Castle View Primaries

Thursday 17 December
Inter-House Sport Competition
Yaer 7 Christmas Chirch Visit
Year 10 & 11 Achievement Assemblies

Friday 18 December
Christmas Jumper Day
Year 7, 8 & 9 Achievement Assemblies
School Closes at 13:15

Monday 21 December - Friday 1 January
School Closed - Christmas Holidays

Monday 4 January
School Closed - INSET Day

Tuesday 5 January
School Re-Opens

Please visit the <u>school calendar</u> on our website

KS4 Notices



Year 11 Mock examinations: November 2026

The first series of mock examinations will run from Wednesday 4 November for two weeks. Pupils have been supported with specific revision tasks that will be posted on Class Charts and can be found on the Year 11 page of the school website for which there is a link below. There is also a copy of the exam timetable which pupils have been handed. Please support your child to prepare for these exams by completing the tasks set over the half-term break.

https://lancasterhigh.co.uk/students/year-11-revision-and-exams

School Headlines

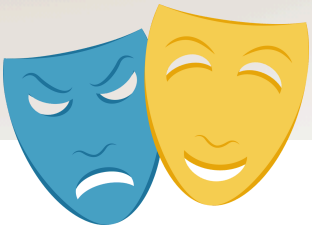






Thea P in Year 9 has been cast in the principle role of Ella in this year's pantomime (Robin Hood) at Lancaster Grand Theatre. We are very proud to have her representing us in a main role this year having also starred in the 2 previous years Christmas pantomimes.

In more good news there will be 21 shows between 28 November and 28 December giving everyone plenty of time to get down to the Grand to enjoy a performance and support Thea!



School Headlines



A heartfelt thank you to all pupils & families who supported the Breast Cancer Awareness Fundraising by purchasing a pink ribbon or making a donation.





After the half-term we will be selling poppy merchandise. More information will be published on ClassCharts.

Monthly Online Safety Message

Fake News, Misinformation and AI-Generated Content

During October, pupils will explore how to decide whether online information is reliable. They will consider misleading headlines, unreliable sources, edited images, fake screenshots and content generated using artificial intelligence.

False information can spread quickly when people react or share without checking it first. Pupils are being encouraged to pause and ask:

· Who created this? · When was it published?

· What evidence is provided? · Why might it have been posted?

· Do other trusted sources report the same information?

Images and videos should not automatically be treated as proof. They may be edited, taken out of context, created using AI or taken from an older, unrelated event. When unsure, pupils should check the original source and compare the claim with another reliable source before believing or sharing it.

Parents and carers can help by discussing surprising stories, videos or posts together. Ask your child where the information came from and what makes them think it is trustworthy. It is also helpful for adults to model responsible sharing by checking attention-grabbing stories before forwarding them to family chats or social media. The UK Safer Internet Centre recommends regular conversations about where young people get their information, what they see online and how it makes them feel.

The key message for pupils is simple: **if you are not sure it is true, do not share it.**

Further information:

UK Safer Internet Centre: Misinformation

UK Safer Internet Centre: Parent and carer resources

Notices

Five Star Friday

Well done to our pupils receiving a 5 Star Friday recognition on 16 & 23 October!!!

Sofia S, Addison G, Nikola G, July Y, Harry A, Layton H, L-Jay H, Penny R, William F, Amelia D, PJ B, Ebony L, Scott T, Oscar CD, Evie M, Serenna-Beau K, Robbie B, Maddison W, Miley-Ann C, Millie-Mae H, Zaid J, Ali D, Ella M, Katie R, Ella S, Freya P, Chase C, Yi W, Mason C, Miah C, William M, Cameron MJ, Ava-Rose T, Harry R, Emily M, Emma M, Harry R, Isabelle M, Esme I, Davina C, Adon J, Enes S, Oscar CG, Brooke G, Charlotte H, Michael N, Keira A, Geoffrey SCC, Brooke B, Poppy R, Sonny C, Vienna G, Abigail V, Paddy D, Amy R, Linh N, Lauren S, Jacob H, Daisy R, George RB, Tommy R, Nourah A.

House Success



Highest Reward Points



Best Attendance



Highest Extra-Curricular Attendance

The Crisis and Resilience Fund (CRF) is a new 3-year scheme funded by the UK government.

The CRF has been created to help **vulnerable households** who encounter financial difficulties as a result of a sudden unexpected expense, and also to support activity that builds individual and community financial resilience.

For residents of our district, the UK Government funding will be delivered by Lancaster City Council in partnership with North Lancashire Citizens Advice. Our aim is to help you stabilise your situation, strengthen your financial resilience and access the right support at the right time.

Crisis Payments
Resilience Services
Community Coordination
Help with Heating oil

https://www.lancaster.gov.uk/sites/cost-of-living/financial-support-for-households



Ambition Kindness Service

Care Code

Scan this code to share any bullying or safety concerns that you have.

Pupil Success

We are respectful & responsible, we are prepared & punctual, we are polite & we persevere.

Year 7	Well done to Yusuf S, Layla H and Violett-Roze G for achieving the highest XP on Sparx maths in Year 7 this week. Well done to Keira A, Finlay D, Jayden H and Elspeth M for their excellent work in their instrumental lessons.
Year 8	Well done to Linh N, Ali Y and Ziping C for achieving the highest XP on Sparx maths in Year 8 this week. Well done Ali for all your contributions this half term in English. Great effort from Chloe H, Millie MH, Bethany T and Molly JC in the singing group on Wednesday.
Year 9	Well done to Nourah A, Elif O and Maisie U for achieving the highest XP on Sparx maths in Year 9 this week. Superb writing skills demonstrated by Dominic T in English this half term – well done. Good work this week from Emma M in her singing lessons.
Year 10	Well done to Israel A, Rwa A and Boris W for achieving the highest XP on Sparx maths in Year 10 this week. Well done to Haitham AM, Isaac A, Ella B, Davina C, Esme I, Lucas R, Safiye S and Mikey S for achieving excellent marks in their first full English Language reading paper. I was really impressed by how well you applied all we have been learning since September under timed conditions. Great work from Safiye S, Angel N, Gideon L and July Y in their peripatetic lessons with Ms Ramsey, you're all making great progress.
Year 11	Well done to Michael N, Leen D and Sara E for achieving the highest XP on Sparx maths in Year 11 this week. Well done to Gideon L and Charlotte H for their composition work in GCSE Music. Shara D has practiced well for her piano lessons and is making great progress, well done!
Top 5 Reward Points Earners	1. Beatriz S B, year 10 2. Chloe H, year 8 3. Jacob H, year 9 4. Linh N, year 8 5. Aria W, year 9

‘Understanding Anxiety’-Parent information session

When: Thursday 12th November 2026 9.30am – 11am

Arrival from 9.30am for refreshments and sweet treats

Workshop start time 10am

Where: Lancaster High School

Delivered by: Barnardo’s Moving Mindsets Mental Health Support Team

Also present: Lancaster High School Assistant SENCO and Deputy DSL will be available for any queries or further support needs

This session will cover:

- What is anxiety?
- Spotting the signs
- Anxiety and the brain
- Strategies for supporting anxiety or worries
- Time for questions/discussion and further resources

All children feel worried sometimes, but for some, anxiety can get in the way of daily life. This session helps parents understand what anxiety is, how it can affect children, and practical ways to support a child when worries feel overwhelming. Using simple tools and strategies, parents will learn how to build their child’s confidence, reduce anxiety triggers, and promote calm at home.

Please email Mrs O’Reilly if you are interested in booking a place:
aoreilly@lancasterhigh.lancs.sch.uk

Small changes,
big differences.

Triple P
Positive Parenting Program
for every parent



TRIPLE P COURSES

Promoting a positive, caring relationship between you and your child.

Empowering you as a parent/carer to choose the skills and values you wish to promote in your child and help them develop skills they need to tackle everyday situations.

Starting on Tuesday 3rd November -13:30-15:00

Online via teams

Then every Tuesday for six weeks

Please call 01524 581280 to book on or scan the QR code

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www.triplep-parenting.net

Lancashire FAMILY HUBS NETWORK

BEST START IN LIFE

Lancashire County Council

Free Monthly Parent Webinars from the School Nursing Team

We are pleased to offer a series of **free monthly online webinars** for parents and carers commencing October 26, providing practical advice and support on a range of children's health and wellbeing topics:

🌙 **Sleep** – Tips for establishing healthy sleep routines and managing common sleep difficulties.

🚻 **Continence** – Information and support to help children develop healthy bladder and bowel habits. * if a child has symptoms such as pain when using the toilet, blood in their urine or poo, repeated infections, unexplained weight loss, severe constipation please seek advice from your GP before joining the webinar.

🥗 **Healthy Lifestyles** – Advice on nutrition, physical activity, screen time, and building healthy habits for the whole family.

💙 **Behaviour and Emotional Health** – Understanding behaviour, supporting emotional wellbeing, and helping children build resilience.

All webinars are delivered online by members of the School Nursing Team and are free to attend. **No referral is required**. Parents and carers can book directly onto any webinar using the registration links available on our website.

To book a place, visit: https://lancschildandfamily.co.uk/

Or Scan the QR Code

Lancashire Health Visiting and School Nursing

NHS

SCHOOL NURSE DROP IN

What can you talk about?

- General health worries
- Headaches, sleep, tiredness
- Healthy eating & exercise
- Periods & puberty
- Mental health, anxiety, stress
- Friendships, bullying, relationships
- Any other personal concerns



for you to talk



Friday lunchtime in the Conference Room

Part of hcrg Care Group

SEND support GROUP

SUPPORTED BY SCHOOL AGE AUTISM PATHWAY NAVIGATOR

MEET OTHER PARENT/CARERS

GAIN SUPPORT AND ADVICE, NO DIAGNOSIS NECESSARY

INFO AND ADVICE FROM SEND SERVICES



FIRST FRIDAY OF THE MONTH

1-3PM

LUNE PARK FAMILY HUB

NHS

Lancashire FAMILY HUBS NETWORK

Lancashire County Council

Coffee & Connect
One Stop Shop

FIRBANK FAMILY CENTRE
FIRBANK ROAD, LANCASTER,
LA1 3HL.
ALL WELCOME!

FREE HOT DRINKS AND A BISCUIT

A CHANCE FOR PEOPLE TO DROP IN AND CONNECT WITH OTHERS IN A WARM AND FRIENDLY ENVIRONMENT.

GET PRACTICAL ADVICE ON:

- HOUSING
- FINANCE
- EMPLOYMENT
- PARENTING/ TRIPLE P ADVICE
- EMOTIONAL HEALTH & WELLBEING
- RELATIONSHIPS

Your paragraph text



STARTS 11TH FEBRUARY
EVERY SECOND WEDNESDAY OF THE MONTH
9:30-11:30AM

TOYS AVAILABLE TO KEEP YOUR LITTLE ONES ENTERTAINED TOO.
EVERYONE WELCOME

LANCASHIRE FAMILY HUBS NETWORK LANCASTER

BEST START IN LIFE

FACEBOOK- LANCASTER AND MORECAMBE FAMILY HUBS

EVENTS.APPS.LANCASHIRE.GOV.UK/W/WEBPAGE/ALL-EVENTS