



Lancaster
High School

NEWSLETTER

9 October 2026

MESSAGE FROM THE HEADTEACHER

We have had a Focus on Attendance at Lancaster High School these last few weeks, with our Focus 9 Initiative and rewards for individuals who are working hard to improve their attendance to school. We are looking for as many ways as possible to celebrate the resilience and commitment shown through excellent attendance. Attendance is a key indicator of school success, and it remains one of our highest priorities.

At the start of term, I spoke to all pupils about the magic of attendance - powerful predictor of future achievement. Simply put: attend more, achieve more. I'm grateful for the continued efforts at home to ensure pupils are in school every day.

With just two school weeks remaining before the half-term break, it is important to acknowledge that Year 11 have their first round of mock exams after the holiday. We are offering additional intervention sessions across the curriculum, and I encourage all parents to support their children in engaging with these opportunities.

In English and Maths, pupils are also accessing extra sessions during the school day to help them prepare thoroughly. Please continue to support your child with their revision at home, providing the structure and encouragement they need to succeed in their upcoming exams.

Finally, thank you to those parents who supported school by completing the parental questionnaire shared recently. Your time was very much appreciated.

Mr C. Malone

EVENTS

Wednesday 21 October
All Years Flu Vaccinations

Friday 23 October
Open Mic at lunchtime

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

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 [school calendar](#) on our website



Year 11 Mock examinations: November 2026

The first series of mock examinations will run from Wednesday 4 November for two weeks. Pupils will be supported with specific revision tasks that will be posted on ClassCharts 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.

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

Year 11 Form Time intervention

Year 11 pupils will continue with maths and English form time intervention on Tuesday and Friday mornings. This is an excellent opportunity for targeted teaching in small groups based around key topics that pupils have found challenging over recent months. Please make sure your child attends promptly for these sessions.

Year 11 In School Revision Sessions

We are now offering a number of in school revision sessions for pupils to support their preparation for the up-and-coming mock examinations. Details of these sessions can be found on the Year 11 page of our school website which can be accessed via the link below.

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

School Headlines

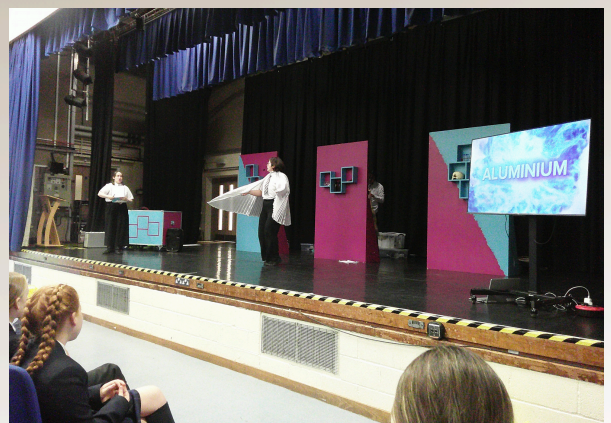
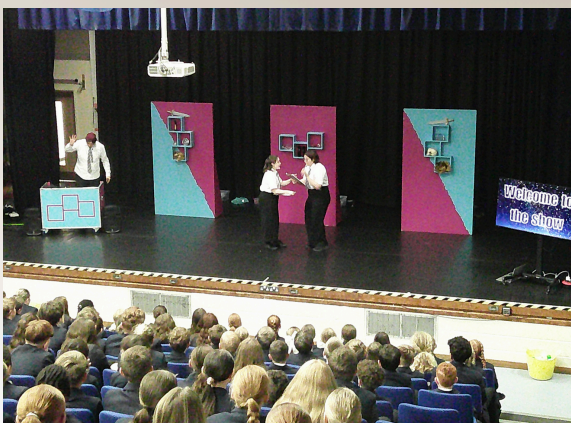
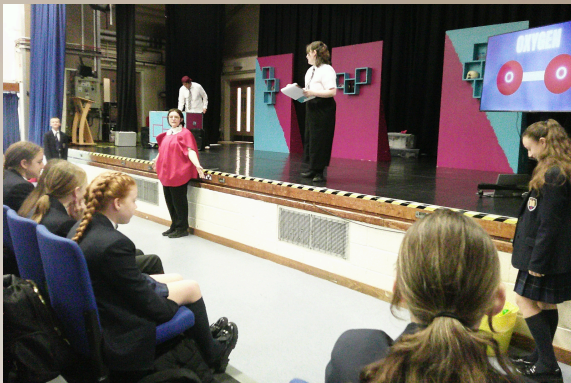
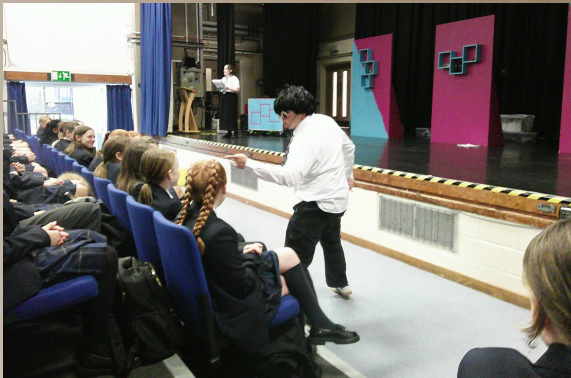
RAF STEM Roadshow

On Tuesday 6 of October pupils in Year 7 and 8 watched the BAE Systems and RAF STEM roadshow. The theme this year was **'The Material World'** This fun and interactive show taught pupils about the properties of materials and how they are used in different ways. It also made pupils aware of the vast array of careers available in the world of STEM that use skills not always associated with the world of science and engineering.

A Year 7 pupil said 'I loved this show, it was really good fun and I learnt lots of things about science and careers that I didn't know'.

A Year 8 pupil said 'The show was really funny and I love that we were encouraged to join in. It also mentioned things that we have done in our science lessons so it would be really helpful to learn about that in a different way'.

Thanks to Mrs Middleton for organising this in school event.



Notices

Fixtures & Tournaments

Rugby @ Ripley St Thomas

On Thursday 24 September we took two teams to play Rugby against Ripley. Our Year 9 team fought hard scoring twice against a strong Ripley team but ultimately succumbed to the more experienced Ripley outfit. POTM: Lucas B

Our Year 10's fared differently ending the first half up 15-5. A battle ensued in the second half with the Ripley Year 10's battling back to 15-10 but failing to tie the game up thanks to a masterclass in defensive rugby ensuring we left with a victory.

POTM: Jacob K

Year 8 Girls football

Our year 8 girls football team welcomed Ss John Fisher and Thomas More Roman Catholic High School in the Lancashire Cup. Despite falling behind early a flurry of goals in either half saw the girls ease to a 9-2 victory securing their place in the next round. POTM: Lola- Leigh S



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](#)

Lancashire Changing Lives Grants Programme

Ridge Community Centre

Free breakfast club for children in Bulk Ward

Walking bus supporting pupils attending:

Castle View Primary School and Christ Church School

Aims to improve attendance, punctuality, and readiness to learn

House Success



Highest Reward Points



Best Attendance

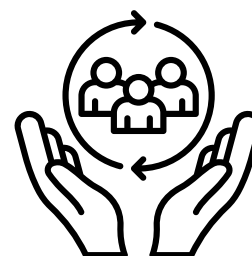


Highest Extra-Curricular Attendance

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>

Care Code



Pupil Success

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

Year 7	Well done to Poppy K, Lucas M and Rhys L for achieving the highest XP in Sparx maths in Year 7 this week. Well done to Finlay B, Keira A, and Alfie S for a great start to their instrumental lessons.
Year 8	Well done to Ali Y, Jakob R and Isabella M for achieving the highest XP in Sparx maths in Year 8 this week. Great work this week from Bethany T and Millie H in their singing lessons with Ms Ramsey.
Year 9	Well done to Maisie U, Lucia M and Jacob H for achieving the highest XP in Sparx maths in Year 9 this week. Well done to Ema M for her work in her singing lessons this week.
Year 10	Well done, Year 10 AQA Design and Technology, on an excellent start to the course. You have shown fantastic ambition, creativity, and enthusiasm through your phone stand models. Keep up the great work! Tulisa H and Elise H have made an excellent start to GCSE RE. Recently completing a 12 mark evaluation question where they both developed points to a high standard. Both take great pride in their work and it is a joy to read. Well done both! Well done to Star Y, Steven R and Gabriel K for achieving the highest XP in Sparx maths in Year 10 this week. Excellent work this week from Ryu LS in his piano lessons.
Year 11	Jenny B is showing a fantastic commitment to her studies in RE with revision and actively seeking feedback on how to improve. Well done Jenny, keep it up! Well done to Harry M, Christina A, Ezekiel M and Jack L for achieving the highest XP in Sparx maths in Year 11 this week. Well done to Leah C, Lona D, Isabelle M, Ezekiel M, and Haresh P for staying up to date with your DT NEA coursework and successfully producing your initial design models. Keep up the excellent work! Brooke G, Lily-Grace D, Alice G, Callum R, Penny R and Phoebe N massively impressed me with their analysis of anthology poems in English Literature. If you can do this well in the mocks then your grade will be a fantastic one! Tara D, Christina A and Shara D are all making great progress in their peripatetic music lessons.
Top 5 Reward Points Earners	1. Chloe H, year 8 2. July Y, year 10 3. Yi W, year 9 4. Chloe T, year 9 5. Linh N, year 8

Small changes,
big differences.



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**





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



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

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



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**



**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