

Dear Parent/Carer

Parent/Carer newsletter: Friday 10 February 2023

Staffing update

As you may have already seen from an earlier email today, after half term, I am going to work at Morecambe Bay Academy as acting Executive Principal for 3 days per week until Easter in the first instance.

I remain the Principal of Central Lancaster High School and Mr Auger, my Vice Principal, will deputise in my absence.

If you have any questions about the arrangements for after half-term, please do not hesitate to contact me via my PA, Mr J Mills: jmills@lancasterhigh.lancs.sch.uk

We welcome back Mrs. Prestwood who returned this week and she will take up the position of Head of Year 9. We thank Mr. Aldren for his hard work and commitment to Year 9 since last February - he has been a huge support to the year group and their families.

Going forward, if you have any queries, concerns or require support regarding your child in Year 9, all communication should now be directed to Mrs. Prestwood:
bprestwood@lancasterhigh.lancs.sch.uk

Mr. Aldren returns to his role as Attendance Officer.

Thank you

I would personally like to thank you for your continued support throughout this half term. We are incredibly proud of the many daily achievements of our pupils both within and outside of the classroom and everyone at school wishes you a relaxing half term holiday and we look forward to all pupils returning on **Monday 20 February**.

Uniform and equipment reminders

As you are aware, we place significant importance on school uniform and the presentation of our pupils and value your support in ensuring our pupils have a true sense of belonging to our community and represent our school positively in our community.

Over the school holidays, please can you check that your child has everything they need for their return to school on **Monday 20 February**. Can you also ensure hair styles/colours, false/acrylic nails, fake eye lashes, piercings etc. are addressed before they return.

Commitment | Creativity | Community

Principal: Mr J Cowper
The Bay Learning Trust. Registered in England & Wales.
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THE BAY
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Uniform and presentation expectations can be found on the school website by following the link:

[Policies and Reports | Central Lancaster High School](#)

All pupils should also have the following equipment in a suitable school bag – reading book, black/blue pen, pencil, ruler and a school planner as a minimum requirement.

Should you need support in sourcing uniform or equipment, please contact your child's House Tutor in the first instance.

Thank you in advance.

Safer Internet Day

As part of Safer Internet Day 2023 pupils took part in an assembly based around the theme '**Want to talk about it? Making space for conversations about life online**'.

Safer Internet.org have shared some top tips for parents which can be accessed using the link below and include:

- Make space for regular conversations about life online
- Make space for enjoying and exploring the online world together!
- Make space for working as a family to agree expectations for going online
- Make space for learning about the apps, games and websites your child is using
- Make space for supporting and reassuring your child if things go wrong



Full details can be found here: <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/top-tips-for-parents-and-carers>

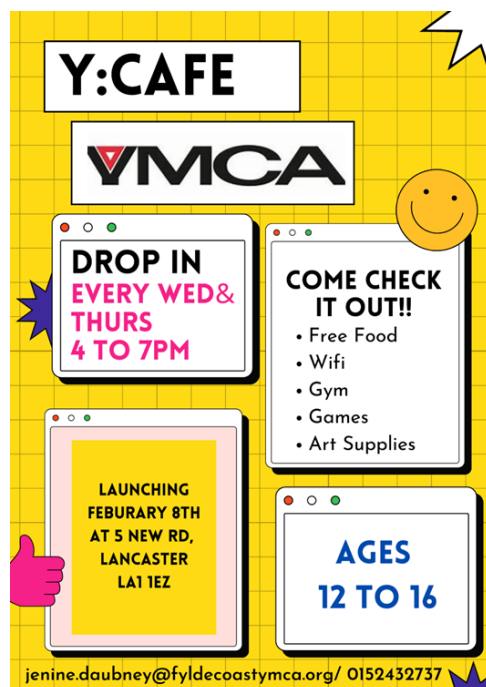
Music and the arts

Thank you to all the performers who took part in the open-mic at lunchtime today - they all performed brilliantly. It was fantastic to see so many pupils supporting the performers in the audience as well. Monies raised will go to our charity focus next half term which will support those affected in Syria and Turkey following the recent earthquake.

We ran a fantastic trip that went to see **Mamma Mia** in Manchester on Tuesday night this week. Our pupils were an absolute credit to our school and thank you to Ms. Timperley, Ms. Meetha, Mrs. Middleton and Mrs. Spence for giving up their evening to support this wonderful experience for our pupils.

YMCA – Y:café

Please see below, a flyer from the YMCA:



ACE Support Agency

ACE are looking for young people who are interested in mental health and emotional well-being to join a group of young people who want to influence mental health education and services and help ACE, a local mental health charity, to develop and meet the needs of children and young people.

Currently they are meeting via google meets on Monday evenings.

There are lots of benefits to being a part of this group:

- Connecting with others
- Improving confidence
- Making a positive difference
- Good experience for future applications
- Opportunity to influence and have your voice heard.

The next meeting is **Monday 27 February**. Participants need to be aged between 14 and 18 years old.

If any of our Year 10 or 11 pupils would like to be involved, please contact Mrs. Crossman and a link for the google meeting will be shared with you.

Year 11 February mock examinations – support during half term

The second week of exams will start in the week after the half-term break, week beginning **Monday 20 February**.

Over the February holiday we will be offering a number of in school revision sessions for pupils that will be focused on directly preparing them for their mock examinations for the second week. We strongly encourage all pupils to attend. Details of these sessions can be seen in the table below.

	Monday	Tuesday	Wednesday
09:00 – 11:00	Physics for Triple Science pupils (A1) Geography (A2)	History (A1)	Maths Higher (A1) Maths Foundation (A2)
11:00 – 11:30	Break with water and cereal bars provided	Break with water and cereal bars provided	Break with water and cereal bars provided
11:30 – 13:30	Physics for Combined Science pupils (A1)	English Literature (A2)	
12:30			Celebration lunch event for 100% attendance at sessions

In addition, we have now completed our fifth week of the in-school revision sessions. We have been very encouraged with how many pupils have attended and engaged with the sessions. The purpose of these sessions is to support pupils to effectively prepare for both the mock examinations and the end of year exams. We strongly encourage pupils to attend these sessions. Details of when these sessions are can be viewed on our dedicated Year 11 revision website page by following the link below.

<https://www.lancasterhigh.lancs.sch.uk/students/year-11-revision-and-exams>

SEND

Our weekly SEND clinic is open each Thursday between 2.30 - 4.30 pm.

Please email lisa.maudsley@lancasterhigh.lancs.sch.uk to book a 15-minute appointment if you wish to discuss any aspect of your child's education or if you have any queries or concerns.

Term 2 SEND reviews for Year 10 will be held w/c: **Monday 20 February**. A letter has been sent home with further details.

Please email Mrs Ainsworth at sainsworth@lancasterhigh.lancs.sch.uk to make an appointment.

Mental health and wellbeing

Five ways to wellbeing

Evidence suggests there are 5 steps you can take to help improve your mental health and wellbeing, these are connect, be active, take notice, keep learning and give. Over this half term, we will explore each one in more detail.

Give

Helping others, saying thank you, or giving someone a smile can help to improve your self-esteem and improve your emotional health. Find out how you can volunteer and help in your community, build up new social networks, and gain experience if you're looking for a job.

Reading corner

Bedrock Vocabulary

Well done to the following pupils who have shown a real commitment to their Bedrock Vocabulary this week. Pupils should be aiming for 20 points each week and the following pupils have achieved above and beyond that this week – well done!

Year 7: **Julian S, Ollie D** and **William F**

Year 8: **Joshua B, Marwan A A** and **Lilly B**

Year 9: **Louie A, Rhyley B** and **Jay G**

Key reminders

Pupil absence

If your child is unable to attend school due to illness, please call the school in the first instance on 01524 32636 and Select Option 1 to report a pupil absent. You can also text to our **Absence Alert Text Number 07943107504** - This is a virtual mobile number from which absence is monitored during the school day.

Careers

Kendal College

Kendal College have two more events coming up which might be of interest to our pupils.

- Supported Internship Evening – **Monday 13 February 2023**, starting at 18.00 at their Milnthorpe Road Campus.

For further information please scan the QR code in the images below:



Kendal College have a number of Agricultural Information Events coming up, where they will provide information on their Agricultural courses, the farms they are using for the practical facilities, and information, advice, and guidance to potential students.



These are held at two different locations, including Crooklands near Kendal or Wigton.

The upcoming events include:

J36 Rural Auction Centre, Crooklands, Milnthorpe, Cumbria, LA7 7FP.

Saturday, 6 May 2023 Drop in anytime- 10:00 – 12:00

Hope's Auction Co. Ltd., Syke Road, Wigton, Cumbria, CA7 9NS.

Saturday, 11 February 2023 Drop in anytime- 10:00 – 12:00

Agricultural Information Evening at Hope's Auction Mart.

Monday, 24 April 2023 Drop in anytime- 17:00 – 19:00

Key dates for the Spring term:

School closes 3.05

20 February 2023

School opens

2 March 2023

Year 11 mocks

9 March 2023

Year 9 Options Evening 6-8pm in school

16 March 2023

Year 9 Parents' Evening via School Cloud

17 March 2023

Year 8 Parents' Evening via School Cloud

22 March 2023

Deadline for Year 9 Options Forms

30 March 2023

Year 6 welcome evening

31 March 2023

Progress Cards issued – all year groups

Open Mic at lunchtime

School closes at 3.05pm

Pupil praise

Congratulations to **Clougha House** for receiving the most praise points last week.
House points:

1. Clougha **1712 (10.9 per pupil)**
2. Halton **1492 (9.6 per pupil)**
3. Storey **1422 (9.5 per pupil)**
4. Lune **1086 (8.2 per pupil)**

A special mention to the following pupils who had the most praise points last week:

Year 7	Year 8	Year 9	Year 10	Year 11
Oscar C-G	Jesse B	Lucy K	Joe S	Paige S
Ethan C	Leonardo C D	Maggie A	Tyler P	Mia R
Ella L	Gabrielle F	Issy B	Dobromir R	Umma A
Ezekiel M	Louie M	Riley S	Thomas K	Jaden U
George L	Archie A	Arek W	Bailee-Mae M	Oran W

Attendance

Well done to the following forms for having the highest attendance last week:

Year 7: Halton

Year 8: Lune

Year 9: Clougha

Year 10: Clougha

Year 11: Halton

Attend today, achieve tomorrow!

Special praise goes to the following pupils:

Year 7

A huge well done to **Scarlett** and **Samiyah** for their commitment in their singing lessons. Ms. Ramsey is really proud of the progress you are both making.

Fantastic commitment from **Ezekial M** for attending the apprenticeship drop-in session this week and for asking some amazing questions!

Logan Ca for his punctuality and organisation within the form group. Also, in science he is so helpful and has a fantastic attitude towards his work.

Alice G and Lily H for their punctuality and organisation within the form group.

Nicole O for her hard work in maths lessons and for her quiet determination.

Ella L for continued hard work in her maths lessons.

Willow D for commitment and determination this last few weeks in all your subjects – you have been amazing!

Samuel P for excellent contributions to class discussion in RE and PSHE and for producing high quality work when studying sources of authority to Christians.

Year 8

Lacie T for her improving attendance and commitment demonstrated in form time.

Alix S, Jayden P and **Ollie P** for their fantastic contributions made in RE lessons this week when learning about the Free Will argument and considering the causes of moral evil - well done!

Well done to **Mia D** for her fantastic effort and result in her PE assessment.

Charlie L and **Kian H** for being supportive in form time as they always offer to hand out the books and sort out the DEAR box after our sessions.

Kaycee B and **Chelsea L** for working exceptionally hard in food technology.

A huge well done to **Brodie R** who has done extremely well in the last 2 weeks of lessons, putting in maximum effort into every piece of work in history.

Year 9

Eva B for her fantastic assessment in history on Nazi Germany. Eva demonstrated that she has developed her skills in inference.

David S for a wonderful piece of home learning completed researching genocides since the Holocaust. David showed his commitment and creativity in producing this. Thank you!

Year 10

Well done to **Toby H** and **Mikey M** for their hard work and resilience in maths.

Josh J for his fantastic contributions made to class discussion in his new Life class when learning about the impacts of County Lines on young people.

Ellie W for consistently working hard in Life lessons and for following our school expectations in presentation of work in books. Well done!

Year 11

Adam R and **Owen G** for excellent focus and commitment in our afterschool revision sessions.

Evalyn G for excellent work on her solo choreography in dance.

Well done to **Amy P** for excellent leadership in her dance group task.

Extra-Curricular participation

Well done to the following pupils who have participated in a number of extra-curricular activities this last half term:

Caitlin W in Year 7, **Freya P**, Year 8, **Maggie A** in 9, **Jack H** in Year 10 and **Connor L** in Year 11

The best form attendance at extra-curricular provision was **9 Clougha** who shared a box of celebratory chocolates!

Food corner

Year 7 have recently been focusing on ovens, learning how to use all sections of the cooker and how to cook safely and effectively when using it.

For our first oven based practical, we made Lemon drizzle cakes. This recipe uses basic weighing skills and a large array of equipment. Pupils have utilised health and safety principles and were able to execute this dish with ease. Well done year 7!



If you would like to try this at home, please see the recipe provided.

<https://www.bbcgoodfood.com/recipes/lemon-drizzle-cakes>

Sports corner

Year 7 Football

Our Year 7 team played Ripley St Thomas in their first game of the district league but unfortunately came back with a 3-2 defeat. Ripley took the lead after 10 minutes with a good cross that caught our defenders unaware and their centre forward produced a neat finish. **Harvey P** got us back in the

game with a looping shot that beat the keeper from outside the box. Ripley scored another 2 before **Max M** capitalised on a defensive lapse to finish from close range. This set up a frantic final 10 minutes in which we were the better team but just couldn't force an equaliser. Well done to the squad for representing our school so well.

Year 10 Rugby

Our Year 10 rugby squad travelled over to Lancaster Royal Grammar School to play a rematch of the tremendous game played 2 weeks ago.

It became clear that we had learned a lot from that 30-20 defeat and set the tone for a superb match, making big tackles and running strong lines at LRGS's defence. Both teams were equally matched when defending making tries very difficult to come by.

Jack P, playing fly half, spotted a rare gap in their line and forced his way through before neatly sidestepping the full back to score in the corner. In the second half LRGS piled on the pressure and eventually found a way past our line, scoring in the corner. In the final 10 minutes, it could have gone either way but we won a penalty with a final kick of the game from 40 yards out. Captain, **Luke GM** stepped up and gave it everything but sadly it fell short. A 5-5 draw was a fair result in the end, we will look to play them for a final time after half term. Congratulations to everyone involved.

Have a safe and enjoyable holiday.



Mr. J Cowper
Principal