



**Central Lancaster
High School**

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Dear Parent/Carer

Parent/Carer newsletter: Friday 10 June 2022

Welcome back

As always, it was wonderful to see our pupils return after the break. Thank you for your continued support in ensuring your child is dressed appropriately and has the relevant equipment to support them with their learning. Our year 11s have settled quickly back into their examination timetable and are now over half the way through the examination series.

Operation Encompass

Central Lancaster High Schools participates in Operation Encompass. Operation Encompass is a unique Police and Education early intervention safeguarding partnership which ensures that a child/ young person's school/ college is informed, prior to the start of the next school day, that there has been a domestic abuse, vulnerable child or missing incident to which the child or young person has been exposed, and which might then have an impact on them in school/ college the following day.

Please find attached to this newsletter email, more information. Should you have any questions or queries, please do not hesitate to contact Mrs Crossman, our Designated Safeguarding Lead (DSL): victoria.crossman@lancasterhigh.lancs.sch.uk

E-safety

Discord is a free app which allows users to communicate in real time via text, video or voice chat. Available on desktop and mobile devices, it was originally designed to help gamers cooperate — but has evolved into a more general networking platform for a range of online communities, discussing topics like TV series, music, Web3 and more.

For more useful information and advice on how your child can safely use the app, please read the attached article.

If you have any concerns about your child's online activity or would like further support in how to monitor or restrict your child's access to the internet, please do not hesitate to contact your child's Head of Year in the first instance.

Tik Tok

Primark in Lancaster have been in touch with all the schools in the Lancaster area. Currently, there is a TikTok challenge circulating called '**Primark Borrow Hole**', where young people are encouraged to rip off bar codes, whilst standing under a security camera, and then fill their pockets with as much merchandise as is possible.

Commitment | Creativity | Community

Principal: Mr J Cowper
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Part of the
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This is taking place after school and pupils are in full uniform. Primark's procedure is to contact the parents/carers of the young person and ask for them to be collected. If they are unable to get hold of the parent/carer, or the parent/carer is unable to collect, then they will contact the Police.

Primark will inform our school if a pupil from CLHS is caught shoplifting. Shoplifting is a criminal offence and it also contradicts our school value of community and therefore will also be sanctioned by school.

Open Mic event

Our next open mic event will take place on Friday 24 June in the hall at lunchtime and the proceeds raised will be donated to the Papyrus charity. Entry for pupils will be 50p. There will be a wealth of talent on show and a special performance to end the event.

End of year Music Concert

Our end of year music concert will be taking place on Thursday 14 July and tickets will be going on sale for this event at the end of June. Please save the date.

Lion King Musical

Letters are available now from Mrs Spence for a theatre trip to see The Lion King musical in Manchester on 1 November at Manchester Palace Theatre. The trip is open to Key Stage 3 pupils. This is a spectacular show however we only have 40 tickets available on a first come first served basis.

Free Breakfast

A reminder that all pupils have access to a free breakfast each morning in our canteen. Breakfast is served between 8.15 and 8.40.

Year 10 Work Experience

Next week, our Year 10 pupils embark on their week's work experience. This is a fantastic opportunity for our pupils to experience the working environment which often provides a valuable insight into chosen career paths beyond their time with us.

Please double-check your transport arrangements and the start times for the placement. Pupils have been given a log-book to complete during their time on work experience which helps them to reflect on the skills they are learning.

We are really looking forward to hearing about all their amazing experiences when they return to school. We wish them well and I'm sure they'll be excellent ambassadors for our school community.

Year 10 examinations

Year 10 will be sitting end of year exams in Maths, English and Science week commencing 27 June. These exams will take place in the main school hall and be the first experience Year 10 pupils will have of examination conditions. This will be an excellent opportunity for them to reflect on how well they have prepared and support their teachers to assess their progress.

Please use the following link to our website for an overview of the timetable. Where it is required, subjects outside the core will be holding assessments during lessons. Teachers are working with pupils to prepare them for these exams, and you should begin to see your child preparing at home. <https://www.lancasterhigh.lancs.sch.uk/students/year-10-exam-timetable>

Year 11 Summer Examinations

Our Year 11s have continued to excel in the way that they have approached their exams this summer. We will continue to provide support sessions before each exam in each department area to support pupils to revise. Food and drink is also available for pupils in the morning.

A copy of the examination timetable and revision sessions can be found on our website following the link below:

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

If you have any queries or concerns please email Miss Brown, Head of Year 11: davina.brown@lancasterhigh.lancs.sch.uk

SEND

Term 3 SEND reviews for Year 9 are to be held on either Monday 20 or Wednesday 23 June. You will receive a letter early next with further details. Please email Mrs Ainsworth at sainsworth@lancasterhigh.lancs.sch.uk to make an appointment.

Key Stage 3 Homework Club is open on a Wednesday morning in our Learning Resource Centre (LRC) 8-8.40am. Key Stage 4 Homework Club is open on a Tuesday morning in the LRC 8-8.40am. Please encourage your child to attend if they require support with their home learning or simply need to access IT resources including free printing.

In addition to our Homework Clubs, our Learning Resource Centre is open every morning before school, at break time and after school every day; please encourage your child to attend if they require additional support with their homework.

Special Educational Needs and Disabilities – Local Offer: The local offer brings together information for children with SEND and their families. [Special educational needs and disabilities - local offer - Lancashire County Council](#)

Youth Zone: Join in various activities at Lancaster and Morecambe Youth Centre. Talk to a youth worker for advice and support and have the opportunity to go on trips out around Lancashire. [The Zone in Lancaster - Lancashire County Council](#)

FIND newsletter Summer 2022: [FIND Newsletter Summer 2022 \(lancashire.gov.uk\)](#)

Lancaster and Morecambe Additional Needs Whats' on Guide June 2022 <https://www.northlancsdirectionsgroup.com/>

Mental Health and Wellbeing

Together we can tackle loneliness

One in four adults feel lonely some or all of the time. There's no single cause and there's no one solution. After all, we're all different. But, the longer we feel lonely, the more we are at risk of mental health problems. Some people are also at higher risk of feeling lonely than others. Try to do some enjoyable things that will keep you busy.

One way of trying to manage loneliness is by keeping busy and doing things we enjoy. This might be a hobby such as a bit of gardening, going to the gym or even sorting out your kitchen cupboards, jigsaws, puzzles or knitting. Small activities can give you energy and positive feelings. It's important these things are fun or fulfilling.

Be careful about working too hard or watching TV shows simply as a distraction. These will only delay or suppress your feelings and could actually make your mental health worse.

Activities that occupy your mind can help with loneliness. This can include the benefits of taking courses or listening to podcasts on topics from comedy to fitness. This can be stimulating and something as simple as listening to the familiar voice of someone you like can help you feel less lonely.

Key dates for the Summer term

W/C 13 June:	Year 10 Work Experience
W/C 27 June:	Year 10 Exams
Thursday 30 June:	New Intake Evening for Y6 parents/carers
Monday 4 July:	Year 7 Chill Factor Trip
Tuesday 5 July:	Year 8 Chill Factor Trip
Wednesday 6 July:	Year 6 New Intake Day 1
Wednesday 13 July:	Year 6 New Intake Day 2
Thursday 14 July:	Music Concert
Wednesday 20 July:	Jump Rush and Soul Bowl reward trips
Thursday 21 July:	School closes for the summer holiday.

Reading corner

Bedrock Vocabulary 'top' performers:

Year 7

Biggest improvement: **Lexi-Leigh S**

Most units completed: **Rufaro H**

Year 8

Biggest improvement: **Billy B**

Most units completed: **Maggie A**

Year 9

Biggest improvement: **Ilyas R**

Most units completed: **Ayra M**

Praise

Congratulations to Lune house for receiving the most praise points last week.

1. Lune **1381 (9.7 per pupil)**
2. Clougha **1125 (9.0 per pupil)**
3. Halton **1059 (7.5 per pupil)**
4. Storey **919 (6.2 per pupil)**

Congratulations to the following pupils who had the most praise points in the last week:

Year 7	Year 8	Year 9	Year 10	Year 11
Lewis B	Maggie A	Stanley B	Leaf R	Not included due to start of exams
Chloe H	Daisy B	Ellie W	Thinzar K	
Jesse B	Zahrah M	Jack H	Charlie K	
Nawaf A	Katie D	Gabriel R-S	Charlie M	
Mohammed H	Alfie T	Dylan A	Benjamin M	

In addition, well done to the following pupils:

In Business this week, **Lilly P** in Year 11 gets a special mention. Lilly submitted her final unit in Business and it was an exceptional piece of work. Well done **Lilly**, excellent work!

Well done to the following pupils for their outstanding work in music this week:

Lewis B - your enthusiasm and performance skills were fabulous - keep up the brilliant work.

Isaac G - great answers and keyboard playing in the lesson.

Ella R - great effort with the theme tune in the lesson - keep up the good work.

Harley M and **Adam B** - a great first lesson in music and well done on your keyboard performances in front of your peers.

Many thanks to **Aimee** and **Cameron-Rose** in Year 8, and **Maggie** and **Kalya**, also in Year 8 for their community efforts as break time monitors.

In Year 10 History, **Paige S** for outstanding contributions to class discussions in recent weeks. Additionally, **Jade W**, **Vincent H**, **Jessica O** and **Jaden O** all achieved 100% on their recent knowledge tests – well done!

In Year 7 English, **Josh B** and **Max B** have made some superb verbal contributions this week.

In Reciprocal Reading in Year 7, **Riley H**, **Ethan L** and **Kenzie K** demonstrated some fabulous understanding regarding nature, community responsibility and preservation. Well done.

In Year 8, **James O** and **Ollie W** shared some really well-thought through ideas regarding the protection of birds, and harming animals in the name of sport. Well argued.

Sports corner

This half term, we are running athletics club on Tuesday and Table Tennis on Wednesday. Rounder's club will be on Tuesday. All clubs run from 3.05-4pm. Everyone is welcome and we would encourage you to attend irrespective of experience.

Attendance

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

Year 7: Clougha
Year 8: Clougha
Year 9: Lune 2
Year 10: Halton
Year 11: Lune

Food corner

The week in food technology, Year 9 are continuing with the theme of tasty food on a budget. Please see the most recent recipe - the ever popular Spaghetti Bolognese. Simple, inexpensive, and delicious.

https://www.bbc.co.uk/food/recipes/easy_spaghetti_bolognese_93639

Have a safe and enjoyable weekend.



Mr J Cowper
Principal