

Dear Parent/Carer

Parent/Carer newsletter: Friday 11 March 2022

Ukraine fundraising

We have been selling yellow and blue ribbons this week to support raising funds for Unicef in turn supporting those affected by the conflict in Ukraine. So far, we have raised £187 in addition to last week's non-uniform day totaling just over £805 to date. Many thanks to pupils, parents/carers and staff for your generous contributions.

Year 9 Options and Parents' Evening

We held our Year 9 options evening this week. It was a real pleasure to have parents and pupils in a face to face evening event in school. A reminder to Year 9 parents/carers that parents evening is on Thursday 17 March using school cloud. Please follow this link for further information, including how to make appointments: <https://www.lancasterhigh.lancs.sch.uk/parents/parent-evenings>

Options forms need to be returned to school by Monday 21 March. If you have any queries, please contact Mrs Lilley jo.lilley@lancasterhigh.lancs.sch.uk

Creative Industries Expo workshops

On Tuesday, a group of Year 10s were invited to Lancaster and Morecambe College to attend the Creative Industries Expo. The pupils took part in various workshops including; special effects, monster making, movie making, racing car games design and architecture as well as an opportunity to chat with representatives from various creative businesses and Higher Education institutions.

Our pupils really engaged with every workshop and were a credit to our school.

SEND

Thank you to parents/carers for your attendance at the Year 11 SEND reviews this week. If you were unable to attend, a letter and supporting information will be posted home next week.

Year 7 SEND reviews are taking place during the week commencing Monday 21 March. An invitation will be posted out to you next week.

The SEND Clinic is open Tuesday 15th March 4-6pm. Please email levans@lancasterhigh.lancs.sch.uk to book a 15 minute appointment should you wish to discuss any aspect of your child's education.

Commitment | Creativity | Community

Principal: Mr J Cowper
The Bay Learning Trust. Registered in England & Wales.
Company Number 07588464.



Part of the
The Bay Learning Trust

Key Stage 3 Homework Club is open on a Wednesday morning in the Library 8-8.40am.
Key Stage 4 Homework Club is open on a Tuesday morning in the Library 8-8.40am.

Lancashire and Cumbria autism support hub

Please take a look at the resources at this brand-new NHS commissioned-website and/or sign up for the e-newsletters that will be starting in a couple of weeks. <https://lsc.clinical-partners.co.uk/>

Mental Health and Wellbeing

Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting well-being.



It doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well providing some level of exercise.

Today, why not get physical? Here are a few ideas:

- Take the stairs not the lift
- Go for a walk at lunchtime
- Get off the bus one stop earlier than usual and walk the final part of your journey to work
- Organise a sporting activity with friends or family
- Have a kick-about in a local park
- Do some 'easy exercise', like stretching, before you start your day.

Extra Curricular activities

Please find below the various activities available for pupils during lunchtime and afterschool.

 Extra-Curricular Opportunities 		
Day	Lunchtime 12.30—1.00pm	After-school 3.10—4.00pm
Monday	Sound recording Music room—Year 9 Dance Club—Dance Studio—Year 7 Diversity club—E5a—All years welcome	
Tuesday	The Trebles (singing group) and keyboard - Music Room—All years welcome	Science Club—C6—Year 7 and 8 Rugby—PE—Year 7 Fitness—Gym—Years 10 and 11 Netball—Netball courts—Year 7, 8 and 9
Wednesday	Guitar Group—Music Room—All years welcome Dance Club—Dance Studio—Year 8 and 9	MFL Film Club—E3— All years welcome Fitness—Gym—Years 8 and 9 Rugby—PE—Years 8 and 9 Badminton—Sports Hall—All years and staff DT Extras—DT workshop—Year 11 (until 4.15)
Thursday	Ukulele / keyboard club—Music Room—All years welcome DT Catch-up/homework support—DT Workshop—All years welcome	Girls football—PE—Years 7 and 8
Friday	Handwriting club—A1—All years welcome—12.40 start History GCSE revision—D5—Year 11 DT Catch-up/homework support—DT Workshop—All years welcome	

NSPCC Learning

Having a potentially difficult conversation as a parent/carer can be a challenge. The NSPCC have excellent support materials available. Below is a link that you may find useful:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/>

As always, if you have any concerns about your child or need support, please do not hesitate to contact us at school. The NSPCC also have a helpline 0808 800 5000.

Vacancies

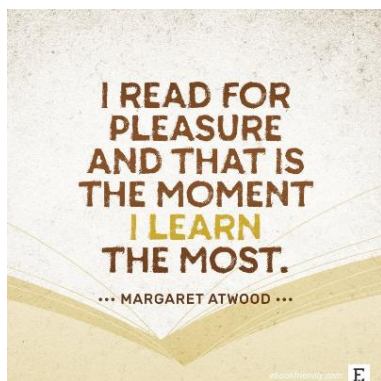
We have two vacancies for non-teaching Heads of Years. One is a 12 month fixed term contract and the other is a full time permanent position. Please find further information on our website.

Reading corner

Good Reads

Can we encourage you to visit <https://www.goodreads.com> with your child. Here you will find book recommendations, reviews, reading challenges and a chance for your child to discuss the book they're currently reading with lots of other avid readers their age.

Reading for Pleasure



As part of our reading strategy, one form period a week continues to be dedicated to reading for pleasure.

Pupils should bring a book to school on these days.

	Reading for Pleasure day
Year 7	Tuesday
Year 8	Wednesday
Year 9	Tuesday
Year 10	Thursday
Year 11	Wednesday

Praise

Congratulations once again to Clougha house for receiving the most praise points last week.

1. Clougha **1290 (10.9 per pupil)**
2. Lune **1165 (7.0 per pupil)**
3. Halton **942 (6.7 per pupil)**
4. Storey **930 (6.3 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
Gabrielle F	Kayla D	Paul G	Daniel S	Ranea A
Freya P	Jodie M	Tyler M-M	Oliver N	Sam S
Chloe H	Lucy K	Anais T	Misti L	Jack P
Tristan W	Caitlin S	Ruby B	Leaf R	Jack E
Quaneisha Y	Eyad A	Liam F	Christopher H	Alfie E

Attendance

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

Year 7: Storey 2

Year 8: Clougha and Lune

Year 9: Lune 1

Year 10: Clougha

Year 11: Lune

In addition, well done to the following pupils:

Rhyey B, Year 8, for taking time to ask a member of staff if they were ok and wishing them a good day.

Elliot G, Year 7, for his enthusiasm and creativity in dance.

Chloe H, Year 7, for her commitment in dance lessons and extra-curricular dance club attendance.

Leon F, Year 9, for his commitment to extra-curricular clubs in music.

Ella F, Year 8 and **Imogen H**, Year 7, for their fantastic improvements in their singing lessons.

In Year 7 English, **Kai D** and **Izzy** for commitment and excellent verbal contributions.

For community spirit - **Jethro** in Year 9, whose generosity towards Miss Timperley's Ukraine Ribbon sales was overwhelming and **Tillie B**, also Year 9, for looking after Miss Timperley's plants!

For her on-going commitment to English Literature in Year 11 – **Runyararo H**.

Sporting stories

Netball

On Tuesday 8 March, CLHS welcomed Bay Leadership Academy (BLA) for a netball fixture. The girls were in high spirits after their superb performance in their last fixture against Ripley. They got off to a flying start with the score 8-0 to Central, this is thanks to fantastic passing in the centre third from **Abigail W**, **Sophie E** and **Eva B**.

After the second quarter, thanks to **Maggie A's** fabulous shooting, the girls were winning 13-0. **Leah B** and **Demi A** put on a strong display in defence and BLA struggled to get the ball into their shooting circle.

After the third quarter, Central had extended their lead to 16-0. The final quarter saw **Ava W** and **Caitlin S** work brilliantly together and scored several goals which helped Central win 22-0 overall.

Well done to **Caitlin S**, who was voted player of the match by BLA and captained the year 8 team to a fantastic victory.

Football

Year 10 v Carnforth High School

The year 10 team travelled to Carnforth for their latest league fixture. The team went into the game full of confidence having been on a good run of form in recent games. We dominated the game from start to finish. The defence coped with Carnforth's attacking style, whilst our strikers created chance after chance. The game eventually finished 4-1 to Central, with **Riley W**, **Harry C**, **Oliver M** and **Clayton B** performing very well.

Year 7 v Carnforth High School

The year 7 team displayed a much improved performance against Carnforth. The team looked much more comfortable in a traditional 4-4-2 formation and started the game really brightly, dominating the opening minutes but failing to score. Against the run of play Carnforth managed to snatch a goal and we continued to battle and create chances. We equalised shortly after with **Mohammed H** poking the ball home from close range. In the second half, we dominated the play but couldn't quite snatch another goal. Sadly Carnforth did, a 25 yard shot that gave our keeper little chance. The game finished 2-1 but a lot of positives can be taken from the game. Also, a huge thanks to **Aaron W** from Year 11 for refereeing the game flawlessly.

Year 8 v Carnforth High School

The Year 8's maintained their 100% record this year with a nail-biting 4-3 victory over Carnforth. Central started brightly and **Layton M** scored twice mid way through the first half to settle any nerves. This gave the team confidence to continue looking to build upon their lead. The third came 5 minutes before half time as **Dee C** rose above two defenders to head home after a goal mouth scramble from a corner.

Indeed, the score should have been greater after the team hit the woodwork 3 more times during the half. However, Carnforth came out rejuvenated in the 2nd half, and a trio of goals from the visitors soon had them level. The Year 8's composed themselves and with 5 mins remaining Layton completed his hat trick to give us a vital win 4-3.

Well done to all who played and to **Joe F** from year 11 for refereeing the game superbly.

Year 9 v Ripley St Thomas

The year 9 football team played against a strong Ripley St Thomas side on Tuesday 8 March. Central had a couple of players missing so adopted a 4-5-1 formation. The game started and Central had the wind behind them which played into their hands with the tactics the year group wanted to use. The game was very competitive with no clear-cut chances being created. **Luke GM** was like a young 'Zlatan Ibrahimovic' leading the attacking line. He held the ball up extremely well,

bringing his wingers into the game. He was supported from **Riley A** who was a young 'Xabi Alonso', threading balls through to **Luke GM** but Ripley St Thomas's defence was strong and quick.

The first goal came from some brilliance from the RSTs winger. He flicked the ball over the rushing defenders and drove into the box. **Keiron D** tried his best to get over and make a cover tackle, but the winger got his shot away to put the visitors 1-0 ahead. RST went into half time with the 1-0 lead. The second half was very similar to the first. Few chances created due to the defence of both teams being on top. RST were building pressure and they scored from a corner.

The game ended 2-0 to RST. However, both teams had a great game and it was a fantastic match for the neutral to watch.

Well done to all pupils and staff who were involved in all of these fixtures.

Food corner

This week has seen Year 9 classes make Beef Koftas. Though most chose beef, a few pupils used lamb and a small number went with turkey. Regardless of the meat (or vegetarian alternative) chosen, the results were the same - a great meal with a wow factor, that tasted as good as it smelled.

Please find the recipe attached and have a go yourself.

https://www.bbc.co.uk/food/recipes/beef_mince_kebabs_02661

Have a safe and enjoyable weekend.

A handwritten signature in black ink, appearing to be 'JTC' with a flourish at the end.