

Dear Parent/Carer

## **Parent/Carer newsletter: Friday 12 May 2023**

### **Lancaster City Council – Household support fund**

Please find attached a flyer for Household Support Fund 4 (HSF) which is being administered by Lancaster City Council.

Lancaster City Council has set up the Household Support Fund Round 4 - this funding has been received from The Department for Work and Pensions to enable them to support those most in need with the significant rise in the cost of living. This scheme is being run in partnership with North Lancashire Citizens Advice and the Lancaster District Food Justice Partnership.

The aim of this scheme is to provide longer-term support to residents who are struggling financially.

To be eligible for the scheme must be:

- Aged 16 or over
- A resident of the Lancaster District
- Experiencing financial hardship and struggling to afford essential items or living costs
- Be willing to engage with Citizens Advice and Lancaster City Council.

Please find more information through their link below:

[Financial support for households - Lancaster City Council](#)

### **GCSE examinations**

Next week, our Year 11s embark on their GCSE examinations. They have worked incredibly hard throughout the year and have engaged well with the wide range of support and intervention that has been in place since January. I would also like to thank staff for all of their hard work and support of the year group.

We wish them all the very best for the next 4/5 weeks and I am sure they will do very well.

In addition to our ongoing intervention programme, we will be holding revision sessions during May half term.

These can be seen below and we strongly encourage attendance to them.

Commitment | Creativity | Community

Executive Headteacher: Mr J Cowper  
The Bay Learning Trust. Registered in England & Wales.  
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**THE BAY  
LEARNING TRUST**

Time	Tuesday 30 May	Wednesday 31 May	Thursday 1 June	Friday 2 June
09:00 – 10:30	English Language A2	Physics Triple A2	History A2	Maths Foundation A7 Higher A6
10:30 – 11:00	Break time with refreshments provided			
11:00 – 12:30	Geography A2	Physics Combined A2		

## Year 10 Mock Examinations & Work Experience

We were very impressed with the way that pupils in Year 10 have applied themselves to their first set of examinations in the sports hall over the past two weeks. Their conduct in the exams was immaculate and a new member of our external invigilation team described them as “*superbly behaved coming in, during and when leaving the exam room*”.

The outcomes of these Mock examinations will be shared with pupils and parents/carers towards the end of next half term alongside their grade cards.

Next week, the year group go on their work experience placements. We wish them well and look forward to receiving feedback from the local employers offering these vitally important opportunities to our pupils.

## Sister Act

A group of our pupils from Year 8 and 9, who are currently completing their bronze Arts Award qualification, went to watch a performance of Sister Act at the Grand Theatre in Lancaster last Thursday. The pupils were fantastic and great ambassadors for our school.

It was wonderful to see past pupils from our school as part of the cast - well done to all on a brilliant show.

## SEND

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

Please email [lisa.maudsley@lancasterhigh.lancs.sch.uk](mailto: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 3 SEND reviews for Year 9 will be held w/c: 12 June. The letters were sent out this week with further details.

Please email Mrs Ainsworth at [sainsworth@lancasterhigh.lancs.sch.uk](mailto:sainsworth@lancasterhigh.lancs.sch.uk) to make an appointment.

Our school library is open every day from 8.15am, during break and lunchtime, and after school and is staffed with Higher Level teaching Assistants (HLTAs) so please encourage your child to attend if they require additional support with their classwork or homework.

Please see attached to the newsletter email, a flyer outlining what is on offer in the local area and what support is available from the Lancashire SEND partnership.

## **Mental health and wellbeing**

### **Self-acceptance vs. self-esteem**

Self-acceptance is an awareness of both the positive and negative aspects of our self, while maintaining an attitude of positive regard. Acceptance involves acknowledging the “unvarnished facts” of ourselves and our situation – the good and the not so good, without judging ourselves. Rather than this causing us to be stuck with things as they are, acceptance is the foundation for growth and change.

Self-esteem is our sense of value or worth. It is based on judgement about how good we are in specific areas of our lives (e.g. performance at school, work or in sport or in relationships) or relative to other people. As it can be dependent on our judgements about success or failure or on comparison to others it can be fragile.

The pursuit of self-esteem can lead us to overly focus on, or inflate, the positive aspects of ourselves and our performance and ignore or hide areas we don't feel good about. Our need for high self-esteem, to feel good about ourselves in this way, can make it harder for us to seek and accept negative feedback, even if this is constructive, so making self-improvement more difficult. It can also cause us to feel angry or defensive when our self-esteem is threatened.

One practical way we can develop self-acceptance is through learning to be self-compassionate.  
**Please be kind to yourself.**

## **Reading corner**

Well done to the following pupils who have made superb progress this half term on Bedrock Vocabulary.

### **Year 7:**

**Progress made:** Alex S, Ellie B and Rosie A

**Points awarded:** Leyla B, Christina A and Jayden D

### **Year 8:**

**Progress made:** Kaleb J, Ella B and Charlie L

**Points awarded:** Khalisah G, Tristan W and Athena W

### **Year 9:**

**Progress made:** Arley D, Flora Y and Eyad A B

**Points awarded:** Hanna A, Cade B and Alfie T

## Key reminders

### Morecambe Bay NHS Trust - Work Experience Applications for 16+

This is a great opportunity for any year 11 pupils interested in working in the NHS or other employers in the health sector.

[www.nhscareersnw.co.uk](http://www.nhscareersnw.co.uk) (form within the 'Placements' section)

The application window for Work Experience, for those aged 16 years and older, is now open. This is for Work Experience opportunities within three hospital sites at Lancaster, Kendal and Barrow and will be for placements in July, August and September.

The window will be open during May 2023 and will close on **Wednesday 31 May**.

Please note that they only have capacity within the sites to host around 100 placements per application window, hence, please encourage your children to apply early. Furthermore, please only actively encourage those children who are definitely eager to pursue a career in this sector.

To apply, pupils must register on [www.nhscareersnw.co.uk](http://www.nhscareersnw.co.uk) and then click on the 'Placements' section within the site.

### 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 our **Absence Alert Text Number 07943107504** - This is a virtual mobile number from which absence is monitored during the school day.

### Key dates for the Summer term:

15 May 2023	Year 10 Work Experience
15 May 2023	GCSE Examinations start
26 May 2023	<b>School closes 3.05pm for half term</b>
5 June 2023	<b>School Opens for all pupils</b>
22 June 2023	Transition Evening for year 6 parents/carers
23 June 2023	Year 11 Prom
27 June 2023	Year 6 Transition Day
29 June 2023	Year 6 Transition Day
5 July 2023	District Sports Day
11 July 2023	School Sports Day
18 July 2023	School Sports Day (reserve)
19 July 2023	Reports issued to year 7-10
20 July 2023	Reward trips
21 July 2023	Achievement Assembly
21 July 2023	<b>School closes for summer at 1.15 pm</b>

## Pupil praise

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

House points:

1. Clougha **1241 (8.0 per pupil)**
2. Halton **742 (4.6 per pupil)**
3. Storey **706 (4.6 per pupil)**
4. Lune **477 (3.7 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
Emmanuel J	Mia D	Alfie T	Ruby B	Olivia
Coen A	Yasaman G	Maggie A	Primrose M-D	Finley B
Roxy B	Grace B	Caitlin S	Gabriel R S	Lacey C
Christina A	Caitlin H	Scarlett Y	Connor B	Tia H
Oliver K	Gabrielle F	Rhyley B	Aaliyah E	Caitlin H

## Attendance

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

**Year 7:** Lune

**Year 8:** Lune

**Year 9:** Clougha

**Year 10:** Clougha

**Year 11:** Storey

**Attend today, achieve tomorrow!**

Special praise goes to the following pupils:

### Year 7

**Julian S and Mairead S** for their commitment and help during form period.

**Harry A and Ben G** for motivation and effort in their maths lessons.

Congratulations to **Melody H** who set herself a personal goal to achieve 100 Bedrock points in one week and she has done it! Well done, Melody - this is real commitment. The English Department is very proud of you.

Well done to **Mila M** who has settled into the new group brilliantly - she makes fantastic contributions to the group's discussions, with real confidence. Thank you.

A great start for **Brooke-Louise R** who has produced some beautifully presented work in her English book. Welcome to the class, Brooke-Louise.

**Kameron E, Daniel J, Coen A and Leah C** Well done on excellent presentation skills and artwork in response to the artist Brianna McCarthy. Future artists in the making!

## Year 8

Congratulations to **Sophie A** for excellent watercolour work and colour blending in her landscape project.

**Archie B, Alix S, Ronan H and Alicia G** all gave incredibly thoughtful and insightful responses when considering beliefs about life after death in RE this week – thank you!

Well done to **Lexi-Leigh S** for her excellent focus in history and for doing a fantastic job in the end of unit test.

## Year 9

Well done to **Connor K** for asking inciteful questions and applying his prior knowledge in his art lessons and to **Maggie A** for an excellent example of using one-point perspective in a creative way in her art lesson.

Well done to **Connor D** who produced a great score in his mid-unit assessment in history, recapping knowledge from the current and previous topics.

**Mollie O** for continued hard work in RE and improved confidence to attempt tasks independently – well done.

**Kayden W** who is always incredibly polite and friendly every morning. Great community spirit – thank you!

**Hannah A** for making excellent progress in science, fantastic presentation of work and always gives everything 100% of her focus. She is such a pleasure to teach.

Well done to **James R** for great work in science He has made fantastic contributions and always looking to improve his work wherever he can.

Well done to **Tyler S** and **Ella F** who have been working really well in their peripatetic lessons. Ms Ramsey is really pleased with the progress you're making - keep up the good work.

## Year 10

Well done to the following pupils who wrote some great narratives in English Language: **Hollie H, Hayden R and Primrose M-D.**

In addition, well done to **Primrose M-D** for performing with confidence in her drama assessment when she was struggling with very little voice – well done – proving to your team that ‘the show must go on’.

A special well done to **Gabriel R S** who recently passed his grade 4 flute exam with a merit - congratulations Gabriel.



## **Year 11**

Well done to the following Y11 pupils for their commitment to their English Language studies. They are making some significant progress – **Amy P, Calla L, Paige S, Freddie G, Raihan P** and **Connor L**.

## **Food corner**

Year 7 have excelled in their practical session over the past two weeks. They made Sausage Gnocchi combining preparation skills creating the Gnocchi, and cooking skills frying the sausages.

In the current climate, we appreciate some families may be suffering hardship. This may impact on the ability to purchase ingredients. If you need assistance with this, please email [Asharples@lancasterhigh.lancs.sch.uk](mailto:Asharples@lancasterhigh.lancs.sch.uk) a week prior to your child's practical session so we can look at ways in which we can help.

We do not want any child to miss participating in these important life skills and will do our best to help.



Have a safe and enjoyable weekend.

A handwritten signature in black ink, appearing to read 'J Cowper'.

Mr J Cowper  
Executive Headteacher