

Dear Parent/Carer

## Parent/Carer newsletter: Friday 13 January 2023

### Extra-curricular activities

Please find below, all of the extra-curricular activities available this term in school. Clubs and activities run at lunchtime and afterschool. We spent time last term gathering pupil voice as to what clubs and activities pupils wanted and we have incorporated these into our offer.












We have an ambition that **all** pupils engage regularly in **at least one** extra curricular activity as this supports mental health and wellbeing as well as creating opportunities to meet new friends and experience new experiences.

Please can we ask that you discuss what is on offer and encourage your child to attend one of the many clubs/activities available – there really is something for everyone.



### Extra-Curricular Jan-Feb 2023



Day	Lunchtime—12.30—1.00pm	After-school—3.10—4.00pm
<b>Monday</b>	 The Trebles and keyboard —Music  Art Club—E5a  Debating Society—D4	
<b>Tuesday</b>	Diversity club—E5a  Guitar Group—Music 	Science Club—C6—Year 7, 8 and 9 Netball—Sports Hall—Year 7, 8 and 9 Arts Award—Music Room—Year 9 Dungeons and Dragons - Library
<b>Wednesday</b>	The Trebles and keyboard - Music 	Film Club—E3—all years welcome Badminton—Sports Hall Fitness—Gym Drama Improv— Library 
<b>Thursday</b>	Ukulele / keyboard club—Music Board Games Club—C6 	Debating Society—D4 Dungeons and Dragons - C3 
<b>Friday</b>	Year 11 history revision—D4 Year 10 history revision—D5	

Commitment | Creativity | Community

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

## **Drama Improv club**

Have you ever thought about performing on the stage? This could be the opportunity you have been waiting for! We have an exciting new club starting on **Wednesday 18 January** after school in the library 3.10 - 4pm.

The drama improv club is open to all year groups and is an opportunity for you to unleash your hidden talents and get creative performing improvised pieces.

## **Poppy appeal update**

This year's total was £171.74 which is a fantastic amount to raise so thank you to everyone who has supported this wonderful cause.

## **Year 7-9 Flu Spray**

Unfortunately, due to industrial action by the North West Ambulance service, the School Aged Vaccination and Immunisation team postponed the Year 7-9 Flu Spray originally scheduled this week. They will now take place in school on **Tuesday 17 January**.

## **Year 11 mock examinations – February 2023**

Pupils in Year 11 will sit their second set of mock examinations in the week beginning **Monday 6 February**. The second week of exams will start in the week after the half-term break in the week beginning Monday 20 February. Pupils were handed a paper copy of the mock examination timetable on Thursday 5 January. An online copy of the timetable can be viewed on our dedicated year 11 revision website page by following the link below.

Next week, week beginning Monday 9 January, will see the start of our 'in school' revision 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 run can be viewed on our dedicated Year 11 revision website page by following the link below.

Additionally, we have purchased revision guides for **all** pupils to support them with revising English Language, English Literature, maths, science, geography, history and French. These revision guides are being distributed directly to pupils by their subject teachers. Teachers will be supporting pupils to use them effectively as part of their revision process.

Please support your child by encouraging them to establish a regular pattern for revision. Details of how you can best support your child can be found on of dedicated Year 11 website page which can be accessed via the link below.

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

## **Year 11 Careers**

Next week we will have visiting speakers from Ask Apprenticeships and Lancaster Morecambe College. This is the latest in our series of visitors regarding the options open to our Year 11 pupils post-16. Pupils who are interested in starting an apprenticeship can start looking now using the search engine below:

<https://www.findapprenticeship.service.gov.uk>

**connect**

**Єднання**

A youth group for Ukrainian teenagers aged 12-17 to make connections and learn about the local Lancaster area while making friends in a relaxed and fun environment

Молодіжна група для українських підлітків віком 12-17 років для спілкування та дослідження місцевого ландшафту Ланкастера та зустрічі з друзями в невимушеній та веселій атмосфері

Thursdays 4pm-6pm at White Cross, Multi-use Room, Lower Ground Floor, South Rd, Lancaster LA1 4XQ

Щочетверга з 16:00 до 18:00 у White Cross, Multi-use Room, Lower Ground Floor, South Rd, Lancaster LA1 4XQ

Contact / Контакт:  
Nicole Cobb,  
07887631335

Wellbeing Hub  
Lancashire Youth Challenge  
Lancashire County Council

## Youth group for Ukrainian teenagers

There is a new youth group starting for Ukrainian teenagers starting on the **19<sup>th</sup> of January** for 15 weeks.

## Opening Evening at Kendal College

KendalCollege

**OPEN EVENING**

Wednesday 25th January

Drop in any time between  
4:30pm & 7:30pm



[kendal.ac.uk/visit](http://kendal.ac.uk/visit)

Kendal College's next Open Evening is on **Wednesday 25 January**, 16.30 – 19.30 across both of their campuses.

Their address is:

Milnthorpe Road Campus, Milnthorpe Road, Kendal, Cumbria, LA9 5AY

Arts & Media Campus, Beezon Road, Kendal, Cumbria, LA9 6EL

You are invited to go and see what Kendal College has on offer.

Book your space using their website [www.kendal.ac.uk](http://www.kendal.ac.uk) or the QR code on the poster.

## 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.

## 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 2 SEND reviews for Year 9 will be held w/c: **Monday 23 January**. A letter will be sent home 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.

## 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.

#### Connect

Spend time developing and nurturing relationships with friends, family, neighbours and colleagues. Befriending services can help support you if you are feeling lonely and isolated.

Please the link below to find out more about wellbeing programmes running in Lancashire:

<https://wellbeinglancashire.org.uk/>

## 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 at least 20 points each week and the following pupils have achieved above and beyond that this week – well done and we are very proud of your commitment.

#### Year 7:

- 1) **Jayden D** with 115 points
- 2) **Samuel P** with 106 points
- 3) **Layton J-H** with 81 points

#### Year 8:

- 1) **Yasaman G** with 91 points
- 2) **Quaneisha Y** with 45 points
- 3) **Isaac P** with 34 points

## Year 9:

- 1) **Maggie A** with 110 points
- 2) **Demi A** with 87 points
- 3) **Riley S** with 82 points

## Key reminders

### Friends of Central Lancaster High School

Please see below for a message from the Chair of our Academy Improvement Board.



*'For 2023, we are looking to form a 'Friends of CLHS' group, which will work to increase the involvement of families and the community in the life of Central Lancaster High School.*

*We are running an open event on **26 January 5.30 and 6.30pm** in the school library, where those of you interested in being part of the organising committee can learn more about what is involved and help plan future activities and events.'*

If you would like to be kept informed of the event, then please send your name and contact details to [friends@lancasterhigh.lancs.sch.uk](mailto:friends@lancasterhigh.lancs.sch.uk)

### PSHE session: Alcohol awareness



On **Friday 27 January**, Year 7 and 8 will watch a performance from the 'Smashed project' about the reasons that young people may choose to consume alcohol underage; the potential risks of drinking alcohol and sources of help for underage drinking.

This will be delivered through a theatre performance and workshop. This information is part of the statutory PSHE

curriculum and if you would like any further information about the project, the website is:

<https://www.smashedproject.org/>

### Key dates for the Spring term:

19 January 2023  
06 February 2023  
26 January 2023  
27 January 2023  
10 February 2023

Year 10 Progress Evening via School Cloud  
Year 11 Mock examinations  
Friends of CLHS drop-in 5.30pm - 6.30pm  
'Smashed' Alcohol awareness session Year 7 and 8  
School **closes** 3.05 pm

## Pupil praise

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

- 1.Clougha 3360 (21.5 per pupil)
- 2.Storey 2081 (13.9 per pupil)
- 3.Halton 1975 (12.7 per pupil)
- 4.Lune 1481 (11.8 per pupil)

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

Year 7	Year 8	Year 9	Year 10	Year 11
William L	Riley H	Ibrahim S	Ruby A-T	Daniel B
Joshua B	Taylor R	Lewis G	Ayra M	Euan H
William F	Leo Y	Rhyley B	Gabriel R S	Aimee G
Logan C	Jayden P	Dylan H	Rena A	Tia H
Max L	Harry O	Kaan G	Alfie D	Misti L

## 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:** Halton 2

**Year 11:** Lune

Special praise goes to the following pupils:

### Year 7

**Lily B** for excellent work in her sketch book in art.

**George B** for his continued positive attitude in his art lessons.

**Leah C** for showing her creativity in RE this week when illustrating the story of Christianity. She takes great pride in the presentation of her work and contributes to class discussion each lesson.

### Year 8

Well done to **Mikey B, Rosy H, Charlie L, Leo Y** and **Kenzie K** for their excellent contributions in their first PSHE lesson this term.

Thank you to **Chae J-S** for helping our new pupil settle into our school. You have made them feel very welcomed.

Well done to **Louie M, Lexie H, Archie B, Leonardo CD** and **Ollie PP** for your excellent work on metal and acids in science.

Well done to **Rufaro H** for the excellent homework you submitted in your Fresh Start intervention this week.

Well done to **Mia D** for your excellent attitude and focus in Spanish.

**Zach J** for producing an excellent piece of work in RE this week looking at the stories of suffering shown in films. Zach also kindly allowed his work to be photocopied for pupils who missed the lesson. Thank you Zach!

## Year 9

Thank you to **Katie D** and **Mia S** who stayed at lunchtime and helped Miss Morris sort out her teaching resources. It was very much appreciated.

**Issy B** produced high quality work in RE this week studying religious teachings on relationships. Issy wrote an excellent answer discussing whether religions should have a say in relationships or not.

**Dee C** has shown fantastic effort in his history lessons, particularly while working on the subject of the Holocaust. Well done Dee!

## Year 10

**Alfie C-D** for making excellent contributions to class discussions in business studies lessons. He makes excellent use of his prior knowledge to inform his answers when tackling a new topic – well done!

**Tyler Y** for making a great start to his sketchbook page about the artist Eduardo Paolozzi. He has made good references to his work in his choices of shapes and colours – well done!

Thanks to **Georgia J** for letting Mr Auger copy your excellent notes this week for absent pupils.

## Year 11

**Connor L** and **Oran W** have shown a super commitment and effort in their history lessons and revision and Mrs van Bruggen is extremely impressed. Well done to both of you.

Well done to 11Y2 who have returned after the Christmas break with increased determination and commitment to their English studies. A particular well done must go to the following for their continued commitment: **Alex K, Adam R** and **Euan H**.

Well done also to **Abi R, Reegan C** and **Charlie K** who really impressed last lesson in English – keep it up!

Well done to all Year 11 pupils who have been attending revision at dinnertime after school, this will make a huge difference to your exam success on results day.



In addition - Well done to **Maggie A, Kayla DLM, Rufaro H, Freya P, Chae JS, Stanislav T, Ella-Mae B, Jack H, Leon F, Morgan T, Cherry-Lee T** and **Charlotte H** for their fantastic start to the music extra-curricular clubs this week.

## **Sports corner**

### **District Cross Country Success**

On Saturday 7 January, the district cross country championship was held at Ripley St Thomas.

We took a small number of pupils to compete against the other schools in the district. The weather was a real challenge with torrential rain all morning which turned the course into a 'bog' and made running conditions very difficult. However, despite this difficulty, **Josh S** in Year 9 'blew' the rest of the field away and led from start to finish, winning the race comfortably. **Daniel S** secured a very credible 6 in the Year 11 race.

Many thanks to all of our runners for giving up their time outside of school hours to represent our school and to our parents/carers for transporting them – well done!

Have a safe and enjoyable weekend.



Mr J Cowper