

Dear Parent/Carer

Parent/Carer newsletter: Friday 13 May 2022

UNICEF

We received a letter from Unicef for our fundraising efforts for the Ukraine crisis. I have attached it to the newsletter email for your reference. Thank you once again to all parents, pupils and staff members who supported the events in school.

Year 7 Parents' Evening

Thank you to all parents who attended the Year 7 parents' evening this week. Once again, it was a wonderful opportunity to share the many successes and good progress made by so many of our pupils. Thank you for your continued support.

Open Mic event

There will be an open mic event in the hall at lunchtime on Thursday 26 May and the money raised will be donated to Papyrus, a UK charity for the prevention of young suicide in the UK. There is a 50p minimum donation on entry.

Pupil and parent support networks

In addition to the pastoral care we offer in school and through external agency we source, I have attached a document which outlines various support networks you can directly access to support you and your child should you be experiencing any difficulties or challenges at this time. Please do not hesitate to contact us at school should you need help or further guidance.

Year 11 Summer examinations

We have been delighted to see how well Year 11 pupils have been applying themselves in lessons this week. We have now started the exam season and examinations in both Child Care and Business have taken place.

Please ensure that your child is in a clear routine of revising at home. Revision session will continue to run after school. A detailed list of these session can be found on our school website, along with a full examinations timetable at: <https://www.lancasterhigh.lancs.sch.uk/students/year-11-revision-and-exams>

Commitment | Creativity | Community

Principal: Mr J Cowper
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Year 11 revision sessions during half-term

We will be holding the following revision sessions in school over the half term holiday. Please strongly encourage your child to attend these sessions to further support them.

	09:00 – 11:00	11:00 – 13:00	13:00 – 15:00
Monday 30 May	Geography		History
Tuesday 31 May	Maths Higher	Maths Foundation	

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

SEND

Key Stage 3 Homework Club is open on a Wednesday morning in the 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.

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.

BEE UNIQUE have organised a monthly parents/carers tea and coffee morning in Lancaster. Details are:

DATE: Wednesday 18th May 2022

TIME: 10.30am

VENUE: Whale Tail, 78a Penny Street, Lancaster, LA1 1XN

A friendly, relaxed atmosphere and a social opportunity to meet and chat to other parents / carers. Just turn up, children are welcome.

Mental Health and Wellbeing

Invest in rest

Sleeping well is essential for our bodies, mood and mind. Getting enough sleep helps us think better, enables us to more easily manage our emotions and supports our physical health including our immunity, but it's not always easy.

Human beings are the only creatures to have electric light so it's easy for us to stay awake and of course our electronic devices can keep our minds whirring late into the night. As a result, many of us are chronically sleep-deprived and need an alarm to wake up.

The amount of sleep we need varies, but experts suggest most 12-18 year olds should aim for 8-9 hours and adults 7-9 hours. There is a lot we can do to invest in our rest. For example:

- Set an alarm for bed - An hour before you want to go to sleep set a gentle alarm to remind yourself to wind down and get ready for bed.
- Have a wind-down routine – e.g. switch off your devices, dim the lights, read something calming.
- Set up your space for sleep – Block outside light or use an eye mask; limit noise or get some ear plugs; eliminate tech and keep the temperature cool.

Key dates for the Summer term

Friday 27 May:	School closes for May half term
Monday 6 June:	School reopens for all pupils
Thursday 9 June:	DTP and Men ACWY vaccinations in school
Wednesday 29 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
Thursday 21 July:	School closes for the summer holiday.

Reading corner

Well done to the following pupils this week:

'Top' five pupils with **most time** spent on Bedrock:

Maisie H, Year 7
Bailey C, Year 9
Ayra M, Year 9
Lee W, Year 9
Liam F, Year 9

'Top' five pupils with the **highest progress scores** on Bedrock:

Zack C, Year 9
Roland G, Year 9
Jayden P, Year 7
Rhys J, Year 7
Maisie H, Year 7

Praise

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

1. Clougha **1538 (12.3 per pupil)**
2. Lune **1494 (10.3 per pupil)**
3. Storey **1372 (9.3 per pupil)**
4. Halton **1149 (8.1 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
Freya P	Sally M	Lee W	Misti L	Oliver W
Rufaro H	Leon P	Stanley B	Vincent H	Bonny H
Casie K	Lewis G	Oliver R	Connor L	Alfie A
Lexi-Leigh S	Riley S	Tyler M-M	Leon L	Megan L
Joshua C	Ella F	James W-R	Harry C	Amber L

In addition, well done to the following pupils:

Ayra M in Year 9 History for a really strong piece of homework responding to an article that focused on the breaking of the Enigma Code.

Jessica U in Year 10 History for a really strong piece of homework responding to an article that focused on the Arms Race that took place during the Cold War.

Mariela M in Year 9 for her excellent contribution to her drama lessons this week.

Well done to **Jack L** in Year 7 who has an exceptional attitude to rehearsing piano during lunchtimes and is playing very well in his peripatetic lessons. Jack has learned a lot in a short amount of time - an excellent achievement.

Miss Timperley would like to thank **Maggie A** and **Kayla DLM** in Year 8 for being a superb support to **Leo**, who we welcomed to CLHS this month.

Also from Miss Timperley, well done to **Eyad AB**, **Daniel A**, and **James R** in Year 8C for working hard to improve their attendance.

Well done to **Lexi-Lee W** and **Rhyley B** in Year 8 on their work with the ukulele this week in music.

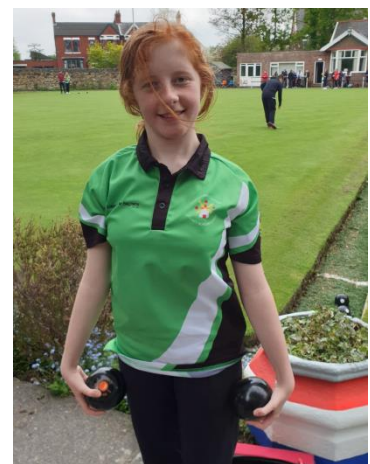
Well done to **Freya P** in Year 7 for showing brilliant commitment in her instrumental lessons.

Sports corner

A special congratulations to **Caitlin S** in Year 8 who represented North Lancashire & Fylde in the British Crown Green Bowling Association Junior (under18) County Championship at St Helens last weekend. They finished 4th out of 5 in their group which also included Cumbria, Cheshire, Manchester and the Isle of Man.

Caitlin posted her highest score so far (13) in helping the team beat Manchester.

It is also worth noting too that Caitlin was mostly playing against older and more experienced players. Well done, Caitlin - you are a great ambassador for our school.



Also, special congratulations to **Aaron W** and **Rhys McC**, Year 11, who both volunteered to referee at a year 4 football tournament at Moorside Primary School this week.

They performed really well and were a credit to our school, well done!

Attendance

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

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

Food corner

This week, our hospitality and catering cohort have been given the task of showcasing their skills. A variety of different dishes were chosen including fish dishes, soups made from scratch and 'show stopper' cakes. One stand out dish is below, budget conscious but with lots of flavour and texture.

<https://www.bbcgoodfood.com/recipes/lemon-herb-chicken-traybake-with-butter-beans-potato-wedges>

Have a safe and enjoyable weekend.



Mr J Cowper
Principal