

Dear Parent/Carer

## **Parent/Carer newsletter: Friday 7 July 2023**

### **Summer closure**

Advance notice that school closes for the summer break at 1.15 next week on **Friday 21 July**.

School reopens for **Year 7 pupils only** on Monday 4 September and for **all** pupils on Tuesday 5 September.

### **Uniform and appearance**

I appreciate that the holiday period allows for various hair and beauty opportunities and new piercings etc., although we appreciate your support in ensuring your child's appearance, when we return in September, meets the expectations outlined in our uniform and appearance policy which can be accessed here: <https://lancasterhigh.lancs.sch.uk/our-school/policies-and-reports>

Please can we ask that pupils wait until the holidays themselves to make any decisions regarding the above as our normal school rules and expectations are in place up until and including the last day of term.

If you face any difficulties supporting your child to be ready for the new academic year, please contact your child's Head of Year.

Thank you in advance for your continued support.

### **Heads of Year for 2023-2024**

From Monday 4 September, your child will be supported by the respective Head of Year highlighted below.

If you wish to meet with or speak to your child's Head of Year in advance of the new academic year, please contact us via reception.

|                  |               |
|------------------|---------------|
| Head of Year 7:  | Ms Meetha     |
| Head of Year 8:  | Mrs Prestwood |
| Head of Year 9:  | Miss Morris   |
| Head of Year 10: | Mr Clark      |
| Head of Year 11: | Miss Brown    |

Commitment | Creativity | Community

Executive Headteacher: Mr J Cowper  
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**THE BAY  
LEARNING TRUST**

## Local governing body

We are looking for expressions of interest from parents who would like to join the Local Governing Body (LGB) as a parent governor.

We have one vacancy available. We would be interested in hearing from any parent and especially those who have children in years 7, 8 or 9 or any parent/ career who has a child starting in September. Currently there are 2 LGB meetings per term which usually happen late afternoon and can take about 2 hours.

If you would be interested in discussing the opportunity please contact the Chair of Governors, Alexis Holden via [chairofgovernors@lancasterhigh.lancs.sch.uk](mailto:chairofgovernors@lancasterhigh.lancs.sch.uk) who will be happy to discuss with you what the role entails.

## SEND

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

Please email [maudsley@lancasterhigh.lancs.sch.uk](mailto: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.

## Mental health and wellbeing

Jump Back Up July 2023

SATURDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

SUNDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

MONDAY

3 Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

TUESDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead

WEDNESDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath

THURSDAY

6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)


FRIDAY


7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life


28 Think about what you can learn from a recent problem











ACTION FOR HAPPINESS

Happier · Kinder · Together

## Morecambe Bay Foodbank

We are taking donated items of uniform and items to the Foodbank on **Thursday 20 July**. If you have any items you would like to donate, please leave them at reception before 9am on **Thursday 20 July**.

We are also happy to take any donations from other local primary and secondary school uniforms to support the Uniform Project.

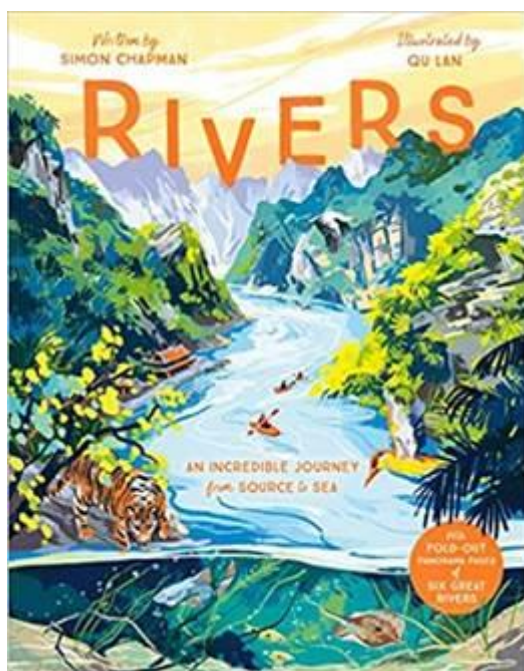


## End of year reports

End of year reports will be sent out to parents and carers on **Wednesday 19 July**. These will detail what pupils have been studying over the course of the year, effort and progress grades and a Tutor report.

If you have any queries regarding your child's report, please do not hesitate to contact us.

## Reading corner



### Recommended read

Rivers have always been important to humans, and in fact many cities and towns were built on rivers. Rivers allow people to travel on them, to trade and transport goods, and rivers also keep the land fertile.

Readers begin by learning about a river's source in the mountains and following it downhill into valleys and waterfalls into rivers, which run a course through the land before finally making their way to seas and oceans.

Along the way, we learn about everything from mangroves to underground rivers, river cities and oxbow lakes as well as the wildlife that lives in rivers and around it.

Well done to the following pupils who are demonstrating high levels of commitment to Bedrock Vocabulary.

### Year 7:

**Progress made:** Abbie E, Emmanuel J and Scarlett M

**Points awarded:** Mairead S, Tyler B and Christina A

## Year 8:

**Progress made:** Ethan C, Amy L and Symone W

**Points awarded:** Maysa A, Yasaman G and Joshua W

## Year 9:

**Progress made:** Katie D, Hanna A and Mia S

**Points awarded:** Onali R, Y, Eden O and Caitlin S

# Key reminders

## 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:

|              |  |
|--------------|--|
| 18 July 2023 | School Sports Day                          |
| 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 **1339 (8.7 per pupil)**
2. Storey **1222 (8.1 per pupil)**
3. Lune **1058 (8.0 per pupil)**
4. Halton **847 (5.3 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     |
|-------------|--------------|-----------|-------------|
| Charlotte H | Freya P      | Maggie A  | Morgan T    |
| Isabel G    | Lexi-Leigh S | Eden O    | Jack H      |
| Ezekiel M   | Rufaro H     | Issy B    | Gabriel R S |
| Coen A      | Chae J-S     | Leah B    | Connor B    |
| Willow D    | Symone W     | Caitlin S | Leighton P  |

## Attendance

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

**Year 7:** Lune

**Year 8:** Storey 1

**Year 9:** Storey

**Year 10:** Clougha

**Attend today, achieve tomorrow!**

Special praise goes to the following pupils:

### Year 7

Thank you to **Jake T** and **Asher J** for being supportive members of 7H.

Well done to **Sara E** and **Harry M** For their commitment towards learning in maths.

Many thanks to **Isabel G**, **Willow D**, **Lily B** and **Scarlett M** for their help selling stationery.

**Cherry T** for drawing some lovely graphs to present her variation data in her science KPOW well done Cherry.

### Year 8

Well done to **Tom C**, **Yasaman G**, **Symone W** and **Lexi Leigh S** for their commitment to learning in maths.

Well done to **Rufaro H** for winning first place in the discus event at the district athletics – a fantastic achievement.

Thank you to **Kaycee B** and **Alix S** for helping your community out at sports day and informing other pupils when to go to their events.

### Year 9

Well done to **Joshua S** for winning first place in the year 9 1500m event at the district athletics event.

Well done to **Lexi-Lee W** for showing commitment to her studies and being resilient.

It was a pleasure for **9x/En1** to welcome Head of Year 9, Mrs Prestwood to their English lesson this week. Pupils are continuing to present their topic of choice to the group and Mrs Prestwood enjoyed listening to **Leo G** talking about his hobby - Airsoft.

Also entertaining the class this week were **Alfie T** speaking about Formula 1; **Sophie E** enlightening everyone about the Suffragettes and **Matthew S** persuading the group to banish three of his personal peeves to Room 101.



All pupils spoke at length about their chosen topics. We were all impressed by **Zahrah M's** dismissals into Room 101; **Flora Y's** speech about the Suffragettes and Suffragists; **Jasmin T** mesmerised us with her talk about music and the importance of music in today's society. **Maggie's** speech about Black Holes was mind-blowing.

Particular mention must go to **Katie D** who spoke at length, so passionately about Malcolm X - a superb presentation which had speaker and audience in tears - really moving.

Thank you, Year 9 - you have all been such fabulous orators this week.

## **Year 10**

**Molly K and Haya A** for their commitment to learning in maths.

**Riley A** for your brilliant football session that you planned and delivered to your GCSE PE class. It was an outstanding session. Well done.

Well done to **Hannah L** for her commitment to learning in chemistry.

## **Food corner**

All years have participated in ice cream making this week. We lowered the temperature of the ice to  $-10^{\circ}\text{C}$  using rock salt to help the ice cream form within 10 minutes combining science in technology.

This provided pupils with a quick and easy method to make ice cream without using specialist equipment. The results were mixed, but they certainly had fun making it!



Have a safe and enjoyable weekend.

Handwritten signature of Mr J Cowper.

Mr J Cowper  
Executive Headteacher