

Dear Parent/Carer

Parent/Carer newsletter: Friday 14 October 2022

October half term

School closes for October half term on **Friday 21 October** at 3.05 and reopens for all pupils on **Wednesday 2 November**.

School Library

Following the additional work to our library, it has been great to see that pupils have been accessing the space to complete homework, read and to work on the computers throughout this week on its relaunch.

The library is an incredibly popular space and, as such, we will continue to operate a timetable for each day. The specified year group below can access the library at break and lunch although any pupils from any year group can access the resource before and after school. This will be reviewed after October half term.

Monday	Tuesday	Wednesday	Thursday	Friday
Y11	Y10	Y9	Y8	Y7

All pupils will be able to access the library before school from 8.15 am and after school until 4pm.

We would like to remind you that our library has a suite of computers which pupils can access to complete homework and a printer should they need to print any work. It is also staffed so if pupils do struggle with their homework, there is a member of staff there to offer help and support. We would love to see your child at the library after school.

Clubs and Societies Fair



To re-launch our extra-curricular provision and to share the new clubs we are offering, we will be holding a Clubs and Societies Fair at lunch time on Thursday in the school hall.

Clubs and Societies

The fair will run from 12.30pm – 12.55pm and all pupils can attend.



Please encourage your child to sign up to a club and to try something new!

Commitment | Creativity | Community

Free Yoga Sessions for pupils

Escape2Make, a youth lead charity supporting 11-18s in Lancaster and Morecambe offer a range of safe, inclusive and welcoming activities for young people in the area that are FREE. They know how important it is to look after the wellbeing of young people, so have an ongoing yoga group facilitated by a professional practitioner. Please see the attached poster for more details.

FSM over half term

The Government gives money to local councils to support households who would otherwise struggle with food bills, and to organise holiday & food programmes for school aged (4 - 16 year old) free-school-meals registered children.

For the past few years Lancashire County Council have been able to use some of this funding to provide £15 per-week grocery vouchers to the families of pupils from Reception - Year 11 during school holidays.

Lancashire County Council have asked schools to order & administer the vouchers through EdenRed. Families will automatically receive the voucher codes by email and Lancashire County Council will be responsible for paying the invoices.

Please note that the school has no discretion over the eligibility for, or value of, the vouchers.

Lancashire County Council have just confirmed that approval has been granted for schools to utilise the LCC EdenRed account to order grocery vouchers for benefit-eligible **Free-School-Meals-registered pupils in Years 7 to 11 for the Autumn Half Term Holiday.**

Each eligible pupil will be issued with the equivalent of **£15** per week in vouchers.

We will organise these vouchers to be emailed to eligible pupils' families on **Monday 17 October 2022**. Emails will be sent to the primary contact for each pupil.

SEND

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

Please email 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.

As highlighted above, 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 homework.

Term 1 SEND reviews for **Year 7** will be held in November. A letter will be sent home with further details. Please email Mrs Ainsworth at sainsworth@lancasterhigh.lancs.sch.uk to make an appointment.

Mental health and wellbeing

Our final exercise to help embrace loneliness in these winter months is:

3. Engage in mindful meditation.

No longer deemed an exotic or mystical activity, meditation has become mainstream. Though meditation is very simple, it also can require great courage. Simply be with the sensations, thoughts, and emotions that arise without trying to control or change them. Observe them with the kindness of a mother watching her child at play. Be patient. If the emotions get uncomfortable, muster up your courage, strength, tenacity, and patience.

Set yourself a time limit and do not get up until the time is over. You can start with five minutes and eventually work up to sitting for 20 or 30 minutes at a time.

Reading corner

Bedrock Vocabulary 'top' performers:

Year 7

Greatest Improvement: **Leyla B**
Most lessons completed: **Penny R**

Year 8

Greatest Improvement: **Josh B**
Most Lessons Completed: **Louie M**

Year 9

Greatest Improvement: **Harley R**
Most Lessons Completed: **Scarlett Y**

Key reminders

School photographs

The deadline for school photograph orders is **Wednesday 19 October**. Order forms and payment should be handed in at the school office.

Breast Cancer Awareness Month



October is breast cancer awareness month and over the last few years we have raised hundreds of pounds to support various charities who fund research into treatment and support those who suffer from breast cancer and their families.

This year we will once again be selling pink ribbons to wear for the rest of the month. They will be available for a minimum donation of 50p from Miss Timperley or your child's Head of Year.

Year 11 Parent/carer information evening and Mock Examinations in November

A reminder that we will be holding an information evening for parents/carers of pupils in Year 11 on **Thursday 20 October** from 18:00 – 19:00. The focus of the evening will be to give an overview of key dates in Year 11, with a particular focus on how parents/carers can effectively support their child over the course of the year with revision and examination preparation.

Pupils in Year 11 will be sitting mock examinations in English language, English Literature, maths, science, geography, history and French over a two-week period starting Monday 21 November. Copies of the mock exam timetable can be found on our dedicated Year 11 revision page on our website, the link for which is below. The page also contains additional information about how parents/carers can support their child to effectively prepare for them.

Teachers have started to prepare pupils for these mock examinations by providing them with materials to revise from and a clear schedule of revision. Each Thursday, in their form time, pupils will be supported to develop revision techniques. Details of these sessions can also be found on the website.

New this week is a copy of the booklet that pupils will be using to plan their revision over the coming weeks.

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

Careers Updates

This term sees the start of open events for our local Sixth Form and FE providers. Please see the dates for your diary below. We will provide specific information about each event at the appropriate time.

- **Lancaster and Morecambe College:**
 - 30 November 2022 (T-levels information event)
- **Cardinal Newman College :**
 - Saturday 15 October 2022
 - Saturday 12 November 2022
 - Saturday 4 February 2023
- **LGGS:** 3 November 2022
- **Ripley St. Thomas:** 10 November 2022
- **Our Lady's Catholic College:** 17 November 2022
- **Kendal College:** 1 December 2022
- **Morecambe Bay Academy:** 7 December 2022

Lancaster and Morecambe College (LMC)

A wide range of level 2 and 3 courses are available at LMC, in addition to apprenticeship and T-Levels. To attend on the 13 October, you need to register before via the link below:

<https://www.lmc.ac.uk/events/he-and-fe-open-day>

Cardinal Newman College: Saturday 15 October 2022

Over 50 courses are available at CNC including A-Levels, BTEC courses and T-Levels. They are based in Preston and have the following entry requirements.

- **A-Levels:** At least five grade 5s or above at GCSE.
- **BTEC Level 3:** At least five grade 4s or above at GCSE.
- **T-Levels:** At least two grade 5s and three grade 4s or above at GCSE, including at least a grade 4 in Maths and English Language GCSE
- **Mixed Programme (combining A-Levels with BTECs):** At least two grade 5s and three grade 4s or above at GCSE.
- **Level 2 BTEC:** At least four grade 3s and at least a grade 4 or above in GCSE English Language and/or Maths.

To attend on the 15 October, you should register by following the link below.
<https://www.cardinalnewman.ac.uk/newmancurriculum/college-open-events/>

Lancaster Girls Grammar School – Thursday 3 November

The entry requirements for LGGS are as follows:

A minimum of five GCSEs at Grade 6 or equivalent. They also require GCSE English language at Grade 4 as a minimum.

Grade 6 in the subjects to be studied at A Level, or in a similar subject if you have not studied this subject at GCSE. If you did not study separate sciences at GCSE then you need to achieve at least grades 6,6 in combined science to study A level physics, chemistry or biology.

To study A Level science subjects you must also have a minimum of Grade 5 in GCSE maths. To study further maths you must have at least Grade 7 in GCSE maths.

If you wish to study four A Level subjects then you must achieve Grade 8 in at least four GCSE subjects

Key dates for the Autumn term:

20 October 2022	Year 11 Information Evening
21 October 2022	Open Mic event at lunchtime
24 October 2022	School closed for half-term holiday
2 November 2022	School re-opens
W/C 14 November 2022	Year 11 Mock examinations
W/C 21 November 2022	Year 11 Mock examinations
1 December 2022	Year 11 Achievement Evening (2021/22 cohort)
15 December 2022	Progress Cards issued for Year 7 –11
16 December 2022	School closes for Christmas at 1.15 pm

Pupil praise

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

1. Clougha: 1555 (10.0 per pupil)
2. Lune: 1231 (9.8 per pupil)
3. Halton: 1212 (7.8 pupil)
4. Storey: 1032 (6.9 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
Melody H	Chae J-S	Maggie A	Connor B	Adam R
Brooke G	Lois-Taya R	Kayla D	Zack C	Zain E
William E	Callum P	Caitlin D	Primrose M-D	Abdulrahman A
Leon M-P	Gracie-Mai S	Alfie T	Ollie R	Charlie M
Jessica W	Alix S	Lewis G	Gabriel R S	Benjamin M

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: Storey

Year 11: Clougha

Special praise goes to the following pupils:

Year 7

Miss Timperley would like to congratulate her form, **7Clougha1**, for their beautiful bookmarks created for the weekly challenge. These were **creative** and some were very persuasive in their attempts at encouraging our **community** to read.

In 7y/En2 English, **Daisy D, Salvatore D, Jake T, Josh B** and **Caitlin W** made some brilliant observations after watching a clip about Richard III. The pupils projected and presented their ideas clearly. Well done.

Daisy D and **Jack L** for excellent effort and hard work in maths

Gideon L, Logan C, Leah C, Daniel J and **Valeriia O** for creating excellent observational studies in their sketchbook as part of their baseline assessment in art.

Year 8

Lily B and **Harry O** for their fantastic effort and hard work in maths.

Ronan H for his excellent reasoning in maths lessons.

Year 9

Ibrahim S for proving a conjecture we'd explored in maths using complex algebra.

Darnish G for rearranging some complex formulae well in maths.

In Year 9x/En1 English, **Demi A, Cameron B, Leo G, Edith M, Zahrah M** and **Kaan G** shared samples of their **creative** writing with the class. These are developing well, thank you!

Congratulations to **9y/En2 English group** who topped the Bedrock Reading scores for the whole of KS3 in September. This was a superb collective effort - everyone in the class showed a real **commitment**. Well done, everyone! Keep working hard - all pupils in KS3 should be completing 20 points minimum every week.

Thank you to **Katie D, Darniah G, Ava W, Lola C, Eva B, Latifah P, Kayla D, Maggie A** and **Flora Y** for their help volunteering as Pupil Librarians.

Maggie A, Demi A, Michal A, Jessica H, and **Louie A** for excellent home learning in Maths.

Kayla D for fantastic extracurricular work in Music.

Dylan H for excellent classroom work in History.

Year 10

Mia M and **Luke GM** for wonderful effort and hard work in maths.

Year 11

The English GCSE groups are preparing for their mock exams after the half term holiday and in revising unseen poetry for literature, **Benjamin M, Paige D** and **Lewis P-P** have all produced some really insightful, practice pieces of work. Well done.

Hasan A and **Eva B** for their effort and hard work in Maths.

Vincent H has shown our values of commitment and community in taking on extra roles additional to his student leadership responsibilities. Well done.

Thank you to **Zac C** who is always incredibly polite, mature and thoughtful in his interactions with staff.

Jade W, Jaden O and **Jessica U** for achieving 12/12 in their recent History exam question – well done to you all.

Food corner

This week, we have been looking at how we can use complex skills to create a savoury dish.

KS4 classes have cooked Lasagne making everything from 'scratch', apart from the pasta sheets. Here is the recipe and step by step guide if you would like to try this at home.

<https://www.bbcgoodfood.com/recipes/classic-lasagne>



Have a safe and enjoyable weekend.

Mr J Cowper
Principal