

Dear Parent/Carer

## **Parent/Carer newsletter: Friday 16 December 2022**

### **Merry Christmas and a Happy New Year**

As we finish today, after a long yet very successful term, I would like to take this opportunity, on behalf of all staff and governors to thank you for your continued support and we all wish you a Merry Christmas and a Happy New Year.

School reopens for all pupils on **Wednesday 4 January 2023**.

### **Season's greetings from the Bay Learning Trust**

Please see below, a season's greeting card from everyone at the Bay Learning Trust.



Commitment | Creativity | Community

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

## Christmas Break Support

If you are concerned about your child or indeed a friend of your child over the Christmas break or if they are struggling with their mental health or wellbeing, you can use a number of support services.

A flyer is attached to this newsletter with services you can access for support and guidance.

## Progress Cards

Pupils in all year groups were handed copies of their Term 1 Progress Cards on Thursday 15 December. Electronic copies have also been sent to you directly. If you have any questions arising from your child's Progress Card, please do not hesitate to contact school.

## Uniform and equipment reminders

As you are aware, we place significant importance on school uniform and the presentation of our pupils and value your support in ensuring our pupils have a true sense of belonging to our community and represent our school positively in our community.

Over the school holidays, please can you check that your child has everything they need for their return to school on **Wednesday 4 January**. Can you also ensure hair styles/colours, false/acrylic nails, fake eye lashes, piercings etc. are addressed before they return.

Uniform and presentation expectations can be found on the school website by following the link.  
<https://www.lancasterhigh.lancs.sch.uk/students/uniform>

All pupils should also have the following equipment in a suitable school bag – reading book, black/blue pen, pencil, ruler and a school planner as a minimum requirement.

Should you need support in sourcing uniform or equipment, please contact your child's House Tutor in the first instance.

Thank you in advance.

## Primary Liaison

Year 6 pupils from Ryelands Primary School visited our school this week to complete a science practical as part of their scheme of learning about the circulatory system.



Pupils were able to dissect a heart to look at the different chambers and valves which ensure blood is pumped around our bodies. Future surgeons in the making!

## Christmas Concert

Thank you to all parents/carers and other family and friends who came to our music concert this week. It was a wonderful showcase of the many talents of our young people. Thank you to Mrs Spence and her team who work day in day out to develop and nurture these talents.

## Reverse Advent for Morecambe Bay Foodbank



Members of our pupil well-being council visited Morecambe Bay foodbank with the donations we have collected as part of our 'Reverse Advent' calendar this month.

Joanna Young, a trustee of the Foodbank, visited us at the start of the month to explain the work of the foodbank and why our donations were so important.

The foodbank was very appreciative of our support and said it will be a huge help as there has been an increase in need this year.

If you would like to continue to support the work of the Foodbank, or if you, or someone you know needs help please click on the link to their website for further information.

<https://morecambebay.foodbank.org.uk/>



## Lancashire Libraries

Our local libraries provide a warm, safe space for children and their families with a number of resources for them to explore.

What's on list for LCC libraries: <https://events.lancashire.gov.uk/search/index.asp>

Our libraries are all welcome spaces, where you can find:

- a warm drink
- a space to sit
- free computers and Wi-Fi
- charging points for your phone or laptop
- events and activities
- help from staff to find information

[Find a library](#) to view facilities, what's on and opening times. All our libraries have disabled access.

[Search for events](#) at our libraries where you can get together with others for a chat, play board games or learn something new.

## 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.

Our school library is open every day from 8.15am, during break and lunchtime, and after school until 4 pm. 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

Over this half term, we are looking at ways to support children and young people who are worried. Each week there will be a guide of how you can support and help manage the young people in your household to help with fears that they might experience.

### Coping with Social Anxiety

For people who suffer from social anxiety, the festive season can be really daunting, with Christmas parties and family gatherings on the horizon. Here are 3 ways of coping with these events if they are feeling overwhelming.

**1. Talk to someone before the party**

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Remember that whatever you're going through, **it's ok to say**.

Is there someone you can talk to about how you're feeling?

You may find that **just talking through your worries can help**.

HEADS TOGETHER

Coping with Social Anxiety

**2. Plan conversation topics**

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Meeting new people & making small talk can be daunting. Thinking of some topics to ask new people that you meet, might **help you feel more relaxed on the day**.

People might like talking about their Christmas plans, upcoming holidays, or New Year's resolutions.

HEADS TOGETHER

Coping with Social Anxiety

**3. Have a calming contingency plan**

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Think about what to do if you start to feel anxious. Could you take a moment outside or in the bathroom to take some deep breaths?

Keeping these calming ideas in the back of your mind can **help you relax** and give you tools to help yourself if you need to.

HEADS TOGETHER

Coping with Social Anxiety



## Reading corner

Over the holidays, we hope that our pupils will read a book or two! It would be great to hear what they have been reading over the holidays and please direct them to our library where they can borrow and read an abundance of books!

### Bedrock Vocabulary 'top' performers last week:

Today we celebrated pupils' engagement with Bedrock Vocabulary. Prizes were awarded for both progress and points awarded in Year 7, 8 and 9. The Progress Award is given to the pupil in each year group who has made the most progress with Bedrock Vocabulary this half term. 'Points awarded' prizes are for those pupils who have engaged with Bedrock Vocabulary the most this half term.

#### Year 7

Most progress: **Christina A**  
Most points awarded: **Sara E and Layton J-H**

#### Year 8:

Most progress: **Josh T**  
Most points awarded: **Louie M and Yasaman G**

#### Year 9:

Most progress: **Rhyley B**  
Most points awarded: **David A and Ibrahim S**

## Key reminders

### Staffing vacancies/updates

We currently have a number of vacancies in school – a Pupil Support Administrative Officer and Teaching Assistants, Level 2. If you are aware of anyone who may be interested in these roles, please find more information on our school website: <https://www.lancasterhigh.lancs.sch.uk/job-vacancies>

In January, Ms Amy Gribbin will be joining our pupil support team. Her role will be to deliver interventions and support to individual and groups of pupils and she will work very closely with our Heads of Year.

## 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 **26th 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)

### Key dates for the Spring term:

03 January 2023	Inset day – school <b>closed</b> for pupils
04 January 2023	School <b>opens</b> for pupils
12 January 2023	Year 11 Progress Evening via School Cloud
19 January 2023	Year 10 Progress Evening via School Cloud
26 January 2023	Friends of CLHS drop-in 5.30pm - 6.30pm
27 January 2023	'Smashed' Alcohol awareness session Year 7 and 8
06 February 2023	Year 11 Mocks
10 February 2023	School <b>closes</b> 3.05 pm
20 February 2023	School opens

### Pupil praise

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

1. Clougha	1530 <b>(9.8 per pupil)</b>
2. Halton	1371 <b>(8.8 per pupil)</b>
3. Lune	1020 <b>(8.1 per pupil)</b>
4. Storey	1058 <b>(7.1 per pupil)</b>

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

Year 7	Year 8	Year 9	Year 10	Year 11
Caitlin E	Yasaman G	Maggie A	Jack H	Finlay B
Ezekiel M	Caitlin H	Riley S	Gabriel R S	Leon L
Lily B	Quaneisha Y	Caitlin S	Melissa K	Calla L
Oscar C-G	Rufaro H	Stanley W	Rena A	Misti L
Roxy B	Kaleb J	Jay G	Kitty M	Eva B

## Attendance

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

**Year 7:** Halton

**Year 8:** Lune

**Year 9:** Lune

**Year 10:** Clougha

**Year 11:** Lune

Congratulations to **Tyler A, Isabel B** and **Lily D** from 10Clougha who won last week's attendance competition. Congratulations to 8Storey's **Ella B, Harry O** and **Lexi-Leigh S** for the most improved 'stage 2' attendance over the last week – well done to you all.

Special praise goes to the following pupils:

### Year 7

Thank you to **7Clougha1** who created great posters and bookmarks in their DEAR session this week.

**Honey C** for her hard work and high-quality work in PSHE. Honey also helps absent pupils by copying any notes in their books, showing great community spirit.

Thank you to **Jake T, Mairead S, Max CG, Leon R, Scarlett M, Samiyah I** and **Charlotte H** for your high-quality work and support you have shown classmates during PSHE this term.

**Lily D** for making the right choices in school and being respectful towards her teachers.

### Year 8

Congratulations to **Quaneisha Y** for gaining a merit in her ABRSM grade 3 piano exam; a fantastic result.

**Lexi-Leigh S** who has grown in confidence in RE and PSHE this term and contributes to class discussions. She has shown resilience in always trying her best even when she finds it challenging.

**Alicia G** has made several wonderful contributions to class discussions this term.

**Isaac P** consistently produces high quality work in RE and PSHE. He has developed skills in critical thinking and in the use of religious points of view to support his answers, well done.

**Natalie B** for her recent hard work and contributions in science.

Well done to **Aiden L** for his excellent effort and focus in PSHE.

**Alissa J** who has worked incredibly hard in her first RE lesson, contributed to class discussion and settled in brilliantly. Well done!

**Louie M** who consistently contributes to class discussions and puts full effort into his work.

## Year 9

Well done to **Ava W** who achieved a level 10 in the bleep test during her fitness assessment lesson.

**Issy B** who produced a wonderful RE assessment, following a half term of hard work and great presentation of work. Issy has produced high quality work in RE each lesson.

**Latifah P** who has grown in confidence this term to contribute to class discussion and acts on feedback to improve her work, well done.

**Caitlin S** for producing high quality RE assessment discussing the pros and cons of Capital Punishment. Well done.

**Mollie O** who has improved her confidence in RE and history to be able to complete tasks independently. Well done.

## Year 10

**Libby M** for scoring so well in her recent history assessments – well done!

**Connor B** who has consistently worked hard in Life lessons this term, studying financial management.

**William R** for improved attendance over the term. Well done.

**Ruby A-T** for her significant contribution to the foodbank collection in form time, a wonderful display of community spirit.

**10Storey** who have all been very welcoming to Miss Carr in her first week as House tutor!

## Year 11

**Tia H** for focused work in business studies this term ensuring she is up to date with her coursework – well done!

**Ashley W** who has engaged with Barnardos, as part of the well-being council, really positively and came up with some excellent suggestions.

Thanks to **Jack P** and **Josh A** for letting Mr Auger use your exemplar notes to copy for pupils who have been absent this week.

**Nancy W, Megan McC** and **Jay R** who all took part in the fabulous Christmas concert on Tuesday evening – well done to you all!

**Caitlin H** who taught a netball lesson to our Year 9 girls on Wednesday and showed real organisation and initiative.



## Food corner



Our GCSE pupils have been getting in the spirit of Christmas this week making puff pastry Christmas trees.

We made our own rough tough pastry, and the filled them with chocolate or mincemeat.

If you would like to try this at home, then please see the links attached below:

<https://www.bbcgoodfood.com/recipes/rough-puff-pastry>

<https://www.jusrol.co.uk/pastry-recipes/chocolate-puff-pastry-christmas-tree>

Have a safe and enjoyable holiday.

A handwritten signature in black ink, appearing to be 'J.C.', written in a cursive style.

Mr J Cowper