

Dear Parent/Carer

Parent/Carer newsletter: Friday 16 June 2023

Year 11 Examinations

The final GCSE exam, which is Design Technology, will take place on Monday 19 June. We have been really proud of the way our Year 11 have conducted themselves both in their preparation for the examinations and during the exams themselves – they have worked incredibly hard.

We will be in contact with pupils and parents/carers regarding the collection of examination results which will be on **Thursday 24 August**.

Year 10 Mock examination grade cards

Mock examination grade cards were posted home to parents/ carers on Friday 9 June. Electronic copies were sent out on Monday 12 June. Should you have any questions/queries regarding the mock exam grade card for your child, please do not hesitate to contact us at the school.

Careers Updates



Lancaster and Morecambe College are hosting a **FREE** Summer Community Day for all pupils of all ages (primary/secondary/6th form), parents, and younger siblings to take part in a range of activities, taster sessions, and workshops hosted by the college and a range of our local organisations and charities.

Local groups will be showcasing their work in the local community, as well as highlighting volunteering and fundraising opportunities for the community to get involved in.

Their course areas will have taster sessions available for pupils to get involved in, in addition to the activities hosted by their partner organisations. There will even be bouncy castles and live music on the day!

Please see the image for a poster about the day, and feel free to either turn up on the day or register online via www.lmc.ac.uk/events

Commitment | Creativity | Community

Executive Headteacher: Mr J Cowper
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Charlie and the Chocolate factory

The final few spaces are available for the Charlie and the Chocolate factory musical in Manchester which takes place on **Tuesday 11 July**.

Please see Mrs Spence for a letter if you would like to go.



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.

Term 3 SEND reviews for Year 10 will be held w/c: **Monday 19 June** and Year 8 will be held w/c **26 Monday** June.

A letter has been sent home with further details.

Please email Mrs Ainsworth at sainsworth@lancasterhigh.lancs.sch.uk to make an appointment.

Mental health and wellbeing

This half term, we are providing information on different types of mental health issues that people might face. We will give you a brief overview of the issue; what signs and symptoms to be aware of and give you information on the help and support available for mental health issues.

OCD

Obsessive-Compulsive Disorder (OCD) is a type of anxiety disorder that affects many young people in the UK. OCD is a mental health condition characterised by repetitive and distressing thoughts, images, or urges (obsessions) and repetitive behaviours or compulsions.

Young people with OCD often feel compelled to perform certain rituals or routines to alleviate their anxiety caused by their obsessive thoughts.

OCD can be a highly distressing condition, affecting young people's ability to engage in everyday activities such as school, work, and socialising. It can lead to feelings of isolation, shame and embarrassment, as young people may feel unable to control their thoughts and behaviours.

OCD differs from one person to another and it is also possible that a young person is able to hide their OCD from their friends and family. Everyone is individual and not everyone will be affected by OCD in the same way.

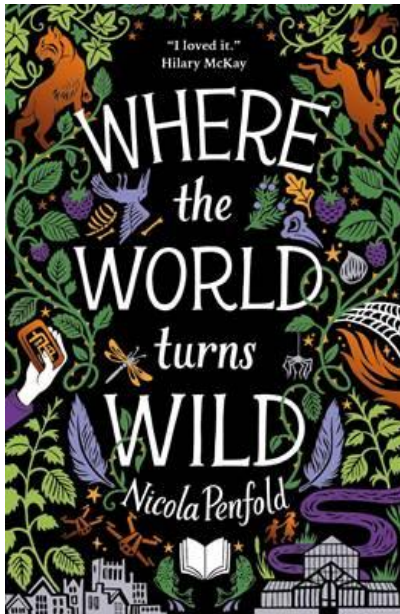
Signs of OCD in young people can include:

- persistent, intrusive thoughts or images
- repetitive behaviours or mental acts

- fear of harm or contamination
- excessive checking, washing, or cleaning
- a need for symmetry or exactness
- hoarding or collecting items

Treatment is usually through one or a mix of talking therapies such as cognitive behavioural therapy and medication. There may also be counselling or family therapy offered to the family.

Reading corner



Recommended read

Juniper lives in a grey, concrete city, controlled with an iron grip by its so-call saviour, Portia Steel. Fifty years ago, a group of renegade eco-activists released a deadly virus into the environment and the city built its walls to keep nature – and the virus – out.

There are no plants, birds or animals, and everyone is taught to fear the wild. But, born outside the walls, Juniper thinks differently: she dreams of green things and freedom.

Portia Steel doesn't like anyone who doesn't conform. Determined not to be sent to the dreaded 'Institute', Juniper and her little brother Bear decide to escape the city and undertake a dangerous journey across the wilderness in search of their first home, Ennerdale. It will take everything they have to get there and will challenge everything they think they know about the world around them.

Well done to the following pupils who have made superb progress this half term on Bedrock Vocabulary.

Year 7:

Progress made: Mairead S, Mila M and Tulin A

Points awarded: Shuwen Y, Ben G and Christina A

Year 8:

Progress made: Yasaman G, Ollie B and Rhys J

Points awarded: Toby C, Ollie P-P and Mohammed H

Year 9:

Progress made: Lewis G, Leah B and Eva B

Points awarded: Edan O, Katie D and Tahsin S

Key reminders

We know that the cost of purchasing school uniforms can be a challenge for families. If you find yourself struggling to afford school uniform items, please get in touch with the friendly volunteers at The Uniform Project who can support you with branded and unbranded items. You can self-refer to the project through the following link:

<https://morecambebay.foodbank.org.uk/uniform-project-2/>



We would encourage any families who need support to contact the uniform project as soon as possible, ideally before August.

We would be very grateful for any donations of CLHS uniform that families are able to donate to us, maybe your child leaves us from Year 11 this summer and no longer requires their uniform or they have grown out of items. If you have items that you can donate, please leave in the donation box in our reception.

Morecambe Bay Foodbank



We are proud to be supporting the Morecambe Bay Food Bank in advance of the Summer holidays by collecting items to support local families.

The Foodbank would be grateful for donations of the items below. If you are able to support, please leave any donations at reception and CLHS will deliver to the Foodbank before the Summer holiday. Thank you in advance for your donations.

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:

22 June 2023	Transition Evening for year 6 parents/carers
23 June 2023	Year 11 Prom
27 June 2023	Year 6 Transition Day
29 June 2023	Year 6 Transition Day
5 July 2023	District Sports Day
11 July 2023	School Sports Day
18 July 2023	School Sports Day (reserve)
19 July 2023	Reports issued to Year 7-10
20 July 2023	Reward trips
21 July 2023	Achievement Assembly
21 July 2023	School closes for summer at 1.15 pm

Pupil praise

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

House points:

1. Clougha 2958 (19.1 per pupil)
2. Halton 2257 (14.2 per pupil)
3. Storey 1864 (12.2 per pupil)
4. Lune 1381 (10.8 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
Ezekiel M	Dillan W	Maggie A	Jack H
Christina A	Megan M	Kaan G	Shane H
Oscar C-G	Alfie K	Eden O	Gabriel R S
Charlotte H	Lexie H	Caitlin S	Toby H-I
Jai Y	Reuben T	Dylan H	Hollie H

Attendance

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

Year 7: Clougha 1

Year 8: Lune

Year 9: Clougha

Year 10: Clougha

Year 11: Storey

Attend today, achieve tomorrow!

Special praise goes to the following pupils:

Year 7

Well done to **Eliza T** and **Coen A** who both ran 200m in a fantastic time in their PE lesson this week.

Thank you to **Ezekiel M** who showed excellent leadership in his PE lesson this week by organising the group and getting equipment ready for the cover teacher. Thank you, Ezekiel.

Sara E for showing her creativity in her excellent piece of RE homework, designing a prayer room for Muslim students. Sara included wonderful explanations and a detailed drawing showing her understanding of prayer and her creative skills.

Well done to **Coen A** who is making excellent progress in her piano lessons, Mrs Edwards is very impressed with your work.



Well done to **Caitlin W** who has won a funded place on the summer school at the Grand Theatre this summer.

We were kindly given a donation of a place and Caitlin won this because of her dedication to extra-curricular clubs in music. Well done Caitlin!

In Year 7 English, **Caitlin W** has worked really hard to improve the presentation of her work. **Salvatore D** has also made significant progress in this area. It is really pleasing to see them both take great pride in their work – well done!

Year 8

Jack S & Mohammed H – Both pupils have worked incredibly hard this week in PSHE and RE. They have presented their work well, completed all written and extension tasks and have made valuable contributions to class discussions.

Well done to **Kai D** for his hard work and improved focus in science.

Reuben T for always putting in 100% effort in science lessons.

Megan M and **Harvey W** who have both made wonderful contributions to class discussion in both PSHE and RE since their start with us this term. Both have presented their work well and completed all tasks to a high standard. Both have shown resilience in picking up a topic they are unfamiliar with and trying their very best. It has been wonderful to have them join our class.

Well done to **Rufaro H** for your excellent commitment and leadership in PE lessons. You have shown an excellent understanding of the rounder's rules.

Sammi Grace contributed very well to group discussion and made excellent comparisons between Christian, Muslim and Hindu beliefs about life after death.

Year 9

In Year 9 English, **Riley S, Brooke R, Ibrahim S, Matilda L, Kaan G, Alfie, Issy B, Ajay B, Lewis G, Rhyley B** and **Maggie A** have all been making superb contributions to discussions around "Lord of the Flies" and civilisation versus savagery – well done to you all.

Mollie O for showing resilience this week - well done Mollie.

Jack A for your continued strength in the face of adversity.

Issy B for your committed approach to your home learning.

Year 10

Well done to **Sana J** who has produced a wonderful infographic about teenage pregnancy in the UK, demonstrating wonderful creativity!

Libby M and **Emine G** for their hard work and effort in chemistry.

Well done to **Ella R**, **Tille B** and **Georgia J** for producing an excellent set of notes over the past week in our history classes where we learnt about how Civil Rights activists fought for equality in education.

Well done to the following pupils for their insightful speeches in English Language: **Gabriel R-S**, **Rena A**, **Lucy B**, **Sana J** and **Orrin R**. They have all been fabulous so far and it's a real honour to listen to you speak about subjects that Year 10 are passionate about.

I look forward to hearing the rest of the class next week!

Well done to **Roxanne H** and **Aaliyah E** for a successful week following their Progress meeting. Keep it up, girls! It's great to see the hard work and the commitment you are showing.

Have a safe and enjoyable weekend.

A handwritten signature in black ink, appearing to be 'J.C.', with a stylized flourish at the end.

Mr J Cowper
Executive Headteacher