

Dear Parent/Carer

## **Parent/Carer newsletter: Friday 17 March 2023**

### **Year 8 Parents' Evening**

Year 8 parents' evening is on **Thursday 23 March**. The evening will be held on School Cloud. If you have any technical issues or require any support, please do not hesitate to contact school as we look forward to the opportunity to meet with you to discuss your child's progress.

### **Year 11 update**

Our latest programme of support for Year 11 pupils began again after half term. Details of when these sessions are running and what the focus for them will be, can be found on our dedicated Year 11 revision page which can be accessed [here](#).

### **Year 11 mock examination results day: Friday 17 March**

Pupils in Year 11 received their mock examination results today. Pupils picked up a sealed envelope which contained their mock examination results, grade card and their interview feedback from their interview preparation day earlier this term.

If you have any questions about your child's mock examination results or progress to date, please contact your child's house tutor or Mrs Brown.

### **SEND**

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

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.

Term 2 SEND reviews for Year 7 will be held w/c: **Monday 20 March**. A letter will be sent home with further details. Please email Mrs Ainsworth: [sainsworth@lancasterhigh.lancs.sch.uk](mailto:sainsworth@lancasterhigh.lancs.sch.uk) to make an appointment.

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Principal: Mr J Cowper  
The Bay Learning Trust. Registered in England & Wales.  
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## Mental health and wellbeing

**Top tips for a positive mindset:** Transform negative self-talk into positive self-talk.



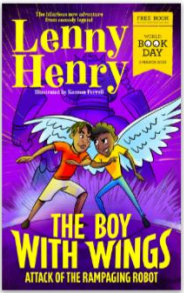


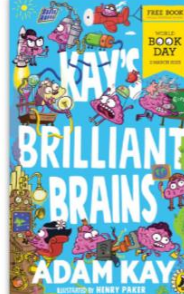
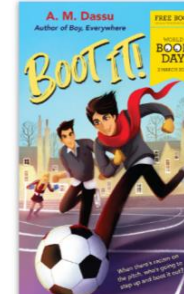
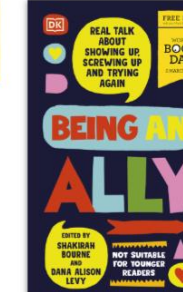
Negative self-talk can creep up easily and is often hard to notice. You might think I'm so bad at this or I shouldn't have tried that. But these thoughts turn into internalised feelings and might cement your conceptions of yourself.

When you catch yourself doing this, stop and replace those negative messages with positive ones. For example, I'm so bad at this becomes 'Once I get more practice, I'll be way better at this'. I shouldn't have tried becomes 'That didn't work out as planned—maybe next time'.

## Reading corner

### World Book Day

A reminder that you can still use your book token to either exchange for a book below or put towards a book of your choice.

<p><b>Early</b></p>  <p><b>Dave Pigeon: Bookshop Mayhem</b> Swapna Haddow Sheena Dempsey Faber</p>	<p><b>Early</b></p>  <p><b>Marvel Spider-Man the Amazing Pocket Guide</b> Catherine Saunders DK</p>	<p><b>Fluent</b></p>  <p><b>The Boy with Wings: Attack of the Rampaging Robot</b> Lenny Henry Keenon Ferrell Macmillan Children's Books</p>	<p><b>Fluent</b></p>  <p><b>A Dragon Realm Adventure</b> Katie &amp; Kevin Tsang Simon &amp; Schuster Children's Books</p>
<p><b>Fluent</b></p>  <p><b>The Strangeworlds Travel Agency: Adventure in the Floating Mountains</b> L.D. Lapinski Hachette Children's Group</p>	<p><b>Fluent</b></p>  <p><b>Kay's Brilliant Brains</b> Adam Kay Henry Paker Puffin (Penguin Random House Children's)</p>	<p><b>Independent</b></p>  <p><b>Boot It!</b> A. M. Dassu Zainab 'Daby' Faidhi Old Barn Books</p>	<p><b>Independent</b></p>  <p><b>Being an Ally: Real Talk About Showing Up, Screwing Up, and Trying Again</b> Shakirah Bourne (she/her) Dana Alison Levy (she/her) (Co-editors) DK</p>

## 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 to 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 Spring term:

22 March 2023	Year 6 welcome evening
23 March 2023	Year 8 Parents' Evening via School Cloud
30 March 2023	Progress Cards issued – all year groups
31 March 2023	Open Mic at lunchtime and non-uniform day for the Turkey - Syria Earthquake Appeal
	<b>School closes at 3.05pm</b>

### Pupil praise

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

House points:

1. Clougha **2265 (14.6 per pupil)**
2. Lune **1501 (11.6 per pupil)**
3. Halton **2014 (12.8 per pupil)**
4. Storey **1946 (12.9 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	Year 11
Caitlin W	Rufaro H	Maggie A	Morgan T	Owen E
Charlotte H	Freya P	Kayla D	Thomas K	Thinzar K
Isabel G	Ella-Mae B	Jay G	Adam W	Leon L
Samiyah I	Gracie- Mai S	Ava W	Dobromir R	Jaden O
Christina A	Max B	Caitlin S	Matthew H	Oliver N

### Attendance

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

**Year 7:** Clougha1  
**Year 8:** Lune  
**Year 9:** Clougha  
**Year 10:** Clougha  
**Year 11:** Lune

**Attend today, achieve tomorrow!**

Special praise goes to the following pupils:

## Year 7

**Ocean Y** – for representing our Year 8 netball team at the netball tournament this week. You played extremely well in your first ever tournament.

Well done to **Daria H** for your excellent work on your backhand serve in badminton. You have made such great progress. Keep up the good work.

Thank you to **Ciara S** for your help and organisation with the badminton tournament in Miss Morris' PE lesson this week. Your help was greatly appreciated.

**Mairead S and Eliza T** for effort and commitment to learning in their maths lessons.

We have had another outstanding round of History homework projects from Year 7. They were asked to read a long article about Castles and present facts any way they wanted.

Special mention this week goes to **Isabelle M, Tomas A, Lily B** and **Isabel G**. Well done on your amazing projects!



## Year 8

Well done to **Lilly B, Gracie-Mai S, Kaycee B, Rufaro H** and **Alix S** who represented CLHS in the Year 8 netball tournament. You all played very well and Miss Morris was very proud of you all.

Well done to **Maysa A** for your excellent effort and commitment to your bedrock learning and for achieving the highest number of points for the last two weeks.

Well done to **Gaby F** and **Mia D** for your brilliant contributions to our class discussion on safe online relationships. Thank you for sharing your opinions with the class.

Thank you to **Louie M, Sophie A,** and **Lilly B,** for helping demonstrate skills in your badminton lessons.

Well done to **Nawaf A, Leonardo C, Kai D** and **Ethan L** for your effort and commitment to learning in your maths lessons.

## Year 9

**Jayden Woodburn** for excellent work on transformations in maths – well done Jayden!

## Year 10

**Lacey T** who produced some lovely artwork in our printmaking lessons in art. Well done!

**Kitty M** – Thank you for demonstrating the 3 C's this week when welcoming a new pupil to our school.

**Rena A** - Thank you for demonstrating the 3 C's this week when supporting a friend in a challenging situation.

Well done to **Tom K** and **Katy H** for your fantastic effort and commitment in Maths this week.

## Year 11

**Amy P** for showing her drive, hardworking attitude and resilience over the last couple of days. Working non-stop on her coursework subjects making sure she achieves the grades she deserves. Well done Amy.

## Sports corner

On Tuesday 14 March, our Year 8 netball team travelled to Morecambe to play in the Year 8 netball tournament. Unfortunately, the poor weather conditions meant that we could not play all schools in the district. Schools were divided into two groups and the team played 4 games overall, Lancaster Girls Grammar (Lost 3-0), Ripley St Thomas A team (Lost 3-0) and Morecambe Bay Academy B team (won 1-0).

After the group stage, CLHS finished 3<sup>rd</sup> in the group. The final game was against Ripley St Thomas B team, who in the last minutes of the game scored and won 1-0.

A massive well done to all pupils involved. Other schools commented on how well you played and the excellent attitude you showed. A special mention to **Ocean Y**, Year 7, who stepped up and helped our Year 8 team and a massive thank you to **Alix S** (captain) who organised the team for the tournament.

Well done to all the girls who played and represented our school so well.

## Food corner



This week, our Year 11 Hospitality and Catering performed their mock practical session.

We had some amazing outcomes using a variety of preparation and cooking skills. Here are some of the amazing results!



Have a safe and enjoyable weekend.

