

Dear Parent/Carer

Parent/Carer newsletter: Friday 1 July 2022

Advance notice – end of term

School finishes for the summer break on **Thursday 21 July at 1.15 pm.**

New build update

Having met this week with our contractors, Collinsons of Garstang, our £8 million new build is to commence on Monday 25 July. Phase 1 is due for completion by January 2023 and will house two technology workshops, a food technology room and 5 state of the art science labs.

Phase 2 will commence after the handover of phase 1 and is due for completion in readiness for September 2023. This block will house 'traditional' classrooms.

We are incredibly fortunate to have secured the funding and it is the largest CIF funded project in the country. The new build will make a significant difference to everyone within our school community. Alongside this, we are continuing to improve the fabric of the building in the other areas of the school.

Below are illustrations of how the new block (which will replace our existing 3 storey build) will look:



Commitment | Creativity | Community

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



Part of the
The Bay Learning Trust



Year 10 examinations

Our Year 10 pupils have finished their first formal set of mock examinations this week. They have worked incredibly hard and have responded fantastically well to the formality of the process which was facilitated by external examination invigilators – they were very complimentary about how the year group conducted themselves. Thank you to all Year 10 and well done!

Options

Year 9 have received their option choices for the next academic year. Pupils will study 9 GCSEs and have a choice of four subjects in addition to the compulsory subjects of Mathematics, English Language, English Literature and Combined Science (2 GCSEs). Pupils will also study core PE and Life which are not examined.

This model will be replicated for current Year 8 pupils as they move into Year 9 next year.

If you have any queries regarding options, please contact us through the following email: options@lancasterhigh.lancs.sch.uk

New Anti-bullying text line

In addition to our Anti-Bullying box, which is located in student reception, and our Anti-Bullying email address: antibullying@lancasterhigh.lancs.sch.uk, we have launched a new Anti-Bullying Text Line. If you have any concerns, you can text **07835 234 700**. In the message, please leave your name and year group. Your message will be logged and responded to following our process of: REPORT, RESPOND, REVIEW.

End of year Music Concert

Our end of year music concert will be taking place on Thursday 14 July and tickets are now on sale.

Lion King Musical

Letters are available now from Mrs Spence for a theatre trip to see The Lion King musical in Manchester on 1 November at Manchester Palace Theatre. The trip is open to Key Stage 3 pupils. This is a spectacular show however we only have 40 tickets available on a first come first served basis.

Free Breakfast

A reminder that all pupils have access to a free breakfast each morning in our canteen. Breakfast is served between 8.15 and 8.40.

Escape2Make - reminder Escape2Make have just announced 15 FREE creative courses for the summer holidays.

- Escape2Make (E2M) are an all-inclusive charity in Lancaster & Morecambe that offer free creative activities to help 11-18s with their wellbeing and life chances.

- The 15 free creative courses, consist of 5 workshops. Courses range from woodwork to wild cooking! There's something for everyone.
- All 15 courses contribute to a Green Festival in Lancaster on Saturday, 27 August.
- It's a great way for young people to try out a new skill, make new friends and have something interesting to add to their CV or personal statement.
- If you are interested, you can sign up via this link www.escape2make.org
- If young people need to come with a parent/carer/keyworker, E2M will provide T-shirts to help blend them with the other volunteers.



SEND

Term 3 SEND reviews for Year 7 are being held on either Tuesday 5 July or Thursday 7 July. A letter has been sent home with further details. Please email Mrs Ainsworth at sainsworth@lancasterhigh.lancs.sch.uk to make an appointment.

Our Learning Support is open after school: Tuesday, Wednesday and Thursday 3.05-4pm. Please encourage your child to attend if they require additional support with their homework.

How does food affect your child's behaviour? You may wish to consider signing up for the free newsletters as part of the LSCFT funded support offer by Clinical Partners. <https://lsc.autismunlocked.co.uk/family-resources>

A reminder:

Special Educational Needs and Disabilities – Local Offer: The local offer brings together information for children with SEND and their families. [Special educational needs and disabilities - local offer - Lancashire County Council](#)





Youth Zone: Join in various activities at Lancaster and Morecambe Youth Centre. Talk to a youth worker for advice and support and have the opportunity to go on trips out around Lancashire. [The Zone in Lancaster - Lancashire County Council](#)

FIND newsletter Summer 2022: [FIND Newsletter Summer 2022 \(lancashire.gov.uk\)](#)

Mental Health and Wellbeing


Jump back up July

Jump Back Up July 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Take a small step to help overcome a problem or worry	2 Adopt a growth mindset. Change "I can't" into "I can't...yet"	3 Be willing to ask for help when you need it
4 Find something to look forward to today	5 Get the basics right: eat well, exercise and go to bed on time	6 Pause, breathe and feel your feet firmly on the ground	7 Shift your mood by doing something you really enjoy	8 Avoid saying "must" or "should" to yourself today	9 Put a problem in perspective by seeing the bigger picture	10 Reach out to someone you trust and share your feelings with them
11 Look for something positive in a difficult situation	12 Write your worries down and save them for a specific 'worry time'	13 Challenge negative thoughts. Find an alternative interpretation	14 Get outside and move to help clear your head	15 Set yourself an achievable goal and take the first step	16 Find fun ways to distract yourself from unhelpful thoughts	17 Use one of your strengths to overcome a challenge today
18 Let go of the small stuff and focus on the things that matter	19 If you can't change it, change the way you think about it	20 When things go wrong, pause and be kind to yourself	21 Identify what helped you get through a tough time in your life	22 Find 3 things you feel hopeful about and write them down	23 Remember that all feelings and situations pass in time	24 Choose to see something good about what has gone wrong
25 Notice when you are feeling judgmental and be kind instead	26 Catch yourself over-reacting and take a deep breath	27 Write down 3 things you're grateful for (even if today was hard)	28 Think about what you can learn from a recent problem	29 Be a realistic optimist. Focus on what could go right	30 Reach out to a friend, family member or colleague for support	31 Remember we all struggle at times - it's part of being human

ACTION FOR HAPPINESS

Happier · Kinder · Together



Key dates for the Summer term

Monday 4 July:	Year 7 Chill Factor Trip
Tuesday 5 July:	Year 8 Chill Factor Trip
Wednesday 6 July:	Year 6 New Intake Day 1
Wednesday 13 July:	Year 6 New Intake Day 2
Thursday 14 July:	Music Concert
Wednesday 20 July:	Jump Rush and Soul Bowl reward trips
Thursday 21 July:	School closes for the summer holiday – 1.15 pm.

Reading corner

How to encourage your child to read – part 2

The most crucial thing to remember if you're trying to encourage your child to read is that any reading is good reading. It's tempting, as a parent, to think that your child should be reading challenging material or books you used to enjoy but this can make reading seem like another chore or something they're being forced to do. The benefits of reading are felt no matter what is being read.

Link to hobbies and interests

One of the best ways to get your child interested in reading is to link it to something they're already into. For many young people, reading can seem like a chore or something they have to do at school so it's key to refocus reading as enjoyable and fun. Find out what your child is interested in and connect the reading to that. That could mean a football fanatic reads a match report or an animal-lover reads a guide to caring for their favourite pet.

Vary the format

There are so many ways to read and it's important that your child uses the format that works best for them. If they like to read on an electronic device then they could download books using Lancashire Libraries' Borrow Box scheme or read articles on websites. Many parents worry about screen time but if using a device is already a habit, it will make it easier to get started as a reader that way. Most e-readers or e-book apps allow readers to click on a word to bring up its meaning, which can really help if difficult vocabulary is off-putting.

Books aren't the only thing

We often picture a good reader as someone with their head in a book, but reading is reading. A recipe, an instruction manual, a guide to a hobby or a comic will all help to improve reading skills. You could link the reading to something you're doing together to make it more purposeful, such as by getting your child to read reviews before choosing a film to watch at the weekend.

Track reading

Many of us are now used to tracking activity, such as by counting our daily steps. Why not do the same for reading? Keep a reading log where your child notes the different things they've read or the time spent reading. You could then celebrate achievements, such as reaching an hour of reading time or reading five different things.

Bedrock Vocabulary 'top' performers:

Year 7

Greatest Improvement: **Josh B**

Most Lessons Completed: **Lois-Taya R**

Year 8

Greatest Improvement: **Eyad A B**

Most Lessons Completed: **Rhyley B**

Year 9

Greatest Improvement: **Oliver R**

Most Lessons Completed: **Ayra M**

Praise

Congratulations to Lune house for receiving the most praise points last week.

1. Lune **1127 (7.8 per pupil)**
2. Clougha **798 (6.4 per pupil)**
3. Storey **778 (5.2 per pupil)**
4. Halton **713 (5.0 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
Quaneisha Y	Kaya D	Kevin M	Paige S
Lexi-Leigh S	Maggie A	Leon F	Kayleigh C
Lilly B	Katie D	Shane H	Oli R
Freya P	Issy B	Jack H	Daniel B
Lewis B	Leo G	Adam W	Gracie H

In addition, well done to the following pupils:

Faizaah T in Year 7 for creating an excellent physical map of Africa in geography.

Daniel M, also in Year 7, for consistently trying his best and being resilient in both geography and RE.

Dylan H in Year 8 for demonstrating a sound understanding of geographical key terms this week in a hot seat challenge for the topic of 'coasts'.

Emine G in Year 9 for commitment to her learning in geography and RE. Emine completes all tasks to the highest standard and takes great pride in the presentation of her work.

Jayden W in Year 8 for brilliant work in Maths this week constructing plans and elevations of 3d shapes, completing the tasks before time and requesting more work.

Thank you to our year 7 volunteers who helped us welcome the year 6's and their families on Thursday evening. They represented us amazingly and special praise to **Sophie A**, **Dillan W** and **Quaneisha Y** who did a fantastic job sharing their experiences of their first year at Central to the large audience.

Attendance

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

- Year 7: Storey 1
Year 8: Clougha
Year 9: Halton 2
Year 10: Lune

Sports corner

District Athletics

On Wednesday 29 June, we took 8 teams to the Lancaster and Morecambe District Sports day held at Salt Ayre.

At this meet, pupils get to compete against their fellow pupils from other schools across the district. Every single competitor earns points for the team towards a final total, with the winner being the team with the most points. It must be said that the Central pupils were excellently presented and well behaved and a credit to our school.

We had some fantastic performances on the day. **Oli R** came away as district 200m champion for Year 10 boys. **Josh S** is 1500m district champion for Year 8 boys.

The following pupils also managed to secure a podium spot:

Ethan C: Year 7 - 3rd 200m
Michael A: Year 7 - 3rd Discus
Rufaro H: Year 7 - 3rd Discus
Rhys J: Year 7 - 2nd Long jump
Year 7 boys relay team 3rd place

Connor K: Year 8 - 3rd Long Jump
Demi A: Year 8 - 3rd 100m
Ibrahim S: Year 8 - 2nd Javelin
Darniah G: Year 8 - 3rd discus
Ava W: Year 8 - 2nd 1500m

Roland G: Year 9 - 3rd Javelin
Kieran D: Year 9 - 3rd 300m

Reegan C: Year 10 - 2nd 200m
Leon L: Year 10 - 3rd discus

Well done to all pupils who participated and represented our school – thanks also to all staff members for their hard work and support.

Frank Harrington and Bob Howard from Coastal Boxing Gym surprised **Joshua S** in Year 8 during morning registration on Thursday with a trophy after becoming National School Boys Boxing Champion at 41.5kg.

Joshua was also presented with golden gloves which are only awarded to National Champions.

Well done Joshua we are all very proud of your achievements!



Food corner

This week, Year 8 have focused on staple foods and so have been cooking the homely and well-loved family favourite, 'bangers and mash'.

Pupils used a range of both ingredients and techniques. Sausages were a variety of beef, pork, chicken and vegetarian and potatoes included Maris Piper, Jersey Royles and Kind Edwards. Attached is the recipe pupils used, please feel free to add your own variations. Cheddar cheese in the mash is a great one for adding a little flavour.

<https://www.bbcgoodfood.com/recipes/bangers-n-mash-with-onion-gravy>

Have a safe and enjoyable weekend.



Mr J Cowper
Principal