

Dear Parent/Carer

Parent/Carer newsletter: Friday 20 January 2023

Parent survey

As a school and Trust, we are always keen to gather the views and opinions of all our stakeholders. This feedback supports us in measuring the impact of our school improvement and ways in which we can further improve.

The Bay Learning Trust are conducting their annual parent/carers survey. To access the survey, please use the link below. The closing date is **Friday 27 January**:

<https://edurio.com/teacher/poll/aoetv0>

Many thanks in advance.

Escape2Make



www.escape2make.org

E2M[®] An invitation for ALL 11-18s in the Lancaster & Morecambe area

CABARET

11-18s in Lancaster & Morecambe
Learn a new skill & meet new people at our FREE workshops
February and March 2023
Showcase those skills at an iconic venue
Be part of the show THE CABARET!

FREE WORKSHOPS INCLUDE

CABARET AT THE ALHAMBRA MORECAMBE

- Song Writing & Poetry
- Musical In A Week
- Stand Up Comedy
- Upcycled Fashion
- Cartoon Portraits
- Film In A Week
- Wild Cooking
- Local Cuisine
- Learn Magic
- Puppetry

Register your interest

The Lovington Foundation

Also funded by the 6th November Trust

Morecambe Town Council

History Community Trust

COMMUNITY FUND

E2M is a Charitable Incorporated Organisation (Registered Charity Number 1183572) that aims to help ALL 11-18s in the Lancaster & Morecambe area to escape from boredom, social media, loneliness and any pressure at school or home by providing workshops and short courses hosted by local businesses, national businesses, local artists and university students.

All the workshops and courses are designed to help young people make things, make friends and make a difference in the community.

Please see below information about their latest project and the free workshops available to young people. Representatives from the charity will be visiting Year 7 and 8 in assemblies this coming week to give them more information.

Commitment | Creativity | Community

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

Key Stage 4 – GCSEpod

GCSE Pod is an online revision resource that is available to both our Year 10 and Year 11 pupils. GCSE Pod has a range of short, narrated clips aimed at helping pupils to revise and retain previous learning. Pupils should access this online resource to help them with their revision. All pupils have logins to GCSE Pod and know how to access GCSE Pod. If they are struggling with how to access GCSE Pod, please ask them to speak to their House Tutor.

An information sheet from GCSE Pod is attached to this newsletter if you would like to know more about GCSE Pod.

It is great to see that the following T pupils in Year 11 are our “top podders”:

- 1) Elinor V-S
- 2) Zain E
- 3) Adam R

Lancaster and Morecambe College

LMC will be offering three new T Levels in September. T levels are new, government-backed, career focused qualifications for 16 to 19-year-olds. They are equivalent to three A levels and are also backed by hundreds of British businesses, who helped to design the courses. The government has developed T Levels to deliver world-class technical education and give you a new choice after GCSEs.

- The courses LMC are offering are:
 - **T Level in Management & Administration Level 3** (formerly known as Business Level 3)
 - **T Level in Health Level 2 & Level 3** (formerly known as Health & Social Care Level 2/3)
 - **T Level in Education & Childcare Level 2 & Level 3** (formerly known as Child Education Level 2/3)

Please find attached a Student and Parent Guide to T Levels.

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 2 SEND reviews for Year 9 will be held w/c: **23 January**. A letter will be sent home with further details.

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

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 classwork or homework.

Mental health and wellbeing

Five ways to wellbeing

Evidence suggests there are 5 steps you can take to help improve your mental health and wellbeing, these are connect, be active, take notice, keep learning and give. Over this half term, we will explore each one in more detail.

Be active

Try to find an activity that you enjoy, and that keeps you active, such as walking, swimming, cycling or playing football. Evidence shows that an improvement in your physical health can help improve your mental health. Walking is the easiest and most accessible exercise you can start with.

Find out what exercise groups go in the area around you. Use the link below to help you on your journey:

<https://www.mentalhealth.org.uk/explore-mental-health/publications/how-look-after-your-mental-health-using-exercise>

Reading corner

Year 9 'Lancashire Book Award'

As a school, we have been invited to participate in the annual 'Lancashire Book Award.' Lancashire Book of the Year (LBOY) is the longest running young people's regional book award in the country. The shortlist for the 2023 award will be announced in March 2023.

The award remains one of the few book awards in which young people themselves are solely responsible for choosing both the shortlist and the overall winning book.

The award is voted for by Year 9 students in high schools around the county. Each school is given a collection of books, submitted by publishers as being the best books they had produced for the 12-14 age group. The young people then read and shortlist the books before choosing the overall winner.

If your child would like to get involved, please ask them to speak to Miss Verden in our library or their English teacher.

Bedrock Vocabulary

Well done to the following pupils who have shown a real commitment to their Bedrock Vocabulary this week. Pupils should be aiming for 20 points each week and the following pupils have achieved above and beyond that this week – well done!

Year 7:

- 1) **Christina A** with 158 points
- 2) **Samuel P** with 66 points
- 3) **Ezekiel M** with 59 points

Year 8:

- 1) **Izzy De-L V** with 127 points
- 2) **Lilly B** with 95 points
- 3) **Kenzie K** with 70 points

Year 9:

- 1) **Shristi S S** with 165 points
- 2) **Tahsin S** with 103 points
- 3) **Gabriel L** with 58 points

Key reminders

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

Year 11 mock examinations – February 2023

Pupils in Year 11 will sit their second set of mock examinations in the week beginning Monday 6 February. The second week of exams will start in the week after the half-term break in the week beginning Monday 20 February. Pupils were handed a paper copy of the mock examination timetable on Thursday 5 January. An online copy of the timetable can be viewed on our dedicated year 11 revision website page by following the link below.

Next week, week beginning Monday 9 January will see the start of our 'in school' revision sessions. The purpose of these sessions is to support pupils to effectively prepare for both the mock examinations and the end of year exams. We strongly encourage pupils to attend these sessions. Details of when these sessions run can be viewed on our dedicated Year 11 revision website page by following the link below.

Additionally, we have purchased revision guides for **all** pupils to support them with revising English Language, English Literature, maths, science, geography, history and French. These revision guides are being distributed directly to pupils by their subject teachers. Teachers will be supporting pupils to use them effectively as part of their revision process.

Please support your child by encouraging them to establish a regular pattern for revision. Details of how you can best support your child can be found on of dedicated Year 11 website page which can be accessed via the link below.

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

Year 11 Careers

Next week we will have visiting speakers from Ask Apprenticeships and Lancaster Morecambe College. This is the latest in our series of visitors regarding the options open to our Year 11 pupils post-16. Pupils who are interested in starting an apprenticeship can start looking now using the search engine below:

<https://www.findapprenticeship.service.gov.uk>

Opening Evening at Kendal College



Kendal College's next Open Evening is on Wednesday 25 January, 16.30 – 19.30 across both of their campuses.

Their address is:

Milnthorpe Road Campus, Milnthorpe Road, Kendal, Cumbria, LA9 5AY

Arts & Media Campus, Beeson Road, Kendal, Cumbria, LA9 6EL

You are invited to go and see what Kendal College has on offer.

Book your space using their website www.kendal.ac.uk or the QR code on the poster.

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:

26 January 2023
27 January 2023
6 February 2023
10 February 2023

Friends of CLHS drop-in 5.30pm - 6.30pm
'Smashed' Alcohol awareness session - Year 7 and 8
Year 11 Mocks
Open Mic at lunchtime
School closes 3.05

20 February 2023

School opens
Year 11 mocks
Year 8 progress evening
Year 6 welcome evening
Progress Cards issued – all year groups
Open Mic at lunchtime
School closes at 3.05pm

16 March 2023
22 March 2023
30 March 2023
31 March 2023

Pupil praise

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

1. Clougha **1846 (11.8 per pupil)**
2. Storey **1753 (11.7 per pupil)**
3. Halton **1623 (10.5 per pupil)**
4. Lune **1239 (9.8 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	Year 11
Christina A	Rosy H	Maggie A	Hayden R	Daniel S
Oscar C-G	Gracie-Mai S	James R	Jethro K	Euan H
Emmanuel J	Reuben T	Kayla D L M	Lee W	Elinor V-S
Jenny B	Edan M	Arley D	Jack H	Leon L
Jack L	Zach J	Lucy K	Connor B	Lacey S

Attendance

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

- Year 7:** Storey
Year 8: Lune
Year 9: Clougha
Year 10: Halton 2
Year 11: Lune

Special praise goes to the following pupils:

Year 7

Jimii C and **Theo A who** are consistently creative in their lines of thinking - they both are invaluable to the English lessons. Thank you and well done!

Year 8

Well done to **Lilly B**, **Lexi-Leigh S** and **Lucian L** for your excellent effort in dance this term.

Well done to **Felix Y** for your improved attendance this week.

Well done to **Maysa A** for your excellent work in science.

Well done to **Aiden L**, **Chelsea Leigh R** and **Gabrielle Fields** for your excellent answers to questions on a challenging poem in English.

Fantastic piano playing from **Yura R** this week - he has impressed everyone who has heard him. Please keep up the excellent work!

Brilliant guitar playing from **Chae JS** in the guitar club this week – well done for your great improvised solo work!

Well done and thank you to **Jack S** and **Oliver B** for making an improved effort with their art work this week.

Year 9

Kayden W for always being so cheerful and asking friends and teachers if they are OK. True community spirit – thank you!

Brooke R for always helping others in class when ‘stuck’ and for collecting books at the end of each science lesson.

Daniel A for a great week in science, so much confidence in your answers and for listening to ways in which to build on and improve his responses.

Hanna A, Cade B, Jay G, Edith M, Matilda L for excellent home learning in maths.

David A, Maggie A, Lewis G, Ibrahim S, Shristi S, Tyler-James S, Tahsin S and **Alfie T** – all of whom, within the last week, attained 50+ points on Bedrock Learning.

Cash D proved himself to be a real super star in English this week. He was fully committed to his learning making connections between Greek mythology and Percy Jackson novels – well done Cash!

In Year 9 English, **Brooke R** has made some superb contributions to class discussions. Thank you for sharing your ideas, Brooke.

Year 10

Well done to the following pupils who showed commitment and creativity in their article assessments for English Language this week – **Rena A, Amelia G, Stanley B, Morgan T, Leon W, Ruby A-T** and **Kitty M**.

Thanks to **Stan B, Tyler P, Tyler Y** and **Tillie B** for your excellent contributions to class discussion in history over the past week.

Zara M for making a great start in her art lessons.

Ellie-May G and **Oliver R** for creating an excellent print design for their collagraph.

Year 11

Well done to all pupils in Year 11 Art for making an excellent start to their exam.

Well done to **Jayden O, Vincent H** and **Josh A** for achieving full marks in their recent exam question assessment in history.

Once again, there was a super turnout for revision in English, maths and science. Miss Timperley told Miss Brown her Year 11s were exemplary and very committed to her session in English. Well done to all who attended, this will have a huge impact on your upcoming mock exams and in your real GCSEs starting in May.

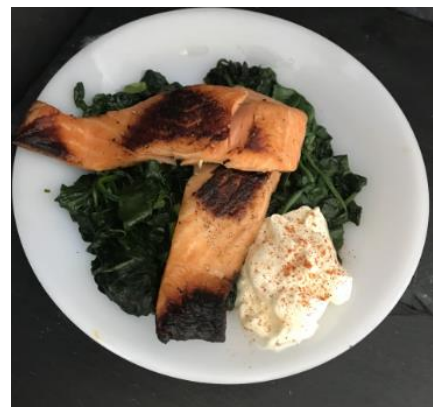
Well done to **Ollie D, Jake T, Scarlett M, Charlotte H** and **Eva G** for their progress playing the keyboards in their music lesson this week.

Food corner

This week, our Year 11s have designed their own dish using their own step by step recipe and time plan.

They have dedicated it to a particular customer base, identified potential hazards and corrections, documented the skills they have used and looked at how their recipe affects the environment.

We have had some interesting dishes prepared and pupils have been able to show off the skills they have learnt to date – well done.



Have a safe and enjoyable weekend.



Mr J Cowper