

Dear Parent/Carer

Parent/Carer newsletter: Friday 20 May 2022

Half term closure

We close for half term at 3.05 pm on Friday 27 May and school reopens on Monday 6 June.

Year 10 Work Experience

Year 10 have now been given their work placement agreement to contact their employers for a short informal interview and for them to sign the agreement. Parents/carers and pupils should also sign the agreement and this should be returned to Ms Cottam by **Thursday 26 May 2022**.

If you have any questions please contact Ms Cottam by email at:
joanne.cottam@lancasterhigh.lancs.sch.uk

Year 11 Summer examinations

It has been really encouraging to see how our Year 11 pupils have begun the exam season. Our external invigilators have commented that they are the most focused groups of pupils they have seen in exams for a long while which is really encouraging so well done to all our Year 11s.

We would like to also thank all parents and carers for the support that has been given in encouraging regular revision at home.

As ever, details of in school revision sessions can be found on our dedicated website page, the link to which is below. In addition, you will see that we now have details regarding sessions that will be running in the over the half term break. Pupils who are attending these sessions need to arrive 10 minutes before the session begins at reception where they will be greeted by a member of staff.

Should you have any questions, please do not hesitate to contact Miss Brown.

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

Commitment | Creativity | Community

Principal: Mr J Cowper
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Year 11 revision sessions during half-term

We will be holding the following revision sessions in school over the half term holiday. Please strongly encourage your child to attend these sessions to further support them.

	09:00 – 11:00	11:00 – 13:00	13:00 – 15:00
Monday 30 May	Geography		History
Tuesday 31 May	Maths Higher	Maths Foundation	

If you have any queries or concerns please email Miss Brown, Head of Year 11:
davina.brown@lancasterhigh.lancs.sch.uk

Open Mic event

The open mic event date has changed from Thursday 26 May to Friday 24 June.

Lancaster Music Festival

Please find attached to the newsletter a flyer for The Lancaster Music Festival.

ARE YOU: Aged between 14 and 20? A band, group or solo artist playing mainly original popular modern music? Resident in the Lancaster district (post codes LA1 to LA7)?

WOULD YOU LIKE THE CHANCE TO: Be mentored by professional recording artists LOWES? Learn about the music industry from industry professionals? Perform paid gigs on stages at Lancaster Music Festival in October?

IF SO THEN: Find out all about our search for a star competition.

Applications close midnight on Friday 10 June.

SEND

Key Stage 3 Homework Club is open on a Wednesday morning in the Learning Resource Centre (LRC) 8-8.40am. Key Stage 4 Homework Club is open on a Tuesday morning in the LRC 8-8.40am. Please encourage your child to attend if they require support with their home learning.

In addition to our Homework Clubs, our Learning Resource Centre is open every morning before school, at break time and after school every day; please encourage your child to attend if they require additional support with their homework.

CHATS EBSA workshop on Friday 17 June. A workshop designed and delivered by parents for parents who are supporting a child who is experiencing emotionally based school avoidance. A meet and greet can be offered to parents who may struggle to attend. Please find out more on the attached flyer.

Mental Health and Wellbeing

Switch off your mind for sleep

Busy or racing minds can get in the way of a good night's sleep and it's not always easy to switch-off. Whether it's tomorrow's to-do list, worries about the day that's just gone or the future, or our devices keeping our minds whirring late into the night. To make sure we get enough sleep, we don't just need to turn off the lights, but also have some ways to calm our minds.

Here are some actions that can help:

- **Unplug from tech:** ban your phone, computer and tablet from the bedroom at night (or have a place to put them away)
- **Go old school:** get a traditional alarm clock (a quiet one, without lights) and read a book rather than go online. · Practice gratitude – when you get into bed reflect on three good things from your day, or if things are tough – what was one moment from the day that was better than the rest?
- **Scrunch and release your body:** It's called progressive muscle relaxation. Start with one body part – like your left foot or hand – tense it up as hard as you can, then slowly relax it, breathing out if you can, noticing how that feels. Then do the same with the right hand or foot, then your left leg or arm and so on moving through your body parts in turn.
- **Play alphabet games:** Switch your mind off by giving it something absorbing but not overly stimulating to do, like thinking of a different animal, actor, sports person or place name for each letter of the alphabet in turn from A through to Z. (It beats counting sheep!)

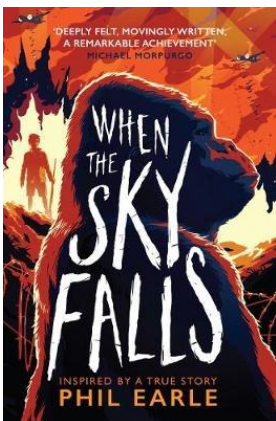
Key dates for the Summer term

Friday 27 May:	School closes for May half term
Monday 6 June:	School reopens for all pupils
Thursday 9 June:	DTP and Men ACWY vaccinations in school
Wednesday 29 June:	New Intake Evening for Y6 parents/carers
Monday 4 July:	Year 7 Chill Factor Trip
Tuesday 5 July:	Year 8 Chill Factor Trip
Wednesday 6 July:	Year 6 New Intake Day
Thursday 21 July:	School closes for the summer holiday.

Reading corner

Recommended reads for pupils in all year groups.

Year 7

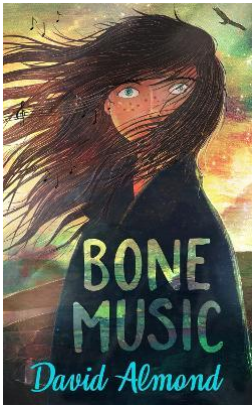


When the Sky Falls Written by Phil Earle

No wonder he is angry! Bombs are raining down on the city that Joseph is sent to as an evacuee. And anyway, who came up with the stupid idea that he should live with Mrs F. who doesn't even like children!

He knows he should just run away but where would he go? Instead, he finds himself inexorably drawn into Mrs F's life and the zoo and the animals she is fighting to keep safe.

Year 8

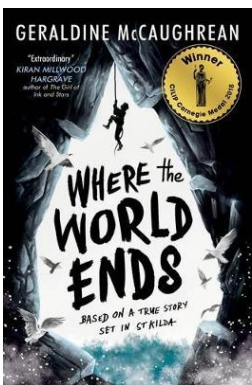


Bone Music Written by David Almond

Bone Music is a sublimely timeless masterpiece - a raw, pure, measuredly lyrical story of a girl discovering deep bonds to nature and the distant past.

Underpinned by a belief that the world can be made a better place

Year 9

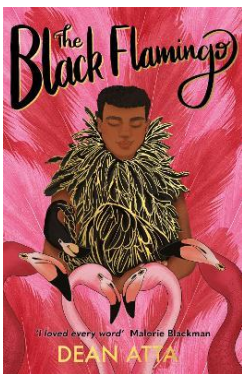


Where the World Ends Written by Geraldine McCaughrean

In the summer of 1727 a group of men and boys, there to harvest birds and eggs, were stranded on Warrior Stac, a pinnacle of rock that pitches out of the Atlantic, 'as black and fearful as one horn of the Devil himself'.

It was nine months before anyone came to collect them. Geraldine McCaughrean has taken these bare facts and imagined the story of those terrible months and the characters of those who endured them.

Year 10

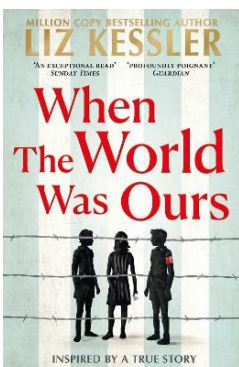


The Black Flamingo Written by Dean Atta

Uplifting and dazzlingly unique, this coming-of-age treasure explores identity and sexuality with an emboldening message to remember that “you have the right to be you”.

As a young Barbie-loving boy, mixed race Michael wonders if he’s “only half” of everything, to which his mother poignantly replies: “Don’t let anyone tell you/that you are half-black/and half-white. Half-Cypriot/ and half-Jamaican./ You are a full human being.” But he doesn’t feel like a whole human being.

Year 11



When The World Was Ours Written by Liz Kessler

A powerful and heart-breaking novel about three childhood friends living during the Second World War whose fates are closely intertwined, even when their lives take very different courses.

An extraordinary, powerful, and important book, based on the true story of how Liz Kessler’s father escaped from Nazi-occupied Europe thanks to a British couple his family had met once.

Bedrock Learning

Well done to the following pupils this week.

Year 7: Most Progress:

- Ryan H
- Evie D
- Kaycee B
- Lilly B
- Kian H

Year 7: Most lessons completed:

- Maisie H
- Rufaro H
- Jayden P
- Rhys J
- Adam H

Year 8: Most progress:

- Ibrahim S
- Maggie A
- Leon P
- Caitlin S
- Lucy K

Year 8: Most lessons completed:

- Leon P
- Maggie A
- Caitlin S
- Ibrahim S
- Lucy K

Year 9: Most progress:

- Lilah H
- Katie A
- Liam F
- Hollie H
- Gabriel R S

Year 9: Most lessons completed:

- Dobromir R
- Sana J
- Ayra M
- Ilyas R
- Zack C

Praise

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

1. Clougha **1368 (10.9 per pupil)**
2. Lune **1308 (9.1 per pupil)**
3. Storey **1190 (7.8 per pupil)**
4. Halton **895 (6.2 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	Year 11
Lexi-Leigh S	Maggie A	Liam F	Christopher H	Oliver W
Rufaro H	Ajay B	Leon F	Leon L	Amber L
Freya P	Kayla D	Ellie W	Bekzod I	Bobby H
Jack L	Leon P	Zahira E	Misti L	Joe B
Lilly B	Eyad A	Shane H	Oliver N	Ellie E

In addition, well done to the following pupils:

Excellent work from **Ruben A** in Year 9 in drama who scored 100% in his knowledge test.

In Year 8 Reciprocal Reading the pupils have been enjoying the novel "Sky Dancer" by Gill Lewis. **Layton M** gave some superb suggestions in lesson and has shown how much he has clearly understood about the issues raised in the novel so far. Well done, Layton.

In Year 7 English, **Gracie-Mai S** is developing her persuasive techniques well in the Charity writing unit and **Kian R** is showing real improvements in his written and spoken English. **Felix Y** has made some interesting contributions to lessons this week in English. Always good to hear those, Felix - thank you.

In Year 9 English **Ilyas R** has settled well into the group and is producing perceptive writing about Golding's "Lord of the Flies".

In Year 10 English Language, **Jade W** consistently produces excellent work and **Zak H** makes valuable contributions. Thank you both.

In Year 10 Literature, **Benjamin M** is showing clear understanding of Shakespeare's "Macbeth" - his recall of quotations is very promising - thank you, Benjamin and the whole of 10E3 who are working well and becoming more analytical in their written work which is very pleasing.

Attendance

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

Year 7: Lune
Year 8: Clougha
Year 9: Storey
Year 10: Storey
Year 11: Lune

Food corner

This week saw our Year 7 attempt their first full cook. Using their theory knowledge, including food safety and oven safety, they cooked lemon drizzle cakes.

Despite this being the first real cooking experience for many, they produced some excellent cakes.

Please have a go at home - these are great to do with younger siblings too. (Hint - The recipe calls for an electric whisk, but we found a hand whisk works just as well and makes for a quieter kitchen too.)

[Lemon drizzle cakes recipe | BBC Good Food](#)

Have a safe and enjoyable weekend.



Mr J Cowper
Principal