

Dear Parent/Carer

## **Parent/Carer newsletter: Friday 22 April 2022**

### **Welcome back**

As always, it is a pleasure to welcome back our pupils into school after a holiday. It has been a very positive start to the summer term.

I would like to thank you for your support in ensuring your child is wearing the correct uniform and has the appropriate equipment. Should you have any issues or require support in either of these areas during this term, please do not hesitate to contact us.

### **Staffing changes**

We have made some changes to our pastoral support team. We have appointed Ms Meetha and Mr Aldren as non-teaching Heads of Year. They will take up post week commencing Tuesday 3 May. Until this date, Mr Williams will maintain responsibility for Year 7 and Miss Morris for Year 8 after which she will lead Year 9 alongside Mr Clark.

Miss Carr replaces Mr Moore as Head of Year 10. I would like to thank Mr Moore for his significant support and guidance to all of those in his care during his time as Head of Year.

Head of Year 7	Ms Meetha
Head of Year 8	Mr Aldren
Head of Year 9	Mr Clark and Miss Morris
Head of Year 10	Miss Carr
Head of Year 11	Miss Brown

### **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.

### **Year 9 Arts Award**

There will be an arts award session on Tuesday after school, 3.15 - 5pm, with Mrs Spence in the music room for all the current Year 9 pupils who are taking the qualification to work on their portfolios.

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## Extra-curricular activities

An important aspect of school life is to make the most of every opportunity outside of the classroom. Extra-curricular opportunities allow for new experiences and skills to be learnt alongside new friendships to be formed. I would encourage your child to participate in as many of the many activities on offer. Please find below an overview on what is on offer for all pupils during the summer term.

	Lunchtime - 12.30—1.00pm	After-school - 3.10—4.00pm
<b>Mon</b>	Sound recording Music room—Year 9 Dance Club—Dance Studio—Year 7	
<b>Tues</b>	The Trebles (singing group) - Music —7-11	Science Club—C6—Year 7 and 8 Rugby—PE—Year 7 Fitness—Gym—Years 10 and 11 Netball—Netball courts—Year 7, 8 and 9
<b>Wed</b>	Guitar Group—Music Room—All years welcome Dance Club—Dance Studio—Year 8 and 9	MFL Film Club—E3— All years Fitness—Gym—Years 8 and 9 Rugby—PE—Years 8 and 9 Badminton—Sports Hall—All years/staff DT Extras—DT workshop—Year 11
<b>Thurs</b>	Ukulele / keyboard club—Music Room—All years welcome DT Catch-up/homework support—DT Workshop—All years welcome	Girls football—PE—Years 7 and 8
<b>Fri</b>	Diversity club—D6—7-11 Handwriting club—A1 – 7-11 (12.40 start) History GCSE revision—D5—Year 11 DT Catch-up/homework support—7-11	<b>Extra – Curricular Opportunities</b>

## Year 11 Summer examinations

As we enter the final weeks before the summer exams begin, you should expect to see your child in a regular pattern of revision at home.

Resources have been provided by subject teachers and pupils have been supported to understand and use different revision techniques. We would that you strongly encourage your child to attend the after school and lunchtime revision sessions that are being run in school. Details of these sessions including when they are held, where they are held and what the focus of the session will be can be found on our dedicated website page by following this

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

Should you, or your child, need any support with revision then please do not hesitate to contact Miss Brown or the relevant class teacher.

## Coats

As we enter the summer term, external coats are not allowed in lessons. If your child still feels the need for additional layers, please ensure they wear a plain black jumper under their blazer and/or a plain white cotton T shirt under their school shirt.

## **SEND**

The SEND Clinic is open Thursday 28<sup>th</sup> April 4-6pm. Please email [levans@lancasterhigh.lancs.sch.uk](mailto:levans@lancasterhigh.lancs.sch.uk) to book a 15 minute appointment should you wish to discuss any aspect of your child's education.

Key Stage 3 Homework Club is open on a Wednesday morning in the Learning Resource Centre, 8-8.40am. Key Stage 4 Homework Club is open on a Tuesday morning in the Learning Resource Centre, 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 any aspect of their education.

## **Mental Health and Wellbeing**

We are here to support you and your child with any aspect of mental health and wellbeing. We have a strong pastoral team in school and have access to external agency support where appropriate. There are also many online resources available to support young people and adults.

Kooth is an online counselling provision available to all young people across Lancashire from 10-18 years old. If you feel your child would benefit from such provision, please go to [www.kooth.com](http://www.kooth.com) for more information and support for children's mental health and wellbeing.

## **Be physically active**

Moving matters for your mind. Being physically active is a quick and easy way to boost your mood and supports the health and functioning of your brain.

According to some scientists exercising improves how well the brain works and helps keep it in good condition! Human beings evolved to move, but our modern lifestyles mean many of us are less active than our bodies were designed for.

Don't worry if you aren't sporty – you don't need to be! One of the simplest ways of being physically active is to take a brisk walk, or you could dance, get vigorous with the housework, swim or cycle. Whatever you enjoy most.

Aim to be active for at least 30 minutes most days (more if you can). If it's easier, break it down into small chunks, say 10 minutes at a time.

If you haven't been very physically active up until now - don't worry - it's never too late to get started and build up to the recommended daily amount.

## **Key dates for the Summer term**

Monday 2 May: May bank holiday – school closed

Thursday 5 May: Year 10 Parents' Evening, School Cloud 4-7pm

Thursday 12 May: Year 7 Parents' Evening, School Cloud 4-7pm

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: Y6 New Intake Day  
 Thursday 21 July: School closes for the summer holiday

## Reading corner

We have launched Bedrock Learning Vocabulary with all Key Stage 3 pupils as part of our reading strategy. Developing a child's vocabulary is an essential tool in supporting their academic progress and attainment as well as making them more confident learners.

## Praise

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

1. Clougha **1190 (9.5 per pupil)**
2. Lune **882 (6.1 per pupil)**
3. Storey **1073 (7.1 per pupil)**
4. Halton **814 (5.6 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
Quaneisha Y	Maggie A	Jethro K	Daniel S	Oliver W
Mia D	Aakifah T	Connor B	Vincent H	Sam H
Faizaah T	Jodie M	Alfie D	Misti L	Matteo-Mario R
Symone W	Kayla D	Jack H	Tia Harrison	Bobby H
Sophie A	James R	Leon F	Connor L	Eva R

## Attendance

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

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

In addition, well done to the following pupils:

**Edith M**, Year 9, who always contributes to the art lesson, trying really hard and taking work home to complete developing skills further. She is a pleasure to teach.

**Alfie K**, Year 7, for always entering his art lessons with a smile on his face and putting in a 100% effort. A future artist in the making!

**Jay R**, Year 10, for excellent observational studies of hands in his home learning.

**Jack P**, Year 10, for an outstanding set of notes in History from the previous half-term. Thank you for letting me copy your notes for absent pupils, they are all very grateful!

**Jessica U**, Year 10, for excellent recall of specific events and facts that we have studied a number of weeks ago within History. In addition, a very detailed set of notes that will support understanding when it comes to revision for assessments and exams.

Congratulation to **James H** in Year 11, who, this week received his Business examination result and surpassed his Gold Target Grade. Well done **James**, all that revision and hard work has paid off!

## **Sports report**

On Monday, our Year 8 footballers face Morecambe Bay Academy in the district cup final. The two sides met earlier in the season with CLHS winning 4-3 in what was a very competitive and entertaining game. We wish them all the best of luck and look forward to the match report next week.

## **Food corner**

This week sees our Year 9s tackle chicken fajitas. Instantly recognisable and incredibly versatile, fajitas are a great Friday night dinner and the leftovers can be eaten hot or cold or even frozen for a later date.

Please give the attached recipe a go and feel free to experiment with spice and different meats/meat alternatives - or leave the meat out entirely.

[Easy chicken fajitas recipe | BBC Good Food](#)

Have a safe and enjoyable weekend.



Mr J Cowper  
Principal