

Dear Parent/Carer

### **Parent/Carer newsletter: Friday 23 June 2023**

As we approach the end of the summer term, it gives us great pleasure to share with you some of the many positive moments in school this week.

We were delighted to welcome our new Year 7 cohort in to our school community on Thursday evening an event that was supported by exemplary Year 7 and 10 pupils who represented our school with great pride. Mr Moorby and Mr Roodenburg led two successful geography fields trips into the Trough of Bowland enjoying an ice cream on the way home!

Within school, pupils continue to demonstrate our 3C values in their daily commitment to learning in the classroom and hard work with homework, competing for the best form attendance and to be the top of the Bedrock leader board each week which will be celebrated, with a wealth of other awards, in our Achievement assemblies in the last week of term. These will follow the highly anticipated and well-deserved reward trip day.

We look forward to the Year 11 prom this evening and wish all of our athletes representing CLHS at the District Athletics event next week every success.

### **Industrial Action – 5 & 7 July 2023**

You may be aware that there is further industrial action planned on **Wednesday 5** and **Friday 7 July**. We are currently looking at the implications this will have on our school and we will communicate the arrangements for these two days next week.

### **SEND**

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

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 3 SEND reviews for Year 8 will be held w/c: **Monday 26 June**, with Year 7 w/c **Monday 3 July**. Letters have been sent home with further details.

Please email Mrs Ainsworth at [sainsworth@lancasterhigh.lancs.sch.uk](mailto:sainsworth@lancasterhigh.lancs.sch.uk) to make an appointment.

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Executive Headteacher: Mr J Cowper  
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## Mental health and wellbeing

This half term, we are providing information on different types of mental health issues that people might face. We will give you a brief overview of the issue; what signs and symptoms to be aware of and give you information on the help and support available for mental health issues

### Anger

Anger is a natural human emotion that we all feel, but it can become a problem when it leads to unhelpful or destructive behaviour. Children and young people in particular might struggle with anger during adolescence when emotions are felt more strongly.

We all feel anger, and anger itself isn't bad. In fact, anger is a useful emotion which helps us identify and address unfairness and injustice in how we feel and in the world around us. It crops up when we perceive something to be in violation of our own, or others' wellbeing. Anger is sometimes called a secondary emotion, because it can be used to mask other feelings of shame, fear, anxiety or hurt. Anger is also a common response to feeling out of control.

It can be easy to assume anger and aggression are the same, but they're not. Anger is a helpful emotion, but when it's suppressed because someone isn't able to express their anger, it can emerge as aggression. Aggression can be a response to a real or perceived threat. It can also be a trauma response.

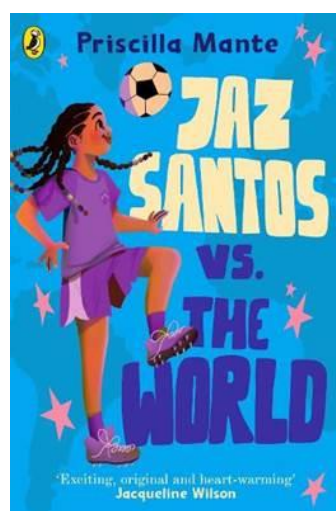
How can we help?

Set and keep clear boundaries. If someone's anger becomes overwhelming for them and they are unable to manage their feelings of anger safely, set boundaries with clear consequences and keep to them. This helps them understand how to control their anger in a healthy way.

For example, you could have a yellow card/red card system for your group, similar to what you have at a sports match, with yellow-card behaviour resulting in sitting out of an activity for a few minutes and red-card behaviour resulting in someone needed to leave the session.

We can all feel overwhelmed by anger sometimes. If this is the case for a young person you're working with, try to continue to talk to them about their feelings and how you can support them. We should not expect someone to be perfect, as we all make mistakes.

### Reading corner



#### Recommended read

Jaz loves football but it seems that only boys get to play. Jaz's mum, from Angola, and her father, from Scotland, no longer get on – and when her mum nearly burns the house down, her parents decide it is time for Mum to move out. It leaves Jaz desperate to get her back. Maybe if she scores enough goals and wins the football tournament? But first she has to get together a team of girls...

Warm-hearted and funny, this book tackles sexism head-on. It shows a team of girls who care about each other and support each other, despite their many differences.

It truthfully explores the sexism in society and schools, whereby boys get all the football equipment, time and investment, showing how girls are shut out of sport from the earliest age.

This is a funny book but there are also many opportunities to learn about football and real-life women football players. The sub-plot about a mother who has walked out also shows another dimension to women that is rarely explored in literature.

This book would be enjoyed by all children, not just girls, and not only those who like football.

Well done to the following pupils who have made superb progress this half term on Bedrock Vocabulary.

#### **Year 7:**

**Progress made:** Mairead S, Mila M and Tulin A

**Points awarded:** Shuwen Y, Ben G and Christina A

#### **Year 8:**

**Progress made:** Yasaman G, Ollie B and Rhys J

**Points awarded:** Toby C, Ollie P-P and Mohammed H

#### **Year 9:**

**Progress made:** Lewis G, Leah B and Eva B

**Points awarded:** Edan O, Katie D and Tahsin S

## **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 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 Summer term:**

27 June 2023	Year 6 Transition Day
29 June 2023	Year 6 Transition Day
5 July 2023	District Sports Day
11 July 2023	School Sports Day
18 July 2023	School Sports Day (reserve)
19 July 2023	Reports issued to Year 7-10
20 July 2023	Reward trips
21 July 2023	Achievement Assembly
21 July 2023	<b>School closes for summer at 1.15 pm</b>

## Pupil praise

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

House points:

1. Clougha 1687 (10.8 per pupil)
2. Lune 1230 (9.6 per pupil)
3. Storey 1250 (8.2 per pupil)
4. Halton 10.67 (6.7 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
Coen A	Rueben T	Darniah G	Zack C
Christine A	Gabrielle F	Issy B	Roland G
Penny R	Liam A	Eden O	Jack H
Samuel P	Rhys J	Cameron B	Mia M
Theo A	Ethan L	Leah B	Gabriel R S

## Attendance

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

**Year 7:** Lune

**Year 8:** Halton

**Year 9:** Clougha

**Year 10:** Clougha

**Year 11:** Storey

**Attend today, achieve tomorrow!**

Special praise goes to the following pupils:

### Year 7

**Daria H** and **Charlotte H** for the help and commitment in form periods.

**Isabella P** and **Rhys U** for their commitment to learning in maths.

**Charlotte H** and **Ella L** for assisting in this week's assemblies and speaking so well in front of all year groups.

Well done to **Coen A**, **Eden O**, **Jai Y**, **Tomas A** and **Isabel G** for speaking at our transition evening on Thursday. They all prepared their own speeches and it was lovely to hear about all the things they love about our school and to see how confident they have become.

## **Year 8**

**Adam H** and **Chelsea R** for their commitment to learning in maths.

**Callum P** and **Lois-Taya R** for their commitment and resilience in maths this week.

**Dillan W** for continued positive contributions in his art lessons.

**Lexie H** for her consistent kindness to others and commitment to the Community club.

**Harvey W** for excellent homework this week.

## **Year 9**

Well done to **Leah B** for your excellent attitude in PE and for always giving everything a go in lessons.

**Lola C** for batting skills in rounders and for helping her team by scoring two rounders this week.

Congratulations to **Freya P** who has recently taken her LAMDA grade 5 in verse and prose and passed with a distinction - a fantastic achievement!

## **Year 10**

Well done to **Stan B**, **Lee W**, **Tyler P** and **Tyler Y** for your outstanding contributions to our class discussions in recent lessons as we study the US Civil Rights movement.

**Melissa K** and **Olivia W** for their commitment to learning in maths.

**Thomas H**, **Leighton P** and **Jack P** for their fantastic demonstration of the school 3C's when on a Geography field trip this week. Helping staff collect and put equipment away and creating new ideas to investigate the speed of the river.

**Mimosa T** and **Kaitlyn S** for their commitment and involvement in yesterday's geography field trip.

Well done to our **Year 10 peer mentors** who have now completed three sessions with 'Wot Wud U Do' and yesterday learnt about mental health and wellbeing in their session.

Have a safe and enjoyable weekend.



Mr J Cowper  
Executive Headteacher