

Dear Parent/Carer

Parent/Carer newsletter: Friday 24 February 2023

Welcome back!

It is always a pleasure to welcome pupils back into school after a holiday. Thank you for your support in ensuring your child is dressed in the appropriate uniform and is equipped for the day. We have had an excellent first week back with pupils settling well into our daily routines and working hard in class.

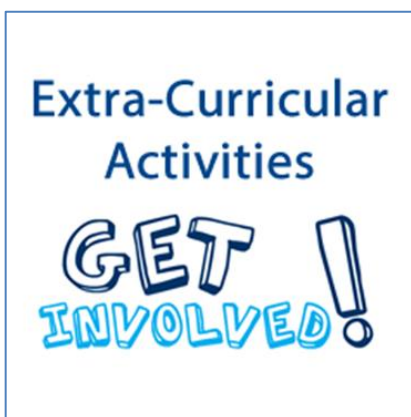
Industrial action – Tuesday 28 February

You will hopefully already had the chance to read a letter that I sent at the start of this week regarding the second day of industrial action by the NEU – a copy is attached.

A reminder that school is only open for pupils in Year 11 and for an identified group of ‘vulnerable’ pupils in all other year groups. Pupils in Year 11 are expected to attend and any absence will count towards a child’s overall annual attendance percentage.

Work for pupils in all other year groups will be placed on ClassCharts to be completed throughout the day at home.

Extra-curricular activities



Please take time to look at the wide range of opportunities available to your children outside of lessons, both at lunchtime and after-school this half term.

Taking part in this type of activity can benefit pupils in a number of ways including improving self-esteem, developing essential life skills, finding and exploring new interests and widening their perspective on the world.

We encourage all pupils to participate in at least one club a week and we will be rewarding the form group and individuals with the highest attendance at clubs in achievement assembly at the end of each half-term.


















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Principal: Mr J Cowper
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Spring term extra-curricular activities:

 Extra-Curricular Feb—March 2023   		
Day	Lunchtime—12.30—1.00pm	After-school—3.10—4.00pm
Monday	 The Trebles and keyboard —Music Art Club—E5a  Debating Society—D4	
Tuesday	Diversity club—E5a  Guitar Group—Music 	Science Club—C6—Year 7, 8 and 9 Netball—Sports Hall—Year 7, 8 and 9 Arts Award—Music Room—Year 9 Dungeons and Dragons - Library
Wednesday	The Trebles and keyboard - Music  	Film Club—E3—all years welcome Badminton—Sports Hall Fitness—Gym Drama Improv— Library D of E Bronze—Year 9  
Thursday	Ukulele / keyboard club—Music Board Games Club—C6 	Debating Society—D4 Dungeons and Dragons - C3 
Friday	Year 9 Lancashire Book Award—Library Year 11 history revision—D4 Year 10 history revision—D5 	

An Audience with Leeds Conservatoire Contemporary Pop Choir



Our singing group 'The Trebles' will be taking part in a concert at the Priory on **Saturday 4 March** at 7.30pm.

They will be singing with the Leeds contemporary pop choir as well as three other secondary schools. Tickets are available to buy using the following link:

<https://www.trybooking.co.uk/CCAB>

Passport to privilege

On **Thursday 20 July**, we will be running our end of year reward trips for pupils to attend. We have shared with pupils, the criteria they must meet, through our 'passport to privilege' scheme to enable them to participate in the trips/events.

Please find enclosed the criteria that was shared and we thank you in advance for your support. Should you have any queries, please speak with your child's Head of Year.

Pupil passport to privilege

For pupils in Year 11 to receive an invitation to the prom, and for Year 7-10 pupils to be allowed to attend an end of year reward trip, you must have:



- No more than 2 days absence from 20th February
- 0 suspensions
- 0 truancies



- No more than 3 exits
- No more than one session in Impact
- At least 150 classcharts positive points (will be relative for new admissions)

- Have no inappropriate use of school ICT behaviours
- No involvement in any child-on-child abuse behaviour towards another pupil



Review period 20th February - 26th May.



Details of the reward trips/events will be shared in next week's newsletter.

Year 11 mock examinations and interventions

It has again been a real pleasure to see how well pupils in Year 11 have conducted and applied themselves in the final week of their mock examinations. It was also excellent to see so many pupils attending our in-school revision sessions over the half-term holiday. All staff who delivered the sessions commented on how engaged pupils were.

In the week commencing, **Monday 27 February**, our second set of 'in school' revision sessions will start. We have been very encouraged with how many pupils have attended and engaged with the sessions. The purpose of these sessions is to support pupils to effectively prepare for their summer exams and we strongly encourage everyone to attend these sessions. Details of the sessions on offer, including what the focus will be for each of the sessions, can be found on our dedicated website page via the link below.

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 our 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>

If you have any concerns or would like more advice on how to support your child with their revision, please do not hesitate to contact Miss Brown, Head of Year 11: Davina.brown@lancasterhigh.lancs.sch.uk

Lancaster and Morecambe College

LMC are running '**Exploring Apprenticeships**' sessions which are informational sessions on apprenticeships designed for school leavers. They recognise that the transition from school to an apprenticeship needs to start as soon as possible, so are inviting school leavers, parents and carers to come along to one of their Exploring Apprenticeships sessions to discover more about the world of apprenticeships.

The sessions will cover:

- Overview of Apprenticeships
- How to become an Apprentice
- Myth Busting
- Tour of Campus
- Q&A with the Apprenticeship team

The sessions will take place between 4 - 6pm on Tuesday evenings, and will be available on the following dates:

- 21 February, 21 March, 18 April, 2 May, 16 May, 6 June and 20 June.

To attend, please register using the following link: www.lmc.ac.uk/exploringapprenticeships

SEND

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

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 11 will be held w/c: **Monday 6 March**. A letter will be sent home with further details. Please email Mrs Ainsworth: sainsworth@lancasterhigh.lancs.sch.uk to make an appointment.

Our school library remains 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

Positive thinking, or an optimistic attitude, is the practice of focusing on the good in any given situation. It can have a big impact on your physical and mental health. That doesn't mean you ignore reality or make light of problems. It simply means you approach the good and the bad in life with the expectation that things will go well.

The Benefits of Positive Thinking

Many studies have looked at the role of optimism and positive thinking in mental and physical health. It's not always clear which comes first: the mindset or these benefits. But there is no downside to staying upbeat. Some physical benefits may include better physical health, lower blood pressure and better stress management.

The mental benefits may include:

- More creativity
- Greater problem-solving skill
- Clearer thinking
- Better mood
- Better coping skills

Reading corner

Recommended read



12 year old Eddie has hatched a fool proof plan. His mum has told him to take care of his own laundry for the summer – but he doesn't have time to waste doing chores when the sun's out, so he's spent the entire holidays hiding his dirty clothes in the closet when he's done with them instead. Genius, right?

Eddie's brilliant plan backfires when his dirty secret is revealed. Mum is FURIOUS – the only clean thing Eddie has left is his bathing suit! As punishment, Eddie isn't allowed to go to the Big Beach Bash – the number one event of the summer – with his friends, and instead has to stay at home until ALL his laundry is done.

But when a power cut wipes out all the electricity in the town, it looks like it might have made everyone who lives there vanish as well – all except for Eddie and four of his friends. Can they solve the mystery of why, and where, everyone has disappeared? And will Eddie EVER finish his laundry?

Fast-paced and funny with snappy dialogue and brilliantly observed trains of thought as Eddie does just about everything under the sun to avoid doing his laundry. Children and adults who have ever tried to get out of doing chores are bound to relate to the loveable Eddie on his procrastination quest. Keep an eye out for a sequel, too!

Reading interventions update

All pupils who are currently on one of our reading interventions sat their second GL Reading Assessment just before the half-term break.

We have been delighted to see the progress that has been made by so many of our pupils. We are currently in the process of contacting parents/carers with the outcomes and explaining any changes that there may be to the reading interventions offered to individuals.

Should you have any questions regarding support for your child with their reading, please do not hesitate to contact us at the school through your child's Head of Year.

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:

Progress: **Julian S**

Points Awarded: **Christina A** and **Samuel P**

Year 8:

Progress: **Lily B**

Points Awarded: **Louie M** and **Yasaman G**

Year 9:

Progress: **Louie A**

Points Awarded: **Shristi S S** 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 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:

20 February 2023	School opens Year 11 mocks
28 February 2023	Industrial action by the NEU
2 March 2023	Year 9 Options Evening 6-8pm in school
9 March 2023	Year 9 Parents' Evening via School Cloud
16 March 2023	Year 8 Parents' Evening via School Cloud
17 March 2023	Deadline for Year 9 Options Forms
22 March 2023	Year 6 welcome evening
30 March 2023	Progress Cards issued – all year groups
31 March 2023	Open Mic at lunchtime School closes at 3.05pm

Pupil praise

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

House points:

1. Clougha **1803 (11.5 per pupil)**
2. Storey **1653 (11.1 per pupil)**
3. Lune **1341 (10.2 per pupil)**
4. Halton **1422 (9.1 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	Callum P	Maggie A	Connor B	Daniel S
Isabella G	Leonardo C D	Kaan G	Gabriel R S	Connor L
Ava Marie G	Rufaro H	Eva B	Jack H	Clayton B
Roxy B	Chloe H	Kayla D L M	Riley A	Leon L
Caitlin W	Rhys J	Leah B	Zack C	Finlay B

Attendance

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

- Year 7:** Lune
Year 8: Storey1
Year 9: Clougha
Year 10: Halton2
Year 11: Lune

Attend today, achieve tomorrow!

Special praise goes to the following pupils:

Year 7

Logan Ca and **Abbie E** for excellent effort and motivation in their maths lessons.

George L, Jimmi C and **Ocean Y** for constantly giving fantastic answers in RE and using the correct key words/vocabulary.

Year 8

Well done to **Charlie L** and **Leo Y** for their excellent verbal responses in geography when looking at causes of uneven development.

Well done to **Yasaman G, Ollie PP, Max B** and **Gracie Mai S** for their effort and motivation in maths lessons this week.

Year 9

Elijah M, Flora Y, Mia S for great written work produced in RE on attitudes to pre-marital sex.

Dan G for making excellent progress in his history lessons.

Ava W to commitment to learning in English.

Shristi S for excellent progress in Bedrock Learning

Year 10

Well done to **Liam F, Stan B,** and **Tyler P** for outstanding contributions to our history class discussions.

Gabriel R-S for commitment in history and for being always really kind and helpful to Miss Brown in class – well done!

Year 11

Paige S and **Millie J** for fantastic effort and motivation in maths lessons.

Well done to **Ashley W** and **Leah R** for their commitment to learning and post-16 choices.

Well done to the following pupils for their commitment and their hard work in their peripatetic music lessons with Ms Ramsey:

Bradley K, Daniel S, Niomi T, Callum P, Charlotte H, Kenny S and **Lois T**

Food corner

Potato Gnocchi with Feta and Tomato

This week in food, we adapted the famous TikTok pasta sauce from a simple but tasty recipe to create a complex and refined meal.



Moulding the sauce into a tower in the centre of the plate, they stacked their homemade deep fried and shaped Gnocchi around the edge, before finishing with a perfectly formed poached egg on top to enhance the flavour and overall aesthetics of the dish.



<https://www.bbcgoodfood.com/recipes/gnocchi-tomato-bake>

<https://www.bbcgoodfood.com/recipes/pan-fried-potato-gnocchi>

Have a safe and enjoyable weekend.



Mr J Cowper
Principal