

Dear Parent/Carer

Parent/Carer newsletter: Friday 24 June 2022

Year 11 summer examinations

We would like to congratulate our Year 11 pupils on completing their summer examination series. They have applied themselves exceptionally well and we are incredibly proud of them all. We look forward to celebrating all of your hard work at the Prom this evening!

Details regarding arrangements for results day will be sent out in the coming weeks.

Open Mic event

Well done to all the performers who took part in the open mic event today at lunchtime. We were treated to a wealth of talent on the stage and some were performing in front of an audience for the very first time. All the money raised from today's event will be going to the charity Papyrus.

End of year Music Concert

Our end of year music concert will be taking place on Thursday 14 July and tickets will be going on sale for this event at the end of June. Please save the date.

Lion King Musical

Letters are available now from Mrs Spence for a theatre trip to see The Lion King musical in Manchester on 1 November at Manchester Palace Theatre. The trip is open to Key Stage 3 pupils. This is a spectacular show however we only have 40 tickets available on a first come first served basis.

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 10 examinations

Year 10 will be sitting end of year exams in Maths, English and Science week commencing 27 June. These exams will take place in the main school hall and be the first experience Year 10 pupils will have of examination conditions. This will be an excellent opportunity for them to reflect on how well they have prepared and support their teachers to assess their progress.

Commitment | Creativity | Community

Principal: Mr J Cowper
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Please use the following link to our website for an overview of the timetable. Where it is required, subjects outside the core will be holding assessments during lessons. Teachers are working with pupils to prepare them for these exams, and you should begin to see your child preparing at home. <https://www.lancasterhigh.lancs.sch.uk/students/year-10-exam-timetable>

Please be safe in or near water advice from Lancashire Fire and Rescue Service

We have received this useful piece of advice from Lancashire Fire and Rescue Service as the temperatures rise and we move towards the holiday.

Water Safety – The situation

- With temperatures soaring in the UK over next few days and the summer months ahead, it's important to recognise that UK waters are still cold ... so the weather might be hot, but the water is not and this is when we sadly see lives lost through cold water shock. Here the body is unable to adjust quickly enough to the temperature of the water and becomes weak very quickly, which can lead to tragedy.

Water Safety – Know the dangers

- As well as cold water shock there could be hazards underwater - shallow/hidden rocks or debris which could lead to life changing injuries. The water quality - in many areas, particularly unsupervised places which haven't been risk assessed, is unlikely to be very good quality and could cause life threatening illnesses.
- Many areas of open water are in remote locations. If help is needed phone signals may be poor and help is likely to take longer to arrive than normal - don't take this risk.

Water Safety – Use the water safely

- Stick together and tell someone where you are going. This includes dog walkers, cyclists, joggers and anglers who often do these activities alone and don't intend to go in the water in the first place – Do you know where your loved ones are?
- It is best to only swim in open water as part of an organised group where help will be on hand.
- If someone is in trouble in open water, don't panic as this will quickly reduce strength. Instead try to float on your back like a starfish - float to live.
- If help is needed call 999 and ask for the Fire Service if inland and for the Coastguard if by the sea.

Escape2Make

Escape2Make have just announced 15 FREE creative courses for the summer holidays.

- Escape2Make (E2M) are an all-inclusive charity in Lancaster & Morecambe that offer free creative activities to help 11-18s with their wellbeing and life chances.
- The 15 free creative courses, consist of 5 workshops. Courses range from woodwork to wild cooking! There's something for everyone.
- All 15 courses contribute to a Green Festival in Lancaster on Saturday, 27 August.



FANCY ATTENDING FREE CREATIVE WORKSHOPS THIS SUMMER?

FOR ALL 11-18 YEAR-OLDS

LANCASTER & MORECAMBE AREA

GREEN FESTIVAL

- Make things, make new friends
- Join Lancaster's new exciting festival on 27th August
- Learn a new craft or hobby
- 15 to choose from including wild cookery & woodwork
- Find a skill that inspires your career
- Add experience to your CV
- HAVE LOTS OF FUN!

THE ABETI CHARITABLE TRUST

ARTS COUNCIL ENGLAND

You can find out more & sign up at www.escape2make.org

- It's a great way for young people to try out a new skill, make new friends and have something interesting to add to their CV or personal statement.
- If you are interested, you can sign up via this link www.escape2make.org
- If young people need to come with a parent/carer/keyworker, E2M will provide T-shirts to help blend them with the other volunteers.

SEND

Term 3 SEND reviews for Year 8 are being held on either Monday 27 June or Friday 1 July. A letter has been sent home with further details. Please email Mrs Ainsworth at sainsworth@lancasterhigh.lancs.sch.uk to make an appointment.

Our Learning Resource Centre is open every break time on a year group rota: Monday, Year 7, Tuesday, Year 8, Wednesday, Year 9, Thursday, Year 10 and Friday, Year 7.

It is also open:

After school: Tuesday, Wednesday and Friday 3.05-4pm. Please encourage your child to attend if they require additional support with their homework or access to IT resources.

The SEND review: The deadline to respond to the [Government's SEND review](#) has been extended to 11.45pm on 22 July 2022. The government would like to hear your views on the proposed changes. To have your say, please follow the link below: [SEND review: right support, right place, right time - GOV.UK \(www.gov.uk\)](#).

Lancashire Emotional Health in Schools have a range of videos for parents/carers on children's mental health. The videos may help everyone involved in a child's life to better understand emotional and mental health, as well as effective and practical ways you can help at home.

The videos available to view:

- Understanding Mental Health
- Understanding Anxiety
- Communicating Better with Children and Young People

<https://wp.lancs.ac.uk/lehsc/resources-for-parents/Supporting-Children's-Wellbeing-and-Resilience>

Mental Health and Wellbeing

How to support other people who are feeling lonely

- Don't judge or stigmatise

It's important not to judge or stigmatise people who feel lonely. Stigma around loneliness is a huge barrier to the kind of open and genuine conversations that can help. It's more important to be aware of just how common loneliness is. It's a normal feeling that all of us are likely to experience at some time in our lives. Telling other people that their poor mental health is the reason why they are feeling lonely is really not helpful.

- Try to make groups welcoming to other people

It can be difficult for people who are feeling lonely to join a group like a club. This might be because people are shy or feel nervous about existing relationships in the group which they don't feel part of. It's important to be aware of this and try to make groups be as welcoming as possible to newcomers. Flexibility around things like how often people attend is also important.

- Try to listen and show understanding

A great way to help a friend or family member is simply to listen. People who have experienced loneliness relate how they valued friends who really considered what they might enjoy and were even willing to join them in some shared activities. Having an understanding and compassionate approach, and not ignoring the person's experience, will help them to feel heard and understood.

Staffing

This week, we appointed Miss S Parsons and Miss J Towner as class teachers of Science for September. Both candidates were overjoyed when appointed and are looking forward to joining our school community.

We currently have vacancies for Level 2 Teaching Assistants and a Senior Science Technician. Information can be found on our website: <https://www.lancasterhigh.lancs.sch.uk/job-vacancies>

Key dates for the Summer term

W/C 27 June:	Year 10 Exams
Thursday 30 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 1
Wednesday 13 July:	Year 6 New Intake Day 2
Thursday 14 July:	Music Concert
Wednesday 20 July:	Jump Rush and Soul Bowl reward trips
Thursday 21 July:	School closes for the summer holiday.

Reading corner

How to encourage your child to read – part 1

Miss Hayes, our Head of English, gives some useful advice and ideas on how to support you in encouraging your child to read/read more.

Most parents tell me their child doesn't read a lot. Sometimes, they say, 'they used to read, but not anymore.' It can be a challenge to get young people into, or back into, reading but here are some tips:

Make sure they see you reading. We know children learn from their parents. If you're reading, they are more likely to as they think it was a 'normal' thing to do. Set aside some reading time each day and make it a habit. Before bed is a great time as it also takes you all away from things like social media, which does not tend to help us relax ready for a good night's sleep.

Read together. Reading the same thing means you can both get interested in it, you can discuss it and spur each other on to keep going. There are lots of great series you can get into which offer plenty for adults and young readers alike.

Read to a pet. This one might sound a little odd but there have been lots of studies which have shown this is beneficial. Reading aloud can help children to focus more on their reading but some don't feel confident reading to another person, especially if they haven't read for a long time. They could feel self-conscious about being slow or pronouncing things wrong. A pet won't judge and most really enjoy some calm time being talked to – it can be a great way to bond and help both human and pet to relax.

Little and often. Studies have shown that reading for just six minutes can reduce stress levels by 60%. It also slows the heart rate and relaxes muscles. Stress is reduced several times more than by going for a walk, having a cup of tea or listening to music. Everyone has six minutes to spare a day when it has such great benefits.

One of the crucial things is to find something your child actually wants to read. Next week's bulletin will contain some tips to help with this.

Bedrock Vocabulary 'top' performers:

Year 7

Greatest Improvement: **Lois-Taya R**

Most Lessons Completed: **Lexie H**

Year 8

Greatest Improvement: **Harley R**

Most Lessons Completed: **Sally M**

Year 9

Greatest Improvement: **Katie A**

Most Lessons Completed: **Ayra M**

Praise

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

1. Lune **1060 (7.4 per pupil)**
2. Clougha **870 (7.0 per pupil)**
3. Storey **847 (5.7 per pupil)**
4. Halton **716 (5.0 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
Chloe H	Kayle D	Gabriel R S		
Lewis B	Maggie A	Connor B		
Rufaro H	Leo G	Stanley B		
Leonardo C-D	Jas W	Leon F	Work	Not included due to start of exams
Quaneisha	Eyad A	Dylan A	experience	

In addition, well done to the following pupils:

In Year 9 History well done to **Ayra M** and **Hollie H** for having an excellent record of work in your books!

Yasaman G on Year 7 for a fantastic effort in her home learning, completing many extra tasks including some work much higher than her expected level. Well Done!

Caitlin H in Year 7 who produced an excellent piece of RE home learning where she designed a Muslim prayer room.

Lexie H in Year 7 who completed a wonderful piece of home learning in RE explaining Salah and how it is performed.

Kaan G in Year 8 - Kaan engages incredibly well in discussions in RE and has made some very thought provoking comments when learning about Life After Death.

Alfie D in Year 9 - Alfie produces high quality work each lesson and often completes the more challenging extension work. He acts on feedback immediately and is a great example of our value of 'Commitment'.

Well done to **Quaneisha Y** and **Kaleb J** in Year 7 who have won the competition to design the ticket and the poster for the summer music show - tickets are now on sale priced at £3 and the concert takes place at 6.30pm on Thursday 14 July.

Mia D in Year 7 has worked really well in her peripatetic lesson - Ms Ramsey is really pleased with your effort – well done.

Well done to **Olli W** in Year 8 for his fantastic guitar playing in the guitar group this week.

Well done to **Josh W** and **Brodie R** in Year 7 on improving your keyboard skills in music - great work from both of you.

In Year 9 English, Miss Timperley would like to congratulate **Tyler Y, Jack P, Ilyas R, Mia M, Ayra M, Muhammed P, Matthew H** and **Hollie H** who have all produced fabulous analyses of a key moment in "Lord of the Flies".

Thank you to **Kayla DLM** and **Ben W** in 8C who helped with the Science Teacher interview process on Tuesday – you are both great ambassadors for our school.

Attendance

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

Year 7: Lune and Storey

Year 8: Clougha

Year 9: Lune

Sports corner

This week, on Wednesday, 14 pupils from year 7 & 8 travelled to Ripley St Thomas to take part in the first athletics tournament of the year.

It was a glorious day and perfect conditions for the athletics. This was the first athletics event both Year 7&8 had ever taken part in. All of our pupils did Central proud, with some taking part in events they had not competed in before.

Special mentions to **Ava W** who completed 1500m in 6 minutes and 20 seconds, **Leah B** who finished 3rd overall in Javelin, **Sophie E** who finished 5th out of 14 in the 800m and the year 8 relay team who finished 4th out of 8 in the relay. Well done to everyone involved and Miss Morris for her dedication to the PE department.

Food corner

Our year 10 cohort, fresh from work experience, many of which we in catering settings, including Lancaster House Hotel and a local butchers, returned with a renewed ambition to demonstrate their skills.

Below is one of the recipes they selected, based on a number of skills and developing their presentation. Please try it at home.

<https://www.bbcgoodfood.com/recipes/hunters-chicken-0>

Have a safe and enjoyable weekend.



Mr J Cowper
Principal