

Dear Parent/Carer

Parent/Carer newsletter: Friday 24 March 2023

Executive Principal role

Following recent communication with you regarding my changing role and after a number of pupils have asked if I am leaving, I would like to reiterate that I remain responsible for Central Lancaster High School alongside Morecambe Bay Academy.

I am fully committed to ensuring the excellent work undertaken by everyone in the school over the last 19 months continues as we strive to provide the best educational experiences and improved outcomes for all our pupils.

I am incredibly proud to belong to our school community and look forward to leading school improvement at Central Lancaster High School for years to come.

Easter holidays

School closes for the Easter break next **Friday, 31 March** at 3.05 for two weeks, reopening for all pupils on **Monday 17 April**.

I would like to thank you all for your continued support this term, and we wish you all a restful break.

On Friday 31 March, pupils can come in non-uniform as we raise funds for the Syrian/Turkey earthquake. Pupils must bring £1 or 50p if they have siblings and this will be collected by your child's House Tutor.

Uniform

I appreciate that the holiday period allows for various hair and beauty opportunities and new piercings etc., although we would appreciate your support in ensuring your child's appearance, when we return from the break, meets the expectations outlined in our uniform policy which can be accessed here: <https://lancasterhigh.lancs.sch.uk/our-school/policies-and-reports>

Thank you in advance for your support.

Theatre Trip - Tuesday 11 July 2023

We are running a trip to see Charlie and the Chocolate factory at the Palace Theatre in Manchester on **Tuesday 11 July**. There are 40 spaces available for this trip and letters are available from Mrs Spence.

Commitment | Creativity | Community

Principal: Mr J Cowper
The Bay Learning Trust. Registered in England & Wales.
Company Number 07588464.

Open Mic Event

The next open mic event for pupils will take place in the main school hall at lunchtime on **Thursday 30 March**. Entry to watch the performances will be 50p. Many performers will be taking to the stage for the first time.

Progress cards

On **Thursday 30 March**, you will receive your child's Progress Card (grade card). This will identify the academic progress your child is making, their effort and any identified barriers to learning.

Please take time to look at the card with your son/daughter and if you have any queries, please do not hesitate to contact school.

Year 11 revision in the Easter break

We will be holding a number of intervention sessions in school during the first week of the Easter break for Year 11. We encourage all pupils to attend if possible and for pupils who attend ALL the sessions, they are invited to a free lunch in a restaurant in town on the Wednesday afternoon at 1 pm.

The timetable for the sessions is below and all information on the support, including resources, can be accessed via our website here: <https://lancasterhigh.lancs.sch.uk/students/year-11-revision-and-exams>

Day	Session 1: 9 - 10.30	Break: 10.30 - 11	Session 2: 11 - 12.30
Monday 3 April SLT – Miss Newsham	English Language with Miss Hayes in D4	Drinks and refreshments will be available on D floor.	Combined Science – Biology with Miss Parsons in D1 History with Miss Brown in D5
Tuesday 4 April SLT – Mr Cowper	Geography with Mr Moorby in D1		Maths Higher with Miss Price in D1 Maths Foundation with Mr Natha in D4
Wednesday 5 April SLT – Mr Cowper	Combined Science - Chemistry with Miss Towner in D1 Triple Science - Physics with Mrs Middleton in D4 Art and Design with Mrs Stephenson in E5		Triple Science - Chemistry with Dr Birdsall in D1 Combined Science - Physics with Mrs Middleton in D4 Art and Design with Mrs Stephenson in E5

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 8 will be held w/c: **Monday 27 March**. A letter will be sent home with further details. Please email Mrs Ainsworth: sainsworth@lancasterhigh.lancs.sch.uk to make an appointment.

Mental health and wellbeing

Active April 2023

Active April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening	1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today
10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise
17 Be active outside. Dig up weeds or plant some seeds	18 Try a new online exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things
24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Reading corner

Bedrock Vocabulary

A special mention goes to the following pupils who are trying incredibly hard with their Bedrock Learning and who are making excellent progress:

Year 7: **Jessica H-C, Alan A, Jayden D, Alexis H, Tyler M, Sam P, David W and Julian S**

Year 8: **Alfie K, Lilly B, Kian H, Louie M, Liam A, Rhys J, Reuben T, Ethan C and Charlie L**

Year 9: **Louie A, Brooke R, Cameron B, Lewis G, Baily H, Lucas M, Jay G and James R.**

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 Spring term:

30 March 2023

31 March 2023

Progress Cards issued – all year groups

Open Mic at lunchtime and non-uniform day for the Turkey - Syria Earthquake Appeal

School closes at 3.05pm

17 April 2023

School opens for all pupils

Pupil praise

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

House points:

1. Clougha **1538 (9.9 per pupil)**
2. Halton **1295 (8.2 per pupil)**
3. Storey **1080 (7.2 per pupil)**
4. Lune **801 (6.2 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	Josh T	Caitlin S	Dobromir R	Thinzar K
Ezekiel M	Nawaf A	Maggie A	Shane H	Benjamin M
Penny R	Yasaman G	Kaan G	Molly K	Owen E
Persephone W	Liam A	Demi A	Mia M	Riad AA
Daniel S	Thomas W	Matilda L	Toby HI	Jaden A

Attendance

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

Year 7: Storey

Year 8: Storey1

Year 9: Clougha

Year 10: Clougha

Year 11: Lune

Attend today, achieve tomorrow!

Special praise goes to the following pupils:

Year 7

Thank you to **Abbie E, Brooke G, Maisy O, Tom E, Honey C, Isabel M, Willow D** and **Caitlyn W** for supporting us at our Year 6 Welcome Evening on Wednesday. They really did provide a warm and friendly welcome to our new pupils and their families.

Alexa B for supporting a new starter in school and for showing her community spirit by making sure he was ok during break and lunchtime.

Charlie B for always being such a polite and helpful pupil in all his interactions with pupils and staff.

Year 8

Thank you to **Ella B** who has shown great community in PE lessons by helping pupils set up the nets in the badminton lesson.

Well done to **Charlie L** who gives everything his best effort in art and is always polite and smiling!

Year 9

Well done to **Ibrahim S** for a creative approach to his artist portrait of Bridgit Riley and to **James R** for a fantastic pencil drawing of Salvador Dali in art - we can't wait to see your work progress!

Year 10

Thanks to **Mariela M, Jack H, Ayra M, Shane H** and **Liam F** for supporting us at our Year 6 Welcome Evening on Wednesday. They really did provide a warm and friendly welcome to our new pupils and their families.

Well done to everyone in the Year 10 music group who are currently working really well in their controlled assessment. They are showing determination and resilience through this work.

Well done to **Gabriel RS, Shane H, Mariela M, Poppy O** and **Zara M** for their continued hard work and volunteering during form time.

Thank you to **Rena A, Ayra M, Tyler P** and **Kitty M** for always showing such a commitment to their English work - both inside and outside the classroom and to **Orrin R** for some insightful contributions in classroom discussions.

Year 11

Well done to **Freddie G, Alex K, Skye L, Zunaira N, Lewis P-P, Ashley W** and **Ben W** for completing their controlled assessment in Hospitality and Catering this week - it smelt great around school - well done!

Thank you to **Daniel B** for always being such a polite, thoughtful young man.

Well done to **Cameron B** and **Charlie C** who have made an excellent start with their instrumental lessons this week.

Food corner

Year 11 sat their final exam this week which featured a 3-hour practical using two dishes they created that could feature on the menu for a small bistro.

The quality had to be of 'restaurant standard' and include cost, environmental factors alongside being based on a specific age group and promote nutritional value.

Each and every pupil excelled in the execution and were extremely creative in their presentation. Here are some examples of what was produced. Well done Year 11 Hospitality and Catering!



Have a safe and enjoyable weekend.



Mr J Cowper
Principal