



**Central Lancaster
High School**

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Dear Parent/Carer

Parent/Carer newsletter: Friday 25 February 2022

Welcome back

It has been wonderful to welcome pupils back after the half term break. As always, many thanks for your support in ensuring your child is in the correct uniform and is equipped for their lessons.

Should there be any issues regarding uniform or equipment, please liaise with your child's tutor or their Head of Year. Missing items of uniform can be addressed each morning at our house hub and items of stationary can be purchased for 20p.

Keeping children safe online

Keeping children safe online is a concern for most parents/carers with ever changing technology and apps. This guide is a short read that can help you with tips on keeping your child safe:

<https://www.mytutor.co.uk/blog/parents/educational-advice/the-parents-guide-to-teaching-your-teen-online-safety/>

If you have any concerns about a safeguarding or wellbeing issue, please do not hesitate to contact school. Our **safeguarding team** is:

Mrs V Crossman – Designated Safeguarding Lead

Deputy safeguarding leads:

Miss Meetha

Mrs Kelly

Mr Aldren

Mr Williams

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Principal: Mr J Cowper
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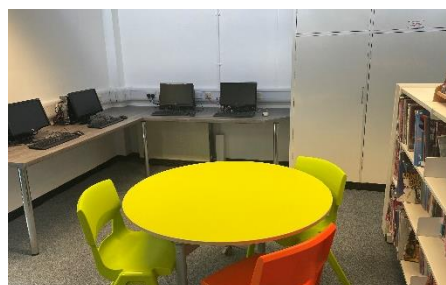
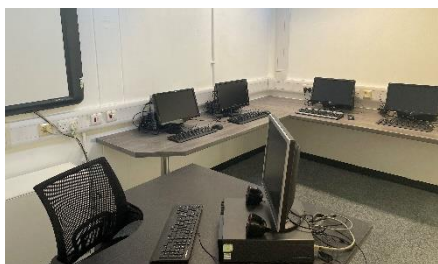
I am delighted to inform you that our new Learning Resource Centre (Library) is now open for pupils to use during the school day at the following times each day:

8.00 am – 8.45 am

Break time: 11.05 am – 11.15 am

Lunch time: 12.20 am – 12.55 pm

3.05 pm – 4.15 pm



The Learning Resource Centre (LRC) will be staffed at these times and anyone who would like to use the LRC for private reading for pleasure or use the IT resources including printing facilities to help them with their school work is more than welcome.

Over the coming weeks, we will share with you more information regarding our reading strategy and all the wonderful opportunities to develop a love of books and reading.

To start us on this journey, Thursday 3 March is World Book day. To find out more information, please use the following link: <https://www.worldbookday.com/>

The LRC can be accessed by the external doors opposite the sports hall.

National School Breakfast Programme

Research has shown what many of us all already knew - a regular, nutritious breakfast helps us make the most of our day, it supports a healthy body and a healthy mind, not to mention concentration levels and our ability to think clearly. So, we are pleased to announce our partnership with the **National School Breakfast Programme**.

Beginning Monday 21 February and running until the end of the academic year, pupils will be able to have breakfast, **free of charge**, in school between 8.15am - 8.45am. During this time they can choose from freshly toasted bagels or from a selection of cereals.

The breakfast will be available in our canteen and is **free to all pupils in all years**.

Extra-Curricular Opportunities

Now that the evenings are getting a little lighter, can we ask that you encourage your child to take the opportunity to attend as many extra-curricular clubs/activities as possible. Please see the range of opportunities currently available at lunchtime and after-school below.



Extra-Curricular Opportunities



Day	Lunchtime 12.30—1.00pm	After-school 3.10—4.00pm
Monday	Ukulele and keyboards—Music Room—All years welcome Dance Club—Dance Studio—Year 7	
Tuesday	Music Technology - Music Room—Year 9	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
Wednesday	Guitar group—Music Room—All years welcome Dance Club—Dance Studio—Year 8 and 9	MFL Film Club—E3— All years welcome Fitness—Gym—Years 8 and 9 Rugby—PE—Years 8 and 9 Badminton—Sports Hall—All years and staff DT Extras—DT workshop—Year 11 (until 4.15)
Thursday	The Trebles (singing group) - Music Room—All years welcome DT Catch-up/homework support—DT Workshop—All years welcome	Girls football—PE—Years 7 and 8
Friday	Diversity club—D6—All years welcome Handwriting club—A1—All years welcome—12.40 start History GCSE revision—D5—Year 11 DT Catch-up/homework support—DT Workshop—All years welcome	

Careers Events and The National Citizen Service

Lancaster and Morecambe College will be delivering assemblies next week to Year 11 on Tuesday and Years 7 and 8 on Thursday. These assemblies are to help your children understand the full range of opportunities available to them post-16 including academic, vocational and technical qualifications and apprenticeships.

There will also be an assembly to year 11 on Wednesday 2 March to introduce them to The National Citizen Service which is a voluntary personal and social development programme for 15–17 year olds. More information can be found through the link below:

<https://wearencs.com/what-is-ncs>

Year 9 Options and Parents' Evening

We have rescheduled the Year 9 options evening and parents evening for the following dates:

Year 9 Options Evening: Thursday 10 March
 Year 9 Parents' Evening: Thursday 17 March
 Year 9 Options form deadline: Monday 21 March

Letters, including more detail, have been sent to all Year 9 parents via email today.

Supporting our Trainee Teachers

We are delighted to have a number of Trainee Teachers working with us this year. To support their development, their training providers have given them recording equipment to facilitate the recording of part of their teaching delivery.

This will help review the trainee's lessons by mentors and help to improve the trainee's practice. This is a developmental tool and allows the trainee to develop effective lesson self-evaluation under the guidance of their mentor / coach.

Recordings will only be shared with teacher training mentors and school based mentors. They will not be published and will only be kept for the purposes of trainee teacher development. A central record will be kept of all lessons that have been recorded.

Year 11 preparation for GCSE exams in the summer

It has been a real pleasure to see how focused our Year 11 pupils have been over the two weeks of mock exams and how many have attended the revision sessions both at lunchtimes and after school.

Our focus is now fully on preparing for the summer examinations. As you will be aware, all pupils have been given revision guides for English, Maths, Science, Geography, History and French which they can be using at home along with the online resources that are detailed on our website.

Our website will continue to be updated with the revision sessions that will be running over the coming weeks. We thank you for your continued support and should you have any questions, please do not hesitate to contact Miss Brown.

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

SEND

Thank you to the parents/carers for your attendance at the Y10 SEND reviews this week. If you were unable to attend, a letter and supporting information will be posted home next week.

Y11 SEND reviews are taking place during the week commencing 7 March. An invitation will be posted out next week to you.

The SEND Clinic is open Thursday 3 March 4-6pm. Please email Miss Evans to book a 15 min appointment should you wish to discuss any aspect of your child's education.

Homework Club runs in S5 every Wednesday 3.05-4pm. Please encourage your child to attend if they require support with their homework.

Mental Health and Wellbeing

[Mindful March calendar](#)

Please find attached to this bulletin, activities that you can employ throughout each day in March.

Praise

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

1. Clougha **1253** (10.6 per pupil)
2. Lune **1240** (7 per pupil)
3. Halton **871** (6.2 per pupil)
4. Storey **773** (5.2 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
Nawaf A	Maggie A	Liam F	Misti L	Eva R
Chloe H	Rhyley B	Paul G	Bekzod I	Elsa D'S
Freya P	Eyad A B	Leon F	Daniel S	Scarlett M
Kaleb J	Flora Y	Hannah L	Christopher H	Mae W
Lois-Taya R	Ibrahim S	Liam W	Vincent H	Ranea A

Attendance

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

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

In addition, well done to the following pupils:

Elliot G in Year 7 PiXL Edge has produced a fabulous piece of homework for his LORIC skill challenge, focusing on the skill of organisation. He has independently produced a superb poster. Very creative, Elliot. Thank you.

Ben W, Year 8, shared some superb ideas about asylum seekers and refugees in Citizenship this week. Lovely to hear your community-minded views, Ben.

In Year 10 English Literature, **Ben M** showed great commitment - asking questions, volunteering information, showing his understanding of the text being studied. Thank you, Ben.

Isaac P, Year 7, for excellent performance work in drama performing the role of Archie. Well done Isaac.

Well done to **Empress F**, Year 8, for her progress in her piano lessons. Empress is always punctual to the lessons; she has mastered reading the notes in the treble and bass clef and is working hard on her new piece.

Well done to **Maisy B, Lacie T, Ryan H, Jayden P, Lewis B** and **Robert B** in Year 7 on their great improvisation work in music this week.

Ryan H in Year 7 demonstrated his creativity - this lovely pen pot was made by him and gifted to Miss Timperley for her board markers. #BeKind

Sporting stories

Year 7 Netball fixture against Ripley

Central year 7 netball team welcomed Ripley netball team on Tuesday. The students were excited and ready to resume their netball fixtures after the half term. There were some brilliant interceptions by Central's GD and GK and some excellent passing from the whole team. Unfortunately, Ripley's brilliant shooting made it very challenging for our defence and Central lost 8-0. Well done to **Alix S** who received the player of the match award.

Year 7 Netball fixture against Morecambe Bay Academy

Central welcomed Morecambe Bay Academy netball team on Thursday. The students were ready to apply the feedback and advice from Tuesday's game to this game. The passing and moving in the centre third made it difficult for Morecambe to intercept the ball. **Mia D** brilliant shot from the edge of the circle gave the girls the boost they needed. The girls played extremely well but lost 10-1. Well done to **Quaneisha Y** who received the player of the match award.

Year 8 Netball fixture against Ripley

Ripley played Central year 8 netball team on Tuesday. The game was very exciting and at half time, thanks to some superb shooting from **Maggie A** and **Ava W** the score was 5-4 to Central. The circle defence, **Leah B** and **Demi A**, made it extremely difficult for Ripley's WA and C to pass the ball into their shooters, however with 15 seconds until time the score was 8-8. A last-minute interception from Ripley's GA allowed them to have a shot at goal in the final few seconds and scored to make the score 9-8 to Ripley. A tough game and a tough defeat to take, but the girls should be very proud of how hard they worked and how well they played as a team. Well done to **Ava W** who received the player of the match award.

Year 8 Netball fixture against Morecambe Bay Academy

Year 8's hosted a netball match against Morecambe Bay Academy on Thursday. It was a strong start with Central leading 5-3 at half time. **Aakifah T**, **Kayla D**, **Sophie E**, Abigail W and **Lola C** worked extremely hard in the centre third and every time Morecambe gained possession they applied pressure and forced Morecambe to make mistakes. **Ava W** and **Maggie A's** shooting was remarkable and if it didn't go in, one was always under the post to collect the rebound. The stand out performance goes to **Leah B** who applied the feedback given to her after Tuesday's game and made over 20 interceptions in the goal circle, denying Morecambe the opportunity to score. Final score was 14- 7 to Central. Well done to **Leah B** who received the player of the match award.

Well done to all involved and thank you for representing our school in such a positive way!

Food corner

The week **Ashely W** and **Abby D**, Year 10, attempted hot cross buns. A little early admittedly, but this is not an easy recipe and so I suspect they considered it as practice for a future 'Easter Bake'. Nevertheless, they did brilliantly - well done to both of you!

Please find the recipe below. Enjoy!

[Hot cross buns recipe - BBC Food](#)

Have a safe and enjoyable weekend.

