



**Central Lancaster
High School**

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Dear Parent/Carer

Parent/Carer newsletter: Friday 25 November 2022

Friendship Week

Thank you to all pupils & staff who have purchased blue & orange ribbons to support our Friendship Week.

Friendship Week celebrates the friendships between pupils and how much we value friendship within school and our wider community as well as the value friendships bring to our daily lives. We remember fondly Leon Hoyle, a wonderful friend to so many, who sadly lost his life in 2016. We will be thinking of our wonderful memories of Leon and of his family on his birthday on Monday.

Parent / Carer survey

Many thanks to those that completed the recent survey. We are always keen to here from you so if you would like to provide any feedback, this would be most welcome – please contact Mr Mills: jmills@lancasterhigh.lanc.sch.uk

Christmas Concert

Christmas concert tickets are now available to buy through ScoPay, from our school reception or from the music department. Tickets are priced at £3 each and the concert takes place on **Tuesday 13 December** at 6.30pm.

Open Mic

Our next Open Mic event will be on held on **Thursday 8 December** in the hall at lunchtime. We will be welcoming new performers to the stage who haven't performed before. Entrance for pupils will be 50p to come and watch the performances.

New build update

This week has been another very productive week on site with 36 of the 40 modules being delivered and installed. By the middle of next week, all the modules for Phase 1 will have arrived and the team will make them water tight before commencing works inside.

Commitment | Creativity | Community

Principal: Mr J Cowper
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**THE BAY
LEARNING TRUST**

Reverse Advent for Morecambe Bay Foodbank

As you are aware, we are supporting the Morecambe Bay Foodbank again this year with our reverse advent calendar.

Joanna Young, parent, local councillor and Trustee at the foodbank came into school today to talk to pupils in Year 7 and 8 about the cost of living crisis and the vital service the Foodbank provides.



She shared with pupils the different parcels the foodbank provides including a 'kettle box' which contains food which can be prepared using hot water rather than a hob or oven to reduce energy costs. Please consider donating at least one item this year.

Attendance

Excellent attendance is vital to good school achievement and academic success. As a whole school we pay close attention to pupil's attendance and celebrate where attendance improves, as well as communicating with families where we have attendance concerns.

Your child may receive a postcard to celebrate consistent or improved attendance and you may receive email communication from us where there is a decline in attendance. Please don't be concerned, this communication is to support home and school working together to best support every one of our pupils.

How can you support good attendance?

- Establish clear boundaries about your child's evening plans which include meal times, homework, screenless time and time to relax and unwind
- Ensure your child takes responsibility for their next day preparation: packing bags with necessary equipment for the day, uniform ready and homework complete
- Establish calm morning routines to ensure your child is punctual to their school day
- Where possible, book medical appointments outside of the school day. Learning is lost when pupils are not in school
- If your child is unwell support them to check ClassCharts for any missed work when they are feeling better
- Communicate with school, your child's House Tutor in the first instance, should you have any concerns about your child's progress in school.

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 absence. 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.

Year 11 November mock examinations

It has again been a pleasure to see how well our Year 11 pupils have applied themselves to their mock examinations over the last two weeks. Our external exams invigilators have again commented that their conduct and focus has been outstanding.

Mock examination grades will be reported to parents/ carers as part of our data capture one which will be sent to you on Thursday 15 December.

If you have any questions, please do not hesitate to contact your child's form tutor in the first instance.

Year 11 support in preparing for February mocks and end of KS4 exams in May/ June

We have purchased revision guides for all pupils to support them with revising English language, English literature, maths, science, geography, history and French. These revision guides will be distributed to pupils by their subject teachers in the coming days and weeks.

Teachers will be supporting pupils to use them effectively as part of their revision practice. 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 of 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>

January will see the start of our comprehensive revision and intervention programme for Year 11 pupils, to support them with effective preparation for their up and coming examinations.

SEND

Term 1 SEND reviews for Year 11 will be held week commencing **Monday 12 December**. Letters will be sent home next week with more details.

Please email Mrs Ainsworth at sainsworth@lancasterhigh.lancs.sch.uk to make an appointment.

Bee Unique offers a wide range of activities locally that may interest families in the run up to Christmas.

Please see the attached posters for more information: Bee Unique and Lancaster & Morecambe Additional Needs What's On Guide Nov/Dec 22.

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

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.

Our school library is open every day from 8.15am, during break and lunchtime, and after school until 4 pm. 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

Over this half term, we are looking at ways to support children and young people who are worried. Each week there will be a guide of how you can support and help manage the young people in your household to help with fears that they might experience.

Empathise and validate

We often want to reassure children and to help find solutions to make them feel better, but first, spend time listening to the young person, ask them questions and show an interest in viewing things from their perspective.

Be accepting of their worry, anger or sadness about how things are at present. Try to avoid early reassurance which can often sound like “everything’s fine”. Recognise that these kinds of feelings are common and understandable. Explain that, although the physical feelings we experience in our bodies when we are anxious can be unpleasant, they are normal.

Reading corner

Book Buzz for Year 7 and Year 8

The Book Buzz books have arrived and are being sorted! We look forward to distributing these to Year 7 and Year 8 pupils next week.

For more information about Book Buzz, please see: <https://www.booktrust.org.uk/what-we-do/programmes-and-campaigns/bookbuzz/>

A reminder that our library is open before and after school for all pupils and is staffed by Miss Verden. If your child needs computer access, printing facilities or help with their homework/ revision, please direct them to the library. We would love to see them there!

Bedrock Vocabulary

Bedrock Vocabulary ‘top’ performers last week:

Year 7

Most progress: **Kameron E**
Most points awarded: **Brooke G**

Year 8:

Most progress: **Josh B**
Most points awarded: **Louie M**

Year 9:

Most progress: **Matvii S**
Most points awarded: **David A**

Key reminders

Christ Church Lancaster Christmas Tree Festival

This year, we are participating in the Christ Church Christmas Tree Festival for the first time. Each form group has embellished a decoration to represent our school and our values of commitment, creativity and community and our year 7 well-being representatives will be visiting church to decorate the tree. The Christmas Tree Festival is open to the public from **2 – 4 December 2022**, please try to visit.



Mama Mia visit

Mrs Spence is organising a trip to see the musical Mamma Mia in Manchester on **Tuesday 7 February 2023**. Letters are available to pick up from music and there are 40 places on this trip.

Careers Updates

Year 11 careers interviews

1:1 careers interviews for Year 11 pupils will begin on Friday 25 November with Alicia Louth, a careers advisor who works for Bay Learning Trust. This is a vital part in supporting our pupils in being successful in their next step and an opportunity to get impartial advice and guidance about post-16 education and training.



Please take time to speak to your child about their interests and ambitions for their future. Below is a link to a resource for parents which provides up-to-date information about the options available at 16 and advice for how to have these conversations.

<https://www.talkingfutures.org.uk/pathways-at-16/>

Post 16 pathways

This term sees the continuation of open events for our local Sixth Form and FE providers. Please see the dates for your diary below. We will provide specific information about each event at the appropriate time.

- **Lancaster and Morecambe College:**
 - 30 November 2022 (T-levels information event)
- **Cardinal Newman College:**
 - Saturday 4 February 2023
- **Kendal College:** 1 December 2022
- **Morecambe Bay Academy:** 7 December 2022

Morecambe Bay Academy

Please find out more information on Morecambe Bay Academy's website through the link below:

<https://morecambebayacademy.co.uk/join-us/sixth-form/>

Key dates for the Autumn term:

1 December 2022	Year 11 Achievement Evening (2021/22 cohort)
13 December 2022	Christmas concert 6.30 pm
15 December 2022	Progress Cards issued to Year 7 –11
16 December 2022	Christmas Jumper Day
	School closes for Christmas at 1.15 pm

Pupil praise

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

1. **Lune** 1324 (10.5 per pupil)
2. **Clougha** 1529 (9.8 per pupil)
3. **Storey** 1424 (9.5 per pupil)
4. **Halton** 1414 (9.1 per pupil)

Congratulations to the following pupils who had the most praise points last week:

Year 7	Year 8	Year 9	Year 10	Year 11
Caitlin W	Leonardo C-D	Maggie A	Toby H-I	Benjamin M
Charlotte H	Evie D	Sophie E	Vaughn P-E	Adam R
Ella L	Lexi-Leigh S	Zahrah M	Tyler S	Charlie M
Brooke G	Nawaf A	Issy B	Leon F	Vincent H
Tulin A	Yasaman G	Darniah G	Shane H	Calla L

Attendance

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

- Year 7:** Lune
Year 8: Lune
Year 9: Clougha
Year 10: Halton 2
Year 11: Lune

Special praise goes to the following pupils:

Year 7

Lily D for making such an effort in school during the last week, especially in PE!

Oscar C for excellent work in RE. Oscar contributes very well in lessons and takes great pride in the presentation of his work.

Caitlin K has been absolutely superb in music. Ukulele player extraordinaire! She did not give up, even when her fingers were a little sore from all the playing and worked really hard. Caitlin stood out as a star player in music this week!

Willow D and **Isabel G** have again stepped up to sell ribbons to raise money for charity. Your community spirit shines through - thank you both!

Year 8

Thank you to **Gracie S, Lexie H, Freya P, Alicia G, Louie M, Issac P, Caitlin H, Lilly B** and **Evie D** for your excellent Christmas decorations for Christ Church Lancaster Christmas Tree Festival

Well done to **Lacie T** for a fantastic week, you have shown great maturity and excellent effort in your lessons.

Kaycee B, for your excellent group work in PE.

Felix Y, for your help with new pupils during drop everything and read time (DEAR).

Thank you to **Dillan W** and **Veliszava H** for showing fantastic community spirit this week looking after others in our community.

Year 9

James O and **Ollie W** showed excellent community spirit when they supported Miss Carr on lunch duty when she was feeling under the weather, thank you.

Kaan G has consistently engaged well in history lessons and has contributed very well to class discussions.

Eva B takes great pride in the presentation of her work and produces the highest quality of work each week in history – well done.

Issy B for fantastic analysis focusing on Chapter 5 of "Frankenstein" in English.

Aimee McD and **Ella F** have both again stepped up to sell ribbons to raise money for charity. Your community spirit shines through - thank you!

In English Year 9 lessons, pupils have been studying the gothic and Frankenstein - thanks to **Rhyley B**, **Leon W**, **Ajay B**, **Lewis G**, **Ibrahim** and **Cameron-Rose** for their helpful contributions.

Well done to **Gabriel L**, **Dee C** and **Rhyley B** for their great ukulele work in music this week.

Year 10

Well done **Kaitlyn S**, **Libby M** and **Mimosa T** for their commitment in PE.

Well done to **Libby M** who has produced some excellent work in history and in art – fantastic effort Libby, keep it up!

Year 11

Jess O has shown great commitment to her PPE's this week - well done.

Alfie A has shown resilience this week, attending, to complete exams despite being under the weather.

Amy P for showing a great deal of commitment to school and caring for our community by always making Ms Meetha smile.

Sports corner

Year 8 District 7 a side football tournament

Our Year 8 football team travelled to Morecambe to play in the district football tournament. The boys played well as a team, winning 3 games, drawing one and losing one. This meant that they finished 3rd overall out of 6 teams. They played some really good football and scored some great goals whilst remaining very strong at the back.

Congratulations to **Ethan C, Charlie L, Liam A, Max V, Mohammed H, Jayden P, Elliot G, Leo Y** and **Alfie K**.

Year 7 District 7 a side football tournament

This was the first opportunity our Year 7 team have had to represent CLHS at football and it was worth the wait! They finished as winners of the tournament, displaying excellent teamwork to win 4 games and only losing one.

Some wonderful goals were scored along the way with our goalkeeper having very little to do all evening. Next week these boys represent the school again in the ESFA 3rd round at Carnforth High School.

Congratulations to **Daniel J, Oliver K, LJ H, Max M, Rhys U, Jack L, Logan C, Harvey P** and **Will L**.

Food corner

Year 7 have performed their first practical of the academic year. We have been learning about knife safety, and how to perform two different chopping methods: bridge and claw.

These skills were put to practice when making a fruit salad using a choice of five different fruits which produced excellent results.



Have a safe and enjoyable weekend.



Mr J Cowper
Principal