

Dear Parent/Carer

## **Parent/Carer newsletter: Friday 27 January 2023**

### **Parent/carers survey**

Thank you to all parents/carers who responded to the Bay Learning Trust parent/carers survey this last week.

We very much welcome your views and opinions so if you would like to meet with me or a member of our leadership team, please contact Jason Mills – [jmills@lancasterhigh.lancs.sch.uk](mailto:jmills@lancasterhigh.lancs.sch.uk) to make an appointment.

### **Industrial Action Update**

Hopefully, you have already had the opportunity to read the letter that was sent to you yesterday regarding the industrial action being undertaken by the National Education Union (NEU).

The dates for Industrial Action in our region are as follows:

Wednesday 1 February 2023

Tuesday 28 February 2023

Wednesday 15 March 2023

Thursday 16 March 2023

On **Wednesday 1 February**, school will only be open for pupils in Year 7 and 11 and 'vulnerable' pupils in the other year groups - parents/carers will be contacted directly by a member of staff regarding the invite into school for 'vulnerable' pupils. All other year groups will be able to access work for the day via ClassCharts.

Please find attached to this bulletin email a copy of the letter.

### **Friendship Day: 4 February**

Ahead of Friendship Day on **Saturday 4 February** we will be selling pink and purple ribbons for pupils and staff to purchase.

These are 50p each. Ribbons can be purchased during form time each morning next week or directly from Miss Timperley at breaks and lunchtimes.

Commitment | Creativity | Community

Principal: Mr J Cowper  
The Bay Learning Trust. Registered in England & Wales.  
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THE BAY  
LEARNING TRUST

## Extra-Curricular Activities

**GET INVOLVED!**

Please take time to look at the wide range of opportunities available to your children outside of lessons, both at lunchtime and after-school (please see attachment). 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.

### Duke of Edinburgh award

There will be a parent/carer information meeting on **Thursday 2 February 2023** at 6.00pm for those that have signed onto the Duke of Edinburgh award this year. At this meeting you will be able to find out more about what is involved in achieving the Bronze Award and how you can support your child in achieving this fantastic accreditation.

### Theatre Trip – Mamma Mia

The trip to see Mamma Mia in Manchester is on **Tuesday 7 February**. There is one space left for this trip - please see Mrs Spence if you would like to attend.

### Astronomy residential visit

On Friday 20 January, six of our Year 11 pupils attended an astronomy masterclass at Alston Observatory in Preston.

This was also attended by 3 other local schools. Due to the clear weather, they were able to make observations of Jupiter, Mars, the Orion Nebula and Andromeda using the second largest telescope in the UK. They also had a guest lecturer from UCLAN talk to them about the difficulties in measuring distances in space.



They stopped over at Hothersall Lodge and on Saturday morning, had another guest speaker talk to them about making observations of the Sun and coronal mass ejections. This was then followed by a presentations given by each of the schools. We gave a talk on how the trajectory of an asteroid could be changed. This included models of asteroids and the NASA DART mission. These presentations were judged on a number of areas and we were crowned the **winning school!!**

The Year 11 pupils who went on the trip were **Leaf R, Ashley W, Caitlin H, Jack D, Thinzar K** and **Scarlett M**. They all represented the school amazingly and did a fantastic job of presenting in front of a room full of staff and pupils from other schools.

Thank you also to **Misti L, Umma A, Jaden O, Melissa S, Tia H, Mia R** and **Josh A-T** for giving up their lunchtimes to help those on the trip to prepare for their presentation and helping to build props. A final thanks goes to Mr Roodenburg who drove the group down to Hothersall Lodge - it was a real team effort!

## Careers update

### Lancaster and Morecambe College (LMC)

LMC will be offering three new T Levels in September. T levels are new, government-backed, career focused qualifications for 16 to 19-year olds. They are equivalent to three A levels and are also backed by hundreds of British businesses, who helped to design the courses. The government has developed T Levels to deliver world-class technical education and give pupils a new choice after GCSEs.

- The courses they are offering:
  - **T Level in Management & Administration Level 3** (formerly known as Business Level 3)
  - **T Level in Health Level 2 & Level 3** (formerly known as Health & Social Care Level 2/3)
  - **T Level in Education & Childcare Level 2 & Level 3** (formerly known as Child Education Level 2/3)

Please find attached a Student and Parent Guide to T Levels.

The poster is blue with white and green text. It features the Oxfsted logo and the Lancaster & Morecambe College logo in the top right. The main text reads 'APPRENTICESHIP OPEN EVENING' in large white letters, followed by '7 FEBRUARY 2023' in green. Below that, it says '4:30pm - 7:00pm' and lists employers: 'Including employers from Haven Holidays, NHS, Lancaster University, Briscoe Construction, Bluebird Care and so many more!'. A green circular sticker graphic says 'Register To Attend'. At the bottom, it includes the website 'lmc.ac.uk' and social media icons for Facebook, Instagram, Twitter, and LinkedIn. The address 'Lancaster & Morecambe College, Morecambe Road, LA1 2TY' is at the very bottom.

LMC's next open evening is on **Tuesday 7 February** between **4:30pm - 7:00pm**. Pupils can go along to explore their BTEC, T Level, and Apprenticeship courses whilst meeting the tutors and exploring the course workshops.

Even though it says 'Apprenticeship Open Evening' it is still a general open evening, just with a focus on apprenticeships as they have employers there on the night.

## Kendal College

Kendal College have two more events coming up which might be of interest to our pupils.

- Apprenticeship Evening – **Thursday 9 February 2023**, starting at 18.00 at their Milnthorpe Road Campus.
- Supported Internship Evening – **Monday 13 February 2023**, starting at 18.00 at their Milnthorpe Road Campus.

For further information please scan the QR code in the images below



## Year 9 Health Needs questionnaire

The annual Year 9 Health Needs Questionnaire will take place in school on **Thursday 2 February**.

Pupils will log into the Lancashire Education Portal and answer questions relating to their personal health. The school nurse team will then review the answers confidentially and follow up with pupil appointments in school.

We, as a school, then receive an anonymised report with the overall outcomes to inform of personal, social, health and economic (PSHE) education around common themes. If you do not wish for your child to participate in the health questionnaire, please call school to advise on 01524 32636 or email Mr Aldren (Head of Year 9) at [michael.aldren@lancasterhigh.lancs.sch.uk](mailto:michael.aldren@lancasterhigh.lancs.sch.uk).

## SEND

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

Please email [lisa.maudsley@lancasterhigh.lancs.sch.uk](mailto: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 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

### Five ways to wellbeing

Evidence suggests there are 5 steps you can take to help improve your mental health and wellbeing, these are connect, be active, take notice, keep learning and give. Over this half term, we will explore each one in more detail.

#### Be active

Try to find an activity that you enjoy, and that keeps you active, such as walking, swimming, cycling or playing football. Evidence shows that an improvement in your physical health can help improve your mental health. Walking is the easiest and most accessible exercise you can start with. Find out what exercise groups go in the area around you.

Please use the link below to help you on your journey:

<https://www.mentalhealth.org.uk/explore-mental-health/publications/how-look-after-your-mental-health-using-exercise>

### Reading corner

#### Reading interventions

We continue to be delighted with the engagement that we have seen from our pupils in our reading interventions this year. All pupils who are currently on a reading intervention will be sitting a reading progress test in the week commencing **Monday 6 February**. We will contact parents / carers after the half-term break to inform them of the progress that has been made and whether any adjustment of intervention is required.

### 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:

- 1) **Ollie D** with 103 points
- 2) **Christina A** with 96 points
- 3) **Ezekiel M** with 92 points

Year 8:

- 1) **Izzy D-L V** with 89 points
- 2) **Lilly B** with 83 points
- 3) **Louie M** with 82 points

Year 9:

- 1) **Tahsin S** with 198 points
- 2) **Shristi S S** with 180 points
- 3) **Megan M** with 115 points

A particular mention must go to **Logan C** for his effort with Bedrock Vocabulary this week.

## Key reminders

### Year 11 mock examinations – February 2023

Pupils in Year 11 will sit their second set of mock examinations in the week beginning Monday 6 February. The second week of exams will start in the week after the half-term break in the week beginning Monday 20 February. Pupils were handed a paper copy of the mock examination timetable on Thursday 5 January. An online copy of the timetable can be viewed on our dedicated year 11 revision website page by following the link below.

Next week, week beginning Monday 9 January will see the start of our 'in school' revision sessions. The purpose of these sessions is to support pupils to effectively prepare for both the mock examinations and the end of year exams. We strongly encourage pupils to attend these sessions. Details of when these sessions run can be viewed on our dedicated Year 11 revision website page by following the link below.

Additionally, 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 are being distributed directly to pupils by their subject teachers. Teachers will be supporting pupils to use them effectively as part of their revision process.

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>

### 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:

6 February 2023	Year 11 Mocks
10 February 2023	Open Mic at lunchtime <b>School closes 3.05</b>
20 February 2023	<b>School opens</b> Year 11 mocks
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 <b>School closes at 3.05pm</b>



## Pupil praise

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

1. Clougha 2061 (**13.2 per pupil**)
2. Halton 1738 (**11.2 per pupil**)
3. Storey 1425 (**9.5 per pupil**)
4. Lune 1425 (**9.5 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
Leyla B	Lexie H	Maggie A	Hollie H	Scarlett M
Emmanuel J	Quaneisha Y	Alfie T	Alfie F	Connor L
Christina A	Chelsea Leigh R	Hanna A	Jack H	Jay R
Oscar C-G	Kaycee B	Kayla D	Gabriel R S	Umma A
Samuel P	Ella-Mae B	Rhyley B	Liam F	Owen E

## Attendance

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

**Year 7:** Halton

**Year 8:** Storey 1

**Year 9:** Halton

**Year 10:** Storey

**Year 11:** Halton

Congratulations to **Daniel A** and his form group **9Clougha** for winning last week's attendance competition. Keep up your improved attendance.

**Attend today, achieve tomorrow!**

Special praise goes to the following pupils:

### Year 7

Year 7 are enjoying the novel "Trash" by Andy Mulligan. Fabulous ideas are being shared by **Salvatore, Theo, Jimii C, Roxy, Caitlin W** and **Abbie E**. Keep up the great work!

**7Clougha1** had a fantastic week last week topping the praise points chart for Week 3 and all pupils meeting their Bedrock Vocabulary targets. Superb efforts everyone, well done!

**Will L** for excellent effort and work produced in RE last week as well as demonstrating wonderful community spirit by helping to do jobs around the classroom.

**Tyler B** for taking pride in presentation of work and always completing tasks in a timely manner. Tyler consistently meets expectations with no reminders needed and is a great example to others.

**Jimii C** and **Oli D** for helping distribute and collect in DEAR books and resources.

Well done to **Ben G** and **Gideon L** for their hard work and motivation expanding brackets in maths this week.

## Year 8

Thank you to **Symone W** for demonstrating our school value of community in her daily actions across the wider school.

**Alix S, Gracie-Mae S, Maisie H** and **Archie B** for their thoughtful reflections and comments made in PSHE this week looking at what makes relationships healthy or unhealthy.

**Ben K** and **Oscar C** for improved effort in RE and PSHE over the last two weeks. I was particularly impressed with their discussions on the causes of evil and suffering.

**Reuben T** and **Marwan A** for hard work and perseverance with linear sequences in maths.

**Josh C** and **Quaneisha Y** for hard work and ability plotting sequence and linear graphs in their maths lessons.

## Year 9

Well done to **Ollie W** for demonstrating our school value of community this last week.

Fantastic bandlab work this week from **Lexi-Lee W** in music.

Well done to **Daisy B** for a brilliant rendition of blinding lights played expertly on the keyboard.

Thank you for very creative rap lyrics written by **Harley R** and **Tyler M** in music this week.

Well done to all the **Year 9 Arts Award** pupils who have started their course this week showing commitment and creativity in the work they're doing.

There was some excellent artist research presented creatively in sketchbooks from **Maggie A, Demi A, Riley S** and **Daniel A** this week in art – well done to you all!

In Year 9 English, **Brooke R, Tahsin, Hanna, Lewis G,** and **Lucy K** have been doing brilliantly in all aspects of English and Bedrock Vocabulary.

**Lucas M** for good quality work produced in RE looking at religious attitudes to contraception.

**Jas W** who has continued to make valuable contributions in RE discussion and use of key terms in written work. Jas has been able to apply prior knowledge of religious teachings to new topics which shows a high level of understanding. Well done.

**Ollie W** for strong community spirit in supporting younger pupils to make good choices.

**Cash D** for his excellent efforts in food technology this week making a fabulous chicken curry – well done Cash.



## **Year 10**

Well done to the following pupils who showed commitment and creativity in their article assessments for English Language this week – **Katie T, Zack O, Hollie H** and **Orrin R.**

**Max P** and **Hayden R** for their hard work and perseverance with angles and bearings.

**Libby M** hard work and perseverance in maths and for producing high quality work in Life lessons, engaging well with the lesson by asking and answering questions in class discussions when learning about county lines.

**Emine G** for producing high quality work in Life lessons and engaging well with the lesson by asking and answering questions in class discussions when learning about county lines.

**Manot A** for fantastic contributions during DEAR time.

## **Year 11**

In Year 11 English, **Oli R, Alfie A, Klaudia, Hasan A, Jade W, Charlie M** and **Oliver N** have all been working hard and contributing well in lessons. Thank you all.

**Riley W** has shown a real commitment to both his work in class and at home. He handed in a super piece of history homework to Miss Van Bruggen this week. Well done Riley.

## **Sports corner**

### **Year 8 Rugby match**

Year 8 travelled the short distance to LRGS to take on their rugby team in a rematch of a fixture played before the Christmas break. We started really strongly and had a number of opportunities to score an early try but we looked a little bit rusty on return from the holidays. Unfortunately, a couple of handling errors stopped us from getting the first try.

LRGS were solid throughout and we found it difficult to break them down despite plenty of strong running. Our defence was as fearless as ever and we made some big tackles to prevent LRGS from scoring. We eventually tired in the second half and they managed to run in 3 late tries.

It was wonderful to see so many boys involved and as always, they were fantastic ambassadors for our school.

### **After school clubs**

Currently we have netball running on a Tuesday. Numbers have been increasing but we would still like to see more pupils coming down to practice. If you would like to give it a go then just turn up with your kit at the changing rooms.

Fitness club continues to build its numbers on a Wednesday which is great to see. We have plenty of capacity to fit more pupils in the gym so encourage a friend and come along.

We would like to see more pupils at badminton club, also run on a Wednesday. All practices start straight after school and finish at 4pm.

Have a safe and enjoyable weekend.