

Dear Parent/Carer

## **Parent/Carer newsletter: Friday 28 April 2023**

### **Industrial action**

On **Tuesday 2 May**, school will only be open for pupils in Year 11 and identified vulnerable pupils as per previous correspondence due to industrial action. Thank you for your continued support and understanding during these days.

### **May bank holidays**

**Monday 1 May** is the traditional Early May Bank Holiday and in addition to this day, **Monday 8 May** is a bank holiday for the Coronation of the King. School will be closed on both days for **all** pupils and staff.

As a result of the early May day bank holiday and industrial action on Tuesday 2 May, pupils in Years 7-10 will return to school on Wednesday 3 May. Pupils in Year 11 are expected in on Tuesday 2 May and any absence will be recorded as per a 'normal' school day.

### **Pupil mental health support offer- Young Minds**

If your child has been denied mental health support from CAMHS, or your child is still on their waiting list, Young Minds can support you. You can call the Young Minds parents/carers helpline on 0808 802 5544 9.30am-4pm Monday to Friday.



### **Year 10 examinations**

We will be holding our Year 10 examinations between **Wednesday 3 May** and **Thursday 11 May**.

These examinations will take place in the Sports Hall and be supported by external invigilators. A timetable for these examinations can be viewed on our new Year 10 examinations page on our website which can be viewed: <https://www.lancasterhigh.lancs.sch.uk/students/year-10-exam-timetable>. Teachers will be working hard with Year 10 pupils to prepare them effectively for these examinations. Please encourage a regular routine of revision at home.

Like pupils in Year 11, pupils in Year 10 have been taught how to create a revision timetable and how to revise effectively. These sessions have been run over the past two weeks so pupils can revise over the Easter holidays in preparation for their mock examinations in May.

Clear directions on revision from all subject teachers has been posted on ClassCharts.

Commitment | Creativity | Community



## SEND

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

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

### Invest in rest

Sleeping well is essential for our bodies, mood and mind. Getting enough sleep helps us think better, enables us to more easily manage our emotions and supports our physical health including our immunity, but it's not always easy.

Human beings are the only creatures to have electric light so it's easy for us to stay awake and of course our devices can keep our minds whirring late into the night. As a result, many of us are chronically sleep-deprived and need an alarm to wake up. The amount of sleep we need varies, but experts suggest most adults should aim for 7-9 hours. There is a lot we can do to invest in our rest. For example:

- **Set an alarm for bed** - An hour before you want to go to sleep set a gentle alarm to remind yourself to wind down and get ready for bed.
- **Have a wind-down routine** – e.g. switch off your devices, dim the lights, read something calming.
- **Set up your space for sleep** – Block outside light or use an eye mask; limit noise or get some ear plugs; eliminate tech and keep the temperature cool.

**Reflection:** *How much sleep do you need to feel well rested? What's something you can do to invest in your rest?*

## Reading corner

Well done to the following pupils who have made a fantastic start to this half term on Bedrock Vocabulary.

### Year 7:

**Progress made:** Emmanuel J, Max L and Diwaniha Y

**Points awarded:** Christina A, Mairead S and Aimee O

### Year 8:

**Progress made:** Casie K, Reuben T and Archie B

**Points awarded:** Yasaman G, Maysa A and Izzy D-L V

## Year 9:

**Progress made:** Hanna A, Connor K and Tahsin S

**Points awarded:** Onali R Y, Shristi S S and Eden O

## 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 Summer term:

1 May 2023	May Day Bank Holiday - School Closed
2 May 2023	Industrial action – school open for Year 11 and vulnerable pupils only
3 May 2023	Year 10 Mock Examinations begin
8 May 2023	Bank Holiday for King's Coronation – School Closed
15 May 2023	Year 10 Work Experience
15 May 2023	GCSE Examinations start
26 May 2023	<b>School closes 3.05pm for half term</b>

5 June 2023	<b>School Opens for all pupils</b>
22 June 2023	Transition Evening for year 6 parents/carers
23 June 2023	Year 11 Prom
27 June 2023	Year 6 Transition Day
29 June 2023	Year 6 Transition Day
5 July 2023	District Sports Day
11 July 2023	School Sports Day
18 July 2023	School Sports Day (reserve)
19 July 2023	Reports issued to year 7-10
20 July 2023	Reward trips
21 July 2023	Achievement Assembly
21 July 2023	<b>School closes for summer at 1.15 pm</b>

### Pupil praise

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

House points:

1. Clougha	<b>5634 (36.3 per pupil)</b>
2. Storey	<b>3209 (21.0 per pupil)</b>
3. Lune	<b>2165 (17.0 per pupil)</b>
4. Halton	<b>2469 (15.5 per pupil)</b>

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
Oscar C-G	Louie M	Arek W	Toby H-I	Daniel S
Christina A	Rufaro H	James R	Connor B	Oliver N
Mairead S	Lexie H	Issy B	Gabriel R S	Tia H
Jai Y	Isaac P	Dylan H	Tyler M-M	Millie J
Lily B	Ollie P-P	Zahrah M	Stanley B	Abbey W

## Attendance

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

**Year 7:** Storey

**Year 8:** Lune

**Year 9:** Clougha

**Year 10:** Halton2

**Year 11:** Halton

## Attend today, achieve tomorrow!

Special praise goes to the following pupils:

### Year 7

Thank you to **Jimmi C** and **Charlotte H** for their help showing interview candidates around school and answering their questions.

**Bariya A** for showing great community spirit by helping a new starter settle into school.

**Ameliya D** for settling in well and making a positive start at CLHS.

### Year 8

Well done to **Eden O**, **Jacob B**, **Kyle S** and **Stanley W** for their keyboard work in music this week.

Thank you to **Quaneisha Y**, **Rufaro H**, and **Leonardo C-D** for their help as part of the pupil panel for staff interviews this week. These pupils have been helpful, polite and represented our pupil body positively to our candidates.

**Ella B** for your manners and for being kind and considerate - your kindness always and wishing Miss Morris a good day; really brightens up her day.

**Dillan W** and **Zher O** for always being so helpful and considerate in PSHE lessons, thank you.

## **Year 9**

Well done to the **Year 9 Arts Award** group who took part in a music technology workshop at Lancaster and Morecambe college last Friday. They learnt a lot about music programming and they represented the school brilliantly - well done!

Thank you to **Ava W** and **Kayden W** for their help on the pupil panel for staff interviews. Both were polite, helpful and mature in their contributions and represented our school positively to the candidates.

**Brooke R** who has been fantastic in her PE lessons this term. Brooke gives regular feedback to her peers, in a kind and considerate way. She is always the first one to offer help when setting up drills and collecting equipment. Thank you so much for your contribution Brooke. It is very much appreciated.

**Leah B** who always helps out even when she is not able to take part in practical PE sessions. Leah does this by taking on the role of a coach and organising equipment to help. Thank you Leah.

## **Year 10**

Well done to the **Year 10 Performing Arts** group who have shown excellent commitment to attending a very productive after school rehearsal this week and all pupils have worked hard to learn their lines. Keep up the excellent work.

**Primrose M-D** for learning your lines for your drama assessment and performing with confidence during this week's rehearsal. Your commitment to this subject is excellent.

## **Year 11**

Well done to **Paige S, Adam R, Jaden O, Harry W, Vincent H, Callum S, Zain E, Jack P** and **Lacey C** who have shown particular focus in History as we continue our preparation for the exams.

Have a safe and enjoyable weekend.



Mr J Cowper  
Principal