

Dear Parent/Carer

Parent/Carer newsletter: Friday 28 January 2022

Covid-19 update – face coverings

The government has now removed the requirement for face coverings to be worn when in indoor communal spaces on Thursday. This is in addition to removing the need for them to be worn in the classroom last week. If your child would still like to wear a face covering in the classroom and communal areas, then they are more than welcome to do so. These face coverings need to be plain blue or black.

All our additional preventative measures to reduce the transmission of the virus remain in place.

Year 11 PPEs (Mock exams)

This past week has seen an increase in the number of subjects that are providing revision sessions dedicated to supporting Year 11 pupils to prepare effectively for the PPE (Mock Exams) which begin on Monday 7 February. Over half of the year group have attended sessions in maths, English and science after school which is fantastic to see. Can we please ask that you encourage your child to attend as many of these sessions as possible.

Quiet spaces and access to computers have also been made available for Year 11 pupils during lunchtimes. The full timetable of sessions, including what the focus of these sessions will be, can be found on our website through the link below:

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

In addition to our in-school sessions, please support and encourage your child to follow the revision planner that they have been completing in form time over the past week. Establishing good habits of revision now will support your child to achieve to the best of their ability as they begin to take the next step beyond life at Central Lancaster High School.

Year 9 Health Questionnaire

During form time on Tuesday and Friday, Year 9 pupils will complete an on-line health questionnaire from Lancashire County Council. This gathers information about the choices pupils are making and helps us plan any support or further education. A copy of the questionnaire and privacy notice are attached to this email.

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Principal: Mr J Cowper
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Year 9 Music Technology workshop

Year 9 enjoyed a wonderful day on the Music Technology workshop at Lancaster & Morecambe College on Tuesday as part of their Arts Award qualification. Pupils were a credit to the school and enjoyed all of the activities led by college staff. Thank you to Mrs. Spence for organizing this opportunity for our pupils.



SEND

Year 9 SEND reviews are taking place next week, Tuesday to Thursday. Please either return the reply slip to reception or email levans@lancasterhigh.lancs.sch.uk to book an appointment if you have not yet had chance to do so.

Year 9 EHCP annual reviews are taking place on Friday 11 February.

The SEND Clinic re-opens Tuesday 1 February between 4 - 6pm. If you would like to discuss any aspect of your child's schooling, please email Miss Evans to book a 15 min appointment.

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

Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what's going on around us. This website contains lots of useful information on how you can start on your mindfulness journey.

<https://www.mindful.org/meditation/mindfulness-getting-started/>

Household support fund

Lancaster City Council Community Connectors have now commenced the administration and delivery of a one-off fund from the Department for Work and Pensions which has been distributed to county and unitary authorities.

Lancashire County Council have allocated £360,000 to Lancaster City Council to administer across the district to those facing financial hardship.

The Household Support Fund is available to help those in our district who are struggling financially this winter. Through an application, support can be provided to residents of the Lancaster district to help pay for:

- increasing energy charges and water rates
- household appliances
- housing costs (not mortgage or rent costs)
- and an offer for an 8-week food voucher membership scheme for food, toiletries, blankets & clothes and which can provide around £25-£30 a week

Online applications can be accessed via the following link on the Lancaster City Council website:
<https://www.lancaster.gov.uk/hsf>

Should you have any concerns or require support in accessing the fund, alternatively you can attend one of the Fund's planned mobile events or call the fund administration on 01524 582000 between 9am and 5pm Monday to Friday.

Should you require support in placing an application to the fund, contact the school with your requirements and we will be happy to help you.

Key Dates for Parents for the remainder of this Half Term

- Tues 1 - Fri 4 Feb: National Apprenticeship Week activities in school
- Monday 7 February: Year 11 PPEs exams begin
- **Friday 11 February: 3.05pm break for February half term**

Praise

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

1. Clougha **1383** (11.7 per pupil)
2. Lune **1438** (8.6 per pupil)
3. Storey **1248** (8.4 per pupil)
4. Halton **1088** (7.7 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
Freya P	Jodie M	Leon F	Vincent H	Ranea A
Quaneisha Y	Flora Y	Ellie-May G	Leon L	Oliver W
Muhammad P	Sally M	Jethro K	Benjamin M	Amber L
Mia D	Maggie A	Melissa K	Skye L	Alfie O
Lexi-Leigh S	Caitlin S	Katy H	Bekzod I	Jacob S

Attendance

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

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

In addition, well done to the following pupils:

Asya A Y9 has produced a beautiful drawing of the artist Frida Kahlo for her portrait project in art. It shows clear understanding of proportion and excellent application of tone. Well done!

Naomi T Y7 who performed her role using movement and vocal key skills with great success in her drama lesson with Mrs Crossman.

Callum P Y7 confidently answered questions in detail about the context of the play being studied. Well done Callum.

Well done to **Stanley B**, **Tyler MM** and **Adam W** who have worked really hard in their peripatetic music lessons this week.

Good luck to **Ruby H Y10** who has a semi-final football game on Sunday for Blackpool U16 Ladies team. The whole school wishes you success.

In Year 8 PiXL Edge, **Lewis G** in 8C has been an absolute star - sharing lots of wonderful ideas - being really creative!

In Year 9 English, **Liam F** showed real enthusiasm and made some fantastic contributions to the discussions around War poetry - despite having only just joined the class. What a superb addition! Great ideas, Liam - keep them coming!

Adam B, Year 9 has enjoyed recent success for the Morecambe and District Boxing Academy winning both contests by unanimous decisions in Manchester and Blackburn including a win over MTK Lonsdale Belt silver medalist for his age and weight class. Adam is looking forward to the English national schoolboy championships in April.



Food corner

The weeks praise goes to **Chae J-S** in Year 7. Chae's contribution to lessons has been excellent, with his written work and practical work showing good understanding and a natural flare for cooking. This week he gave some exceptional answers and his enthusiasm really shone through. Well done Chae!

Next week's Year 7 lesson is sausage and kale gnocchi. Quick, healthy and filling. Please click on the link below to try at home.

<https://www.bbcgoodfood.com/recipes/sausage-kale-gnocchi-one-pot>

Have a safe and enjoyable weekend.

Yours sincerely

A handwritten signature in black ink, appearing to be 'J.C.', written in a cursive style.

Mr J Cowper
Principal