

Dear Parent/Carer

Parent/Carer newsletter: Friday 2 December 2022

Last day of term – advance notice

We finish for the Christmas holidays at **1.15 pm on Friday 16 December**. School reopens for all pupils on **Wednesday 4 January**.

Year 11 2021/22 Achievement Evening

Last night we had a very special evening celebrating all the achievements of our Year 11 pupils from 2022. Pupils were presented with their GCSE and BTEC certificates alongside subject awards and awards for attainment and progress.

We were joined by representatives from Soroptimist International who presented an award to **Paige R** for displaying the values of equality and peace. It was also lovely to welcome Rebecca Gudgeon back to school, who presented **Sam H** with the outstanding contribution to the school community award in memory of her son Thomas.

It is always a pleasure to see members of our CLHS community again and to hear about what they have been up to since we last saw them. We hope they will keep in touch and share with us their future successes.

Friends of Central Lancaster High School

Please see below for a message from the Chair of our Academy Improvement Board, Alexis Holden.



'For 2023, we are looking to form a 'Friends of CLHS' group, which will work to increase the involvement of families and the community in the life of Central Lancaster High School.

We will be running an event early in the New Year where those of you interested in being part of the organising committee for 'Friends of CLHS' can learn more about what is involved and help plan future activities and events. If you would like to be kept informed of the event in the New Year, then please send your name and contact details to friends@lancasterhigh.lancs.sch.uk and we will be in touch. '

Commitment | Creativity | Community

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

Across the Bay newsletter

The Bay Learning Trust is delighted to share its November newsletter, 'Across the Bay.' The newsletter provides a summary of the excellent work that takes place across the Trust.

You can access the newsletter here: <https://sway.office.com/wlXWtnxNXuwhMvb8?ref=Link>

Staffing update

From next week, Mrs Brown will become Head of Year 11. I would like to thank Miss Carr for all her hard work and support of the year group.

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.

Charity

Huge thanks to **Willow D** and **Isabel G** in Year 7, **Lexie H** in Year 8 and **Aimee McD** and **Ella F** in Year 9 who have helped to sell the blue and orange ribbons for this year's Friendship Day, an annual event held at CLHS on 28 November. All monies raised are donated to the Marsh Community Centre - totals will be published next week. Watch this space!

We continue our theme of fundraising for our local community with a collection that was made at Thursday evening's Achievement Evening for Defying Dementia and we will be sending £40.00 to this fantastic charity – thank you all for your support.

Christ Church Christmas Tree Festival



On Tuesday this week, Miss Timperley and four pupils **Charlotte H, Theo A, Ellie B** and **Tom E** from our pupil well-being council went to decorate our school tree.

It was a wonderful afternoon and our pupils were fantastic ambassadors for our school.

You can go and visit Christ Church on the 2nd and 3rd of December between 10 am and 4 pm and on Sunday 4 December 12 noon – 4 pm after which there will be a candlelit advent service.

There will be music, refreshment and admission is free. 50% of funds raised will support the Lancaster and District Homeless Action Service.

As a school, we have donated £50 for our tree which will be placed in school next week.



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 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. In addition to the items listed on the left they would welcome microwavable rice, pot noodles, pasta pots and instant mash and custard.

Please see the attached to the newsletter email the list for suggestions of items you can donate.

Careers Update

Lancaster Girls Grammar School visited us today in assembly to talk to Year 10 and 11 girls about their sixth form. Those girls in Year 11 who are interested in attending should apply in order to be invited to attend their taster day on 25 January 2023. Apply online: lggs.org.uk by 1 February 2023.

Prime Drink



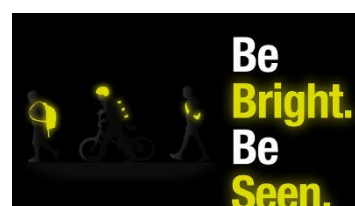
The popular drink is advertised as a recovery drink. Based on the number of electrolytes the drink contains it is not an appropriate item for pupils to carry or consume in school. Drinks are currently for sale online for £10+ per bottle.

The drink falls into category '1.1 energy or carbonated drinks as prohibited item' in our Behaviour for Learning policy and will be confiscated from pupils if they are carrying or consuming the drink on the school site.

Road Safety

There have been several serious road traffic incidents in the local area in previous weeks.

It is important, for their safety, that children are visible when walking in poorly lit areas in the darker winter evenings.



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.

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.

Introduce alternative perspectives and ways of thinking

A worry is a thought, not necessarily a fact. Listen to the young person and try to understand exactly what they are concerned about. What exactly are they worried about, and are their worries likely to happen, if so, what would it mean if they did? Exploring alternative ways of looking at things might help to put worries into perspective and in turn result in less anxiety-provoking conclusions.

Reading corner

Bedrock Vocabulary

Bedrock Vocabulary 'top' performers last week:

Year 7

Most progress: **Kameron E**

Most points awarded: **Ben G**

Year 8:

Most progress: **Marwan A H**

Most points awarded: **Maisie H**

Year 9:

Most progress: **Harley R**

Most points awarded: **Maggie A**

Book Buzz for Year 7 and Year 8

Book Buzz books for Year 7 and Year 8 have now been distributed. It was lovely to see pupils receive their book this week - they were really excited about their book gift and we can't wait to hear what they think about their book.

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

Key reminders

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. Over half of the tickets have now been sold.

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.

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.

- **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/>

- **Cardinal Newman College:** Saturday 4 February 2023

Key dates for the Autumn term:

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.Clougha	1718	(11.0 per pupil)
2.Halton	1703	(10.9 per pupil)
3.Lune	1260	(10.0 per pupil)
4.Storey	1151	(7.7 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
Sara E	Rufaro H	Maggie A	Primrose M-D	Oliver M
Charlotte H	Edan M	Caitlin S	Poppy O	Calla L
Jake T	Freya P	Issy B	Max P	Mia R
Caitlin W	Nawaf A	Riley S	Edward Y	Charlie M
Gideon L	Sophie A	Jacob J	Gabriel R S	Benjamin M

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: Storey

Year 11: Lune

Special praise goes to the following pupils:

Year 7

Well done to **Sara E, Charlotte H** and **William E** with their fantastic efforts in the extra-curricular music clubs.

Tom E and **Theo A** for both showing fantastic demonstration of our 3C's every lesson in maths. Always willing to hand out the books, answer questions and improve their maths skills.

Tyler B and **Daisy D** for their hard work and effort in their maths lessons.

Caitlin K for excellent effort in RE lessons and great effort in her presentation.

Callum R for a great improvement in effort and written work in RE, well done!

Tom E and **Charlotte H** for outstanding effort and contributions in their Spanish lessons.

Sam P, Jai Y, George L and **Daniel J** for working collaboratively and showing kindness during science.

Well done to **Alice G, Kameron E, Valeriia O, Logan C** and **Charlotte H** for producing an excellent sketchbook page based on the theme of 'colour' which was both informative and visually pleasing – well done!

The Year 7 well-being representatives **Charlotte H, Ellie B, Tom E** and **Theo A** all got into the Christmas spirit this week when they attended Christ Church to decorate a tree as part of a local Christmas Tree decorating competition.

All the entries can be seen this weekend: the Christ Church Tree Festival is open from 10am - 4pm Saturday and Sunday - please vote for Central's tree!!

Year 8

Charlie L for much improved drawing skills in art through applying the techniques he has been taught. Well done!

Lewis B for demonstrating commitment towards his maths lessons. Raising his hand to answer questions and asking intriguing questions on how the work is linked to real life examples. Lewis has also impressed with excellent effort and presentation in his RE lessons, well done!

Well done to all the year 8 pupils who represented CLHS Rugby team against the boys Grammar School and won. This is a fantastic achievement and we are all very proud of you.

Well done to **Daniel O** and **Chloe H** for their brilliant engagement in their Fresh Start intervention.

Thank you to **Max B**, **Archie A** and **Archie B** for their consistent positive contributions to class discussions in RE.

Maisie H for taking great pride in the presentation of her work in RE, thank you!

Year 9

Lola C for fantastic development of skills in our portrait scheme of learning in art.

Ella F for always giving her full attention to tasks in science, has a go even when unsure, self corrects and engages with feedback. Ella is also an incredibly friendly pupil, always asks how my day is going, hands out books and equipment and has stayed behind a couple of times to help me tidy after a practical lesson - she is a real asset and support to the class and to me! From Miss Towner

Ben W for delighting others in the library with his fantastic reading skills.

Matthew S for commitment to learning in geography.

Tahsin S for excellent home learning in maths.

Jack A for excellent progress in Bedrock Learning.

Yuliyana S and **Davyd S** who have both produced good work in art this week.

Alfie T who consistently provides valuable contributions to lessons in RE and history, thank you and well done!

Connor K and **Matthew S** who have showed their community spirit this week when they both helped to keep a classroom in good order. The boys worked hard and the room looked fantastic when they had finished. Great team work. Thank you, both.

Year 10

Congratulations to the Year 10 Performing Arts group for their excellent work with The Knotted Project in a physical theatre workshop on Monday.

Pupils created a short piece of physical work devised from their own ideas.



Leighton P for his mature attitude and making inspirational decisions for his future aspirations.

Well done to **Morgan T** for her very creative music homework this week.

Well done to **Kaitlyn S**, **Rena A**, **Tyler P**, **Primose M-D** and **Mia M** for consistently outstanding work in English Language. Their commitment and effort to the subject is exemplary and they should be very proud of how hard they are working.

Year 11

Gracie H and Eva B for their polite manner and support of Mr Clark.

Evalyn G for her continued mature approach to school life and caring for her peers showing her community spirit.

Zac C for great contributions to classroom discussion in history.

Umma A - Well done for improving your Literature mock grade. Keep working hard!

Jay R and Jess O for highest attainment in the maths mock exams, well done!

Connor L for making significant progress in his attainment in the maths mock exams.

Well done to **Umma A, Aimee G, Jack D, Adam R, Alex K, Euan H** and **Evalyn G** on their effort and attitudes towards their English Language mock examination.

Sports corner

On Tuesday, we made the short journey over to LRGS to play two games of rugby in what turned out to be the foggiest, muddiest conditions of the year.

Year 7 battled to a 15-15 draw. The team have gone from strength to strength this year and they continued to grow throughout the game. LRGS took an early lead but then **Harry A** and **Logan C** scored 3 tries without a reply. There was some really strong running and rucking that saw us nearly take the victory but two late tries from LRGS tied the game.

Year 8 also played and came out 25-10 winners. The boys did the basics right, getting into rucks, making tackles and running straight and hard. The defensive line was solid throughout the game. LRGS took the lead but then Central scored 3 tries, **Harry O, Liam A** and **Charlie L** all scoring.

LRGS managed a reply and a slight hope of getting back into the game before **Liam A** muscled his way through the defence and over the line. A fantastic evenings fixtures and two very good results.

Well done to all those involved and thank you to the PE staff for giving up your time.

Food corner

This week, Key stage 4 made bread. Each pupil was able to adapt the recipe to include their own flavours.

Some chose to make savory, and others made sweet bread that included chocolate and honey.

If you have time over the weekend, the recipe is included for you to follow.



<https://www.bbcgoodfood.com/recipes/easy-bake-bread>

Have a safe and enjoyable weekend.

