



**Central Lancaster  
High School**

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Dear Parent/Carer

## **Parent/Carer newsletter: Friday 30 September 2022**

### **The Bay Learning Trust newsletter**

The Bay Learning Trust is delighted to share its inaugural newsletter, 'Across the Bay.' The newsletter will be shared each month to provide a summary of the excellent work that takes place across the Trust. You can access the newsletter here:

<https://sway.office.com/IBCTCU9Q5JvJu5Jy?ref=Link>

### **Friday 7 October**

School is closed for pupils on Friday 7 October for a staff INSET day. School reopens on Monday 10 October as usual. Term dates are available on our website through the following link: <https://www.lancasterhigh.lancs.sch.uk/termdates>

### **Streetwise**

Year 7 enjoyed a fantastic 'Street Wise' performance on Friday surrounding road safety, the performance was really engaging and thought provoking and Year 7 were a superb audience.

### **School photographs**

The deadline for school photograph orders is **Wednesday 19 October**. Order forms and payment should be handed in at the school office. If you have any queries, please do not hesitate to contact school.

### **HPV injections**

Year 9 and 10 pupils will have their HPV vaccinations on **Thursday 6 October**.

### **Attendance**

Attending school regularly is important for your child's future. Parents/carers are legally responsible for making sure that their children go to school. Whilst we appreciate there can be difficulties faced, we are here to support you and your child to ensure excellent attendance.

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**

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Principal: Mr J Cowper  
The Bay Learning Trust. Registered in England & Wales.  
Company Number 07588464.



**THE BAY  
LEARNING TRUST**

**Text Number 07943 107504** - This is a virtual mobile number from which absence is monitored during the school day.

## **National School Breakfast Programme**

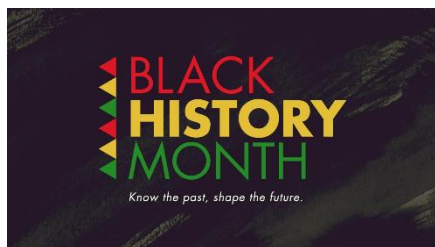
A reminder that pupils are able to have breakfast, **free of charge**, in school between 8.15am - 8.40am. During this time they can choose from freshly toasted bagels or from a selection of cereals.

The breakfast is available in our canteen and is **free to all pupils in all years**.

## **Year 7 Meet the House Tutor Evening Thursday 6 October 2022 6.00pm – 8.00pm**

This is a chance for families to meet their child's House Tutor who is the main point of contact in school and the person who sees your child every morning. A representative from the SEND department will also be available to speak to on the evening, alongside Ms. Meetha, Head of Year 7 and Ms. Lilley, Assistant Principal I/C transition. If you have not yet returned your reply slip indicating the best time for your appointment, please can we encourage you to do so on **Monday 3 October**.

## **Black History Month**



Next week in assembly, pupils will be learning about and celebrating Black History Month.

If you would like to know more about this and why it is important to learn about it you can follow the links below to a clip from Newsround, or look at the resources available on the Black History Month website.

<https://www.bbc.co.uk/newsround/49883230>

<https://www.blackhistorymonth.org.uk/>

## **SEND**

Our weekly SEND clinic is now 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 15minute appointment if you wish to discuss any aspect of your child's education or if you have any queries or concerns.

Term 1 SEND reviews for Year 10 will be held w/c 10 October. A letter will be sent home with further details. Please email Mrs Ainsworth at [sainsworth@lancasterhigh.lancs.sch.uk](mailto:sainsworth@lancasterhigh.lancs.sch.uk) to make an appointment.

## **Mental health and wellbeing**

As the days are getting shorter and the nights are getting longer, some people might start experiencing loneliness in these winter months. Over the next three weeks we will give you exercises for embracing loneliness.

The first exercise is:

**1. Give the emotion full expression.** Let the emotion take centre stage. Especially if you are used to distracting yourself from your feelings, this exercise may feel uncomfortable. But if you let yourself feel the emotion 100%, it may just move through you more quickly: Observe the sensations of the emotion, notice the thoughts that it triggers, cry if tears come. Be with the discomfort fully.

## Reading corner

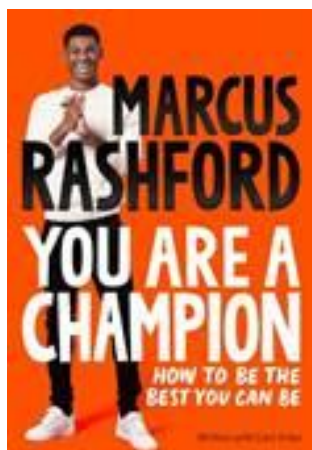
### Book Buzz

Pupils in Year 7 and Year 8 have been choosing their free book this week during form time.

BookBuzz is a literacy charity which supports schools to gift pupils a free book at a discounted rate.

We are very excited that we are part of this initiative this year as it allows all pupils in Year 7 and Year 8 to choose a book that they want to read for pleasure. This is then their book to keep, read and pass on to family members and friends to read.

The favourite choice so far?



England footballer Marcus Rashford shares tips and advice that he's learned on his journey from being a football-mad kid in Manchester to a sports megastar and political activist, as well as how to handle issues of confidence and anxiety.

**Bedrock Vocabulary** 'top' performers:

### Year 7

Greatest improvement: **Valeriia O**

Most lessons completed: **Isla P-E**

### Year 8

Greatest improvement: **Maisy H**

Most lessons completed: **Yasaman G**

### Year 9

Greatest improvement: **James R**

Most lessons completed: **Kayla D-L-M**

## Key dates for the Autumn term:

6 October 2022	HPV Vaccinations (Year 9 and 10)
6 October 2022	Year 7 Meet the House Tutor evening 6pm - 8pm
7 October 2022	School Closed for pupils
21 October 2022	Open Mic event at lunchtime
<b>24 October 2022</b>	<b>School closed for half-term holiday</b>
2 November 2022	School re-opens
W/C 14 November 2022	Year 11 Mock examinations
W/C 21 November 2022	Year 11 Mock examinations
1 December 2022	Year 11 Achievement Evening (2021/22 cohort)
15 December 2022	Progress Cards issued for Year 7 –11
<b>16 December 2022</b>	<b>School closes for Christmas at 1.15 pm</b>

## Pupil praise

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

1. Lune **1410 (11.2 per pupil)**
2. Clougha **1423 (9.1 per pupil)**
3. Halton **1317 (8.5 pupil)**
4. Storey **1224 (8.2 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
Ezekiel M	Leonardo C-D	Mia S	Leon F	Calla L
William F	Yasaman G	Kaan G	Zack C	Oliver M
Lilly H	Alix S	Eva B	Jethro K	Adam R
Jack L	Quaneisha Y	Kyle S	Matthew H	Charlie M
Anastasia N	Isaac P	Dylan H	Connor B	Jade W

## Attendance

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

**Year 7:** Clougha 2 and Storey

**Year 8:** Clougha

**Year 9:** Clougha

**Year 10:** Halton 2 (again, well done!)

**Year 11:** Lune

Special praise goes to the following pupils:

### Year 7

**Coner O'D, Harry M, Layton J-H and Poppy T** showed great enthusiasm for the subject and contributed wonderfully to class discussion.

The whole of **7Y** took part in a fabulous piece of drama and really used their creativity this week in English when we were focusing on life in the 16th century... and visiting the Globe Theatre.

**Tyler H** for his community spirit by always offering to hand out the books in maths and always willing to answer questions.

**Daniel J** for his continued effort and great demonstration of resilience and team in work in maths. He is always willing to help someone else in the lesson – thank you and well done!

It was great to see some of our new year 7 pupils attend the extra-curricular clubs in music this week. Well done to **Stanislav T** and **Ethan C** for attending the guitar club and to **Lois T, Charlotte H** and **Isabel G** for attending the singing club.

### Year 8

Adam H has produced high quality work in PSHE. Well done.

In their RE lessons, **Lexi H, Rufaro H, Jayden P, Kai H and Lucas L** have particularly shone this week with their fantastic work and contribution to class discussion, thank you for your efforts and enthusiasm.

**Maisie H** for being a good friend and supporting them through some challenging situations.

**Harry W** for going out of his way to help younger pupils in school and making sure they were ok.

**Jesse B** for his continued hard work and resilience in maths. Keep it up Jesse!

Well done to everyone in **8xy1** who performed a brilliant samba piece this week in the class. All of the pupils had a great sense of rhythm and musicality and they should be really proud of their performance.

### Year 9

**Edith M** who has made a fantastic start to religious education and has shown enthusiasm for the topic of crime and punishment. Edith has made wonderful contributions to class discussion, well done!

**Mayar A** for improving attendance and working on her resilience.

**Demi A** for being a good friend and having a positive attitude towards her learning.

**Ella F, Matilda L and Jasmin T** who are always happy to help and regularly make positive contributions to our school community.

Thank you to **Scarlett Y** for her wonderful narrative piece of writing and special mention to **Kaan G** for his regular contributions in class.

**Riley B** for his polite manners and gentleman behaviour in holding the doors for other pupils and adults at break time on Thursday this week.

Great work from **Jayden W** in art this year. He is trying really hard to improve his portrait drawings, listening to and acting on the feedback he is given. Well done!

## Year 10

**Poppy O** for her fantastic start to her GCSE subjects, especially in English and quoting Mr Cheesbrough's words, "a pleasure to teach".

**Reece W** for his amazing piece of art work this week in Mrs Stephenson class.

**Primrose D** who has made a fantastic start in her flute and piano lessons. Both Ms Edwards and Mr Woodhouse are very pleased with your playing, very well done!

## Year 11

**Charlie M** has made a fantastic start to Year 11 across all of his subjects as well as showing a mature attitude in preparing for the important academic year ahead, well done.

**Charlie K** who has been resilient in lessons and really tried hard with his classwork. He has approached Year 11 with a committed attitude and shown determination to reach his goals. Keep it up!

**Oli R-** who has approached year 11 with a mature attitude.

**Amy P** for demonstrating resilience despite recent injury and always trying their best.

**Kayleigh C** for working hard to improve her attendance over the last few weeks.

**Ashley W** who has supported younger pupils and new Year 7 pupils to find their way around school.

In GCSE English lessons **Jade W, Mason B and Charlie K** have produced some well-structured analyses of various narratives – well done!

**Oliver N, Oliver R, Reace G and Oliver Mc** for supporting Mr Clark with the new one-way system on the canteen corridor which has been introduced this week. :

**Ewan H, Asa S and Misti L** in for their outstanding contributions to classroom discussions when analysing a writer's intention in English.

**Abbey W, Umma A, Evalyn G and Aimee G** for brilliantly presented extended writing.

Congratulations to the following on their commitment to learning this week in History:  
**Jade W** and **Jack P** for producing an outstanding set of notes for the first part of their Vietnam module.

Have a safe and enjoyable weekend.



Mr J Cowper  
Principal