

Dear Parent/Carer

Parent/Carer newsletter: Friday 3 February 2023

Across the Bay newsletter

Please find enclosed the link to the Bay Learning Trust's January newsletter:

<https://sway.office.com/mgve7xSrylLtrx2v?ref=Link>

Friendship Day: 4 February

Ahead of Friendship Day on **Saturday 4 February** we will continue 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.

Year 11 February mock examinations – support during half term

Pupils in Year 11 will sit their second set of mock examinations week beginning Monday 6 February. The second week of exams will start in the week after the half-term break, week beginning Monday 20 February.

Over the February holiday we will be offering a number of in school revision sessions for pupils that will be focused on directly preparing them for their mock examinations for the second week. We strongly encourage all pupils to attend. Details of these sessions can be seen in the table below.

	Monday	Tuesday	Wednesday
09:00 – 11:00	Physics for Triple Science pupils (A1) Geography (A2)	History (A1)	Maths Higher (A1) Maths Foundation (A2)
11:00 – 11:30	Break with water and cereal bars provided	Break with water and cereal bars provided	Break with water and cereal bars provided
11:30 – 13:30	Physics for Combined Science pupils (A1)	English Literature (A2)	
12:30			Celebration lunch event for 100% attendance at sessions

Commitment | Creativity | Community

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



**THE BAY
LEARNING TRUST**

In addition, we have now completed our fifth week of the in-school revision sessions. We have been very encouraged with how many pupils have attended and engaged with the 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 are can be viewed on our dedicated Year 11 revision website page by following the link below.

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

Safer Internet Day 2023

Safer Internet Day 2023 will take place on Tuesday 7 February, with celebrations and learning based around the theme '**Want to talk about it? Making space for conversations about life online**'. Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.

In the UK, we are celebrating by putting children and young people's voices at the heart of the day and encouraging them to shape the online safety support that they receive.

That is why we are asking parents, carers, teachers, government, policymakers, and the wider online safety industry to take time to listen to children and young people and make positive change together.



This year we are hoping to answer the following questions:

- *What issues really matter to children and young people?*
- *What changes do they want to see?*
- *How can we all work together to advocate for them moving forward?*

With your help, Safer Internet Day 2023 can be a springboard for conversations that shape how we talk about and respond to online issues, not just for one day, but throughout the whole year.

Pupils will take part in activities in school next week to encourage them to think about safe conversations online and using the internet safely.

Uniform and Equipment

Unfortunately, we have seen an increase in the number of pupils arriving at school in incorrect uniform and without basic equipment this week. Please see our website for a reminder of our uniform requirements. <https://www.lancasterhigh.lancs.sch.uk/our-school/policies-and-reports>

Pupils are expected to bring to school a pen, pencil, ruler and their school planner, as a minimum requirement, to use in lessons. These are best kept in a pencil case to prevent pupils losing them during the day. Pupils should also have a school bag with them which is big enough to hold all of their books and equipment for the day.

If you have any issues regarding uniform or equipment or need any support in sourcing either, please do not hesitate to contact school.

Friends of Central Lancaster High School

Thank you to all who attended our inaugural 'Friends' meeting on Thursday evening. We had a productive discussion about the aims of the group with the focus being on building relationships with the community and encouraging all parents/carers to be more involved with the school.



We are looking at ways to start this process including visiting local community centres and food hubs to share what we are doing in school, inviting parents and the community into school for a coffee morning to hear about our school and the new build and inviting the community into school to look at the new build once it is open.

We would also like to invite our alumni in to have a look at the recent changes and develop links with them to support our careers education programme. If you are a past pupil who would be interested in getting involved with school please contact **J. Lilley** via the school office.

Escape2Make

E2M is a Charitable Incorporated Organisation (Registered Charity Number 1183572) that aims to help ALL 11-18s in the Lancaster & Morecambe area to escape from boredom, social media, loneliness and any pressure at school or home by providing workshops and short courses hosted by local businesses, national businesses, local artists and university students.

All the workshops and courses are designed to help young people make things, make friends and make a difference in the community.

www.escape2make.org

E2M[®]
ESCAPE 2 MAKE

An invitation for
ALL 11-18s in the
Lancaster &
Morecambe area

CABARET

11-18s in Lancaster & Morecambe
Learn a new skill & meet new
people at our FREE workshops

February and March 2023
Showcase those skills at
an iconic venue
Be part of the show
THE CABARET!

FREE WORKSHOPS
INCLUDE

- Song Writing & Poetry
- Musical In A Week
- Stand Up Comedy
- Upcycled Fashion
- Cartoon Portraits
- Film In A Week
- Wild Cooking
- Local Cuisine
- Learn Magic
- Puppetry

CABARET
AT THE ALHAMBRA
MORECAMBE

Register
your
interest

The Lovington
Foundation

Also funded
by the
Edith Wharton
Trust and
The Star Trust

Morecambe
Town Council

Walney Community Trust

COMMUNITY
FUND

National Apprenticeship Week: 6-10 February 2023

National Apprenticeship Week (NAW) 2023 is the 16th annual celebration of apprenticeships. The week brings together businesses and apprentices across the country to shine a light on the positive impact that apprenticeships make to individuals, businesses, and the wider economy. The theme for National Apprenticeship Week 2023 is 'Skills for Life'. The week will reflect on how apprenticeships can help individuals to develop the skills and knowledge required for a rewarding career and help businesses to develop a talented workforce that is equipped with skills for the future.

We will be talking to pupils during the week about the opportunities available to them through apprenticeships. You can also access a wide range of resources and 'live' web events via the link below:

<https://nationalapprenticeshipweek.co.uk/events/>



LMC's Apprenticeship Team are visiting Year 10 during assembly time on Wednesday, and there are the following drop-in sessions in D8 during lunchtime for any interested pupils.

- Monday 6 February 2023 – Army apprenticeships
- Friday 10 February 2023 – Myerscough apprenticeships

We have attached a Parent Pack and fact sheet about apprenticeships to this newsletter.

SEND

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

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 remains 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.

Keep learning

Learning new skills can boost confidence and give you a sense of achievement; learning a new skill can give you the mental and physical boost you need.

It gives you motivation. A new hobby or skill can give you the motivation you need to get out of bed in the morning. It helps beat boredom. Doing the same thing every day can get boring and sap your zest for life. While trying something new requires more effort than turning on the TV, the benefits are numerous. It boosts confidence. "If you engage in a new skill, you're going to thicken the brain's prefrontal cortex, As you develop a new skill, you'll gain courage and confidence, which helps you override fear and anxiety. You'll feel more empowered."

It keeps you healthy. "Learning is great for your brain at every age. As you take on a new skill, the mind begins to reshape itself because the physical brain is malleable. Previously, it was thought that it was only malleable until adolescence. However, now the research shows it can keep changing throughout our lives and for the better, so you have fewer fear responses and a more positive mindset."

Reading corner

Year 9 Lancashire Book Award

On Tuesday 31 January, we were invited to attend a Lancashire book of the year (LBOY) workshop at Garstang Library along with other Year 9 pupils from Ripley St Thomas and Fleetwood High School.

LBOY is the longest running young people's regional book award in the country and the award remains one of the few book awards in which young people themselves are solely responsible for choosing both the shortlist and the overall winning book. The award is voted for by Year 9 pupils in secondary schools around Lancashire.

The workshop centred around focusing on the attendees thinking critically about the books they are judging, in preparation for the shortlist voting that will take place at the end of February. The workshop activities included: making our own one word story as a group, learning to not 'judge a book by its cover' and developing ways to judge our longlist by using a scoring method based on whether a book includes certain characteristics we find desirable when reading a book.

All the attendees left the workshop feeling more confident in their judging abilities, and knowing about different successful ways to tackle the shortlisting process.

Maggie A, Elijah M, Aimee M, Cameron-Rose O-B and Shristi S were a credit to our school and demonstrated great confidence and commitment to the workshop and Lancashire Book Award as a whole – well done to you all!

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: **Sara E, Christina A, Jack L, Mairead S, Ezekiel M, Penny R, Samuel P, Isla P-E and Daria R.**

Year 8: **Louie M, Nawaf A, Maysa A, Luke R and Thomas W.**

Year 9: **Tahsin S, Shristi S S, Cameron-Rose O-B, Darniah G, Connor K, Scarlett Y, Hanna A and Katie D.**

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 to our **Absence Alert Text Number 07943107504** - This is a virtual mobile number from which absence is monitored during the school day.

Careers

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 for an 'APPRENTICESHIP OPEN EVENING' held on '7 FEBRUARY 2023' from '4:30pm - 7:00pm'. It features logos for Ofsted (Gold Provider), Lancaster & Morecambe College, and Apprenticeships. A green circular badge with a torn edge says 'Register To Attend'. Below the time, it lists employers: 'Including employers from Haven Holidays, NHS, Lancaster University, Briscoe Construction, Bluebird Care and so many more!'. The website 'lmc.ac.uk' and social media icons are at the bottom, along with the address 'Lancaster & Morecambe College, Morecambe Road, LA1 2TY'.

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



Kendal College have a number of Agricultural Information Events coming up, where they will provide information on their Agricultural courses, the farms they are using for the practical facilities, and information, advice, and guidance to potential students.

These are held at two different locations, including Crooklands near Kendal or Wigton. The upcoming events include:



J36 Rural Auction Centre, Crooklands, Milnthorpe, Cumbria, LA7 7FP.

Saturday, 4 February 2023
Saturday, 6 May 2023

Drop in anytime- 10:00 – 12:00
Drop in anytime- 10:00 – 12:00

Hope's Auction Co. Ltd., Syke Road, Wigton, Cumbria, CA7 9NS.

Saturday, 11 February 2023

Drop in anytime- 10:00 – 12:00

Agricultural Information Evening at Hope's Auction Mart.

Monday, 24 April 2023

Drop in anytime- 17:00 – 19:00

Key dates for the Spring term:

6 February 2023	Year 11 Mocks
10 February 2023	Open Mic at lunchtime School closes 3.05
20 February 2023	School opens 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 School closes at 3.05pm

Pupil praise

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

1. Clougha **1949 (12.4 per pupil)**
2. Storey **1558 (10.4 per pupil)**
3. Halton **1576 (10.1 per pupil)**
4. Lune **1422 (9.1 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
Caitlin W	Jesse B	Maggie A	Joe S	Scarlett M
Charlotte H	Toby C	Lucy K	Leighton P	Ashley W
Persephone W	Chloe H	James R	Leon F	Jack D
Christina A	Quaneisha Y	Cade B	Thomas H	Leaf R
Ella L	Oliver G	Brooke R	Jethro K	Caitlin H

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: Clougha
Year 11: Lune

Attend today, achieve tomorrow!

Special praise goes to the following pupils:

Year 7

Phoebe N who is always confident to 'have a go' in her science lessons and is an incredibly positive and friendly member of the class – thank you for demonstrating fantastic community spirit.

Theo A and **Jimmi C** for excellent commitment in science and who have started this new year off in a fantastic way.

Josh B for wonderful work produced in both RE and PSHE. Josh has made many contributions to class discussions including a great answer in RE when discussing the interpretations of extracts from the Bible. Well done.

Oscar C-G who has made lots of positive contributions to class discussions in RE and produced a wonderful piece of home learning looking at a story about Christian conversion.

Year 8

Toby C for consistent hard work in geography and a well written response looking at the factors that influence development around the world.

Kai D for improved attitude and effort to written work in geography.

Well done to **Nawaf A, Leonardo DC, Joshua C, Aston J, Jesse B, Joshua W, Thomas W** and **Archie A** for their fantastic effort and brilliant choreography for their Bollywood inspired dance piece.

Well done to **Lexie H** and **Louie M** on their improvisation work in music this week.

Leo Y had great music knowledge in the 'do it now' activity this week - well done for remembering all the facts learned about Oriental music.

Well done to **Lacie T** who has been fantastic in her English lessons and giving 100% effort to every lesson.

Archie B and **Khalisah G** for their effort and motivation in maths

Year 9

Thank you to **Riley S** who showed our community spirit at lunchtime – Riley helped another pupil and this act of kindness was an example of what our community value is all about!

Daniel G and **Rhyley B** for their excellent contributions in history covering sensitive subjects such as the Holocaust. Both of Miss Brown's Year 9 groups have been exceptional in history this Term.

Mia S for her efforts and positive attitude towards football in PE.

Jodie M, Eva B and **Daisy B** for commitment and efforts in geography.

Matilda L for superb effort and improvements in French.

Year 10

Well done to **Stan B, Jack H** and **Tyler Y** for your excellent contributions to our discussions in history.

Gabriel R S for excellent commitment to his drama studies demonstrated this week.

Jack H and Alfie F for a strong performance in drama this week performing two challenging roles in the group's performance of 'DNA' by Dennis Kelly.

Primrose M-D for producing a well written answer considering the issue of criminalising young people involved in county lines.

Mimosa T and Ella R for improved effort and engagement in their Life lessons, asking good questions and reflecting well on case studies of child exploitation.

Mia M for excellent work produced in the career's booklet during form time.

Zack C for working hard to improve his resilience and attendance.

Year 11

Well done to **Paige S** and **Josh A-T** for your excellent marks in our recent exam question assessment in history.

A big well done to **Calla L** and **Amy G** who set a super example to the younger year groups this week. Both girls looked out for a younger pupil ensuring they were safe and well. This is what being part of the Central family is all about, well done and thank you girls.

Food corner

In preparation for the Year 11 NEA, we have been looking at dishes that feature complex cooking techniques.

This week our focus was on desserts. We made Summer Berry Puddings. This dish focusses on environmental factors using stale bread, locking in nutrients in the fruit, aeration when creating the meringue and glazing using sugar to coat the strawberries. We also added unmolding skills when shaping tuille biscuits to present the dish. The results were amazing.

If you would like to get creative in the kitchen, why not give it a try.

<https://www.bbcgoodfood.com/recipes/summer-pudding>





Have a safe and enjoyable weekend.

A handwritten signature in black ink, appearing to read 'J Cowper'.

Mr J Cowper
Principal

