

Dear Parent/Carer

## **Parent/Carer newsletter: Friday 3 March 2023**

### **Year 8 Parents' Evening – change of date**

Due to the planned industrial action by the NEU on Thursday 16 March, we have moved Year 8 parents' evening to **Thursday 23 March**, 4-7 pm. The evening will be held on School Cloud.

### **Facing the Past**



Last week, a group of year 8 pupils started a history project called 'Facing the Past'.

They had their first session at CLHS and represented our school brilliantly. We are looking forward to the next 5 weeks of this project which comprises of a combination of in school and out of school learning.

This project is being delivered through the Priory and we also working alongside pupils from LRGS and Ripley.

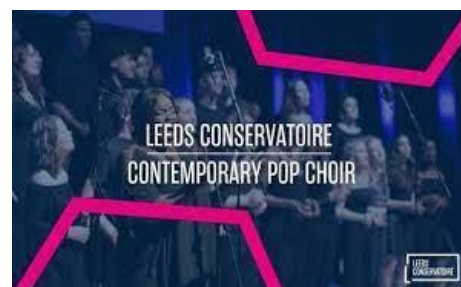
### **World class table player visit**

This week we welcomed Kousic Sen, who is a world class tabla player, to our music department. A group of our Year 9 pupils were fortunate to have the opportunity to work with Kousic for an hour learning about the traditions of the instrument and how to play it.

### **Leeds Conservatoire Contemporary Pop Choir**

On Friday morning, our singing group have been involved in a workshop delivered by Craig Lees who is the director of the Leeds Conservatoire Contemporary Pop Choir.

LRGS bought their singers to our school for this workshop and tomorrow night we will be performing alongside the professional choir, LRGS, LGGS and Ripley in a concert at the Priory at 7.30pm.



Please come along if you are available to do so - it promises to be a fantastic event. Tickets can be purchased with the following link:

Commitment | Creativity | Community

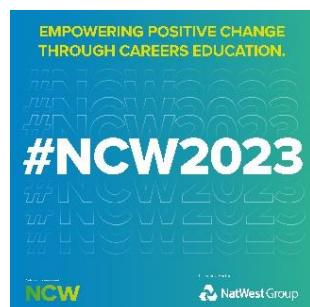
Principal: Mr J Cowper  
The Bay Learning Trust. Registered in England & Wales.  
Company Number 07588464.



**THE BAY  
LEARNING TRUST**

<https://lancasterpriory.org/concerts/leeds-pop-choir-concert-march-4th-2023/>

## National Careers Week



National Careers Week is a celebration of careers guidance and free resources in education across the UK. The aim is to provide a focus for careers guidance at an important stage in the academic calendar to help support young people leaving education.

We have attached a Parent's Guide to Careers Week 2023 to this bulletin which contains tips and advice about how to support your child when making decisions about their future.

In school next week, we will have visiting speakers from the Fire Service, the NHS and Lancaster University in addition to a visit to Lancaster and Morecambe College to find out more about the Creative Industries. Year 11 will also take part in mock interviews with local employers in school.

## Lancaster and Morecambe College

LMC are running '**Exploring Apprenticeships**' sessions which are informational sessions on apprenticeships designed for school leavers. They recognise that the transition from school to an apprenticeship needs to start as soon as possible, so are inviting school leavers, parents and carers to come along to one of their Exploring Apprenticeships sessions to discover more about the world of apprenticeships.

### The sessions will cover:

- Overview of Apprenticeships
- How to become an Apprentice
- Myth Busting
- Tour of Campus
- Q&A with the Apprenticeship team

The sessions will take place between 4 - 6pm on Tuesday evenings, and will be available on the following dates:

- 21 March, 18 April, 2 May, 16 May, 6 June and 20 June.

To attend, please register using the following link: [www.lmc.ac.uk/exploringapprenticeships](http://www.lmc.ac.uk/exploringapprenticeships)

## Kendal College

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, 6 May 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

## Year 11 update

### Year 11 intervention and preparation for summer examinations

Our latest programme of support for Year 11 pupils began again on Monday 27 February. Details of when these sessions are running and what the focus for them will be, can be found on our dedicated Year 11 revision page which can be accessed [here](#). In addition, some pupils are being supported in small group sessions held during tutor time with their English and maths.

### Year 11 mock examination results day: Friday 17 March

We will be holding a mock examination results day for Year 11 pupils on Friday 17 March during form time. After registering, pupils will be taken into the hall where they will pick up a sealed envelope in the same way they will in August when they receive their actual results. The purpose of this is to support pupils to reflect on their outcomes and the effectiveness of their preparation.

### Further support with revision for Year 11 pupils

From **Thursday 9 March**, pupils in Year 11 will come out of their DEAR sessions and follow a structured programme to support them to revise effectively. Sessions will include topics such as:

- preparing a revision timetable
- supporting clarity on exactly what needs to be revised
- revision techniques
- preparing an effective space to revise at home
- balancing revision and other activities
- nutrition and hydration
- online revision aids.

All pupils will be given a revision pack that includes highlighters, felt tipped pens, revision cards and post-it notes. Exam timetables will also be handed out to pupils in the first of these sessions.

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 [here](#).

## **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.

Term 2 SEND reviews for Year 11 will be held w/c: **Monday 6 March**. A letter will be sent home with further details. Please email Mrs Ainsworth: [sainsworth@lancasterhigh.lancs.sch.uk](mailto:sainsworth@lancasterhigh.lancs.sch.uk) to make an appointment.

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**

**Top tips for a positive mindset: Start the day with a positive affirmation.**

How you start the morning sets the tone for the rest of the day. Have you ever woken up late, panicked, and then felt like nothing good happened the rest of the day? This is likely because you started out the day with a negative emotion and a pessimistic view that carried into every other event you experienced.

Instead of letting this dominate you, start your day with positive affirmations. Talk to yourself in the mirror, even if you feel silly, with statements like, "Today will be a good day" or "I'm going to be awesome today." You'll be amazed how much your day improves.

## **Reading corner**

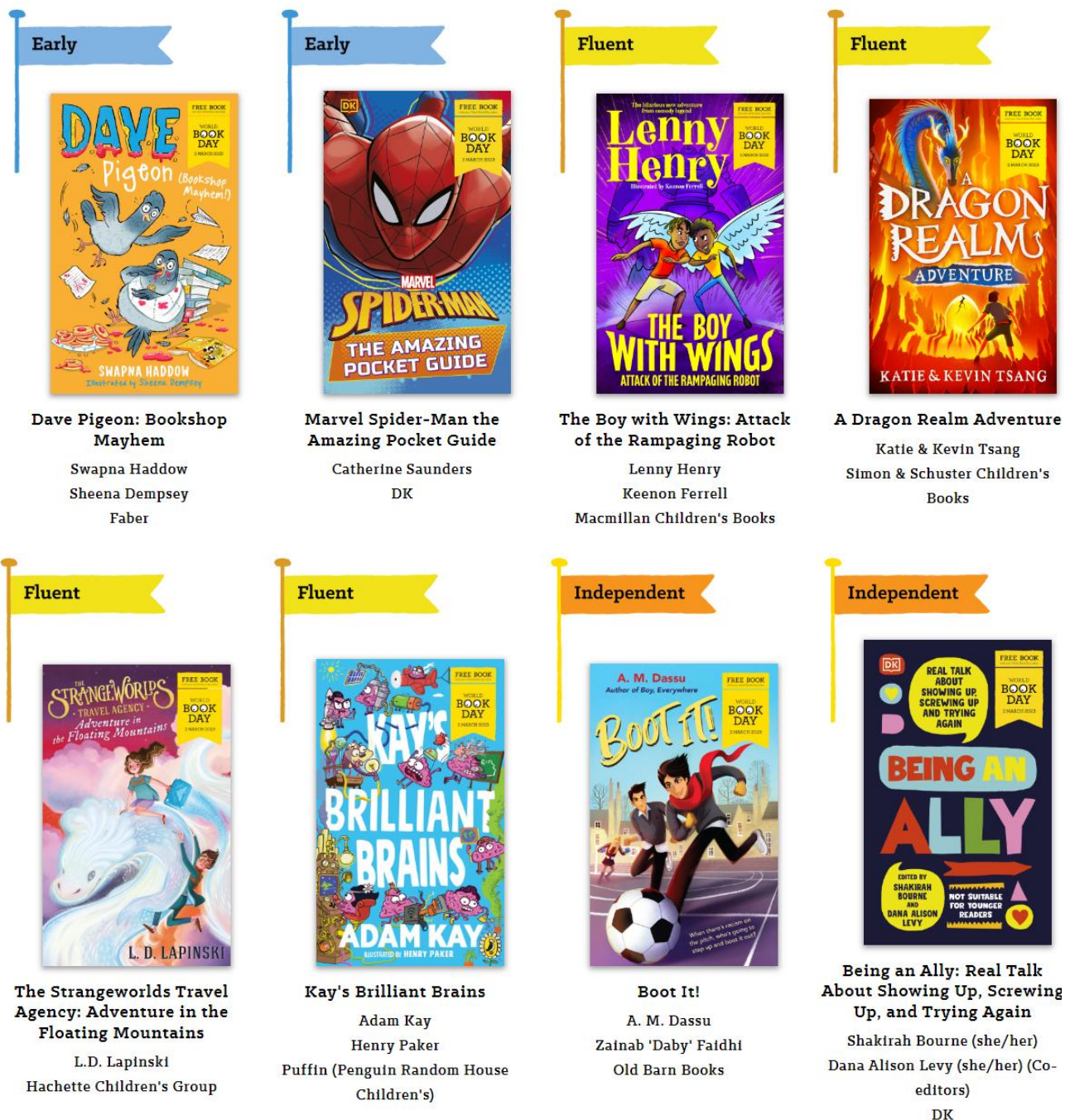
### **World Book Day**

On Thursday, we celebrated World Book Day in school. Our assemblies focused on reading, the purpose of World Book Day and the £1 books on offer for our pupils to get for free!

Attached to this email is an electronic version of the book token that pupils can use to get their free book which are available at certain bookshops and supermarkets. To use their token, pupils have to take either a printout or the electronic copy to a participating shop and choose their book, for free. They can also use the book token towards another book too if they like.

It would be great to see and hear what books pupils have chosen with their book token. Below are the books available with your child's token.





## 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

Points awarded:

**Christina A** with 273 points  
**Emmanuel J** with 175 points  
**Maired S** with 143 points

**Kayleb C** with 136 points  
**Mirui Z** with 123 points

## **Year 8**

Points awarded:

**Maysa A** with 206 points  
**Nawaf A** with 156 points  
**Lilly B** with 131 points  
**Louie M** with 115 points  
**Izzy D-L V** with 113 points

## **Year 9**

Points awarded:

**Shristi S S** with a staggering 581 points!  
**Tahsin S** with 180 points  
**Hanna A** with 159 points  
**Louie A** with 94 points

# **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.

## **Key dates for the Spring term:**

9 March 2023	Year 9 Parents' Evening via School Cloud
17 March 2023	Deadline for Year 9 Options Forms
22 March 2023	Year 6 welcome evening
23 March 2023	Year 8 Parents' Evening via School Cloud
30 March 2023	Progress Cards issued – all year groups
31 March 2023	Open Mic at lunchtime and non-uniform day for the Turkey - Syria Earthquake Appeal
	<b>School closes at 3.05pm</b>

## Pupil praise

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

House points:

1. Clougha **2172 (13.8 per pupil)**
2. Halton **1779 (11.4 per pupil)**
3. Lune **1555 (11.8 per pupil)**
4. Storey **1542 (10.3 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
Ezekiel M	Leo Y	Arek W	Thomas K	Daniel S
Ocean Y	Isaac P	Maggie A	Manot A	Tia H
Oscar C-G	Liam A	Alfie T	Hollie H	Connor L
Gideon L	Louie M	Kayden W	Connor B	Oliver N
Sara E	Alix S	Caitlin S	Matthew H	Clayton B

## Attendance

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

**Year 7:** Clougha2

**Year 8:** Storey1

**Year 9:** Clougha

**Year 10:** Halton2

**Year 11:** Lune

**Attend today, achieve tomorrow!**

Special praise goes to the following pupils:

### Year 7

**Ella A** and **Ava S** for their consistent hard work in their written tasks in PSHE and making valuable contributions to class discussions.

**Ella L** for a brilliant demonstration in badminton.

**Logan C** and **Abbie E** for excellent effort and motivation in their maths lessons.

### Year 8

**Gracie-Mai S** for consistently contributing excellent responses to class discussions and making valuable contributions when discussing the problem of evil and suffering for religious believers.

Congratulations also for your hard work and motivation in maths.

**Isaac P** for a well thought out written response when evaluating Christian responses to the inconsistent triad. A challenging topic to consider that Isaac has approached with determination and great maturity.

**Max B** for his effort and motivation in maths.

### **Year 9**

Well done to **Eden O** for making a fantastic start in her music lessons this week.

Well done to **Jas W** for her excellent answers this week in her music lesson.

Well done to **Ibrahim S** who wrote the most sentences about jobs, in French. Miss Morris was very impressed with your efforts in the French lesson she covered.

**Yasaman G** and **Ollie PP** for their effort and motivation in maths.

### **Year 10**

There was great work in printmaking from **Primrose M-D, Poppy O, Sana J, Libby M** and **Tyler Y**. They were all experimenting with repeat patterns based on the work of Eduardo Paolozzi – well done to you all.

**Oliver W** who offered to help a member of staff who was 'injured' last week. A very kind thing to do, thank you Oliver.

**Megan T** for her effort and motivation in maths.

### **Year 11**

Congratulations and well done to **Jade W** for superb progress in history and her performance in her mock examination.

**Paige S** and Millie J for their effort and motivation in maths lessons this week.

**Amy P, Lacey C, Evalyn G, Jade W** and **Paige D** – well done for working as an excellent team, preparing for your group and solo pieces for your dance controlled assessment.

Huge congratulations to the following pupil's

**Henry W** for getting accepted into the Army Foundation College in Harrogate over half term! An outstanding achievement.

**Evalyn G** for being accepted in to dance college.

**Marina S** for being accepted onto the Forensic Science course at Kendal College.



## Food corner

Year 8 have been busy in the kitchen this week making macaroni cheese. They made their sauce by forming a roux from butter, flour and milk, then added cheese and seasoning to taste.

For those that would like to try this at home, please visit:  
<https://www.bbcgoodfood.com/recipes/best-ever-macaroni-cheese-recipe>



Have a safe and enjoyable weekend.

A handwritten signature in black ink, appearing to read 'J.C.', with a stylized flourish at the end.

Mr J Cowper  
Principal