

Dear Parent/Carer

Parent/Carer newsletter: Friday 4 November 2022

Welcome back!

As always, it is a pleasure to see pupils returning to school following a holiday. We hope you have had a restful break. Thank you for supporting us in ensuring your child is dressed correctly and has all the relevant equipment to access their learning. We have had a really positive start to the term.

Attendance and punctuality

As we move into the winter months, we appreciate the challenges it brings with the increased number of coughs and colds etc. Good attendance is essential to support your child in making academic progress alongside developing softer skills and qualities that will serve them well in their futures. Pupils with good attendance also benefit from the many social interaction opportunities which have a positive impact on their health and wellbeing. Can we please ask that when your child is well enough to attend school, they do so and arrive at school on time.

If you have any concerns surrounding your child's attendance or issues with punctuality or would like support from school to improve either or both then please do not hesitate to contact your child's Head of Year in the first instance.

In school we have **free breakfasts for all pupils** which are served between 8.15 and 8.35 in our canteen and our library is open and staffed from 8.15 where pupils can access IT equipment, including printing facilities as well as using the space for quiet reading.



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.

Charities

We would like to express our thanks to all pupils, families and staff for their support in raising much needed funds for worthwhile charities.

Pink ribbon sales in the last two weeks of half term have raised **£136** for St John's Hospice and Cancer Care.

Commitment | Creativity | Community

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



**THE BAY
LEARNING TRUST**

Next week, we will continue to sell poppy merchandise - please see ClassCharts for more information.

Reporting unpleasant content online

Parents/Carers and pupils can report unpleasant online content through our online reporting tool via our website: <https://reportharmfulcontent.com/report/>

Year 7 CAT tests

We had planned for CAT tests to take place for our Year 7 pupils on Monday 7 November. We are now re-scheduling these for Monday 21 November. We apologise for this unavoidable delay and thank you for your understanding.

Lion King Theatre visit



On Tuesday night, a group of pupils from years 7-10 went to the Palace theatre in Manchester to watch a performance of 'The Lion King' and we were treated to a spectacular show.

The opening scene is a visual sensation with the animal procession making their way to the stage to a rousing chorus rendition of 'The circle of life'.

The pupils were mesmerised through the whole performance and were an absolute credit to our school.

Thank you to Ms Spence and other colleagues for arranging and supervising the visit.

Year 11 Mock exams: 14 – 24 November

Year 11 will be sitting their first set of mock examinations, starting on Monday 14 November, in English language, English literature, maths, science, geography, history and French. A full examination timetable can be found on our website: Year 11 revision page, which can be accessed through the below link.

In addition, we have now added the PowerPoint presentation from our Parent/Carer information evening which was held on Thursday 20 October.

If you have any questions, please do not hesitate to contact your child's house tutor in the first instance.

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

Careers Updates

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.

- **Lancaster and Morecambe College:**

- 30 November 2022 (T-levels information event)
- **Cardinal Newman College :**
 - Saturday 12 November 2022
 - Saturday 4 February 2023
- **Ripley St. Thomas:** 10 November 2022
- **Our Lady's Catholic College:** 17 November 2022
- **Kendal College:** 1 December 2022
- **Morecambe Bay Academy:** 7 December 2022

Ripley St Thomas Sixth Form Open Evening

The Sixth Form Open Evening for 2023 intake will be on Thursday 10 November from 5 pm in the Sixth Form Centre and Main school. Please go along to find out the answer to the question "Why Choose Ripley?" Please take the opportunity to view a promotional video here: [Why Choose Ripley?](#)

The general entry requirements for Ripley St. Thomas are as follows:

5 x Grade 5s at GCSE including Grade 5 in English language

Cardinal Newman College Preston

The general college entry criteria is:

- **A-Levels:** At least five grade 5s or above at GCSE
- **HE* Programme:** At least five grade 7s or above at GCSE
- **BTEC Level 3:** At least five grade 4s or above at GCSE
- **T-Levels:** At least two grade 5s and three grade 4s or above at GCSE, including at least a grade 4 in maths and English language GCSE
- **Mixed Programme (combining A-Levels with BTECs):** At least two grade 5s and three grade 4s or above at GCSE
- **Level 2 BTEC:** At least four grade 3s and at least a grade 4 or above in GCSE English language and/or maths.

To attend the open event on Saturday 12 November, you must register by following the link below: <https://www.cardinalnewman.ac.uk/newmancurriculum/college-open-events/>

SEND

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 and is staffed with Higher Level teaching Assistants (HLTAs) so please encourage your child to attend if they require additional support with their homework.

Term 2 SEND reviews for the following year groups will be held w/c:

Year 7: 7 November
Year 8: 21 November
Year 9: 14 November

A letter will be sent home with further details. Please email Mrs Ainsworth at sainsworth@lancasterhigh.lancs.sch.uk to make an appointment.

Escape 2 Make: There is a new fortnightly and free yoga club for 11 - 18 year olds at the Storey Institute. Relax and unwind in a peaceful welcoming space. Meet new likeminded friends your own age. Led by professionally trained yoga teachers.

<https://escape2make.org/registration-form/>

Mental health and wellbeing

New Ways November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	
7 Be creative. Cook, draw, write, paint, make or inspire	8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax
14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before
21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it
28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

<https://actionforhappiness.org/sites/default/files/Nov%202022.jpg>

Reading corner

Library

A reminder that the library is open both before school (8.15 – 8.40) and after school (3.05 – 4.00) for **all** pupils.

Pupils can access the library to complete their homework, read or to use our IT and printing facilities. The library is staffed so there is always somebody to help your child should they need it.

Next week, at break and lunchtimes, the following timetable is in operation:

Monday	Tuesday	Wednesday	Thursday	Friday
Y11 and Y7	Y10 and Y8	Y9 and Y11	Y8 and Y9	Y7 and Y10

Bedrock Vocabulary ‘top’ performers:

Year 7

Greatest improvement: **Kameron E**

Most lessons completed: **Tyler B**

Year 8

Greatest improvement: **Lois-Taya R**

Most lessons completed: **Yasaman G**

Year 9

Greatest improvement: **Dylan H**

Most lessons completed: **Brooke R**

Key dates for the Autumn term:

2 November 2022

W/C 14 November 2022

W/C 21 November 2022

W/C 21 November 2022

1 December 2022

15 December 2022

16 December 2022

School re-opens

Year 11 Mock examinations

Year 11 Mock examinations

CAT tests for Year 7 pupils

Year 11 Achievement Evening (2021/22 cohort)

Progress Cards issued for Year 7 –11

School closes for Christmas at 1.15 pm

Pupil praise

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

1. Clougha **1866** (12.0 per pupil)
2. Halton **1667** (10.7 per pupil)
3. Storey **1593** (10.6 per pupil)
4. Lune **1260** (10.0 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
Sara E	Archie B	Maggie A	Roland G	Benjamin M
Leon M-P	Max B	Jay G	Shane H	Leaf R
Charlotte H	Freya P	Kayla D	Zack C	Jaden O
Ezekiel M	Caitlin M	Alfie T	Leon F	Vincent H
William E	Toby H	Ibrahim S	Ellie W	Jay R

Attendance

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

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

Congratulations to **7Halton** for the best form attendance to **Clougha House** for the best House attendance last half term – you have demonstrated excellent commitment to school and your education.

It is important to remember that pupils who have excellent attendance achieve improved academic outcomes.

Special praise goes to the following pupils:

Year 7

Daria H for showing her community spirit and looking out for other pupils.

Poppy T who has made a brilliant start to this half term, keep it up!

Year 8

Over half term, **Josh B** was awarded man of the match for his performance with Vale of Lune Rugby Club. Well done on this amazing achievement Josh.

Rosy H for outstanding contribution and commitment in Spanish.

Robert W for his excellent review in English.

Ini and **Ayo A** have made a fantastic start with us at Central. They have worked with real commitment and have produced excellent work.

Well done to our Year 8 Wellbeing Council representatives who discussed well-being in form this week. Thank you for representing your form groups.

Edan M, Sophie A, Louie M, Tristan W, Daniel K for producing an enjoyable piece of travel writing – well done.

Elliot G for showing excellent resilience and commitment during this first week back after half term.

Year 9

Ava W and Kayden W for commitment to learning in geography.

Yuliyana S, Edith M, Connor D and Tyler M for creative work produced in DT.

Ella F for demonstrating community spirit – always thinking of others and being a kind friend.

Year 10

Molly K for fantastic work in history.

Ruben A for fantastic answers in history.

Alfie C-D for contributions made in Life lessons.

Year 11

Olivia S for her continued resilience and commitment to her attendance.

Jaden O for commitment to wider school life and charities.

Jade W for commitment to her dance work and supporting her peers.

Have a safe and enjoyable weekend.



Mr J Cowper
Principal