

Dear Parent/Carer

Parent/Carer newsletter: Friday 6 May 2022

As we approach the midpoint of this half term, it has been really pleasing to see the hard work and commitment of so many of our pupils in lessons plus their engagement in the many opportunities available to them outside of the classroom.

Year 11 remain incredibly focused on their examinations which start next week and are showing real maturity and an assured calmness as they rise to the challenge. We all wish them the best of luck.

Free Breakfast

A reminder that all pupils have access to a free breakfast each morning in our canteen. Breakfast is served between 8.15 and 8.40.

Year 10 Parents' Evening

Thank you to all parents who attended the Year 10 parents' evening this week. It was wonderful to get the opportunity to speak with you and update you on your child's progress in school. We very much value and appreciate your ongoing support.

Year 7 Parents' Evening

Year 7 have their parents' evening on Thursday 12 May, 4-7 pm. We will be using school cloud. You can book your appointments up until 12 May at 12 pm. If you are experiencing difficulty making appointments or have issues with access to IT, please contact school to speak with Ms Meetha or Mr Williams.

Year 11 Summer examinations

As we enter the final days before the summer exams begin, please can we ask that you continue to support and encourage your child in a regular pattern of revision at home. Resources have been provided by subject teachers and pupils have been supported to understand and use different revision techniques.

We would that you strongly encourage your child to attend the after school and lunchtime revision session that are being run in school. Details of these sessions including when they are held, where they are held and what the focus of the session will be, can be found on our dedicated website page by following this link: <https://www.lancasterhigh.lancs.sch.uk/students/year-11-revision-and-exams>

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We will be holding a series of sessions over the half-term holiday on the Tuesday, Wednesday and Thursday. Further details will be sent out next week.

If you have any queries or concerns please email Miss Brown, Head of Year 11:
davina.brown@lancasterhigh.lancs.sch.uk

SEND

There will be no SEND clinic on a Thursday evening for the remainder of this half term. Should you wish to see a member of the Learning Support department, please contact school to schedule a meeting.

Key Stage 3 Homework Club is open on a Wednesday morning in the Learning Resource Centre, 8-8.40am. Key Stage 4 Homework Club is open on a Tuesday morning in the Learning Resource Centre, 8-8.40am. Please encourage your child to attend if they require support with their home learning.

In addition to our Homework Clubs, our Learning Resource Centre is open every morning before school, at break time and after school every day; please encourage your child to attend if they require additional support with any aspect of their education.

Parents of Year 7 and Year 8 pupils who are receiving Literacy intervention in school; you will either have received an email regarding Fresh Start or a letter home regarding Lexia. Please support your child at home with their reading and encourage them to read aloud to you. If you would like any further information or support, please contact us.

Mental Health and Wellbeing

Sit less

When we are busy, sat at our computers all day, or we're feeling down or anxious, it can be easy to spend long stretches of time sitting down, perhaps going straight from our desks to our sofa and then bed.

Research is now showing that sitting for long periods each day, over time, can be detrimental to our psychological health as well as our physical wellbeing, even if we exercise.

So, as well as exercising regularly, we need to incorporate many moments of movement over the course of our days. For example, once an hour, spend a minute having a good stretch or twist. Stand up every time you use your phone or even better walk and talk. Use the time waiting for the kettle to boil to do a few squats, kitchen worktop push-ups or balance on your tiptoes. Moving more in whatever way you can manage. Every little counts!

Key dates for the Summer term

Thursday 12 May: Year 7 Parents' Evening, School Cloud 4-7pm
Friday 27 May: School closes for May half term
Monday 6 June: School reopens for all pupils
Thursday 9 June: DTP and Men ACWY vaccinations in school
Wednesday 29 June: New Intake Evening for Y6 parents/carers
Monday 4 July: Year 7 Chill Factor Trip
Tuesday 5 July: Year 8 Chill Factor Trip
Wednesday 6 July: Y6 New Intake Day
Thursday 21 July: School closes for the summer holiday

Reading corner

As part of our reading strategy, Key Stage 3 pupils are using Bedrock Learning to enhance their vocabulary. From next week, pupils will access our Learning Resource Centre (LRC) one morning a week during tutor time to support their access to the online learning platform and they will also be set one activity per week to be completed at home.

If your child struggles accessing a PC, laptop, tablet or smart phone, our LRC is open before and after school and during break and lunchtime where the tasks can be completed. Our TA team are also available for support.

Well done to the following pupils this week:

Top four pupils with **most time** spent on Bedrock:

1. Eve D (Year 7)
2. Bailee-Mae Mc (Year 9)
3. Katie A (Year 9)
4. Sana J (Year 9)

Top four pupils with the **highest progress scores** on Bedrock:

1. Maisie H (Year 7)
2. Tyler Y (Year 9)
3. Gracie-Mai S (Year 7)
4. Edan Mc (Year 7)

Praise

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

1. Lune **1499 (10.4 per pupil)**
2. Clougha **1285 (10.2 per pupil)**
3. Storey **1254 (8.5 per pupil)**
4. Halton **1071 (7.6 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
Quaneisha Y	Caitlin S	Manot A	Misti L	Oliver W
Chloe H	Eyad A	Tillie B	Adam R	Morgan B
Sophie A	Maggie A	Zack C	Vincent H	Ellie E
Dillan W	Stanley W	Leon F	Charlie M	Scarlett H
Lilly B	Ella F	Paul G	Daniel B	Amber L

In addition, well done to the following pupils:

Congratulations to the following pupils in Year 10 History who have achieved a very high mark in their recent assessment which focused on the crisis of 1956 in Hungary. A huge well done to **Gracie H, Adam R** and **Paige S**.

Josh W in Year 7 who in History produced an outstanding Newspaper Article on the Battle of Hastings

Well done to **Lacie T**, Year 7, in History for her outstanding Diary entry on the Battle of Hastings

Congratulations to **Billy T**, Year 9, for his dedication to learning and the fantastic work he has put in over the last month in History.

Well done to **Oscar C** for your brilliant effort in your piano lessons.

Well done to **Amelie PT** for her resilience in music learning the ukulele.

Attendance

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

Year 7: Storey 2

Year 8: Clougha

Year 9: Clougha

Year 10: Storey

Year 11: Lune

Sports report

Although we have had no fixtures this week there are still sporting opportunities available for pupils to join in with. Sadly, due to the Year 11 examinations in the sports hall, badminton will no longer run on Wednesdays. Fitness club will continue to run on Wednesdays and this is open to boys and girls in all year groups.

We will also be introducing athletics and cricket before half term so please keep an eye out for the days and times they will be run. We also have cricket, athletics and rounders fixtures coming up, look out for those opportunities on the notice board outside of the PE office.

Food corner

Though no practical lessons took place this week, Year 9 began their scheme of learning on 'Cooking on a budget'.

As the cost of living begins to rise, it is useful to examine ways to cook and eat healthy, nutritious food, without breaking the bank. One of the first meals they will be attempting is available through the link below.

Not only is this a tasty meal, but it can be made for under £4 and serves four people! Please give it a go - you can replace the ham with whatever meat/meat alternative you have.

https://www.bbc.co.uk/food/recipes/ham_hash_75160

Have a safe and enjoyable weekend.



Mr J Cowper
Principal