

Dear Parent/Carer

## **Parent/Carer newsletter: Friday 7 July 2023**

### **Summer closure**

Advance notice that school closes for the summer break at 1.15 on **Friday 21 July**.

School reopens for **Year 7 pupils only** on Monday 4 September and for **all** pupils on Tuesday 5 September.

### **Uniform and appearance**

I appreciate that the holiday period allows for various hair and beauty opportunities and new piercings etc., although we appreciate your support in ensuring your child's appearance, when we return in September, meets the expectations outlined in our uniform and appearance policy which can be accessed here: <https://lancasterhigh.lancs.sch.uk/our-school/policies-and-reports>

Please can we ask that pupils wait until the holidays themselves to make any decisions regarding the above as our normal school rules and expectations are in place up until and including the last day of term.

If you face any difficulties supporting your child to be ready for the new academic year, please contact your child's Head of Year.

Thank you in advance for your continued support.

### **New build update**

We are delighted to start the delivery of science and technology lessons in phase one of our new building from Monday 10 July. Pupils and staff are looking forward to working in our smart, purpose built and modern spaces. Look out for photographs of week one in our new building on social media next week.

### **Summer Safety Assemblies**

We are very pleased to be working with colleagues from Lancashire Fire & Rescue Service who will be visiting school on Wednesday afternoon, leading assemblies on the dangers of open water with our pupils prior to the summer holiday.

We know that the long summer holidays can be times where children spend time away from their parents and socialising with their friends. In assemblies this week we have been focusing on risk

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tasking behaviours and the risks in our local area. You can read more through the link below about the reasons why teenagers are more likely to take risks than other age groups.

<https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/risk-taking-behaviours/>

## Summer Concert

On Tuesday night, we held our annual summer concert and the audience were treated to over an hour of superb performances from our pupils. We had many different instruments being played and plenty of singing which showcased the hard work that pupils have done in their peripatetic lessons throughout the year.

Thank you to Mr Welch, Ms Ramsey, Ms Edwards, Mr Boardman and Mr Woodhouse for all their work with the instrumental lessons this year.



## Local governing body

We are looking for expressions of interest from parents who would like to join the Local Governing Body (LGB) as a parent governor.

We have one vacancy available. We would be interested in hearing from any parent and especially those who have children in years 7, 8 or 9 or any parent/ career who has a child starting in September. Currently there are 2 LGB meetings per term which usually happen late afternoon and can take about 2 hours.

If you would be interested in discussing the opportunity please contact the Chair of Governors, Alexis Holden via [chairofgovernors@lancasterhigh.lancs.sch.uk](mailto:chairofgovernors@lancasterhigh.lancs.sch.uk) who will be happy to discuss with you what the role entails.

## SEND

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

Please email [maudsley@lancasterhigh.lancs.sch.uk](mailto: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.

## Mental health and wellbeing

This half term, we are providing information on different types of mental health issues that people might face. We will give you a brief overview of the issue; what signs and symptoms to be aware of and give you information on the help and support available for mental health issues.

**'Self-care'** is a phrase you've probably come across, but what does it really mean?

Judging by what we see in adverts or on social media, we might think it's all about candles, yoga and luxury bath bombs. We might think it costs a lot of money and takes a lot of time. And we might feel like it isn't for us. But is that really what it's all about?

In its simplest form, self-care is just the little things we do to look after our own mental health. It's about trying to listen to how we are feeling and understanding what we need, even if it's difficult, so we can care for ourselves.

This could mean taking a timeout when we're feeling overwhelmed; it could mean making time to do an activity that we know makes us feel good; or it could be as simple as making sure to do the basics like eating and sleeping well when we're struggling.

What works for one person may not work for someone else. It also looks different depending on where we're at mentally at the time; what works for us when we're doing well might feel impossible when we're going through a hard time. But that's okay. The important thing is that we listen to what we need, not what we think the world needs from us.

When we think about self-care, we might think of a particular activity like reading a book or having a bath. Self-care can be a single activity like this, but it doesn't have to be. It could be setting a boundary with someone to look after your own mental health; it could be pushing yourself to do something you want to do even though you're nervous about it; or it could be giving yourself permission to take a break and do nothing at all.

Remember, the important thing with self-care is not what it looks like, but what it does for you and how it makes you feel. Because when it comes to self-care, it's not one thing, it's your thing.

## Reading corner

All pupils who have been supported by a reading intervention this year have undergone some end of year testing to ascertain the levels of progress that have been made. We have seen some very encouraging outcomes which is testament to the hard work that both staff and pupils have put into these sessions.

### Reading Corner:



#### Recommended read

Once a month, when there's a full moon, the adults of Tremorglade transform into vicious werewolves, known as Rippers. The children of the town are their Caretakers and are responsible for locking the Rippers in secure cages, laying perimeter explosives and setting tripwires to guard against any escapes. Once the Rippers have returned to their human form the following morning, they are released. This arrangement usually works well, but Sel and his best friend Elena are concerned when a series of escapes puts the whole town at risk.

Meanwhile, Sel discovers a small drone, tangled in the branches of a tree outside his house. According to Pedro, Elena's tech-savvy brother, the drone emits infrasound, which is inaudible to humans but can affect some creatures – including werewolves. As they investigate, Pedro mysteriously disappears, and Sel and Elena worry that they will be

silenced before they can uncover the truth.

This gripping teenage horror contains just the right balance of gore, tension and humour, and sits perfectly between middle grade fiction and young adult novels. With a pacey, intriguing plot and a

convincing cast of characters, this dystopian page-turner will have readers on the edge of their seats.

Well done to the following pupils who are demonstrating their commitment to Bedrock Vocabulary. A reminder that pupils are able to access IT facilities in school should they wish or if there are issues accessing IT at home.

#### **Year 7:**

**Progress made:** Mirui Z, Mairead S and Scarlett M

**Points awarded:** Penny R, Diwaniha Y and Tyler B

#### **Year 8:**

**Progress made:** Yasaman G, Taylor R and Maysa A

**Points awarded:** Maysa A, Mohammed H and Reuben T

#### **Year 9:**

**Progress made:** Katie D, Leah B and Matvey S

**Points awarded:** Louie A, Leon B, Leo G

## **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 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 Summer term:**

11 July 2023	School Sports Day
18 July 2023	School Sports Day (reserve)
19 July 2023	Reports issued to Year 7-10
20 July 2023	Reward trips
21 July 2023	Achievement Assembly
21 July 2023	<b>School closes for summer at 1.15 pm</b>

## Pupil praise

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

House points:

1. Clougha **1471 (9.3 per pupil)**
2. Storey **1107 (7.3 per pupil)**
3. Halton **1140 (7.2 per pupil)**
4. Lune **823 (6.2 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
Daniel S	Archie A	Mia S	Connor B
Coen A	Isaac P	Kyle S	Mia M
Charlotte H	Ronan H	Maggie A	Ruby A-T
Asher J	Daniel K	Lola C	Manot A
Ben G	Caitlin H	Kayden W	Katelyn M

## Attendance

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

**Year 7:** Clougha 1

**Year 8:** Halton

**Year 9:** Halton

**Year 10:** Clougha

**Attend today, achieve tomorrow!**

Special praise goes to the following pupils:

### Year 7

Well done to **Isabelle M, Jayden D, Phoebe L, Scarlett M, Ava G, Charlotte H, Ben G** and **Aimee O** for creating an excellent repeat pattern for their art homework based on the theme of 'Day of the Dead'. I think we have some budding artists in Year 7!

Thank you, **Brooke-Louise R**, for your score keeping in your rounders PE lesson and being very helpful.

Well done to **Alex S, Eliza T, Coen A, Caitlin W, Abbie E** and **Willow D** for your excellent participation at rounders club this week.

Well done to **William F, Poppy T** and **Max L** for being a part of the winning football team at the Lancashire Youth Games.

## Year 8

Well done to **Lilly B, Sophie A, Alix S, Kaycee B** and **Megan M** for your excellent participation at rounders club this week.

Well done to **Dillan W, Kian H, Rhys J, Ethan L** and **Lucas L** for being a part of the winning football team at the Lancashire Youth Games.

## Year 9

Thank you to **Daniel A, James R** and **Ben W** for helping in their maths classrooms

Well done to **Jack A** for showing resilience this week.

Thank you to **Daisy B, Lexi-Lee W, Mollie O, Jasmine T** and **Maisy H** for helping Miss Morris sort the girls changing rooms out this week. It was very much appreciated.

Well done to **Darniah G** and **Leah B** for your excellent participation at rounders club this week.

In Year 9, pupils English have been developing their oracy skills. They were tasked with creating a 3-5 minute presentation to deliver to their peers. The following pupils really impressed with the work they had put into their presentations: **Jacob B, Riley S, Caitlin S** and **Daisy B**. Well done, everyone. We look forward to hearing more next week.

## Year 10

Congratulations to the Year 10 peer mentors for their support of younger pupils in school and their attendance at the training activities.

Well done to **Gabriel R S, Alfie F, Connor B, Connor L, Jack H, Primrose M D** and **Poppy O** for completing and submitting their drama coursework this week.

## **Food corner**



Last week, Year 10 made Nacho chicken with spicy coleslaw using the deep fat fryer, which is a complex cooking technique, and their exemplary knife skills. We had a highly successful practical and they mastered these skills with ease.

We are immensely proud of how well they have performed this year, taking on restaurant quality dishes, their complex skill set and becoming confident young adults.



Have a safe and enjoyable weekend.



Mr J Cowper  
Executive Headteacher