

Dear Parent/Carer

Parent/Carer newsletter: Friday 7 October 2022

October half term

Advance notice that at October half term, Monday 31 October and Tuesday 1 November are staff INSET days. School will be closed. School reopens for all pupils on **Wednesday 2 November**.

Online Content Reporting Tool- Important information for parents

Many young people have access to unfiltered online and social media content. A lot of this content can be harmful to young people - some content is '**lawful but awful**'. If pupils or parents/carers have concerns about harmful content they see online, even if the content is lawful, you can report the content using the link we have placed onto our website. We recommend that content is also reported to the webpage / social media app.



<https://www.lancasterhigh.lancs.sch.uk/parents>

School photographs

The deadline for school photograph orders is **Wednesday 19 October**. Order forms and payment should be handed in at the school office.

Sports day

Unfortunately we have had to cancel our rearranged sports day this week due to the weather. We have taken the decision to leave the day until the summer term, this academic year.

Attendance

Following last week's newsletter, please take time to look at the image below which illustrates the impact of days missed on the overall % attendance of your child in school. We set an expectation of 97% attendance for all pupils as we know pupils who attend well benefit from improved outcomes.

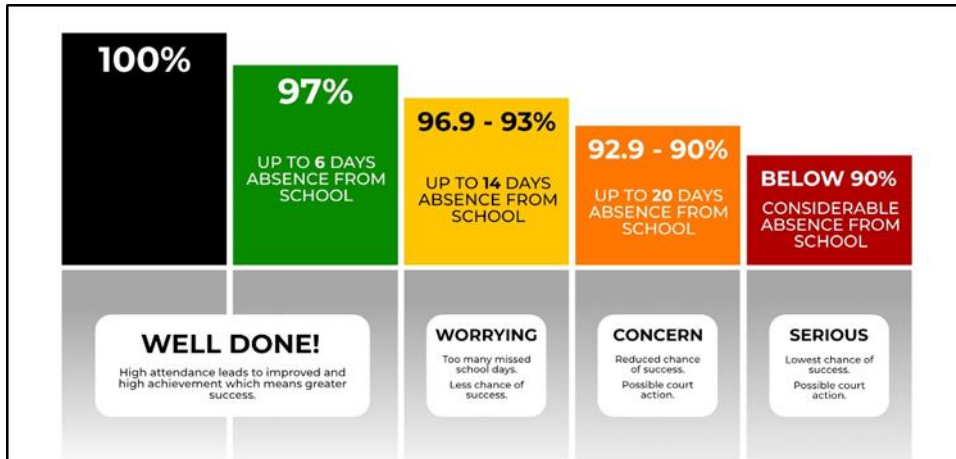
If your child is unable to attend school due to illness, please call the school in the first instance on 01524 32636 and Select Option 1 to report a pupil absent. You can also text to our **Absence Alert Text Number 07943 107504** - This is a virtual mobile number from which absence is monitored during the school day.

Commitment | Creativity | Community

Principal: Mr J Cowper
The Bay Learning Trust. Registered in England & Wales.
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THE BAY
LEARNING TRUST



Punctuality

This week, we have seen a slight increase in the number of pupils arriving late for school. This impacts on the start of their day as they miss important information from form time, assemblies and the PSHE programme that runs during form time throughout the week.

Please support your child with their organisation in the evening and morning to ensure they can depart for school on time and are prepared for their day of learning.

If you would like to talk to a member of staff regarding supporting improved punctuality and attendance for your child, please contact their respective Head of Year.

National School Breakfast Programme

A reminder that pupils are able to have breakfast, **free of charge**, in school between 8.15am - 8.40am. During this time they can choose from freshly toasted bagels or from a selection of cereals.

The breakfast is available in our canteen and is **free to all pupils in all years**.

Year 7 Meet the house Tutor Evening

Thank you to all families who attended our meet the House Tutor Evening last night. It was lovely to see you all again. If you have any questions or concerns regarding your child and school, their house tutor is your first port of call and can be contacted via the school office.

World Mental Health Day

Monday 10 October is World Mental Health Day and next week in assembly, pupils will be learning about the importance of looking after their mental health and having an awareness of those around them.

Pupils and families can find more support with this via the links below:

<https://www.youngminds.org.uk/young-person/>
<https://www.youngminds.org.uk/parent/>



Breast Cancer Awareness Month



October is breast cancer awareness month and over the last few years we have raised hundreds of pounds to support various charities who fund research into treatment and support those who suffer from breast cancer and their families.

This year we will once again be selling pink ribbons to wear for the rest of the month. They will be available for a minimum donation of 50p from Miss Timperley or your child's Head of Year.

Year 11 Parent/carer information evening and Mock Examinations in November

We will be holding an information evening for parents/carers of pupils in Year 11 on **Thursday 20 October from 18:00 – 19:00**. The focus of the evening will be to give an overview of key dates in Year 11, with a particular focus on how parents/carers can effectively support their child over the course of the year with revision and examination preparation.

Pupils in Year 11 will be sitting mock examinations in English language, English literature, maths, science, geography, history and French over a two-week period starting **Monday 21 November**.

Copies of the mock exam timetable can be found on our dedicated Year 11 revision page on our website, the link for which is below. The page also contains additional information about how parents/carers can support their child to effectively prepare for them.

Teachers have started to prepare pupils for these mock examinations by providing them with materials to revise from and a clear schedule of revision. Each Thursday, in their form time, pupils will be supported to develop revision techniques. Details of these sessions can also be found on the website.

New this week is a copy of the booklet that pupils will be using to plan their revision over the coming weeks.

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

Careers Updates

This term sees the start 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.

- **LRGS:** 11 October 2022
- **Lancaster and Morecambe College:**
 - 13 October 2022 (general information)
 - 30 November 2022 (T-levels information event)
- **Cardinal Newman College :**
 - Saturday 15 October 2022
 - Saturday 12 November 2022
 - Saturday 4 February 2023
- **LGGS:** 3 November 2022
- **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

Lancaster Royal Grammar School: 11 October 2022 5.30pm – 7.30pm

This is now a co-educational Sixth Form and there is no need to register to attend the event. Entry requirements for year 12 (Lower Sixth) is at least six grade 6s or higher in the GCSE examinations plus a minimum of grade 5 in both English language and maths.

A minimum of grade 7 is required for A- Level maths and grade 8 for further maths.

Lancaster and Morecambe College (LMC)

A wide range of level 2 and 3 courses are available at LMC, in addition to apprenticeship and T-Levels. To attend on the 13 October, you need to register before via the link below:

<https://www.lmc.ac.uk/events/he-and-fe-open-day>

Cardinal Newman College: Saturday 15 October 2022

Over 50 courses are available at CNC including A-Levels, BTEC courses and T-Levels. They are based in Preston and have the following entry requirements.

- **A-Levels:** At least five grade 5s 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 on 15 October, you should register by following the link below.

<https://www.cardinalnewman.ac.uk/newmancurriculum/college-open-events/>

SEND

Our weekly SEND clinic is now 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.

Term 1 SEND reviews for Year 10 will be held next week. Please email Mrs Ainsworth at sainsworth@lancasterhigh.lancs.sch.uk to make an appointment if you have not already done so.

POWAR: Please see the leaflet attached to the newsletter email. POWER is a youth voice group which supports SEND young people to connect with people and organisations of influence to bring about change that improves their everyday lives.

There is a three-week workshop in Lancaster's White Cross building on Wednesday evenings as a taster to participation. The sessions will work on improving transport for young people with SEND, alongside social participation games to help develop new friendships and resilience.

THE BAY: A Blueprint for Recovery. Please see attached leaflet for more detailed information.

They are offering a 6-week after school programme of Nature & Wellbeing sessions for 11-18 year olds. The weekly sessions, held at Lancaster Maritime Museum, will help young people to improve their wellbeing while getting creative, learning about and taking action to protect the fantastic wildlife of Morecambe Bay.

Please contact Alex (Nature and Wellbeing Officer for Morecambe)
ablomfield@edenproject.com / 07884 605256 for more information or to book a space.

Mental health and wellbeing

Our second exercise to help embrace loneliness in these winter months is:

2. Go into silence. Silence can be difficult and even scary for some people. We are used to televisions blaring background noise, car radios jingling, iPods playing, text messages beeping, mobile phones ringing, Facebook notifications pinging, tweets tweeting, and emails downloading. Set yourself a time limit for the silence, such as half an hour.

If you wish, you can take a walk during that time or engage in a relaxed form of exercise like swimming. Makes sure that the activity is not one that becomes a distraction. Choose to do something that simply allows you to be in silence. Be as present as you can with everything around you and within you.

Reading corner

Library

We're very excited that our library will be reopening soon following some additional refurbishment works. The library space will house a range of books, both fiction and non-fiction, that pupils can borrow. It holds a suite of computers which pupils can access to complete and print their homework and will be open before school, break, lunch and after school for pupils to access.

More information about the library's reopening will be shared next week.

Book Buzz

All pupils in Year 7 and Year 8 have now made their Book Buzz order. We now await the order arriving and this should hopefully be here after October half term. We shall let pupils know once they have arrived and these shall be distributed in forms.

Another favourite is...



Connie is proud to be known as the 'Queen of Slime' at school and intends to keep it that way – even though her entire slime collection has now been confiscated by the teacher. Desperate to get a new slime to take to school next week, Connie resorts to making her own, using a recipe her dad gets off the internet. Things take a funny turn though: after she adds some unique, additional ingredients, Connie wakes up the next day to discover the slime – aka Big Yikes – is alive!

At first Big Yikes is a cute little thing that talks in half sentences, but over the following days it quickly evolves in something much bigger and more menacing, with rather a lot of sharp teeth and a rapidly expanding appetite. Between school, friendship troubles and keeping Big Yikes in check, Connie

suddenly has a lot to deal with. Can she stay out of trouble AND stop Big Yikes from, well, eating her and everyone she loves?

Despite the title, this is more humour than horror – a funny tale about a science experiment gone wild and the everyday troubles of being a young teen. The underlying theme of figuring out that what makes you special isn't always what you expect it to be is a nice extra touch.

Bedrock Vocabulary 'top' performers:

Year 7

Greatest Improvement: **Valeriia O**
Most lessons completed: **Ben G**

Year 8

Greatest Improvement: **Kai H**
Most Lessons Completed: **Yasaman G**

Year 9

Greatest Improvement: **Jessica H**
Most Lessons Completed: **Mayar A**

Key dates for the Autumn term:

21 October 2022	Open Mic event at lunchtime
24 October 2022	School closed for half-term holiday
2 November 2022	School re-opens
W/C 14 November 2022	Year 11 Mock examinations
W/C 21 November 2022	Year 11 Mock examinations
1 December 2022	Year 11 Achievement Evening (2021/22 cohort)
15 December 2022	Progress Cards issued for Year 7 –11
16 December 2022	School closes for Christmas at 1.15 pm

Pupil praise

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

1. Clougha **1627 (10.2 per pupil)**
2. Lune **1149 (9.0 per pupil)**
3. Halton **1354 (8.5 pupil)**
4. Storey **1279 (8.4 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
Charlotte H	Yasaman G	Mia S	Lee W	Olivia S
Leon M-P	Gracie-Mai S	Kaan G	Toby H-I	Euan H
Logan C	Quaneisha Y	Eva B	Zack C	Daniel S
Layton J-H	Leonardo C-D	Kyle S	Matthew H	Paige D
Anastasia N	Kenzie K	Dylan H	Leon F	Harry C

Attendance

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

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

Special praise goes to the following pupils:

Year 7

George B for a fantastic transition to CLHS.

Tyler B for great effort in maths.

Thanks to **Valeriia O** for translating the French work into Ukrainian language to support their Ukrainian classmate.

Well done to all our Year 7 boys rugby team who played exceptionally well, in their first match, representing CLHS. **Logan C, William L** and **Leyton J** particularly played well in all three matches. Well Done Team Central!

Well done to **Poppy T** for your excellent contributions in PE.

7xy RE2 & 7XY RE3: Thank you to both classes who were very supportive of Miss Carr with her lost voice. A special thanks to: **Will L, William F, Lilly H,** and **Oscar C-G, Jenny B, Melody H, Anesu S, Leyla B, Ellie B, Brad F-K** and **Ocean Y** in 7xyRE2 who read aloud in class beautifully.

7X1 have been working hard looking at how Malala Yousafzai describes formative experiences.

Tom E, Lily B, Jayden D, Frank H and **Ocean Y** all produced detailed and effective pieces of analysis this week which was a pleasure to read!

Year 8

Alfie K for great effort in maths.

Josh W for improved organisation in maths.

Well done to **Sophie A, Chloe H, Lois -Taya R, Callum P, Joshua W, Athena W, Kaleb J, Tristan W, Rufaro H** and **Amy L** for some incredible and consistent focus during our Drop Everything and Read session. It is lovely to see the positivity ripple through the whole class.

Well done to **Elia S, Alix S** and **Kaycee B** for their excellent support at netball club.

Quaneisha Y for agreeing to translate some of our sentence builders from French into Chinese language for a younger pupil in Year 7 to support him.

Lexie H for always being such a positive influence on her peers.

Elia S and **Evie D** – For taking great pride in their presentation in their geography books.

Year 9

Cade B and **Edith M** for excellent contributions in English and computing.

Elijah M for fantastic graphic design work in computing.

Lola C and **Connor K** for great work and commitment in geography.

Darniah G and **Matilda L** for working well in French and being helpful at the end of the lesson.

Jas W for excellent reading aloud during DEAR on Wednesday. Well done, Jas!

Ibrahim S for excellent work in RE lessons making valuable contributions to class discussions.

Thank you to **9y/PE2** and **9x/PE2** for your excellent effort and contributions in netball lessons.

Davyd S for his support in translating the French work into Ukrainian language to support his Ukrainian classmate.

Year 10

Reece W for a fantastic turnaround in effort in maths.

Gabriel RS, Jethro K, Hollie H and **Ruby A-T** for the excellent piece of written they have produced about themselves and their family in French. A great deal of effort went into it.

Well done to **Adam W, Ryan W, Jack P, Anais T, Tyler S,** and **Tyler MM** who have played very well in their recent badminton lessons.

Stanley B and **Connor B** for outstanding contributions to our class discussions within history.

Year 11

Alfie A for improved effort and organisation in maths and for showing a good community spirit in caring for a new pupil who has joined Year 11 – thank you and well done.

Zunari N for having a positive attitude and being friendly and supportive towards younger pupils in school.

Ashley W for excellent work in hospitality & catering

Tia H for her creative contributions in information technology.

Charlotte K for excellent home learning contributions in history

Paige S and **Gracie H** for their outstanding contributions to class discussions. In addition, **Dya O** who produced an outstanding exam question answer that achieved full marks.

Sports corner

On Thursday 29 September, our Year 9 netball team travelled to Morecambe Bay Academy to play in a friendly Year 9 Netball tournament. Eight schools were competing across two leagues. Central played Carnforth, Ripley and Our Lady's. The first game was Our Lady's, and we drew 2-2. Player of the match was **Leah B**.

The second game was against a very strong Ripley team. Unfortunately, we lost 14-0 but the team did not give up and worked extremely hard to win the ball back. Player of the Match was **Ava W**.

The final game of the group stage was against Carnforth B team. The girls showcased their excellent teamwork and skills during this match and won 13-2 overall. Player of the Match was **Demi A**.

Central finished second in the group stage and went on to play Carnforth A for third or fourth place. Unfortunately, we lost 6-2 to Carnforth meaning Central finished fourth out of eight teams. This is an incredible achievement, and the team should be very proud with how they conducted themselves. Player of the Match was **Eva B**.

Well done and thank you to all the girls that took part for representing our school.

Our Year 7 rugby team got their first taste of competitive sport in CLHS colours, taking part in a friendly game against Carnforth and Our Ladies.

Carnforth were able to field two teams which meant the boys got to play 3 games in total. Our team did our school proud with an exceptional attitude and commitment to their defensive duties. They only learned how to tackle and ruck 2 weeks ago but it did not show as we dominated the opening game. Carnforth unable to win any rucks with **Leon MP** and **Max M** first to the breakdown every time. Unfortunately Carnforth had a super quick winger and he managed to get around the side of our line and score the only try of the game.

In the second game, we played against Our Ladies and yet again we produced a solid defensive performance. **Logan C** and **Will L** were magnificent throughout and **Logan** managed to get a try. At the final whistle, we tied on points which was a fair reflection of a very competitive game. The final game saw us dominate against another Carnforth team with **Ethan A** scoring the only try of the game. The boys were a pleasure to watch and a credit to our school – well done to all our boys.

Food corner

Over the first few weeks of the new year, Key Stage 3 pupils have been focusing on knife skills. To put their abilities to the test, pupils have attempted to create a swan using a variety of knife styles to carve fruit and vegetables. The results were amazing!



Have a safe and enjoyable weekend.

A handwritten signature in black ink, appearing to read 'J.C.', located below the text 'Have a safe and enjoyable weekend.'

Mr J Cowper
Principal