

Dear Parent/Carer

Parent/Carer newsletter: Friday 9 September 2022

Start to the new academic year

We have been delighted by how quickly pupils have settled into the daily school routines this week. Pupils have really engaged with their learning and there is a very positive atmosphere across the school. We thank you for your continued support in ensuring your child attends regularly, is punctual, dressed appropriately and equipped for lessons with a pen, pencil, ruler and school planner as a minimum expectation.

There will be an increased focus and expectation surrounding homework this year. Further information will follow in next week's newsletter. To ensure your child has a full and detailed record of their learning, pupils will be expected to take their books home to complete homework tasks. Please can we ask for your support to ensure pupils bring their books each day to their timetabled lessons. We encourage pupils to have a suitably sized bag to house their books.

Ties

Unfortunately we have had some supply issues with school ties. As a result, we do not have a full complement of house ties for all of Year 7 pupils. We have therefore taken the decision to wait until we can hand all Year 7s with their ties at the same time. We know how excited they are to wear their full school uniform and apologise for this delay.

Years 8-11 are not affected as we have a small number of spare ties that can be purchased from school for £6 if their old one has been lost or simply needs replacing.

Individual pupil photographs – Monday 12 September

On Monday, pupils will have their individual portrait taken by the photograph company – Tempest. You will receive a proof in the coming weeks from which you can order various size prints should you wish.

Open Evening for Year 5&6 pupils

On **Thursday 15 September**, we will be hosting our open evening for all pupils currently in Year 5 and 6 and their families.

Our pupils are always our best ambassadors, so we are asking as many as possible to act as helpers and tour guides on the evening. We would like Year 7 and 8 pupils to act as guides and Year 9, 10 and 11 to help in departments around school.

Commitment | Creativity | Community

Principal: Mr J Cowper
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**THE BAY
LEARNING TRUST**

Should your child wish to help they should speak to either their Head of Year or their class teacher for the department they would like to represent to get a letter for parent/carer permission.

If you have a child in either of those year groups, we warmly invite you to attend and please share the date with family and friends who may not yet have a child at our school as we would very much like to welcome them to our school too!

GL Assessments for pupils in Year 7 - 10

Pupils in Years 7 - 10 will be taking a number of online tests focusing on English and mathematics week commencing **Monday 19 & 26 September**. The purpose of these tests is to support us to better understand any specific strengths or areas of development for each pupil. It may be, that as a result of these tests, we will offer additional support in a small group or on a 1:1 basis.

The nature of these tests mean that **it is not possible** for pupils to prepare for them by revising. Pupils will be provided with detailed information about these tests next week.

SEND

If your child is on our Special Educational Needs Register, you will receive a letter next week outlining the Learning Support Provision at Central Lancaster High School. Please contact Lisa Maudsley if you have any concerns relating to your child's special educational need.

lisa.maudsley@lancasterhigh.lancs.sch.uk

A reminder:

Special Educational Needs and Disabilities – Local Offer: The local offer brings together information for children with SEND and their families. [Special educational needs and disabilities - local offer - Lancashire County Council](#)

Youth Zone: Join in various activities at Lancaster and Morecambe Youth Centre. Talk to a youth worker for advice and support and have the opportunity to go on trips out around Lancashire. [The Zone in Lancaster - Lancashire County Council](#)

FIND newsletter Autumn 2022: <https://www.lancashire.gov.uk/media/937433/find-newsletter-autumn-2022.pdf>



Please see attached document: Lancaster & Morecambe Additional Needs What's On Guide Sept / Oct 22.

Also attached to the newsletter email is a 'What's on Guide' provided by the Children and Family Wellbeing Service. It contains lots of useful information, activities and contact details for support offered within the local area.



Mental health and wellbeing

Self-care September

Self-Care September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 5 Forgive yourself when things go wrong. Everyone makes mistakes	 6 Focus on the basics: eat well, exercise and go to bed on time	 7 Give yourself permission to say 'no'	1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it
12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break	8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy
19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside	15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you
26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn	22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing

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



Reading corner

Next week, Miss Newsham will be holding assemblies with all year groups to introduce another element of our whole school reading strategy – drop everything and read (DEAR).

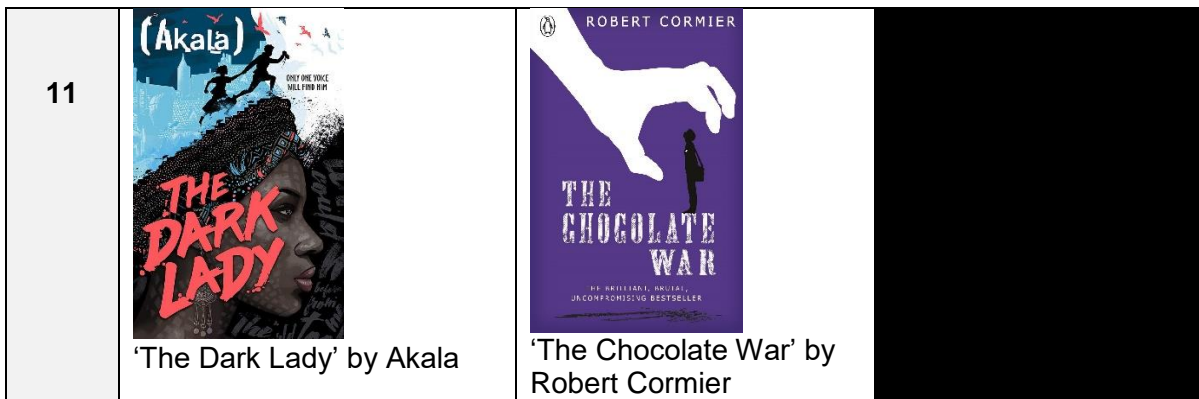
The Bay Learning Trust have made a significant investment into a number of chosen texts that pupils will read throughout the year. House tutors will be allocated one period per week where they will read the texts to pupils who will also be expected to engage in a number of activities and discussions around the text being read.

Our aim is to:

- highlight the significant value and importance of reading to our pupils, parents and staff
- develop pupils' reading abilities and strategies to further support reading for pleasure and being able to access the curriculum effectively
- provide challenging texts both in content, vocabulary and themes that will further develop pupils' reading skills, future reading habits and them holistically as individuals who can engage with the wider world and empathise with others
- develop pupils' cultural capital by offering texts which are outside of their 'known' world, allowing pupils to explore other cultures, situations and experiences
- promote a joy and love for reading to both our pupils and staff.

The texts to be read are below:

Year	Term 1	Term 2	Term 3
7	 <p>'A Series of Unfortunate Events' by Lemony Snickett</p>	 <p>'Where the Mountain Meets the Moon' by Grace Lin</p>	 <p>'Where the River Runs Gold' by Sita Brahmarchari</p>
8	 <p>'The Secret Garden' by Frances Hodgson Burnett</p>	 <p>'Short Stories' by Edgar Allan Poe</p>	 <p>'The Bone Sparrow' by Zana Fraillon</p>
9	 <p>'The Curious Incident of the Dog in the Night-time' by Mark Haddon</p>	 <p>'The Lie Tree' by Frances Hardinge</p>	 <p>'The Adventures of Sherlock Holmes' by Arthur Conan-Doyle</p>
10	 <p>'To Kill a Mockingbird' by Harper Lee</p>	 <p>'Never Let me Go' by Kazuo Ishiguro</p>	 <p>'The Black Flamingo' by Dean Atta</p>



Pupil praise

Special praise goes to the following pupils:

Megan M, Year 11, has been involved with Lancaster Music Festival helping to organise a 1940s event for Sunday 16 October. As part of the promotion she sang on her own on stage in the Market Square over the summer holidays and was very impressive! Well done Megan.

Ruby H, Year 11 has shown determination and resilience this week to make a real effort in her lessons, a great start to year 11.

Mia-Louise G, Year 11, has shown community spirit this week when helping our new year 7 pupils settle in and offering to be a supportive friend for a pupil who needed it.



In the Year 11x English Language, **Oli R** demonstrated excellent recall from his Year 10 lessons when recapping course content and exam expectations for his GCSE this year.

In the Year 11y English Literature, **Ruby H** and **Kayleigh C** worked brilliantly together using their research and retrieval skills when revising their poetry anthology work. It was superb listening to them working creatively and collaboratively together.

Poppy O has made an excellent start to her drama studies in Year 10 - well done!

Jay G, Year 9, has made a brilliant start in both History and RE where his contributions have led to thought provoking conversations and have shown a real interest in both subjects.

In Year 9 English, **Connor K** and **Gabriel L** have worked efficiently and made sensible contributions to discussions throughout their lessons. A great start to the year!

Rowan G in Year 8 has started the year by producing high quality work in Geography where we have been looking at geology and the structure of the Earth.

Rowan G, **Evie D**, **Yasaman G**, **Quaneisha Y**, **Ethan C**, **Ollie B** and **Peter C** have started Year 8 really well and have been praised by all of their teachers.

Ronan H for his excellent start to Year 8, well done!

In Year 7, **Ethan C** has made a wonderful first impression in RE and was really enthusiastic with his work. Well done!

Ezekiel M in Year 7 who has made incredibly valuable contributions to his RE lesson this week and shared personal opinions which then helped others gain confidence to do as well.

Jayden D and **Brooke G** in Year 7 for being helpful and well organised in form time.

Theo A in Year 7 who has had an amazing start to term especially with being new to our local area as well as a new school.

7 CLOUGHA 1 have been so polite and attentive all week in form and assemblies – they are all very welcome additions to our CLHS community. Thank you, Year 7. Miss Timperley and Mrs O'Hare are really proud of you.

Have a safe and enjoyable weekend.



Mr J Cowper
Principal