



**Central Lancaster
High School**

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SHINES A
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RACE FOR LIFE
Can we smash our charity fundraising?



**Central Lancaster
High School**

focus

What a simply fabulous end to our school year we have had. I am so incredibly proud of our students who have stepped up and participated in a huge range of opportunities and activities this year at Central. As always, this edition of Focus is packed with stories and reflections of both staff and students and I hope gives you an insight into life at our school.

From September we are launching a brand new House system in school, to replace our traditional year group and forms structure. Every single student, member of staff and governor at our school will be allocated to a house and we have chosen 4 incredibly passionate members of staff to lead us all into the future. The House team will be led by Mrs Crossman and the House leaders will be Mr Moore, Miss Carr, Mr Clark and Miss Cottam. The house system will deliver even more opportunities; all houses will compete annually towards a common goal, The Central Shield. The houses will encourage aspiration, character and endeavour and activities will offer something for everyone.

Our school focus for next year will be raising aspirations and resilience in our young people as well as of course continuing to raise standards of achievement.

I have been thrilled recently with the positive feedback we have been receiving from our local community as our students have participated in community projects and their excellent behaviour has been noted by the public whilst our students have been out and about on many trips and visits.

From winning the Land Rover Engineering Challenge, to medallists at Lancashire School Sports, to future politicians having the opportunity to visit the Houses of Parliament, to an international first ever trip for our school to Iceland....we really are making sure that together, everyone in Central SHINES!

Mrs Hall
Headteacher

RACE FOR LIFE...

On Friday 6th July our students and staff took part in a sponsored 5k event. Following on from last year's success in raising £6,650 for Cancer Research UK, students volunteered to take part in an attempt to raise more money for the charity so close to many of our hearts. Many students wore pink to represent the Race for Life, whilst some took it a step further to try and raise more sponsorship money by taking part in fancy dress. It was a brilliant atmosphere with many sharing their personal reasons for wanting to take part and supporting each other through the distance. A huge well done to all who took part, and thank you to everybody who sponsored the event for such a worthy cause. **We will announce the total raised very soon!**



dates FOR DIARIES

Autumn term starts:	Tuesday 4th September
Half Term:	Friday 19th October - Wednesday 31st October
Christmas Holiday:	Friday 21st December (Early closure at 1.00pm)
Spring term starts:	Monday 7th January 2019
Half Term:	Friday 15th February - Monday 25th February
Easter Holiday:	Friday 5th April
Summer term starts:	Tuesday 23rd April
May Day Holiday:	Monday 6th May
Half term:	Friday 24th May - Monday 3rd June
Summer Holiday:	Tuesday 23rd July
Teacher days when pupils do not attend:	Monday 3rd September 18 Monday 29th October 18 Tuesday 30th October 18 Friday 30th November 18 Friday 25th January 19

YEAR 10 MUSIC SHOWCASE

On 23rd and 24th April, the year 10 BTEC music pupils gave an end-of-project performance they had been working on since January. These performances were completely self-organised, from the choosing of their own music and themes to the booking of the school hall. It was a chance to present their independence, creativity and musicality with close family and friends who had witnessed them working so hard to make the showcase happen.

The shows ran for forty-five minutes and consisted of various different types of performances, such as solos, duets and bands; and featured a range of instruments the students had been practising in preparation for their Spring showcase, an element of their overall BTEC project. These performances were recorded to be sent off to the exam board, as a part of their final grade, along with two other final pieces they had completed since January. Everyone worked really hard and the final performances were fantastic!

Kyle Lheureux



My experience at Spotlight was wonderful! I loved being in it and how we got the message around was clear. It was really fun and I enjoyed singing and dancing with my friends.

In Spotlight I feel like we have all come together and we have become closer as friends.

Spotlight was all about diversity and being who you want to be; we clearly made that point through singing, dancing and acting out the message to the audience in a fun way. I would love to do it again and recommend being in a school show to everyone.

Isabelle Madden, 7C Dancer

My Spotlight experience was fun; I performed in the Central Stars dance performance of 'Power' and rehearsed every week in after-school Central Stars Dance Club. At first I found the dance hard but after I got the hang of it, attended weekly and rehearsed a lot it was easy and also fun. When it was show time I was scared and nervous but when I went on stage I was not scared I just got on with it and I think we were great!

Layla Murgatroyd, 7C Dancer and singer

When we did Spotlight it was really fun and we had a great time practising and performing the show. Spotlight was all about accepting who you are and being who you want to be. At first I was a bit nervous but after a while it was really fun.

Isabelle McIntyre, 7C Singer

I was an actor in the Spotlight production. I worked hard and learnt all of my lines. I really enjoyed being an actor. I also learnt a lot about historical figures who have stood up for their identity: Rosa Park, Emeline Pankhurst and Harvey Milk.

Shannon Preston, 7C Actor

My experience performing in Spotlight was really enjoyable. We were all so excited to perform and were happy to stay late to practise. I performed in the Power dance and sung a duet too. It was really wonderful experience and all the teachers were extremely helpful. Back stage we were all congratulating each other and you could tell how excited we all were.

Mollie Maxwell, 7C Dancer and Singer

It was a really fun experience being in Spotlight, letting yourself enjoy it, making new friends with people and not worrying about your different identity. I enjoyed performing with people who were different than me and letting other people know who I am and my identity. Spotlight has taught me that you should be who you want to be and you should be proud of it even if you have a different skin colour or identity. So you be who you want to be!

Sam Hodder, 7C Actor

SPOTLIGHT 2018

I really enjoyed being in Spotlight because it was enjoyable learning how the backstage equipment works. I had the job of rushing around and getting the microphones on stage and operating the curtains. I enjoyed doing this. It was a fabulous experience.

Joe Forrest, 7C Backstage crew

This year for Central's annual show we brought back 'Spotlight', but with a twist! This year we celebrated ten years of the show! 'Spotlight' was an exploration into the past, investigating movements that fought to better the world for future generations, creating safe, accepting environments for the people who need it the most.

There was something for everyone; dancing, acting, comedy, history and even poetry. The drama group re-enacted iconic historical scenes: Rosa Parks on the bus making a stand (or sit) against the discrimination of black people. Emmeline Pankhurst and her fellow Suffragettes who fought for votes for women and women's rights, and Harvey Milk recruiting potential voters for his LGBT acceptance movement.

Dancers from Year 7 to Year 11 came together to show off their amazing routines, all displaying incredible talent and determination. The whole cast performed an amazing finale together celebrating being who you want to be with a catchy song from 'Kinky Boots' the musical. This displayed our unity, friendship and talent together for a final time truly making this Spotlight one to remember.

Kyle L'Heureux, actor and poet

I really had a lot of fun when we produced and performed Spotlight because I was able to express myself and I experienced something that I had not done before which took me out of my comfort zone. I was quite scared when I was on the stage but I knew what I had to do because of our rehearsals so I just let it all go and enjoyed myself.

Arif Muhammed Kamal, Actor

PRIDE!

In May the CLHS Unity group headed to Lancaster Pride to celebrate LGBT people living in our city. It was the second year of the event and just like last year we were proudly the only school that was represented! Amber Rutherford in Year 8 has written about her experiences of the day:

The atmosphere at Pride was amazing; there were so many people having fun and celebrating with others. A lot of people were surprised but also grateful that the Central LGBT group was there to march. People were happy that such young people were supporting the community with all they have. It was an amazing experience for everyone who went and next year I'm sure it will be just as spectacular. There were stalls to buy things from, some small rides such as the Ferris Wheel and Tea-cups. A stage was erected for some singers who performed.

Everywhere you looked there were masses of bright and powerful colours helping to show the support of the people holding the flags. There were a lot of people from Central and all of them were amazing in the march: dancing, smiling, laughing and just having a good time. They showed their support so it could be seen by the whole crowd. Everyone who went had a massive smile on their face and left with one too, even people who didn't join in with the march were happy to see that so many people were there.

Pride was such a good day and everyone who went was talking about it at school the week after. It was better than words can describe and everyone loved it; the teachers were so helpful getting everyone ready before the march, using glitter or painting students' faces and they were so supportive during the whole event. Everyone was so grateful that the teachers let us come with them to Pride.

Thank you Team Central!!



Central shines at district sports day

On a glorious day we took over 100 pupils to compete in athletic events at Salt Ayre. As ever, the competition was hot but Central took huge steps forward and secured a good haul of 3rd and 2nd places. However, the highlight of the day was bringing 4 district CHAMPIONS back to school.

First places:

Shannon Preston (yr7 girls discus)
Berkat Atkinson (yr7 boys shot)
Chloe Seacy (yr8 girls triple jump)
George Loran (yr9 boys long jump)

Second places:

Mae Whalley (yr7 girls 300m)
Eve Hoyle (yr7 girls long jump)
Max Holt (yr9 boys 100m)
Ella Pye (yr10 girls 300m)

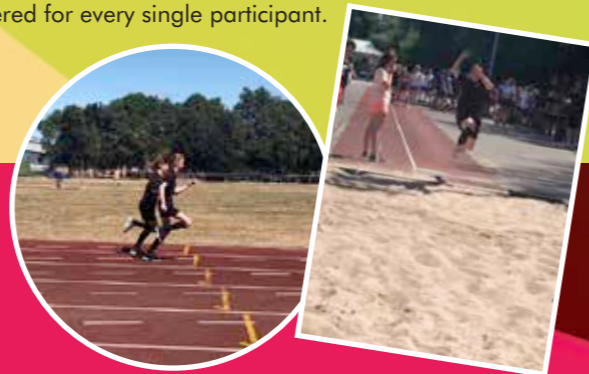
Third places:

Daisy Ryan (yr7 girls 200m)
Priya Bradley (yr7 girls 800m)
Abbie Wojciechowicz (yr8 girls 100m)
Annelie Sinclair (yr8 girls 800m)
Jem Shipton (yr8 boys 100m)
Elwood Lawson (yr8 boys 300m)
Patty Shuttleworth (yr10 girls 200m)
Caitlin Malley (yr10 girls Hurdles)
Colin Duckles (yr10 boys 300m)
Thabiso Maphala (yr10 boys 800m)
Mark Sweatman (yr10 boys hurdles)

Well done to all those who took part, you were a fantastic TEAMCENTRAL!!!

School Sports day a Roaring Success

With world cup fever hitting the nation (come on England!) our school sports day went ahead on a blazing summer's day. Pupils competed in forms, with each form representing a country from this year's World Cup. The atmosphere was exceptional and a great day was had by everyone. Pupils competed in 400m, 300m, 200m and 100m sprint events and a relay. A huge thank you must go to all of the pupils and staff who cheered for every single participant.



District Athletics

As we go to press, over 100 pupils will be competing for the school against all other schools in the area in a range of Athletic events on 4th July. Hopefully we can produce an even better haul of results than last year.

SPORTS NEWS

Lancashire Commonwealth Games

2018 so far has been a great year for sport and to commemorate the Commonwealth Games, Active Lives Lancashire with CSI (Challenge through Sport Initiative) held Lancashire's very own Commonwealth Games. The event took part at UCLAN on Thursday 12th April at UCLan Sports Arena in Preston. Lord Shuttleworth opened the games which saw Lancashire TV cover the day and broadcast it in their evening report and also saw Radio Lancashire hold an outside broadcast with John Gilmore live.

Team Central were up for the challenge and had a great day taking part in Soft Ball Cricket and old-school Sports. The event was a huge success with hundreds of people attending.



Girls' Rugby

Girls' Rugby has been a huge success this term and we'd like to say a big thank you to Martin Powell for coming in and coaching our Year 8 girls throughout this term. On 13th June 2018 we took part in the U13 Girls' District Touch Rugby Tournament held at the Vale of Lune Rugby Club. Our girls did an amazing job competing against other schools within the area and we are so proud of them qualifying to represent Team Lancaster at the Lancashire Schools Games on 3rd July at Stanley Park in Blackpool. This will be alongside our Pan-ability Football team. Good luck Team Central and Team Lancaster!



Young Health Ambassadors

Our Young Health Ambassadors have had a busy year in their bid to champion the importance of leading healthy active lifestyles and have been organising and running activities to affect real and lasting change within school. To increase the activity levels across whole school our YHAs have implemented #MovementMondays and pupils now take part in mini-activity challenges encouraging them to be more active throughout the day. They have also looked at the school canteen menu and, through pupil voice, have increased the healthy options on the school canteen menu and created a Healthy Eating Award.



This term they were also lucky enough to take part in a careers talk from a Senior Paramedic, who taught them a thing or two about what life was like taking emergency calls in an ambulance. The pupils received lots of information about how to become a paramedic and also learnt the basics of CPR - an important skill for all of us! Thank you to BCT Careers and St John's Ambulance for helping to make this happen!

District Cricket

District Cricket was in full swing during the summer term. The year 8 team enjoyed a fine summer's day and played intense games against Our Lady's and Heysham. The boys really showed off the skills they had been developing in lessons and produced some excellent bowling. The Year 9 team were drawn into a tough group against the boys' Grammar school and Ripley. They gave it their best shot and Mr Wiggins congratulated them on their efforts.

Lots of skills to develop and fun to be had on the...DUKE OF EDINBURGH EXPEDITION

Bronze Duke of Edinburgh was a great opportunity for fun adventures. It has taught us valuable skills such as teamwork, communication and navigation. As a team we had to map read from a starting location to our camp for the night, this took us about 6 hours. In between the route we had a few checkpoints to rest, however they were only short but helped us a lot!

In our teams we all had certain roles, these roles included the main map reader. This was Colin, he helped lead the way and kept us on track throughout the day. We had the morale boosters who were the ones who kept us laughing when we needed it the most, these were Alex, Elia, Tyler and Ethan. We had other roles as well as these including the head chef who was Ella and our final team member was Adam.

When we got to camp we pitched our tents in our pairs. The pairs were Ethan and Tyler, Ella and Elia, Colin and Alex, and Adam. Ella cooked dinner for some of us, she cooked chicken curry and rice, it wasn't the best but it was ok, the chicken was a bit hard as was the rice. Once we had dinner we explored the camp, there was an assault course which went on and later on Mr Chapman built a campfire for us to sit around.

The skills we developed will benefit us in the future and will look really impressive on our CVs, which could then help us to secure jobs as employers look out for people with the skills. Employers particularly like it if you have done a DofE award because it shows that you have good teamwork skills.

OUR TOP TIPS FOR BRONZE DOFE ARE:

1. Pack light; you don't need as much as you might think. You're only there for two days, so you don't need your whole wardrobe!
2. Wear sun cream and a hat as if the weather is good, like ours was, you will burn.
3. Wear thick socks because otherwise you will get blisters.
4. Pack high protein food for energy, like nuts.
5. Keep hydrated, drink plenty of water.
6. Have fun!!

By Tyler and Ethan in Year 10



CENTRAL WENT TO ICELAND



The Geography Department visited Iceland 23rd - 27th March. The trip was planned to support studies of tectonic hazards in Year 10 and glacial landscapes in Year 9.

For three nights they stayed in Reyjavik, the world's most northerly capital city. A highlight of the visit was a trip to Solheimajokull, the disappearing glacier. It has been retreating rapidly in recent years due to warmer temperatures and pupils got to see the incredible power and beauty of a natural feature that they have studied in depth.

They visited several stunning waterfalls including Skogafoss and the double-step waterfall Gullfoss. A visit to Thingvellir meant pupils could walk between the Eurasian and North American tectonic plates, witnessing where the land is torn apart as the plates move apart a few centimetres every year.

Many of the pupils favourite activity was a hike up the Reykjadalur valley where they got into swimming gear in the cold temperatures and soaked in a warm geothermal river surrounded by an icy landscape. It was like nothing they had experienced before.

One night was spent in a remote location close to the village of Vik and they witnessed the Northern Lights, a beautiful phenomenon in the night sky.

There were four teachers and 27 pupils on the trip from aged from 14 (Year 9) to 18 (Sixth Form).

YEAR 11 VISIT MALHAM

On the 27th and 28th of June, the Geography Department ran an educational field trip to Malham in the Yorkshire Dales National Park as part of preparation for the GCSE fieldwork examination in Year 11. The purpose of the field trip was to study the impact of tourism on Malham. Pupils also visited the popular limestone feature Malham Cove, where nesting Peregrine Falcons could be seen. On the return home we visited, and scaled parts of, the Norber Erratics. These huge boulders were likely deposited by melting ice sheets around 12,000 years ago.



JUNIOR MATHS CHALLENGE

The UKMT Junior Maths Challenge took place on Thursday 26th April 2018.

20 students (twelve Year 7 and eight Year 8) took part in this problem-solving challenge. They all worked hard on the individual challenge with seven students achieving awards.

Emily Armstrong, Liam Studholme and Draydan Tyson achieved Bronze awards; Gwyneth Panes-Everill, Thomas Gudgeon and Elwood Lawson achieved Silver awards, and Talyn Gadsdon achieved a Gold award. Go Central!

Chris Garrett received an above average score in his follow-on challenge after receiving a Gold Award earlier this year.

Well done to all of the students who took part in the challenges this year

Mrs M. Moore



Engineering club

This term saw our Engineering Club comprising: Beth Richards, Naomi Sinclair, Annelie Sinclair, Elsa Medd-Stengel, Abigail Hunt and Matilda Bulman, invited to a "Women in Engineering Day" at Lancaster University. The group participated in a number of challenges involving other schools including bridge-building, tower-erecting and engineering a human frame! They were also able to work alongside some truly inspirational female university graduates in varied areas including robotics, chemical engineering and electronics.

The whole day was a great show case for Women in Engineering and gave our girls the opportunity to showcase some of their own skills they have developed in Engineering Club and gain an insight into a career in Engineering.

"The day was extremely fun and I recommend engineering to anyone who is interested in it."
Beth Richards

"We enjoyed seeing all the projects the students were working on...from electric cars to robots that can go into Ebola infected areas."
Naomi Sinclair

"It was an inspirational experience."
Annelie Sinclair

"I learnt a lot about the types of jobs that are possible in engineering."
Elsa Medd-Stengel

"The activities were amazing."
Abigail Hunt

"It was inspiring being around other girls who share the same passion."
Matilda Bulman

CLAVER HILL PROJECT

Seven pupils from years 9 and 10 have been involved in a community-based project at the Claver Hill Community Garden on Ridge Lane. The project was to repair and improve the fencing around the site, to make it more secure for those who use it. The project ran for 4 weeks, taking place each Tuesday and was working in partnership with Counsellor Caroline Jackson, Strawberry Fields Training Ltd and our very own Jon Oliver. All of the pupils who participated in the project not only had the opportunity to give something back to the community, but also gain three AQA unit accreditations:

Health and Safety on a Construction Site.

Preparing a Site for Construction.

Behavioural Safety in the Workplace.

All of the pupils on the project made an impressive start, engaging fully and getting stuck in with the removal of old fencing and replacement of new posts. Comments from a staff member from Strawberry Fields were:

'I have been really impressed with the attitudes of the young people who have helped us on the Claverhill Project. They have been enthusiastic towards their learning of new skills, and they have had fun some whilst showing responsibility and a maturity when using tools and carrying out physical activities. Comments like, "I could do this every day, having fun and learning at the same time; it's wicked..." really reinforce that they are enjoying working on the project. It has been a nice and productive experience, and a pleasure working with your young people.'

The pupils made an exceptional job of removing, replacing and repairing the old fencing to make it good for the allotment users and received praise from passing local residents for their efforts.

One of the pupils gave the following statement about the project:

'I found the Claver Hill Project very interesting as I learned a lot of new skills that will help me in the future. I also liked it because it was a change from working in the same classrooms every day as we were working with our hands outside. I have gained qualifications from it which I can also use in the future and I have learned to work in a team successfully and productively. Claver Hill has had a positive effect on me because if I had been having a bad week, it would help me release my anger in a productive way. I think it has had a positive effect in school because now I know how to work in a team and have fun, whilst still doing work.'

The pupils on the project worked really hard, as a team, to achieve their goal. It was an amazing experience to see them all working so hard together and a very proud experience for the staff involved.



FOOD BANK

Each week at Central Lancaster High School we organise a charity collection for numerous local charities. In the past we have raised money not only with our weekly charity collections but also with various events such as the "Race for Life" - which is happening again this half term.

Our 'event' last half term was donating food and hygiene supplies to the food bank. Central bought a wide variety of products including toothbrushes, toilet paper, juice, biscuits, and much more. Members of the Central School Council presented the donations to two volunteers of the foodbank on Tuesday 22nd May when they came to collect it in their van.

Emily Armstrong
Year 8D



PUPIL LIBRARIAN CONFERENCE

On Monday 25th June we went to the Pupil Librarian Conference in Blackburn. It was held at St Wilfrid's C E Academy in Blackburn. Whilst we were there we did lots of activities such as raffles, the fishing game, (organised by Mrs Laycock), and a murder mystery. It was lots of fun and a great way of meeting new people and making lots of friends. It was a wonderful opportunity and we're all so grateful for an amazing day.

Aasiya Patel, Chloe Robinson, Elsa Medd-Stengel and Humairah Patel (Year 8)



foCus
Summer 2018

Year 11

So it was on Thursday 21st June that year 11 arrived to school for their final celebration assembly. Donuts and muffins were readily available and everyone was in a good mood for the festivities. The obligatory shirt-signing commenced and staff were poised with pens of various colours.

Year 11 dutifully trooped into the hall for their final assembly and everyone was in high spirits as Mrs Hall delivered the line 'Good morning, Year 11!' for the last time.

Pupils were awarded with certificates for excellent behaviour, attendance and attitude and a couple of novelty awards for pupils' commitment to prom!

It was then time for the main part of the assembly where pupils were treated to messages from staff about what they would miss about Year 11 students and a montage of photographs from their 5 years at school, which prompted a few tears!

We would like to wish year 11 every success for the future and every happiness in whatever they choose to do. They will always be part of the Central family and we are here whenever they need us. Goodbye and good luck!



Staff Leavers

We have a number of staff who have left this year or are leaving at the end of this term.

After 26 years of being in service, **Mr Hodges** is retiring. He started at CLHS in 1992 as a teacher of history; he then went on to be a Head of Year, then Head of History with a recognised status as an Advanced Skilled Teacher and then Assistant Headteacher in charge of Teaching & Learning. We are very grateful to his commitment to the school over the many years he has been with us and we wish him a well-deserved retirement.

Mrs Altham has worked in the school for 22 years as a cleaner and assistant in the science department. Mrs Altham, better known to us as Margaret, retired last term and has been enjoying gardening and tending to her beautiful flowering plants.

This term we say 'good bye' to **Mrs Laycock**. Mrs Laycock joined CLHS in 2001 and worked in the office as the receptionist. She became the school's librarian in 2005 when we had a newly refurbished facility. During Mrs Laycock's time with us she has organised so many activities including World Book Weeks, author visits, book sales and the accelerated reading programme. We thank her for her passion for books and engaging all of our pupils in the love of reading.

Our office manager, **Miss Sowerby** (better known as 'Jo in the office') is leaving us after joining us in 2005 as a receptionist. Her cheery welcome and helpful manner on the phone and on the reception desk will be missed by so many parents, students and staff.

Earlier this year, **Miss Scott** left us to retire from the teaching profession after being at CLHS for 12 years. As a keen cyclist we are sure that she has been clocking up the miles on her 2 wheels!

Mrs White is leaving us this term after teaching French and delivering the occasional Italian and Russian workshops. She has been with our school since 2010.

Mrs Moss had been a teaching assistant in our school for 7 years before leaving us to be a PCSO last term. She was also the Duke of Edinburgh lead and helped to establish the programme in our school. Over the years she built up the interest in DoFE and has led pupils from bronze to silver and to gold award. Her work with DoFE has been highly valued by the students, parents and staff of the school.

Miss Hargreaves left our SEN department to retire after 7 years as a teaching assistant in our school. She has supported many of our students in their learning and we are very grateful to her. Her twin sister **Mrs Guppy** is also retiring after 8 years of service to our school. Mrs Guppy was known to our school as a PCSO before she took up the position of a teaching assistant and then as a student support officer. We thank her for all the support and kindness she has given to our students.

Earlier this year **Mrs Adams** left us after 5 years to take up a post at Lancaster Girls' Grammar. Miss Lowther left us at the same time after joining us in 2016 as a teaching assistant; she is now completing her MA at Lancaster University, with her mind on a future PhD!

This term we say good bye to **Mr Cooper** who is leaving us to teach maths at Our Lady's Catholic College, **Miss Everett** who is leaving us to teach in the English Department at QES in Kirby Lonsdale, **Miss Warburton** who is going to train to be a midwife and deliver babies into the world, and **Mr Parr** leaves us after teaching ICT for 2 years in our school. We also say farewell to **Mr Kynes**, who is returning to London to take up post as Head of Science for a Multi Academy Trust.

We wish all the staff well with their futures and we look forward to hearing how they get on.

Year 13

This term we have bid farewell to an amazing group of students who will be the last year 13 students to 'graduate' from team Central. They have contributed much to school life over the last seven years through school performances and charitable events and they will be missed by all of the staff who have taught them.

Year 13 joined us for a final assembly on 25th June where we took them for a trip down memory lane and treated them to a barbecue (thanks to Mr Hall and the fabulous kitchen team). They are all moving on to bigger and more exciting things – many going to university and others already earning money! I would like to wish them all the best of luck and to remind them that they will always be a part of the Central family.



Cameron Redpath

Well I truly can't believe that after 5 years my time at Central Lancaster High School is coming to an end. Doesn't time just fly?

I was lucky the education board helped to install an extra lift, so I could fully access all areas of the school and I hope that more wheelchair users realise that Central is an accessible and supportive school. It has some special teachers, who go out of their way to encourage, help and support you to work harder to succeed and shine. I will be forever grateful for those particular ones, but I am looking forward to the next chapter in my education and to fulfil my ambitions. I wish everyone much happiness and success here at Central Lancaster High School as I leave the door open for many more wheelchair users to come.

Thank you Central for making me feel like family! Goodbye for now.

