

HOUSE NEWS

GLORY FOR STOREY
HALTON HEROES
CLOUGHA CAN
LUNE LEADERS

**ACHIEVEMENT
EVENING** PAGE 8

Winter
2019

focus

YOUR FUTURE IS IN YOUR HANDS
THE BEST EVER CAREERS FESTIVAL

**Central Lancaster
High School**

**YEAR 7 FOCUS
ON THEIR HEALTH**

focus

It has certainly been a busy term with lots of amazing events and achievements for our school community. This edition of Focus tells you all about them:

Our Careers Festival this year was even better than previous years, and last year's was brilliant! We had representatives from many future employers and education providers, including GCHQ which appears to have sparked a keen interest from many of our young people and their parents! A huge thank you to Mrs Cottam for organising the event.

Year 7 have settled in very well and have enjoyed the many activities on offer to them as new members of our school, including the Health Fair at Williamson's Park and the trip to Chill Factore. The latter trip gave them the opportunity to try a new experience and have fun watching their teachers attempt the snowy slopes! I was so proud to see our students represent the school at the memorial service on 11th November on Miss Whaley's field, where they laid a beautiful wreath in memory of those who have sacrificed their lives for our freedom.

There have been so many house challenges and antics going on this term. Read all about them on pages 3 and 4. It always amazes me how generous our school is when it gives to charity, there is so much kindness and compassion in our school.

Sadly we have said good bye to several members of staff this term: Mrs Hall left us after 3 years at the Headteacher. She has taken up a post as the Director of Education for the Careers and Enterprise Company. We are very grateful to her for her strong leadership of the school and wish her well with her new venture. Ms Holmes returned to us from exciting travels this term but has now left us permanently. She had been a science teacher at Central for 16 years.

Ms Spencer joined us in 2007 as a teacher of science. She then took on the role of Head of Science, and returned to us after having her son as a part-time teacher. We thank Ms Spencer for her contribution to the school and the department.

Mrs Redhead is leaving us to work in a school closer to her home. She takes up a pastoral role after having taught English at Central since 2007. Mrs Redhead was also a head of year some years ago, so she has a wealth of experience to successfully carry out her new role.

Miss Grimshaw leaves us at the end of this term to take up a science teaching post in Manchester. After joining Central in 2007 to teach PE, Miss Grimshaw turned her hand to science teaching. She fully embraced this opportunity and is now well equipped to dissect various organs!

Mr French has spent a brief spell in the DT department as technician and has supported the DT team. He leaves us at the end of the term. We wish all them all the best with the future and look forward to hearing about their adventures in the next phase of their lives. I would like to take the opportunity to thank staff, parents and our students for their support and commitment in ensuring that Central is a vibrant school, that focuses on the general well-being of its community as well as the academic progress of its young people. I wish you all a restful holiday and quality time with your family and friends. I look forward to seeing you all after the Christmas break.

Victoria O'Farrell
Acting Principal



SHINE DAY

Year 7s - Our first SHINE Day was back in October and as Year 7s we really did not know what to expect. We had heard the rumours in September... "No lessons..." "Day off-timetable..." "Activities..." "Learning outside the classroom..." "Team work..." "Developing leadership skills..."

We were really excited....

Back in June when we had our transition day we were all gifted a copy of "You are Awesome" by Matthew Syed. It tells of his journey to table tennis champion and in the book he explains how having an open mind-set and a "can-do" attitude is the key to success.

On Shine Day we spent time in form groups looking at some of the key messages from his book and how we could adopt these in our school.

Year 8s - our Shine Day involved a STEM challenge - working together as a team, building our communication skills and having to work with others who we might not necessarily choose to.

We then continued with the team-building theme by taking part in a series of activities in the Sports Hall. There was a really competitive atmosphere as teams played against each other; each trying to outwit, outsmart and outplay the other.

Year 9s - we spent the day in the hall completing a Soapbox challenge with School Governor Andrew Bernard. We were organised into teams and had to develop a strategy to design, create and then market soaps. The atmosphere in the room was very business-like and the whole day was a very enlightening experience. The smells that the variety of soaps created was "scent-sational".

dates FOR DIARIES

Spring term starts:	Monday 6th January
Year 10 Parents' Evening:	Thursday 16th January
Year 11 History Trip:	Tuesday 28th January
Friendship Day:	Tuesday 4th February
Year 8 Parents' evening:	Thursday 6th February
SHINE day:	Wednesday 12th February
Year 11 controlled test for dance:	Friday 14th February
Half term:	Monday 17th - Friday 21st February
Fairtrade Fortnight:	Monday 24th February - Friday 6th March
Year 11 PPE exams:	Monday 24th February - Friday 6th March
World Book Day:	Thursday 5th March
Sports Relief:	Monday 9th March
KS4 performing arts evening:	Thursday 19th March
KS3 achievement assemblies:	Friday 3rd April
Spring term ends:	Friday 3rd April
Summer term starts:	Monday 20th April



Food Bank



On 21st November Liz Dean, an ex CLHS teacher and now volunteer for Morecambe Food Bank and Joanna Young (Trustee of Foodbank) came in to talk to Year 7 & 8 and launch our December food bank donations appeal. It was interesting to hear about the donations they need and how they serve the local community. We will be delivering our donations on 19th December.

THE HOUND OF THE BASKERVILLES

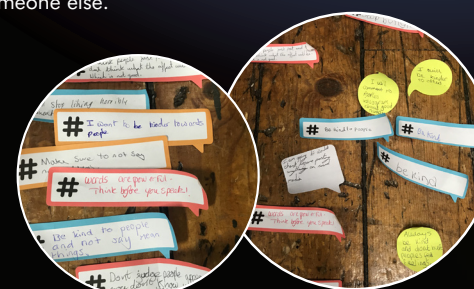
On the 6th November, Y10 Performing Arts students were given the chance to watch an amazing horror production at the Dukes Theatre, the play was about the infamous Sherlock Holmes case. The play was performed in the round which is a theatre where the audience sit in a circle surrounding the actors, meaning the audience can see the play from all angles, which meant the actors had to really think about their spacing. This was relevant to us (as drama students) because we are performing in the drama studio as part of our KS4 course and we need to take on board the skills that they portrayed. The atmosphere of the play was eerie, mysterious and ominous. It taught us more about our own drama skills and we came away with a lot more knowledge about how to act with a live audience. We learnt more about our gestures and movements upon the stage. The actors were constantly changing their characters and adapted their roles despite their gender or appearances. They took on the roles as if they were living it in their own lives. It was a brilliant experience and when the play came to an end the audience were left with many questions and queries. They did not want it to end. We were all so engaged the time just flew by.

Anna Rigby 10Lune



ODD ONE OUT

As part of anti-bullying week we watched the documentary presented by Jesi Nelson from Little Mix about her struggles with online abuse and trolling. We found the documentary hard to watch in places because she was very open about her struggles and it included an interview with Pud Waterhouse who lost his daughter to suicide. After the documentary we had some time to reflect on our use of social media and what we would change; a lot of us said that would think twice we posted something unkind or liked a post that was unkind to someone else.



In September 2019 we welcomed 147 Year 7 pupils to our school. As a team building activity we took 128 of these pupils to Chill Factore in Manchester to enjoy a full day of activities.

The group travelled down to Manchester, we kitted up (this took same time to adjust to ski boots!) then we headed out into the cold to have a go at a ski taster lesson and some snow fun in the snow park whizzing down the luge and racing the sledges.

We were very lucky to be supported on the trip by Chris and Grace Harrison, two pupils in year 8 & 9 who are sponsored by Chill Factore. They helped pupils tackle their nerves on the slopes and helped staff and pupils get to grips with the equipment. We had a simply awesome day, we made new friends and tested our skills in a new environment. We can't wait to go again! One pupil said "that was so good miss I want to live here!".



CINDERELLA

On 3rd & 4th December Year 7 pupils went to watch a performance of Cinderella at The Dukes Theatre. Pupils enjoyed this theatre in the round experience; we had so many pupils we had to run two trips! At the theatre pupils completed a worksheet about the different job roles in the theatre industry and then shared their findings in their lessons with other pupils. It was a great performance and great experience.



MACMILLAN COFFEE MORNING

What an incredible morning! The Great British Bake Off has got nothing on CLHS when we get our creative heads on! Everyone had been busy baking and producing the most wonderful cakes all in aid of MacMillan Coffee morning 2019. We were overwhelmed by the generosity of the pupils and parents as well as the staff. There were hundreds of cakes and the hall was crammed with the school community at both break and lunchtime.

Some busier members of our community decided to "fake" rather than bake and due to the incredible numbers of cakes we had left over after the two sales, we were delighted to be able to send a huge donation of shop-bought goodies to Morecambe Bay Foodbank, with whom we work very closely, helping those in our local area. We were thrilled to have smashed last year's coffee morning total by achieving £394. What an amazing achievement in the space of a 15 minute break time and a 40-minute lunch.

Thanks again to all who baked (or faked) and to those who bought and ate. We hope you all enjoyed so that Macmillan can enjoy the benefits of our fabulous fund-raising.



Looking after Clougha House while Miss Brown recuperates has been an absolute joy. The pupils have really pulled together and shown their commitment, creativity and community spirit. Our attendance figures are looking really positive – particular mention must go to 11Clougha who are really flying the attendance flag. They have the best Year 11 attendance in the school and have enjoyed two celebratory breakfasts with Mr Wiggins so far this year as rewards for having achieved 100% attendance for the whole week as a team – a huge achievement for any form group. This has also served them well in the run-up to their mock GCSE examinations which have taken place this half term. The pupils really are giving themselves the best platform from which to succeed.

Mr Roodenburg’s 7Clougha have also dined in style over a breakfast celebration too. Congratulations to both form groups. Year 7 are busy being “awesome” having each received their own copy of Matthew Syed’s “You Are Awesome” as part of their transition package. Dipping into the text each week and reading about Matthew’s journey from youth club to table tennis champion has been a worthwhile experience and very inspiring. The Year 7s are now keen to prove that they too are awesome in many ways. Mrs Cottam’s 8Clougha are thoroughly enjoying the whole-class reader – “Bus Stop Baby” by Fleur Hitchcock, a gripping story of the differences between right and wrong and the vast grey area in between.

Year 9Clougha have said a fond farewell to Mrs Spencer and Mrs Holmes and welcomed Mr Newsome as their new form tutor this term. He is helping to develop the Year 9s Citizenship skills whilst also offering Careers advice during their form times. This half term has also seen the welcome return of Miss Bartlett from maternity leave and we all wish her huge congratulations on her recent engagement. So much lovely news to share! The Year 10s are gearing up ready for their GCSE exams next year and are busy with their 15 x 15 program and Work Experience preparation.

I must also say thank you to Miss Shepherd who has been a vital part of the team this term, filling in with several of the form groups, ensuring that form times run like clockwork; to Mr Rubery – who helps the house in so many ways and to Miss Lilley who has joined the “Clougha Clan” this year in her new role as Assistant Principal. It was also fantastic to see our Clougha Governor, Phil Graham at the recent Careers Fair, brilliantly organised by our own Mrs Cottam. Mr Graham takes such a keen interest the work of Clougha House and his support is gratefully received. To Mr Middleton, Mrs Graham, Mrs Hesketh, Mr Fletcher, Mr Dempsey, Mr Theobald and Mrs Thompson – vital members of our green team – thank you for everything you do to support the house – whether that’s representing the Clougha Crew at the staff quiz or helping on a day-to-day basis with challenges – you are all stars.

There really is so much more to tell you about but I’ll leave that to the Clougha Committee. It’s been a long term but one filled with lots of exciting news. My thanks to all the Clougha staff for their unwavering support in ensuring that: #CloughaCan. Get well soon, Miss Brown. We all send you our best wishes and we hope to see you back in the New Year. To all the Clougha Clan and their families – I wish you all a very merry Christmas and a happy new year!

Miss T



CLOUGHA

CHARITY TOTAL:

£209.46 + £396.77 for Macmillan Coffee Morning

HOUSE £5 WON FOR:

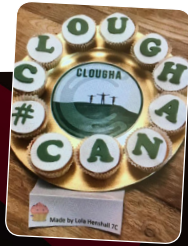
History, thank you, science and commitment challenges Gabriel Robson-Spooner Design a dessert; biscuit cake Stanley Boxall Bauble design.

HIGH 5 WINNERS:

Josh Copsey, Jack Saunders, Kate Bethell, Morgan-Leigh Connor, Tia Harrison, Humaid Patel, Jack Pearce, Tyler Hopkins, Rodrigo Hizmeri, Leon Westworth, Jacob Oliver.

HOUSE POINTS:

27,213



LUNE

As part of the Lune House charity Mind.

The school have been very fortunate to have had training last year. This training was given to staff but overall to 9 students who are called the Wellbeing Ambassadors, from all four Houses. These students have been running wellbeing/ mindfulness sessions fortnightly in the House Hub. It is a great opportunity for staff and student to take the time out and just relax, colouring, taking the weight off their feet on a nice comfortable bean bag, playing with fidget spinners. All these simple techniques have improved the staff and student mindfulness. These extremely talented and caring students are leading the way in improving everyone’s wellbeing at CLHS.

HEAD OF HOUSE MESSAGE

I would like to start with what a year! It would only be right to end the year with lots of fun festive activities to get into the Christmas spirit and well-deserved break for staff and students. Let’s look at December activities: trips to watch Cinderella and Horrible Histories, the first ever successful Christmas Crafternoon, can we build on it for next year? Too right we can! Trafford centre trip, Lancaster on Ice and all the festive activities happening during school that day, Christmas Jumper Day and the Christmas Review. Can any of the houses match Halton and Storey Oscar nominations from last year? It has been a hugely successful year in the Lune House, winning Sports Week, having and maintaining having the best House attendance in school, year 7 winning the first house competition of the academic year, but overall everyone enjoying and participating in the journey. Christmas time is a time for reflection, this year we have lost individuals who will never be forgotten and are always in our thoughts. I hope you all have a wonderful Christmas and I wish you all the best for 2020.

#adaywithoutasmileisadaywasted #cherishallthemoments

CHARITY TOTAL: £57.30 plus the Crafternoon £222.30

HOUSE £5 WON FOR:

Year 7 postcard competition and Mental Health Awareness week = £10

HIGH 5 WINNERS:

Gwyneth Panes-Everill, Skye Barton, Jim Stovold, Ted Marsden, Jayden Kirby, Kaitlyn Simmons, Kelly Hill, Alex Kiyani, Keaton Hunter, Charlie-Scott Thompson, Isaac Heitzman, Joseph Forrest, Liam Cunniiffe.

HOUSE POINTS: 27, 930

BREAST CANCER AWARENESS

We have recently had two amazing fundraising events at Central Lancaster High School. One was for Breast Cancer Awareness and the other for Lune’s charity Mind. The first one we had was for Breast Cancer Awareness, for this we all came into school wearing pink, we also sold pink ribbons. This day was organised by Lune’s head of house Delta Carruthers, the focus of the day was to raise as much money and awareness as possible to support Breast Cancer. We raised a fantastic £490 from this event.

The second fundraising event was for Mind charity, this happened on the 4th of December. On this day we had stalls in the hall selling tree decorations, Christmas cards, raffle tickets, cakes and hot chocolate, with ‘squirty’ cream and marshmallows, yummy! We also had a representative called Adam who works for Mind come in and help. This was an excellent way to raise money and awareness for the Wellbeing of staff and students. This event was enjoyed by both students and teachers, we are lucky enough to be able to sell our Christmas Crafts at our Christmas Review show on the 11th of December. We have currently raised £222.30 with more money that needs to be collected. This is a total of over £700 raised in two events.

CHARITY TOTAL: £84.18 (29th/11/2019)

HOUSE £5 WON FOR: £10

Hiku and best cake competition won by Andrea Pasztor 9Halton for her Halton cake on Macmillan coffee morning.

HIGH 5 WINNERS: Harvey Butler, Priya Bradley, Callum Allot, Matthew Waller, Layton Maguire-Barnes, Paige Routledge, Tyler Spencer, Joe Featon, Theo Callender, Orrin Rogers, Draydan Tyson.

HOUSE POINTS: 25, 515

HEAD OF HOUSE MESSAGE

2019 Halton. What a year it’s been! I can’t believe how fast the time has gone and how much we’ve fitted into it. It’s been fantastic having the opportunity to lead such a house as Halton and to work closely with you as students along with your house tutors and all the Halton staff. It’s been great to welcome back Ms Holmes, Mrs Redhead and Ms Morris into Halton House as well as our new year 7 students and all our new Halton students in all years. Having just got used to Mrs Redhead being around we sadly have to say a fond farewell to her too as she takes on a new role as a pastoral manager at QES High School in Kirkby Lonsdale. We all wish her well. Is our second year supporting the North West Air Ambulance as our chosen charity and I’m delighted that the ‘Chuck in the Change’ initiative is providing valuable funding to such an essential service. A HUGE thank you for all your contributions. I hope you have a great Christmas break Halton and look forward to a busy 2020.

By Mr Moore

YEAR 9 ENTERPRISE DAY

For our Enterprise day, we took part in a ‘soap box challenge’! Brought to us by one of our school governors we spent the whole day in the hall, working in smaller groups with our Houses. The challenge was about making our own soap with a chosen scent, such as lavender, baby oil and wood and we used this smell as well as our imaginations to design a shape theme. We finally had to design an imaginative packaging for our finished product. I was great working as a team and as a house but in the end the winning groups were in Clougha house. You could say they ‘cleaned’ up on this challenge.

By Andrea Pasztor

Staff Quiz night

The last day of half term 1 saw the second CLHS Staff Inter House Quiz Night. After a long and tiring first half term, weary teachers gathered at a top-secret venue to pit their academic and trivia wits against each other in a hard-fought contest. Halton were confident of a second successive win and with Miss Holmes and Mrs Redhead returning to bolster up the house they remained favourite. However, Mr Clark’s Lune house were equally reinforced by new fresh minds in the form of Miss Brown and Mrs Smith and combined with the longstanding stalwarts of Mrs O’Farrell and Mrs Prestwood (late arrival after a hair appointment) they hoped to take the Halton crown. Miss Carr’s Storey team were in equally confident mood introducing Mr Roberts D&T specialism who along with the young minds of the ITT trainees, the Storey thought they were in with a shout. However, on the night it came down to two houses, separated by only two points overall! With Ms Timperley newly at the helm of Clougha offering a wealth of considerable quizzical experience along with Ms Lilley’s, Mr Roodenburg’s and Mrs Cottam’s many years of service and combined knowledge, could 2019 be the year that the trophy goes to Clougha house? Sorry Clougha, Lune and Storey. Your efforts were indeed admirable but once again, and by the smallest of margins, Mr Moore’s Halton took the win. Well done CLHS staff of all Houses. You did yourselves proud and maybe 2020 will be your house’s year?

By Mr Moore



HALTON

YEAR 11 SEARCH FOR THE FUTURE BOLTON ARENA CAREER'S EVENT

On the 15th of October, Year 11 spent their SHINE day at the Bolton Arena in search of potential jobs and apprenticeships that they would be interested in. Multiple professions were in attendance such as the Army, British Airways and Coca-Cola. Activities were also available for Year 11 to partake in; Pull a Pint, aeroplane simulator and rock climbing are just some examples. This day was the perfect opportunity for our year to explore the world of work and gain inspiration for what we would like to do in the future. I interviewed a couple of Year 11 students to see what they thought of the event.

Natasha Hough states: “I really enjoyed the SHINE day. There was so much information available and it gave me lots of ideas on what I’d like to do some day.”

Henry Myall thoroughly enjoyed the SHINE day: “I found it most intriguing. I especially liked the climbing wall.”

Overall, the whole year group found the experience very educational and intriguing. Thank you to Miss Cottam for organising our year to take part in this event and thank you to the staff who supervised and helped us throughout the day.

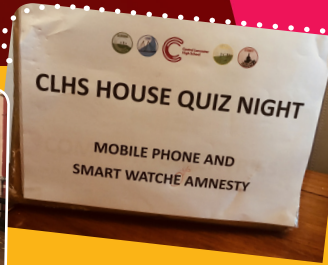
By Afifah Adam

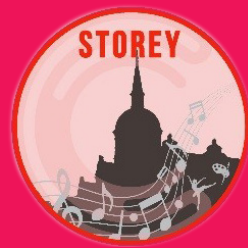
CHILDREN IN NEED & ANTI BULLYING WEEK

To raise money for Children in Need we had a non-uniform day for all pupils in years 7-10 and staff. Each student for only £1 could wear their own choice of clothes all day with ALL contributions going to Children in Need. Those of us who chose to, we also wore odd socks! for the day, symbolizing that everyone is different and unique in their own way We managed to raise a very impressive £430 on this one day.

It was also Anti-Bullying Week and we as a school were keen to raise this issue. All pupils in years 7-10, instead of going to one lesson we went to the school hall where we watched a documentary ‘Odd One Out’ hosted by Jessie Nelson of ‘Little Mix’. It was very emotional and certainly raised my awareness of how bullying and especially online bullying can affect people’s lives. It was surprising that 40% of young people nationally claimed to have been bullied in the last 12 months but I think that by watching this film we have made more steps to prevent any bullying in our school.

By Annelie Sinclair





STOREY

YEAR 10 SHINE DAY

For the first Shine day of 2019-2020, Year 10 took part in a variety of activities in school. The day began with an intense and competitive Inter House sports morning involving Dodgeball- everyone had fun and enjoyed themselves; we never realised just how competitive year 10 can become! In the end, Clougha just managed to get the win!

Year 10 then moved on to exciting workshops around school. These included a knife crime workshop delivered by the police. It was an insightful presentation and warned of the dangers of carrying knives and being involved in gangs. Next, we took part in team building and resilience workshops with Future You. The activities were challenging but really made us think.

Finally, we took part in a Maths themed Escape room- where we were working against the clock in teams to solve the Maths problems and escape in time!
Jasmine Johnston.

YEAR 7 CHILL FACTOR TRIP

Year 7 were able to take part in an incredible day at Chill Factore in Manchester as part of their Shine Day experiences and welcome to Central. They got to explore the facilities there by doing a Ski taster session and having fun on the Snow Park sledging and tubing in the snow. The following are some comments about the day:

‘I had so much fun at the Chill Factore, my favourite part was when we went down the slope in the donuts. It was kind of scary at first putting the skis on but I did it, had fun, and was proud of myself’- Hoor, 7 Storey

‘Chill Factore was AMAZING- I loved going up and down the slope in the donuts, going on the toboggan slide and trying to ski for the first time.’ Ruby Arthington Threlfall, 7 Storey

‘It was a really good day’ Dakota, 7 Storey

‘I absolutely loved the Chill Factore trip, it was amazing and a very good experience- all the staff were lovely!’ - Lacey Taylor

A MESSAGE FROM THE HEAD OF HOUSE

Well, we are coming to the end of a long first term, and I am sure we are all ready for the break! It has been a very busy start to the year with lots of competitions, shine days, trips and after school activities. It has been wonderful to welcome a new year 7 form to the house, as well as our new staff: Mr Roberts, Miss Fisher, Mr French, Ms Meetha and we are soon to welcome Mrs Spence and cannot wait! We have had some successes in house competitions and our new student leadership team have been working tirelessly in their roles, writing updates for the house and promoting our three C’s of Creativity, Commitment and Community. They are great examples of students who go above and beyond their roles in school, balancing their responsibilities as students and leaders so well. We continue to gain lots of reward points in lessons and are generously donating to many wonderful charities; especially Shelter, our house charity. I hope that the new year will see more success for Storey house so that we can work towards keeping our House of the year trophy- we have some stiff competition this year and welcome the friendly rivalry!

I’d like to take this opportunity to wish Miss Grimshaw a fond farewell as she leaves us this term for her new challenges and life in Manchester. Miss Grimshaw has been an incredible, devoted and committed form tutor to 10Storey1 since they began in year 7 and will be missed by many. We wish her all the best for her future and know that she will be checking in with us to make sure 10 Storey 1 stay in line and that we keep up her high standards! Thank you, Miss Grimshaw.

Finally, I wish Storey House a wonderful festive season and a happy new year! Stay safe and enjoy!

Miss Carr, Head of Storey House

CAREERS FESTIVAL

For as long as I can remember, I have wanted to ski at a professional level when I am an adult. The last couple of years, I have been trying to work out how I am meant to turn my skiing into a career.

If I go to sixth form/university I won’t be able to be on the snow enough to maintain my competitive level. Without a job, I won’t be able to fund my career! The future was filling me with dread and my dreams were looking, impossible. I would think of an alternative career option and my heart would feel heavy... I was almost out of hope until I attended the year 9 Options and Careers evening. Firstly, I spoke with Lancaster and Morecambe College who said I could attend a Sports course and it would be a three day week which would also have the possibility of being flexible, around my ski training and competitions. Then I spoke to the RAF recruitment team who actually explained that there are many strands of career opportunities in the RAF, more interestingly, I would be able to ski for the RAF as an elite athlete at the same time as developing my career in the RAF.

I felt like a weight had been lifted from my shoulders. I could see a pathway forward with my skiing career and at the same time, a way to have a back-up plan.

Central Lancaster High School has an amazing attitude to our future and is focussing on the needs of every student and giving us the opportunity to choose successful career choices in the future.

Grace Harrison
9 Storey



HOUSE CAPTAINS REMEMBRANCE DAY

For Remembrance day this year, the house captains were invited to a local memorial service on Miss Whaley’s field; a field dedicated in memory of Miss Whaley’s brother who died in the war and is reserved for the purposes of local children being able to play there. The House Captains were joined by year 6 from Christ Church primary school and members of the committee who look after the field. Cat Smith also joined us for the service ran by the reverend of Christ Church. It was a moving ceremony and both schools present laid wreaths in memory of those who gave their lives. Thanks to Creativity club who created another beautiful wreath this year.

In addition to this, the house student leadership teams sold poppies around school leading up to Remembrance Day, and these donations totalled a wonderful £120 for the Poppy Appeal. We would also like to say well done to the many students who took part in Remembrance Sunday parades through the town with organisations such as Guides and the Cadets.

GIRLS FOOTBALL TOURNAMENT MORECAMBE FC



On Wednesday 27th November 7 Central Lancaster High School (CLHS) girls travelled to Heysham Mossgate Community and Sports Facilities to play in the English Football League 6-a-side Cup. 18 teams entered the competition and the overall winners stood the chance to play their final game at Wembley Stadium. On the day there were 4 groups, each consisting of 4 or 5 schools. In CLHS group were: Ripley Saint Thomas, Queen Katherine School and Kirkbie Kendal. The girls were excited and felt confident after a sing along on the way to the venue. The girls first game, against Ripley, was a challenging start to the competition but their confidence shone through and some excellent tackles from Eva and Molly in defence, along with some world class saves from Mia-Louise meant the girls kept a clean sheet, the final score was 0-0. After reflecting on their performance in the first match and some wise words from captain Ruby Hindle the girls went into their second match focused and determined. Annalee and Taylor’s attacking prowess set up 2 goals for Ruby. Who then added 2 more goals to her name, one of which came from a remarkable free kick; final score 4-0 to CLHS. The final game in the group stage was against Kirkbie Kendal. CLHS had already secured their place in the knockout stages but the girls wanted to keep their clean sheet record. Leona and Molly’s confident tackles along with Mia-Louise’s strong communication skills were the perfect combination to keep the clean sheet record. Annalee added her name to the goal scoring sheet after a fantastic cross from Ruby, who scored 2 goals as well; final score 3-0 to CLHS. In the knockout stage CLHS faced Lancaster Girls Grammar, unfortunately their winning streak came to an end with a last minute goal from Grammar meaning the final score was 1-0 to Grammar. Overall it was a fantastic day and the girls did an outstanding job representing CLHS - well done to all involved.

YEAR 7 NETBALL MATCH VS RIPLEY SAINT THOMAS



On Wednesday 27th November Central Lancaster hosted their first netball game against Ripley Saint Thomas. In the build up to the game year 10 coaches, Emily, Saffron, Bethany and Annelie had worked hard in training, on netball skills such as passing and footwork. The game was split into four 10 minute quarters - each team playing two quarters each. The blue team played the first quarter and it was clear that the hard work in training had paid off. There was some excellent passing into the goal circle from Mia and Eniola. At the other end of the court, Lola, Shenaya and Lillie worked excellently in defence making it difficult for Ripley’s attack to get the ball into the net. End of first quarter score: 3-1 to Ripley.

After watching the blue team’s efforts the black team started the second quarter very strong. Poppy and Libby worked brilliantly together in defence and made some critical interceptions. Tillie and Ella’s rapid speed meant that Ripley struggled to keep up with them and they moved into excellent positions to bring the netball down the court. A brilliant pass from Ellie-May into Sophie M who was positioned perfectly under the post and go on to score. End of second quarter score: 5-2 to Ripley.

Blue team changed a few of their positions going into the third quarter; Lillie moved to GA, Megan to GS, Shenaya to C, Olivia to GK and Mia to WD which made a real impact to the game. Lillie and Megan worked as a brilliant duo in the goal circle and scored all of the shots that they took. Eniola and Shenaya’s outstanding agility saw them getting past defenders with ease, and Lola’s tips made it extremely difficult for Ripley to score. End of third quarter score: 5-4 to Ripley.

The final quarter was exciting and the support from the blue team on the side line was amazing. Black team walked onto the court with their heads high and with confidence. Lacey’s strong passes into the goal circle gave Sophie and Ellie May goal scoring opportunities. Kaitlyn, Poppy and Libby made it difficult for Ripley to pass the ball and we were awarded a few free passes for held ball. After an exciting final quarter the final score was 7-5 to Ripley. The girls showed determination, resilience and gave 100% for all four quarters - I was very proud.

Players of the Match were awarded by Ripley to Lillie Tyson and Lola Robinson.



SPORTS



RUGBY

It has been a wonderful start to the sporting year with a fantastic, well attended Rugby Term. The rugby term has been particularly exciting this year. We have had fixtures v’s RST/LRGS/OLHS/BLA/MCHS and Carnforth HS. We have had lots of fixtures against a variety of schools. Our new Year 7’s approached their new sport with brilliant enthusiasm and we have had 24 players attend most matches. It is difficult with the new RFU’s ruling of only playing 12 a side at their age group to manage such a great turnout. Luckily we have still kept their interest by swapping positions and players throughout their fixtures. Well done Year 7 on a really positive start to your CLHS sporting career. A highlight for Year 7 was a very convincing win v’s Bay Leadership Academy 26-10 where they played some fantastic Rugby. The most improved team this year has been Year 9. They attended every fixture and the rugby they were playing in their last few matches was outstanding and most of the boys reaching very high levels of performance. They beat OLHS 25-10 in a superb attacking game of Rugby and they only narrowly lost to Lancaster Royal Grammar School 30 – 25. They had chances in the game, but for some great last ditch tackling by LRGS they could have secured a very famous win for CLHS. Well done to all of our Rugby teams this term – You’ve been fantastic! The Year 8’s have had some bumps and bruises this season but again represented themselves and our school really well. We are looking forward to seeing them develop in Year 9.

FOOTBALL

We’ve also had two Lancashire Cup football matches for Year 11 and Year 8. The year 11’s played RST in the 1st round and on a very wet afternoon were defeated, but they represented our school proudly. The Year 8’s are into the 2nd round where they play Shuttleworth HS—Burnley (a) in December.

HOUSE MATCHES

The house matches were played during our recent SHINE Day on Tuesday 15th October. The Year 10’s and Year 8’s had football and Dodgeball competitions. The pupils’ battled hard and fought for their Houses. There was some excellent action across all competitions. The boys’ football was incredibly close and all matches were really exciting. The Year 10 competition was won by Halton house in a thrilling morning’s competition. Halton beat Lune in an excellent final played in fantastic spirits. Halton’s quality eventually came through as they came out on top. The afternoons Year 8 competition was won by Clougha. They had an excellent team spirit and fought hard for their win against some very strong competition. They beat Lune in another excellent final.

Boys football results:

Year 10: 1st Halton, 2nd Lune, 3rd Storey, 4th Clougha
Year 8: 1st Clougha, 2nd Lune, 3rd Halton, 4th Storey

The Dodgeball was run by Mr Clark and Mrs Edge and they were super impressed by all of the players’ attitude towards the House Competition. Lots of fun was had and the games were passionately fought. The pupils worked really hard and enjoyed the competitions. The two champions were very worthy winners and they Dodged/Ducked/Dipped and Dived their way to the winners circle! Well done all!

Dodgeball results:

Year 10: 1st Clougha, 2nd Lune, 3rd Storey ii, 4th Halton, 5th Storey i
Year 8: 1st Lune, 2nd Halton, 3rd Storey, 4th Clougha



CHARITY TOTAL: £84.84

HOUSE £5 WON FOR: Community and commitment challenges £10

HIGH 5 WINNERS: Andrew Kiyani, Sadie Boulton, Sophie Maxwell, Tilly-Mae Williams, Reace Gibbins, Scarlett Maxwell, Mitchell le Brun, Declan Bass, Umma Ali, Amber Wood, Caitlain Cockell, Thomas Gudgeon, Lee Bugeia.

HOUSE POINTS: 26,410

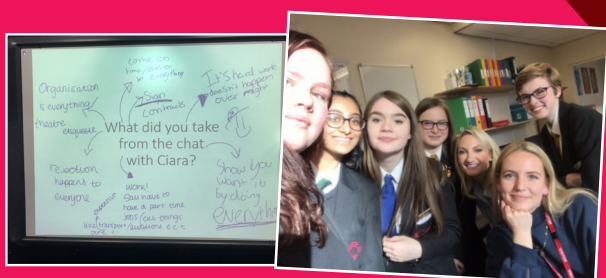


ACHIEVEMENT AWARDS



CIARA ADAMS

On 13th November we met an ex pupil of CLHS, called Ciara Adams, she is currently taking part in the TV series filmed in Morecambe called 'The Bay'. She spoke to us about the pathway to being an actor and the hard work it takes, but also the fun she had along the way. She inspired us all to think more about our careers as potential actors. She taught us about the pros and cons of acting and the failures that will always come. She told us that they're not failures however, they're learning curves. She inspired us to take more chances and to not turn down experiences. The skills she learnt in central helped her a lot, for example being quiet in the wings, turning up to rehearsals, the basic skills helped her improve and get more opportunities.



NHS HEALTH AND WELLBEING EVENT

On Friday 20th September, Year 7 went up to Williamsons Park to take part in an NHS Health fair. The aim of the event was to equip young people with strategies to stay active and maintain good mental health. It was part of the Lancaster Health Festival which had events running throughout the weekend. Some of the activities on offer included Tai Chi, circus skills, orienteering, CPR training, African drumming and smoothie making amongst many others. Bailey Curran in Year 7 said "I had so much fun when we went to Williamsons Park. It taught me things I didn't know before and it was good for me to meet people I hadn't spoken to before since I had started at Central."



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Central Lancaster
High School