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Spring  
2018

# focus



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SOMETHING FOR EVERYONE!



Central Lancaster  
High School

# focus

As I write this welcome, I am ever hopeful of the arrival of spring and some warmer weather as we head into the summer term. This term has been very short but packed full of opportunities, experiences and reasons to celebrate the successes of our incredible student community here at Central.

We're developing a superb range of provision in our STEM subjects (science, technology, engineering and mathematics) and across these subject areas alone all year groups have taken part in high energy science assemblies; experienced trips and whole day challenges linked to careers; our Y8 girls' Engineering Club have experienced success at a regional competition and a Y11 student has progressed through to a regional mathematics competition!

There is much for me to be proud of; during the recent freezing weather conditions our students showed resilience and during the week when the Beast from the East passed over the UK, Y11 recorded their best attendance ever at Central showing great commitment to their examination preparation and showed us that they are investing in their futures.

There are simply never enough pages in Focus to share all of the incredible breadth of activity and experiences that our students take part in, but here at Central we pay particular attention to ensuring all of our learners have access to the best possible careers education, information and guidance to help them prepare for their future choices. This edition of Focus highlights our recent events held for National Careers Week...although at this school, I like to believe that every week is careers week!

As this Focus is published, I already know that the next edition is filling up with more articles as our students prepare to leave for our first ever school trip to Iceland...just one more example of how we are working to ensure that every student here at Central SHINES.

I wish you a happy and safe holiday and look forward to seeing our students at the start of the summer term.

Mrs Hall  
Headteacher

## maths

The UKMT Intermediate Maths Challenge took place on Thursday 1st February 2018. 10 students (8 Year 11 and 2 Year 10) took part in this extremely difficult challenge. They all worked hard on the individual challenge with seven students achieving awards.

Louise Lightbown and Ralf Medd-Stengel achieved Bronze awards; Josh Storey, Matthew Sebba, Levi Bell and Evie D'Souza achieved Silver awards, and Christian Garrett achieved a Gold award. Go Central! Chris earned a place on the follow-on round which takes place later in March – we wish him luck and will update you in the next edition of Focus. The Junior Maths Challenge takes place on Thursday 26th April. Twelve Year 7 and eight Year 8 students will be taking part.

Watch this space for the results!  
**Mrs M. Moore**



# LIBRARY OPENING

On the 9th January M G Leonard, author of the Beetle Boy series visited school to work with Year 7. All Year 7s had been given a copy of Beetle Boy as their transition book when starting here at CLHS. The workshops were great and we all learnt a lot about beetles and how to plan a story. Whilst Maya was here she did us the honour of opening our new library by unveiling a plaque during lunchtime. Student librarians, staff and governors attended and pupils were able to come into the library to see her and get their books signed.



## dates FOR DIARIES

Summer term starts:	Monday 9th April
Duke of Edinburgh Silver practice expedition:	Friday 13th April
Year 8 Parents' Evening:	Wednesday 18th April
Year 10 Duke of Edinburgh Bronze practice expedition:	Friday 20th April
Year 7 parents' evening:	Tuesday 8th May
Half Term:	Monday 28th May - Friday 1st June
Year 9&10 Bronze Duke of Edinburgh expedition:	Friday 8th June
Year 10 Geography Fieldtrip:	Wednesday 20th June
Year 11 Duke of Edinburgh Silver expedition:	Friday 22nd June
Year 11 Prom:	Friday 29th June
Sports Week:	Monday 2nd - Friday 6th July
Drop down day -Healthy Lifestyles:	Tuesday 3rd July
Arts week:	Monday 9th - Friday 13th July
Year 10 work experience:	Monday 9th - Friday 13th July
Trip to France:	Tuesday 10th - Thursday 12th July
Duke of Edinburgh Gold expedition:	Monday 16th - Thursday 19th July
End of term:	Friday 20th July



Award Winning Central Lancaster High School Girls Lead the way at Land Rover Engineering Regional Finals. Five students from Central Lancaster High School have received an award at the Land Rover 4x4 In Schools Regional Finals.

September 2017 saw Central Lancaster High School launch its Engineering Club, giving students the opportunity to further their learning on an extra-curricular basis. The weekly club has become very popular within the school, working together to develop the students' design and production skills using key technologies in the Technology department. The school has recently created a new Technology workshop to support the curriculum development, and students are very interested in the possibilities which it brings through 3D printing, laser cutting and computer-aided design. Due to its popularity and achievements within school, the students were invited to attend the Land Rover 4x4 In Schools Regional Finals.

The Land Rover 4x4 In Schools Challenge requires students to build a radio-controlled four-wheel drive (4x4) vehicle to the specifications provided by the International Rules Committee. The vehicle must successfully navigate obstacles on an off-road test track, emulating the capabilities of a full size 4x4 vehicle.

The students completed four tasks as part of the Finals, including an engineering make task, a driving test, a presentation and a portfolio. The students' final vehicle was inspired by the RNLI, which saw them go on to achieve the Presentation Award for the Entry Class Group.

Head teacher Nicola Hall said, "We have recently introduced Design Technology to our curriculum and this has inspired our girls' engineering club. I am thrilled with their success at this important regional competition and very proud of our team. We are continually developing our STEM curriculum offer (Science, Technology, Engineering and Mathematics) and encouraging girls in particular to be inspired in these fields."



Launch Conference, Preston

After winning tickets for the 'We Are Reading in Lancashire' event Mrs Laycock, Miss Newsham and I arrived at the Preston Marriott Hotel on the afternoon of Monday 12th March. One of the events was a workshop led by Lancashire Library Services about book trailers and what makes us want to pick up a book and read it. Book covers often reflect the storyline itself and if the reader doesn't like the cover, they may not pick the book up and read it.

Another workshop was led by M.A. Griffin, a local author, who showed us how to be creative with limitations and, as a writer, not have too much freedom. This showed us that when having too much freedom people tend to choose the most clichéd thought. However, when given limitations they are forced to use their imagination and come up with their own ideas. We also learnt how to plan our own stories using a grid of ideas, which was quite exciting and funny. The workshops were good fun and I enjoyed them a lot. It really changed the way I see books.

Gwyneth Panes-Everill, Year 8



# FESTIVAL OF READING

We had a festival of reading to celebrate World Book Day which was on Thursday 1st March. The festival lasted 2 weeks from the 19th February to the 2nd March; there were lots of activities which included a murder mystery, book quizzes, guess the book character, books in jars, guess the shredded book and designing bookmarks. We also had a photo booth which was great fun.

## COMPETITION WINNERS ARE:

**Staff book quiz – Miss Brown**

**Student Book Quiz – Henry Myall Year 9**

**Murder Mystery – Gwyneth Panes-Everill Year 8**

**Shredded book – Daisy Ryan Year 8**

**Guess the book character – Anna Rigby Year 8**

**Book tweets – Elsa Medd-Stengel Year 8**

**Design a bookmark – Katie Jenkinson, Aasiya Patel and Elsa Medd-Stengel all Year 8**

**Form groups were asked to create a book in a jar and we had some great entries; the winners were:**

**7B with Peter Rabbit**

**8E with A Monster Calls**

**9E with Noughts and Crosses and Harry Potter**

**10B with The Secret Garden**

The festival of reading was fun because it brought reading alive and made it more enjoyable. It was very interesting trying to solve the murder mystery and all of the competitions. **Year 8 student.**

The festival of reading was really good because I won a massive Easter egg. The photo booth was a lot of fun and pleased many people. **Year 8 student.**

The festival of reading was fantastic. It was nice to have a change and the photo booth was lots of fun. **Aasiya Patel year 8.**

I liked the murder mystery and the book review competition. I won 2 crème eggs. I liked the photo booth a lot too. **Katie Jenkinson Year 8.**

I hope we get to take part in something like it again. **Year 8 student.**





## ANIMAL CARE VISIT

## DROP DOWN DAY

Our Careers and Enterprise drop-down day was on the 5th March. These days provide our students with a chance to try new and challenging activities in a supportive environment and develop transferable skills which can help them succeed not only in school but in the workplace. This one was also the perfect launch for National Careers week.

Year 10 spent the day learning about personal finance and the Stock Market. They bought and sold shares using newspaper reports and business updates to help them make decisions. Their winning team managed to make over £500,000 pounds over an imaginary week! Year 7 worked on transferable skills such as communication, team work and leadership through completing a set of mental and physical challenges. As Lexie Pye said – "Best. Day. Ever!"

Year 8 visited the Museum of Science and Industry in Manchester, and spent their day finding out about how machines worked and discovering the wonderful world of robots and finding out who reigns supreme... human or machine? They loved how much there was to find out through experimenting and investigating.

Year 9 spent the day with the Army at the local Halton Training Camp completing a series of command tasks, including a 1.5 mile run, which helped them learn how to follow instructions and build resilience.

Busiest of all were year 11 visiting three different education providers – Lancaster and Morecambe College, OLCC sixth form and University of Cumbria to find out more about what they would like to do after leaving us.

These days provide our students with a chance to try new and challenging activities in a supportive environment and develop transferable skills which can help them succeed not only in school but in the workplace.



### CARING ABOUT OUR COMMUNITY

Last Spring the Year 7 students were joined by Michael from Animal Care in Lancaster and very special guest, Summer the dog. Michael spoke about the work that Animal Care carries out for sick and abandoned animals in our community.



We are delighted to say that one year on Michael's visits are still inspiring our students and the current Year 7s have been spurred into action. In their English lessons they have been busy creating informative leaflets full of advice; eye-catching posters and persuasive presentations to encourage people to support Animal Care and focus on the welfare of animals in general. Each class has been competing to produce the most persuasive marketing package and Michael returned in March to judge the outcomes.

He was thrilled to see how much independent research and quality team-work had gone into the winning groups' performances. Each Year 7 English class had already chosen a winning team who then competed in front of the whole of Year 7, their English teachers as well as the judges – Michael and Miss Brown.

At the end of the competition Michael announced that the winners were 7C4 – Mr Cheesbrough's group and then three pupils in Year 7 presented Michael with a cheque for £150.

Animal Care is situated on Blea Tarn Road in Lancaster and as well as caring for animals it also houses a fabulous café – well worth a visit if you haven't been for a cuppa already!



## Child Development

### TRIP TO RIDGE SCHOOL

Written by Sarah-Jayne Angus and Amber Knight

The whole Child Development group set off to Ridge School, armed with our crafts and CD.

When we first arrived it was a mammoth task signing us all in and having our photos taken.

The teachers brought the children to the hall where some of our girls led the Wake up and Shake up session, which we all joined in. It did wake us up!

Once this had finished, we set up tables for our crafts. We had card-making, cake-decorating, wreath-making and bag-decorating. The children were able to decide which activities they wanted to do. Once they chose their first activity, we all got involved in creating. They managed to make everything. We had a great time and hopefully the children did too.



## MMA BOXING WITH THE CHAMPS

This term our yr10 V-Cert pupils have had the fantastic opportunity of being coached by Shay Walsh, MMA Boxing World Champion. Pupils have been developing their physical skills in MMA fighting but also their focus, control and resilience. All skills needed to succeed in their exams. Look out for more opportunities to work with Shay in Sports Relief week (9th-13th April).

# SPORTS NEWS

## FOOTBALL SEASON AS POPULAR AS EVER

It has been a tough task squeezing football fixtures in against 8 schools in a short half term but the pupils have been great and have mostly been organised to be competitive in all of their fixtures. This year we have introduced our pupils to fixtures against 2 new schools, Queen Katherine School from Kendal and Queen Elizabeth School from Kirkby Lonsdale. This has created exciting fixtures and more opportunities for our boys to compete against some tough opposition. Sadly, our run of reaching the district cup final for 5 years in a row has come to an end but the year 11 pupils can leave with their heads held high after 5 years of representing CLHS.

## YEAR 7 GYMNASTICS

Year 7 have been inspired by all the gymnastics on the TV this half term, did you see any? After 6 weeks of training hard and developing their skills. They finally competed in their own Central Acro championships. Pupils performed beautiful lifts and partner balances, all receiving excellent scores for their assessment. Well done girls- keep up the good work.



## YEAR 9 NETBALL TOURNAMENT

The year 9 Netball tournament was this year held at Ripley St Thomas on the 13th March. Our year 9 netball team was geared up and ready to go, and the sun even made an appearance for them. Pupils competed against 7 schools from across the district and came 4th overall.

Well done to all involved.

Rounders and athletics season starts after Easter break.

Look out for your practices!



## GCSE RESIDENTIAL TRIP

A cohort of year 11 pupils recently visited High Adventure in Skipton with the aim of securing 2 grades in GCSE sports. They had access to indoor climbing on day one and quickly got into the swing of things and showed some impressive technique.



They showed outstanding teamwork skills to belay each other up and down some demanding climbs.

On Day 2 the pupils had a go at abseiling down the outside of the climbing centre. All showed no fear of heights and made it look easy. Mr Kay was glad he was standing at bottom filming and declined all offers of having a go!

Pupils also had the chance to develop cycling skills. Most pupils took a little time getting used to the drop bars, skinny tyres and weird

braking/shifting system but soon got the hang of it and were quickly showing off their skills. The weather was horribly wet but the pupils dug in, showed great attitudes and achieved excellent grades, some even got full marks. The final day was a race down at a local cycling track. It was a windy day and required excellent teamwork skills to shelter each other from the draining effects of the wind, Moss Hytch showing tactical knowledge to outspurt his peers in the final 50 metres.





# NATIONAL CAREERS WEEK



There were so many meaningful activities for everyone in school. The aim of the week, was for students to become aware of all the fantastic opportunities that are available when they leave CLHS and to help them understand the links between courses, skills and the pathways they open up.

Monday kick-started the week with our drop down day; Year 7 took part in STEM activities, Year 8 went to the Manchester Science Museum, Year 9 went to the training camp in Halton, Year 10 took part in the Stock Exchange Challenge and Year 11 visited a range of colleges and universities....

On Tuesday NWS (Women working in the ambulance service) hosted an informal Q and A sessions in Science/PHSE and Child Education. The Northwest Ambulance Service visited a range of lessons. They explained how the ambulance service works and what careers are available.

There were also employer drop-in sessions where students could talk to both Miss Hargate and Toyah Kitching on their Hair and Beauty career pathways; the subjects and grades they would need or Mr Ian Aikman from British Telecommunications (BT) about his career with BT and the opportunities they have to offer.

Elsewhere students could meet with Lancaster and Morecambe College and be supported with smart interview skills to get a job. Year 10 and 11 students were invited to attend a United Utilities workshop and meet the apprentices from UU, and learn about their award-winning range of apprenticeships.

## WHERE ARE THEY NOW?



We had 3 ex-pupils available for informal chats to discuss their different career pathways since leaving CLHS.

On International Women's Day on Thursday 8th March Claire Young gave inspirational speeches and interview technique sessions to all years. Claire Young is famous for her role as the highly-driven runner up of series four of 'The Apprentice', reaching the final watched by over 11 million viewers. Lord Sugar dubbed her a 'Rottweiler' for her tenacious approach and mind-set of never giving up! Claire climbed the FMCG career ladder starting out in roles at Colgate Palmolive, L'Oréal and Superdrug. Today she runs her own business, 'School Speakers'

and has co-founded 'Girls Out Loud' a social enterprise working with teenage girls 11 to 18 years old. She works within the media as a journalist/radio presenter in addition to working with the government on projects helping young people onto the career ladder and more women into business.

Later on in the day Claire held a lunch with targeted female students in the lower school and sixth form to discuss who inspires them.

There was also popcorn and a movie (The Suffragettes) lunch time.



We also raised money for the Women's Refuge in Lancaster by selling yummy cakes and purple ribbons on International Women's day. Over the Christmas period we donated hampers to the homeless.

## "CHUCK IN THE CHANGE" CHALLENGE



Term 1 was busy! Having donated £650 to the Bay Aqua Hydrotherapy Centre in Lancaster and £900 to Christchurch Night Shelter, £82.00 to the Poppy Appeal and collecting 130kgs of food and toiletries for the Morecambe Bay Food Bank, the challenge really has been on to raise even more money for worthwhile local charities.

As ever the students have not let us down and each week they kindly "chuck in their change". This has enabled us to donate £520 to the North West Air Ambulance; £150 to Animal Care as well as £120 to the Lancaster Women's Refuge.

We are currently raising money for the Lancaster Samaritans and next half term sees the return of the Race for Life - so please save your pennies; collection are held each week during form time and pupils are encouraged to bring in small amounts of change. Look after the pennies....



# CARE 4 CALAIS

by Beth French

I went on the 'Care 4 Calais' trip, mostly out of curiosity and a desire to understand the situation more. I'd heard about the refugee crisis in the news before but realised I hadn't heard much on the subject in quite a while. I had almost forgotten about it, which in truth made me disappointed in myself and other people. It wasn't being talked about and there was a forgotten awareness of the situation. I also knew about the stigma surrounding refugees trying/wanting to enter the UK; that they were going to 'steal our jobs' and other things. I didn't understand why people had so much hate for people they didn't even know. I suppose I went because I was curious about refugees as people with their own stories and not just as a stereotyped group.

When we first arrived in the 'Care 4 Calais' warehouse you could immediately feel the infectious 'buzz' of people who wanted to be there, who wanted to help. We started by packing kits for distribution that comprised a t-shirt, hat, gloves and a scarf and some high-energy dried fruit and nuts. Later we were able to personally hand these out at a distribution point in Rue des Verrotieres. I was surprised by how welcoming the refugees were; the food we gave to them they generously wanted to share with us. We stayed and talked with them for a long time and despite the language barriers they were very lovely; easy people to speak to. You know when you meet a new group of people and you know nothing about them? It's awkward – except with these people it wasn't. Some of the guys did in fact know English/French or both and tried to speak to us. This made me ashamed of myself and other people who can't or refuse to learn or speak another language. As a nation we are often ignorant towards it, expecting everyone else in the world to speak 'our language' when we go abroad or meet them here. These men could speak two or three languages, putting us to shame with their intellect and yet are recognised by a majority as 'just refugees'.

Later, we went to a function in which we heard stories from some of the refugees we had met earlier. One man told us he had graduated from college and done a degree in agriculture. His speech was comedic yet truly touching as he told us what he had overcome and how he now had no way to continue, yet still had hope. This man was Ethiopian, speaking fluently to a crowd of mainly English people – another speaker translated from Afghani for his friend.

When people think "refugees" the first that often come to mind are Syrians, Afghanis and Iranians. However these are not the only places that refugees come from, they're just the only places we hear about. Whilst media attention was facing the refugee crisis we didn't hear about the Eritreans, living in poverty or forced to become child soldiers, so moving on in hope of a better way of life, or the Sudanese people fleeing a civil war, droughts and subsequent famine.

The next day we visited St Omer, a children's home for refugees. Everyone there was aged 12-17, leaving their homes at young ages, again fleeing war, persecution, torture or famine, hoping to pursue a better future. These people spoke to us in English; some speaking fluently and others still learning. The 47 in the home were boys (on the entire trip we only met 1 female refugee); they, like the people we met the previous day, were very welcoming and warm people. I spoke to two brothers from Afghanistan, both of whom spoke perfect English and French. I spoke to a boy who was only 13 and had made the journey to England by himself - travelling overseas in poor, suffocating conditions.

Upon arrival we had no clue as to what we should expect, or what activities we would do with them. In the end we ended up making friendship bracelets, something I didn't really expect to be doing. The room was chaotic as they marched up to the table asking us to make bracelets using the colours of the flags of their home countries. It honestly amazed me how proud they were of their home countries, despite having to leave. They looked at the world in a positive light and chose to focus on the things they have and praise the good instead of condemning the bad. I met a boy the same age as me from Ivory Coast, where a humanitarian crisis threatens people along with political violence and an impending civil war. I had no idea that this was happening because our media only covers a small and select amount of issues facing us. We don't hear about these things and therefore we are oblivious to the suffering of others. It feels like we (as a nation) are being conditioned to see these gruesome, horrible war scenes on TV so much so that they now just pass over our heads – evoking our sympathy but forgetting our empathy.

The whole trip was emotive and it confuses me how people can be so cruel as to deny somebody their basic human rights to food, water and a safe place to stay. We are all human. What makes their needs less than ours, especially when they have so little?

Beth French (Year 10)







# YEAR 10 ART PORTRAITS

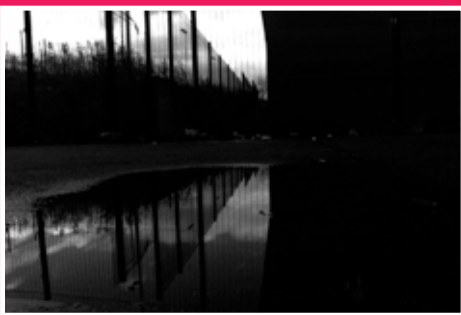
photography



**MIDLAND**  
CHANEL MORRISON



**SPLASH**  
RHIAN BRAYSHAW



**REFLECTION**  
MORGAN BROWN



**NO BALL  
GAMES PLEASE**  
EVIE D'SOUZA

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