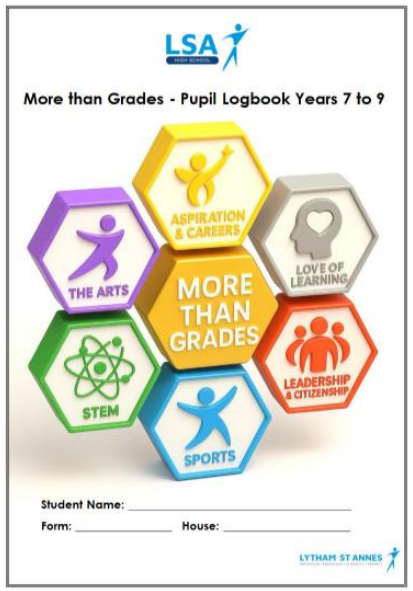
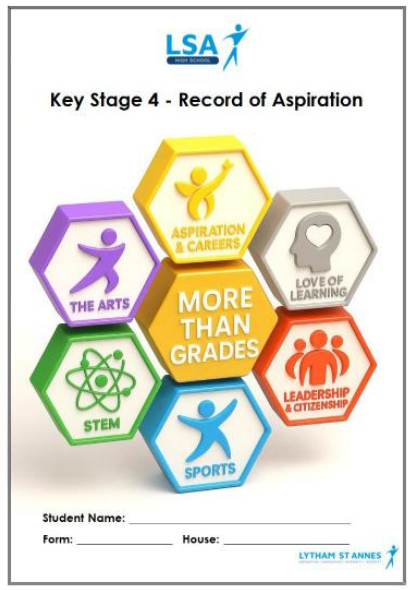
Student Bulletin – Year 10 – Monday 9th November



Please open your More Than Grades Logbooks, ready to fill them in.





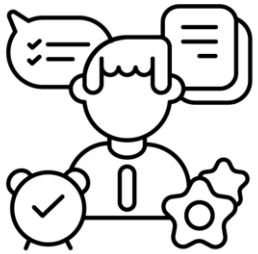
10 Key Employability Skills

1



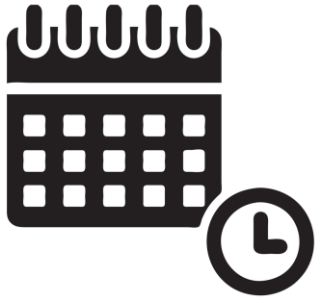
BE SELF-MOTIVATED

2



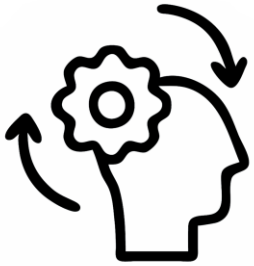
ORGANISATIONAL SKILLS

3



WORK TO DEADLINES

4



ABILITY TO LEARN AND ADAPT

5



COMMUNICATION SKILLS

6



TEAMWORK

7



NEGOTIATION SKILLS

8



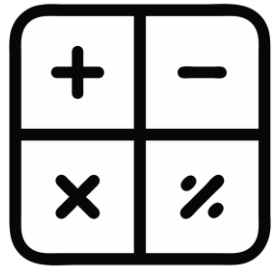
VALUING DIVERSITY

9



PROBLEM SOLVING SKILLS

10



NUMERACY AND IT SKILLS





Monday 9th November

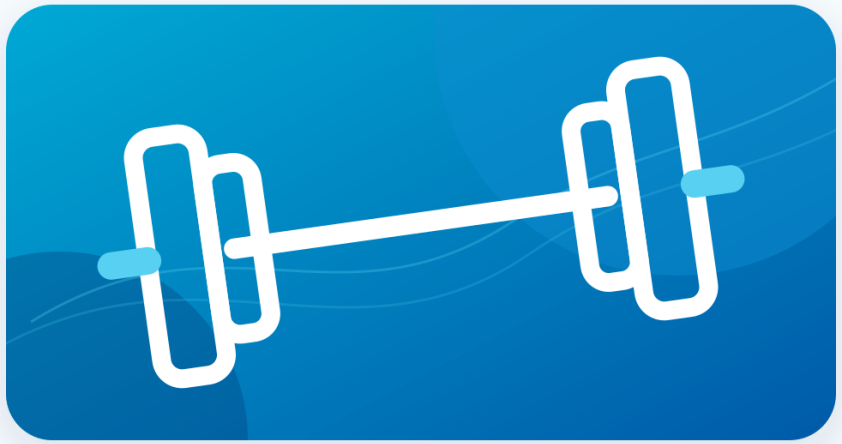




LYTHAM ST ANNES HIGH SCHOOL

TUESDAYS

FITNESS



YEAR GROUP
YEAR 10

SIGN UP
ONE WEEK IN ADVANCE

Tuesday 10th November



WEDNESDAYS

5-A-SIDE FOOTBALL



YEAR GROUP OPEN TO YEAR 10

WEDNESDAYS

BTEC MEDIA CATCH-UP



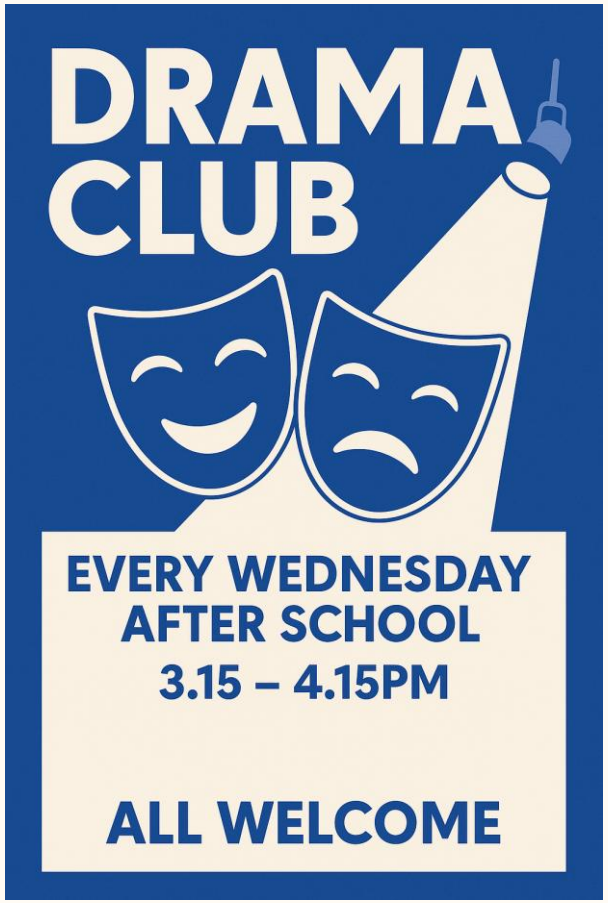
ROOM A130 | OPEN TO YEAR 10 & 11 | TIME 3:10–4:00 PM

WEDNESDAYS

GIRLS' RUGBY



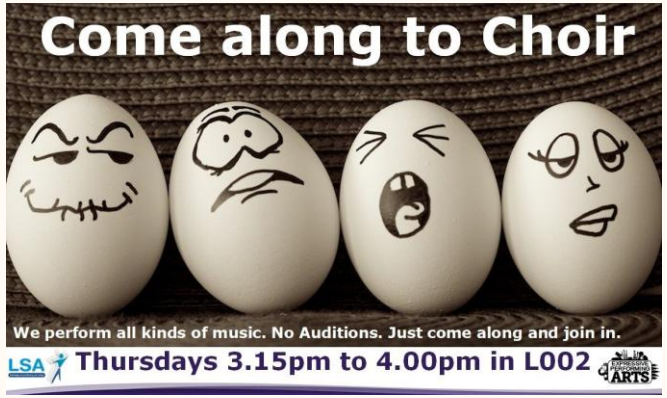
YEAR GROUP OPEN TO YEAR 10





Wednesday 11th November

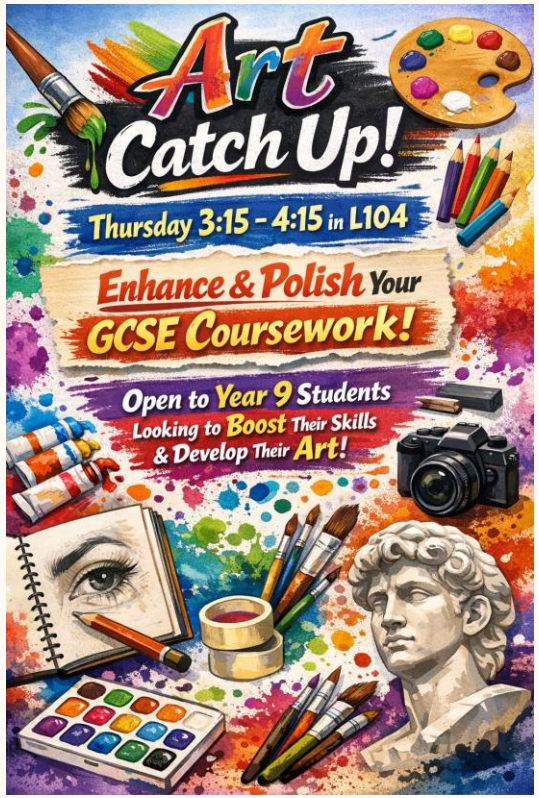














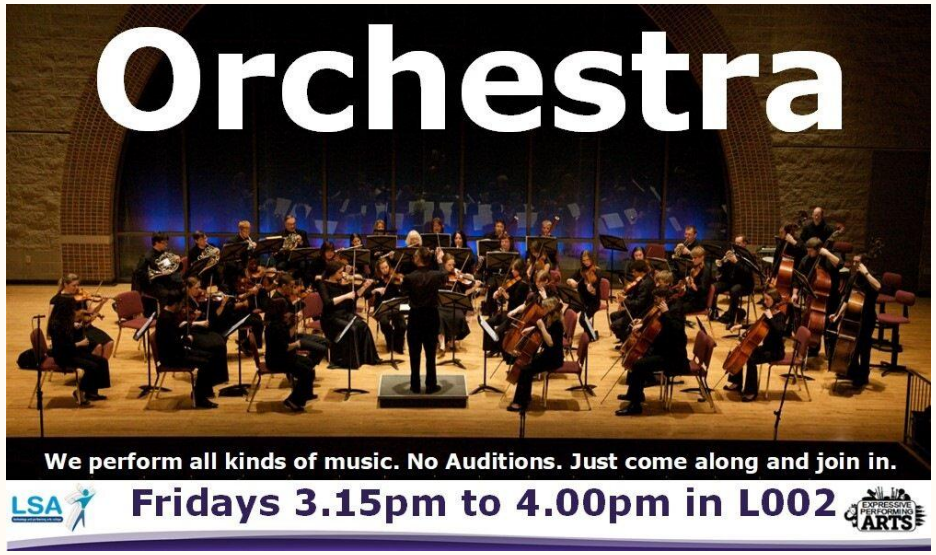




Thursday 12th November



LYTHAM ST ANNES HIGH SCHOOL









Friday 13th November







Year 10 - Silver Duke of Edinburgh's Award

Ready for your next challenge?

Students interested in progressing to the Silver Award can also collect a letter and enrolment form from K005.

Places for Silver are limited and will be allocated on a **first come, first served basis**. Students should return their completed enrolment forms as soon as possible to guarantee a place.

WARTON Junior Badminton



Free Taster Session

2 sessions Held every Saturday

Coaching all Aspects of The game

10-11:00am
7½ -11yrs

11-12:30pm
12-18yrs

Venue Address is:
The Lightning Club
Sports Hall
Mill Lane
Warton PR4 1AQ

For further details:

Please Contact: **Mike D. Cooper (Coach)**
Mobile: **07963 503328 (text or WhatsApp)**
Email: **miked.cooper57@gmail.com**
Or
Contact: **Jason Lydon (Coach)**
Mobile: **07989 709916 (text or WhatsApp)**





Starts: Saturday 5th September 2026 to 24th April 2027

Do you love to sing?



We have also organised a singing teacher to come into school to deliver singing lessons.
Whether you're working toward examinations, audition preparations, practicing/learning vocal lines for choir or simply singing for confidence development and enjoyment.

We have an amazing school choir who rehearse on a Thursday after school. We perform all kinds of music.
No Auditions.
Just come along and join in.

LYTHAM ST ANNES HIGH SCHOOL

Please see Mr Spacey in L002 for more details.

EXPRESSIVE PERFORMING ARTS



SCHOOL NURSE DROP-IN

FOR STUDENTS

VENUE: A001 RECEPTION MEETING ROOM

EVERY THURSDAY FROM 8AM UNTIL 9:10

WHAT CAN THE SCHOOL NURSE DO

- ✓ Health advice and support
- ✓ Health awareness and healthy lifestyle workshops
- ✓ Emotional, mental health and wellbeing advice (SEMH)
- ✓ Weight management advice and support
- ✓ Relationships and sexual education workshops
- ✓ Health assessments

DROP-IN TO SEE THE SCHOOL NURSE

OR BOOK AN APPOINTMENT THROUGH YOUR FORM TUTOR.

SCHOOL NURSES CAN OFFER CONFIDENTIAL ADVICE AND SUPPORT AND REFER TO OTHER SERVICES IF NEEDED.



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It's Not Weak to Speak

Remember there's always someone to listen



shout 85258

Text SHOUT to 85258
Confidential 24/7 mental health support

kooth

www.kooth.com

SHINE
Support and Help IN Education
Fylde Coast Mental Health Support Team

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

THE MIX

www.themix.org.uk/mental-health

YOUNGMiNDS

Text YM to 85258
24/7 text service
Youngminds.org.uk

Beat
Eating disorders

Phone- 0808 801 0677
www.beateatingdisorders.org.uk/

STUDENT WELLBEING NEWSLETTER

LYTHAM ST ANNES HIGH SCHOOL

KIND PEOPLE BRIGHTER COMMUNITIES

BE KIND • BE ACTIVE • BE YOU • BELONG

THIS MONTH'S FOCUS: NOVEMBER

FRIENDSHIPS & KINDNESS



Good friendships can make school more enjoyable, help us feel supported and have a positive impact on our mental health. November is a great time to think about how we can be a kind and inclusive community, both in and out of school.

WAYS TO BE A GOOD FRIEND

BE A GOOD LISTENER
Show interest, give people time to speak and really listen.

INCLUDE OTHERS
Invite others, look out for people who might feel left out.

BE KIND
Small acts of kindness can make a big difference to someone's day.

BE RESPECTFUL
Value different opinions and be supportive, even when you disagree.

CHECK IN
A simple "Are you okay?" can mean a lot. Look out for your friends.

WELLBEING TIP OF THE MONTH

KINDNESS COSTS NOTHING BUT MEANS EVERYTHING

Try to do one kind thing each day this month. It could be a compliment, helping a friend with schoolwork, holding the door open or simply checking in on someone. Kindness not only helps others, it can also boost your own mood and make you feel more connected.

STUDENT VOICE

"My friends make school a happier place. They're there to support me, make me laugh and help me through the difficult days."

– LSAHS Student

SUPPORT & WHERE TO GO

If you're feeling lonely, finding friendships tricky or need someone to talk to, there are people who can help:

- A trusted adult at school (form tutor, teacher, Head of Year, Student Support team)
- Friends and family
- School wellbeing support services
- **Childline – 0800 1111 (free, 24/7)**
- **Young Minds** – youngminds.org.uk
- **Kooth – kooth.com** (free, online support for young people)

SMALL STEPS, BIG IMPACT

- [ ] Do one kind thing for someone else
- [ ] Reach out to a friend you haven't spoken to in a while
- [ ] Be inclusive and look out for others
- [ ] Take time to appreciate your friends
- [ ] Be kind to yourself – you matter too

REMEMBER...

- KINDNESS CREATES A HAPPIER SCHOOL COMMUNITY
- FRIENDSHIPS CAN BOOST YOUR MENTAL HEALTH
- EVERYONE BELONGS
- BE THE KIND OF FRIEND YOU'D LIKE TO HAVE

Kind people make a brighter tomorrow

STUDENT WELLBEING NEWSLETTER

LYTHAM ST ANNES HIGH SCHOOL

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