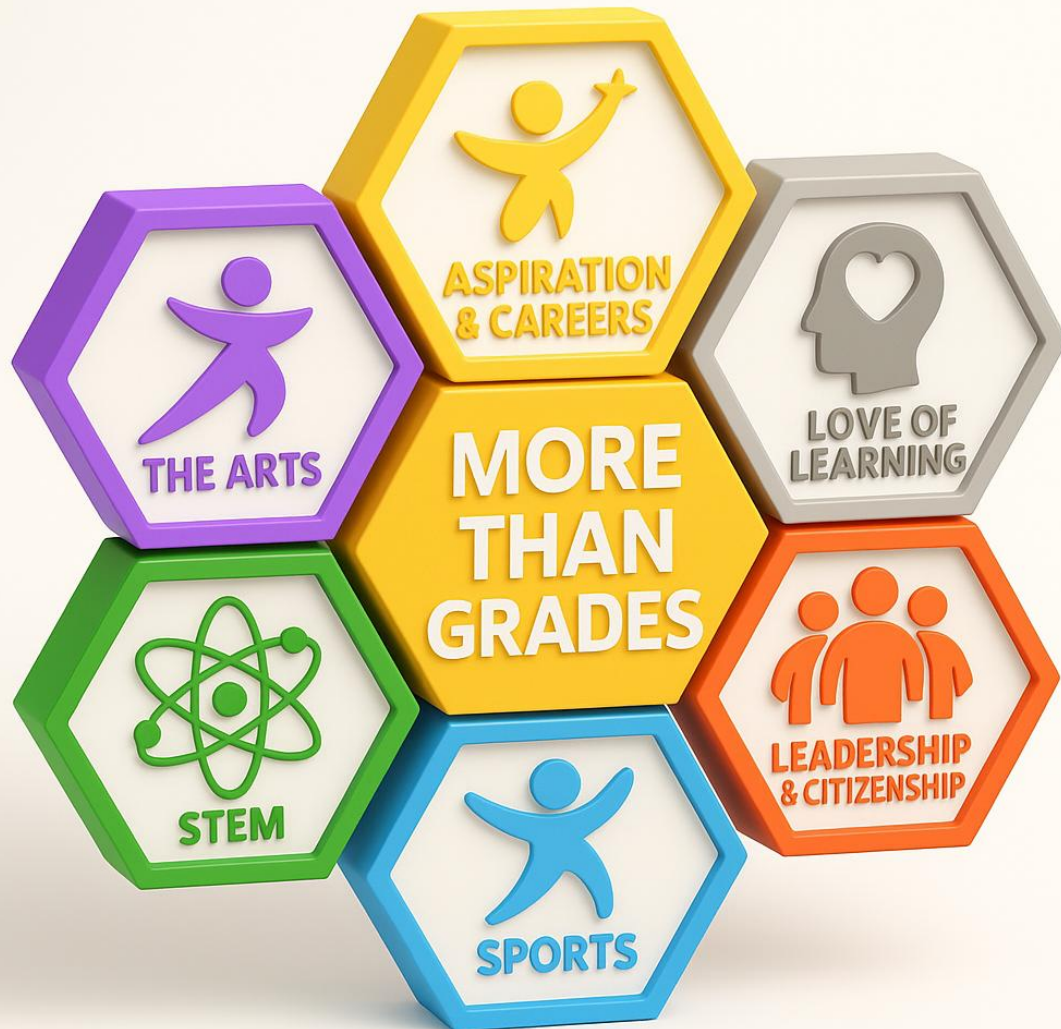


Student Bulletin – Year 11 – Monday 12th October



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

LSA
More than Grades - Pupil Logbook Years 7 to 9



Student Name: _____
Form: _____ House: _____

LYTHAM ST ANNES

LSA
Key Stage 4 - Record of Aspiration



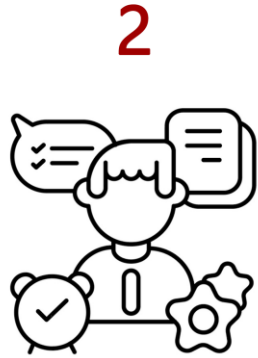
Student Name: _____
Form: _____ House: _____

LYTHAM ST ANNES

10 Key Employability Skills



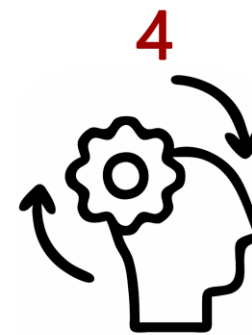
BE
SELF-MOTIVATED



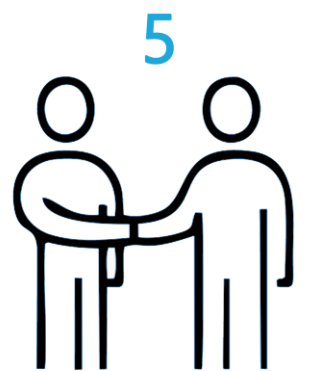
ORGANISATIONAL
SKILLS



WORK TO
DEADLINES



ABILITY TO
LEARN AND ADAPT



COMMUNICATION
SKILLS



TEAMWORK



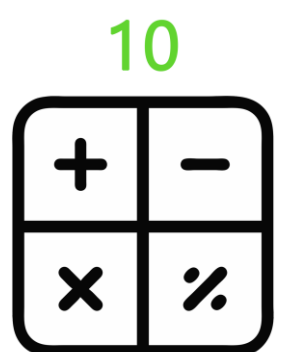
NEGOTIATION
SKILLS



VALUING
DIVERSITY



PROBLEM SOLVING
SKILLS



NUMERACY AND
IT SKILLS

Windband



We perform all kinds of music. No Auditions. Just come along and join in.

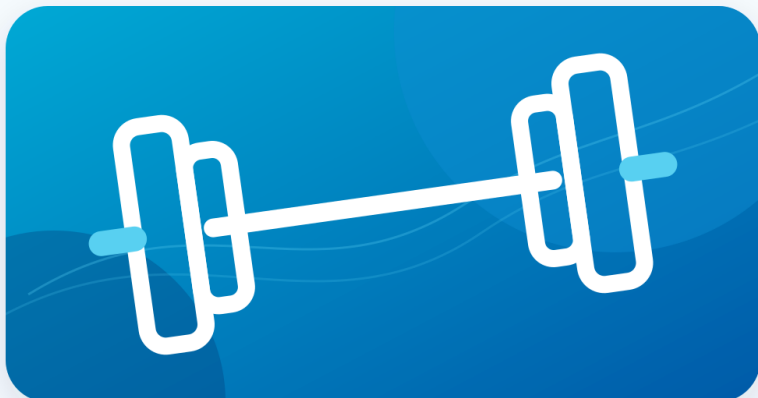
LSA Mondays 3.10pm to 4.00pm in L001 **EXPRESSIVE PERFORMING ARTS**

Monday 12th September



• TUESDAYS

FITNESS



YEAR GROUP
YEAR 11



SIGN UP
ONE WEEK IN ADVANCE

D&D CLUB



OPEN TO

**YEAR
11**

MEMBERSHIP

RETURNING MEMBERS HAVE
AN AUTOMATIC PLACE.

IF PLACES BECOME AVAILABLE, THIS
WILL BE ADVERTISED IN FUTURE BULLETINS.

Tuesday 13th October



• WEDNESDAYS

GIRLS' RUGBY



YEAR GROUP
OPEN TO

YEAR 11

• WEDNESDAYS

5-A-SIDE FOOTBALL



YEAR GROUP
OPEN TO

YEAR 11

• WEDNESDAYS

BTEC MEDIA CATCH-UP



ROOM
A130

OPEN TO
YEAR 10 & 11

TIME
3:10-4:00 PM

DRAMA CLUB



EVERY WEDNESDAY
AFTER SCHOOL
3.15 – 4.15PM

ALL WELCOME

WELLBEING AMBASSADOR MEETINGS



WHEN?

Wednesdays
3:10 – 4:00pm



WHERE?

K002



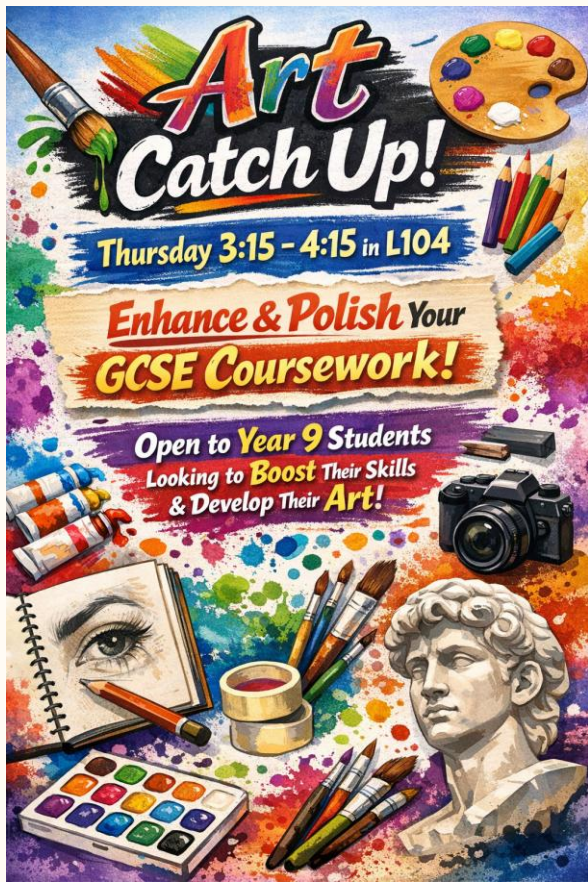
WHO?

Wellbeing
Ambassadors



Wednesday 14th October





• THURSDAYS

TRAMPOLINING



YEAR GROUP
YEAR 11

✓ SIGN UP
ONE WEEK IN ADVANCE

• THURSDAYS

BADMINTON



YEAR GROUP
YEAR 11

✓ SIGN UP
ONE WEEK IN ADVANCE

• THURSDAYS

CHESS CLUB



ROOM
N109

OPEN TO
ALL YEAR GROUPS

• THURSDAYS

RUNNING CLUB



YEAR GROUP
OPEN TO

YEAR 11

• THURSDAYS

RUGBY



YEAR GROUP
OPEN TO

YEAR 11

Thursday 15th October



Orchestra



We perform all kinds of music. No Auditions. Just come along and join in.

LSA Fridays 3.15pm to 4.00pm in L002 

● FRIDAYS

GIRLS' FOOTBALL



YEAR GROUP
OPEN TO **YEAR 11**

● FRIDAYS

NETBALL



YEAR GROUP
OPEN TO **YEAR 11**

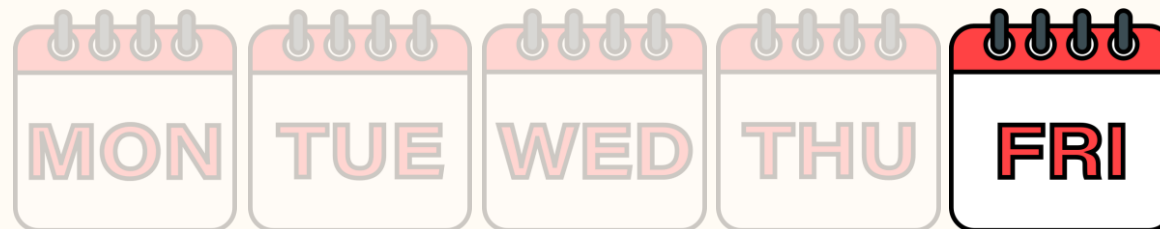
● FRIDAYS

BOYS' HOCKEY



YEAR GROUP
OPEN TO **YEAR 11**

Friday 16th October



Yr 11 Food Tech.

Catch Up sessions after school
for ½ hour every night.

WELLBEING Art COMPETITION

Design a wellbeing badge for students at Lytham St Annes High School!

Get creative and design a badge that represents wellbeing for our school community!



Your badge could show...

- Kindness
- Positivity
- Belonging
- Support
- A healthy mind
- What wellbeing means to you!

DEADLINE: MONDAY 2ND NOVEMBER

ALL YEARS CAN ENTER!

ENTRIES NEED TO BE HANDED IN TO **MRS HOYLE IN K002**

SHOW US YOUR IDEAS AND HELP CREATE A BADGE THAT MAKES A DIFFERENCE!

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COLLEGE OPEN DAYS

From Sept 2026/2027
Yr 10 & 11 Post 16 Information



Cardinal Newman

Yr 11 Assembly = Friday 9th October

Sat 10th Oct 2026 - Open Day. 10am - 1pm.

Sat 14th Nov 2026 - Open Day. 10am - 1pm.

Sat 6th Feb 2027 - Open Day. 10am - 1pm.

booking online essential.

LUSoM

Sat 10th Oct 2026 - Open Day. 10am - 12.30pm.

Blackpool Sixth Form

Yr 11 Assembly = Friday 25th September

Thurs 15th Oct 2026 - Open Evening. 5.30pm - 8pm.

Thurs 24th Nov 2026 - Open Evening. 5.30pm - 8pm.

B & F College

Yr 11 Assembly = Friday 6th November

Wed 7th Nov 2026 - Bispham Campus. 10.30am - 2pm.

Thurs 4th Feb 2027 - Bispham Campus. 5pm - 7pm.

Fleetwood Nautical Campus

Thurs 26th Nov 2026 - Open Day. 1.30pm - 5.30pm

Sat 27th Feb 2027 - Open Day. 10.30am - 2.30pm

booking online essential.

Preston College

Yr 11 Assembly = Friday 2nd October

Wed 30th Sept 2026 - Open Evening. 4pm - 7pm.

Sat 7th Nov 2026 - Open Evening. 10am - 1pm.

Thurs 4th Mar 2026 - Open Evening. 4pm - 7pm.

booking online essential.

Myerscough Preston

Yr 11 Assembly = Friday 13th November

Sat 3rd Oct 2026 - Course Advice Morning. 10am - 1pm.

Sat 21st Nov 2026 - Course Advice Morning. 10am - 12:30pm.

booking online essential. see website for specialised subject open events.

Amazing Apprenticeships

Yr 11 Assembly = Friday 27th November

PLEASE ALWAYS CHECK EACH OF THE COLLEGE WEBSITES PRIOR TO ATTENDING THE COLLEGE OPEN DAY. DATES AND TIMES MAY BE SUBJECT TO CHANGE. SOME OPEN DAYS REQUIRE STUDENTS TO REGISTER FOR THE EVENT IN ADVANCE.

GENERAL INFORMATION

From Sept 2026/2027
Yr 10 & 11 Post 16 Information



Apprenticeship Information

Is your child considering an apprenticeship as their next step?

Amazing Apprenticeships' Parent and Carer zone is a great place to explore apprenticeships and technical education:

<https://www.amazingapprenticeships.com/zones/parent/>

Alternatively there is a monthly newsletter:

<https://www.amazingapprenticeships.com/newsletter/>

Useful Links

[Lancashire Skills Hub - Regional Labour Market Information \(LMI\) -](#)

<https://www.lancashireskillshub.co.uk/wp-content/uploads/2026/04/EXPLORE-the-future-of-jobs-in-Blackpool-Fylde-and-Wyre-2026.pdf>

<https://nationalcareers.service.gov.uk/explore-careers>

<https://www.blackpoolsixth.ac.uk/courses/>

<https://www.cardinalnewman.ac.uk/our-courses/all-courses>

<https://www.blackpool.ac.uk/course/en00009>

<https://www.preston.ac.uk/courses/>

<https://www.myerscough.ac.uk/courses/further-education/>

Do you love to sing?

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.

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.



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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STUDENT WELLBEING NEWSLETTER

LYTHAM STANNES HIGH SCHOOL

A HAPPIER, HEALTHIER YOU

BE KIND • BE ACTIVE • BE YOU • BELONG

THIS MONTH'S FOCUS

LOOKING AFTER YOUR MENTAL HEALTH THIS OCTOBER

October can bring shorter days, colder weather and changes in routine, which can sometimes make us feel more tired or stressed. This month we're focusing on simple ways to look after your mental health, build positive habits and take care of yourself as we head into autumn.

SMALL STEPS MAKE A BIG DIFFERENCE

WELLBEING TIP OF THE MONTH

NOTICE THE GOOD THINGS AROUND YOU

Try keeping a simple gratitude list. Each day, write down one thing that went well, something you're thankful for, or a moment that made you smile. This can help shift your focus towards the positive, even on difficult days.

SUPPORT & WHERE TO GO

If you're feeling worried, overwhelmed or just 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

- ☐ Spend at least 10 minutes outside
- ☐ Try a new way to relax (e.g. music, reading, drawing, or breathing exercises)
- ☐ Be kind to yourself - celebrate a small win
- ☐ Get a good night's sleep
- ☐ Talk to someone if you're struggling

5 WAYS TO SUPPORT YOUR MENTAL HEALTH THIS OCTOBER

- GET OUTSIDE**
Fresh air and natural light can boost your mood, even on cloudy days.
- MOVE YOUR BODY**
Try a short walk, a bit of stretching or an activity you enjoy.
- STAY CONNECTED**
Spend time with friends, family or someone you trust.
- BE KIND TO YOURSELF**
It's okay to have tough days. Talk to yourself like you would a friend.
- GET ENOUGH REST**
Good sleep helps you feel more focused, positive and better able to cope.

STUDENT VOICE

"Taking time for myself, even just a short walk or listening to my favourite music, really helps me feel calmer during busy times."

- LSAHS Student

REMEMBER...

- IT'S OKAY TO FEEL TOUGH EMOTIONS
- YOU ARE NOT ALONE
- THINGS CAN GET BRIGHTER
- SUPPORT IS ALWAYS AVAILABLE

Your wellbeing matters

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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



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