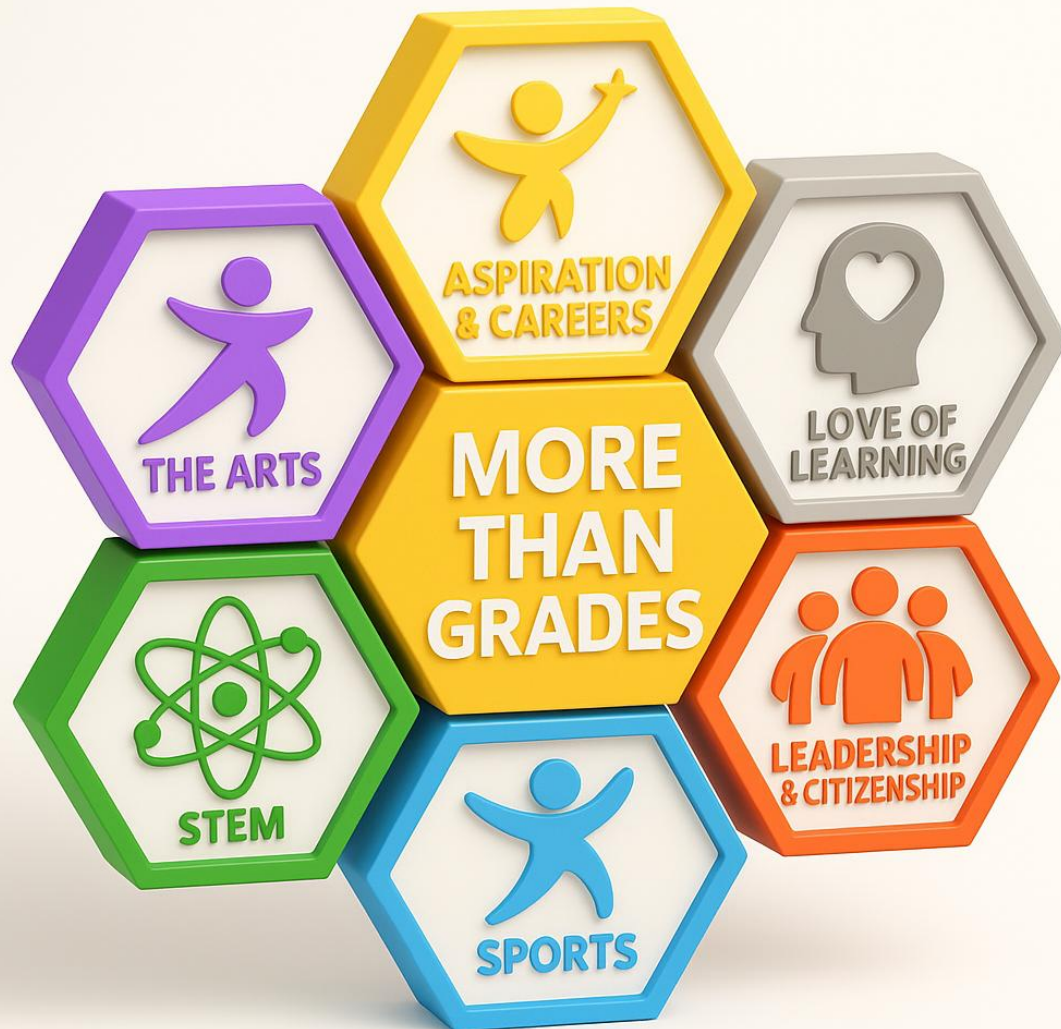


Student Bulletin – Year 8 – Monday 12th October



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

LSA
LYTHAM ST ANNES

More than Grades - Pupil Logbook Years 7 to 9



Student Name: _____
Form: _____ House: _____

LYTHAM ST ANNES

LSA
LYTHAM ST ANNES

Key Stage 4 - Record of Aspiration



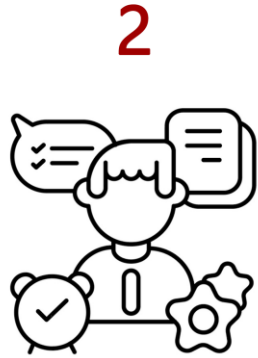
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LYTHAM ST ANNES

10 Key Employability Skills



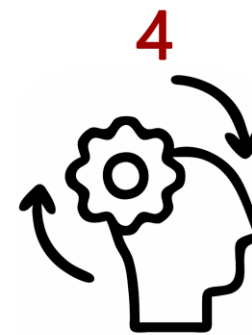
BE
SELF-MOTIVATED



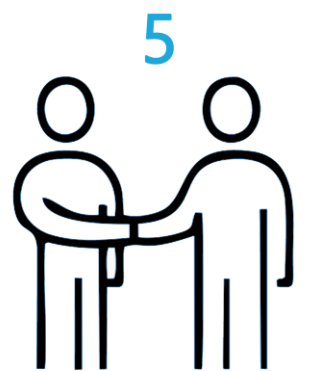
ORGANISATIONAL
SKILLS



WORK TO
DEADLINES



ABILITY TO
LEARN AND ADAPT



COMMUNICATION
SKILLS



TEAMWORK



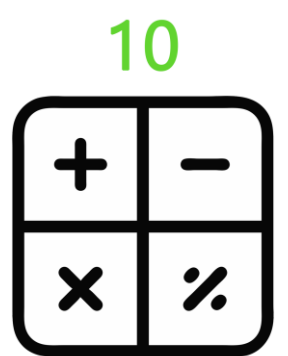
NEGOTIATION
SKILLS



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



● MONDAYS

BADMINTON



YEAR GROUP
YEAR 8

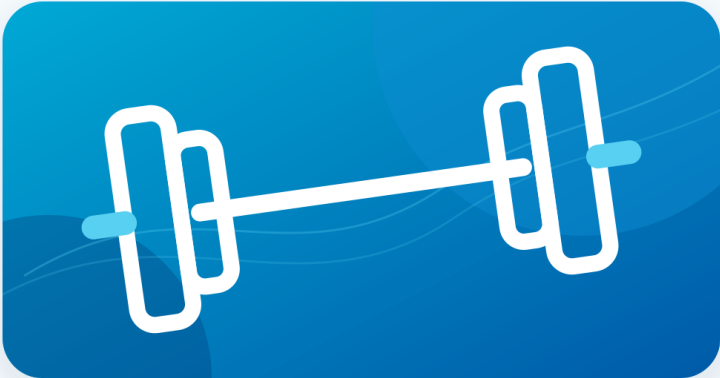
 SIGN UP
ONE WEEK IN ADVANCE

Monday 12th September



• TUESDAYS

FITNESS



YEAR GROUP
YEAR 8

 SIGN UP
ONE WEEK IN ADVANCE

ONLINE SAFETY AMBASSADOR



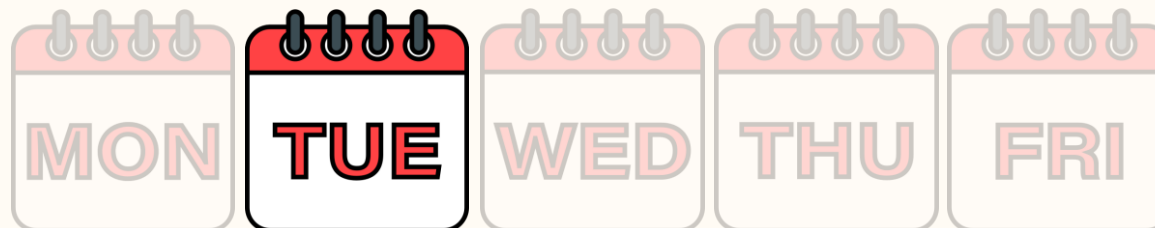
PROMOTE
A SAFER
ONLINE WORLD



MAKE A
POSITIVE
DIFFERENCE

Meeting in A132

Tuesday 13th October



• WEDNESDAYS

GIRLS' HOCKEY



YEAR GROUP
OPEN TO **YEAR 8**

• WEDNESDAYS

RUGBY



YEAR GROUP
OPEN TO **YEAR 8**

• WEDNESDAYS

GIRLS' RUGBY



YEAR GROUP
OPEN TO **YEAR 8**

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



Come along to Choir



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

LSA Thursdays 3.15pm to 4.00pm in L002

• THURSDAYS

CHESS CLUB



ROOM **N109**

OPEN TO **ALL YEAR GROUPS**

• THURSDAYS

FOOTBALL



YEAR GROUP OPEN TO **YEAR 8**

• THURSDAYS

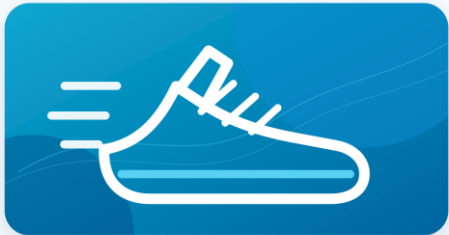
NETBALL



YEAR GROUP OPEN TO **YEAR 8**

• THURSDAYS

RUNNING CLUB



YEAR GROUP OPEN TO **YEAR 8**

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 **THE ARTS**

• FRIDAYS

GIRLS' FOOTBALL



YEAR GROUP
OPEN TO **YEAR 8**

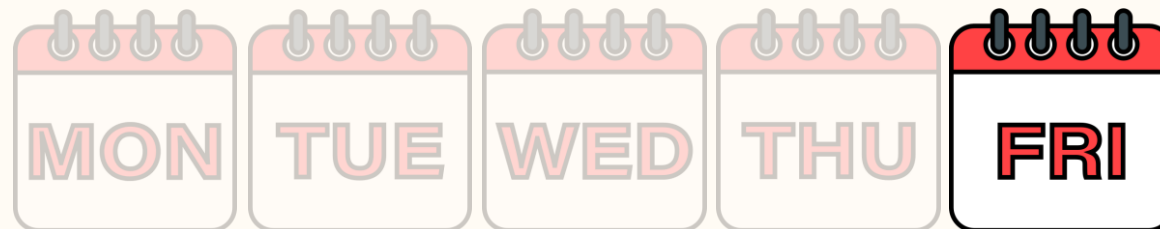
• FRIDAYS

BOYS' HOCKEY



YEAR GROUP
OPEN TO **YEAR 8**

Friday 16th October



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.

WARTON Junior Badminton



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

Free
Taster
Session

2 sessions
Held every
Saturday

Coaching all
Aspects of
The game

10-11:00am
7½ -11yrs

11-12:30pm
12-18yrs

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

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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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](https://www.youngminds.org.uk)
- Kooth - [kooth.com](https://www.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

STUDENT WELLBEING NEWSLETTER

LYTHAM STANNES HIGH SCHOOL

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Your wellbeing matters



It's Not Weak to Speak



Remember there's always someone to listen



Text SHOUT to 85258
Confidential 24/7 mental
health support



www.kooth.com



Support and Help IN Education
Fylde Coast Mental Health Support Team



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



www.themix.org.uk/mental-health



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



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