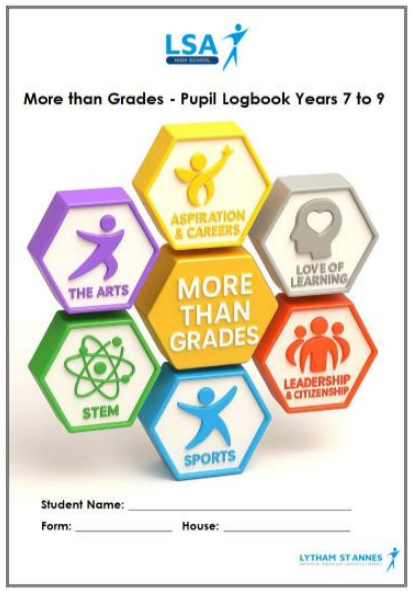
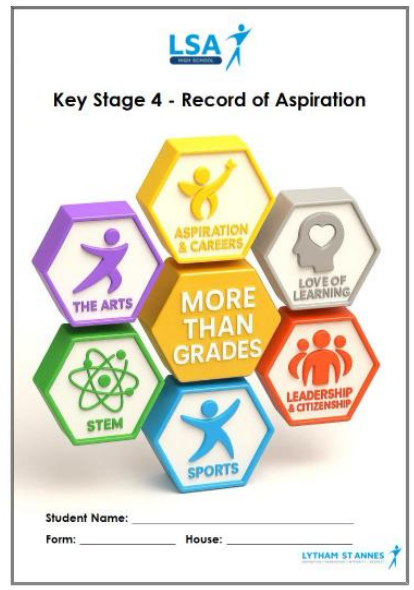
# Student Bulletin – Year 9 – Monday 9th November






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



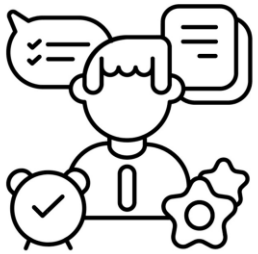
# 10 Key Employability Skills

1



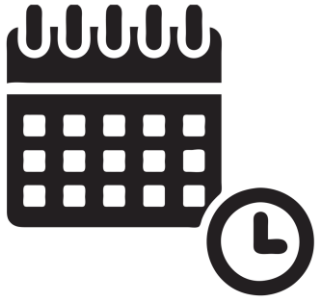
BE SELF-MOTIVATED

2



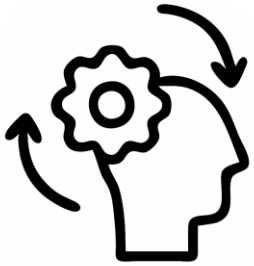
ORGANISATIONAL SKILLS

3



WORK TO DEADLINES

4



ABILITY TO LEARN AND ADAPT

5



COMMUNICATION SKILLS

6



TEAMWORK

7



NEGOTIATION SKILLS

8



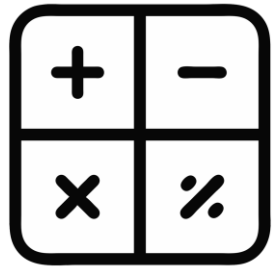
VALUING DIVERSITY

9



PROBLEM SOLVING SKILLS

10



NUMERACY AND IT SKILLS







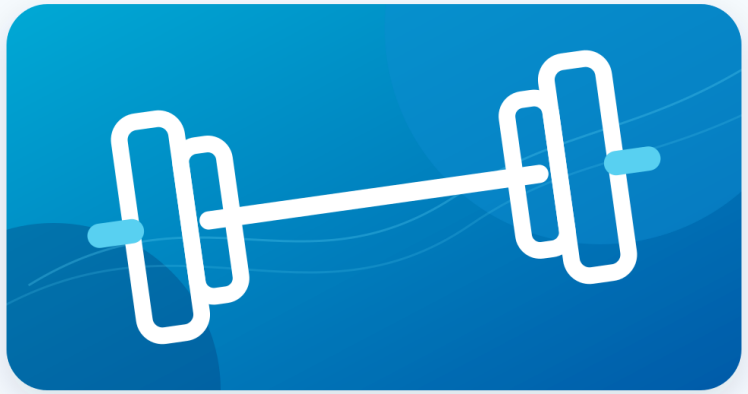



# Monday 9th November



TUESDAYS

# FITNESS



YEAR GROUP
**YEAR 9**

SIGN UP
ONE WEEK IN ADVANCE

## Tuesday 10th November



WEDNESDAYS

## GIRLS' RUGBY



YEAR GROUP OPEN TO **YEAR 9**

WEDNESDAYS

## RUGBY



YEAR GROUP OPEN TO **YEAR 9**

## 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 11th November




MORE THAN GRADES

LYTHAM ST ANNES HIGH SCHOOL





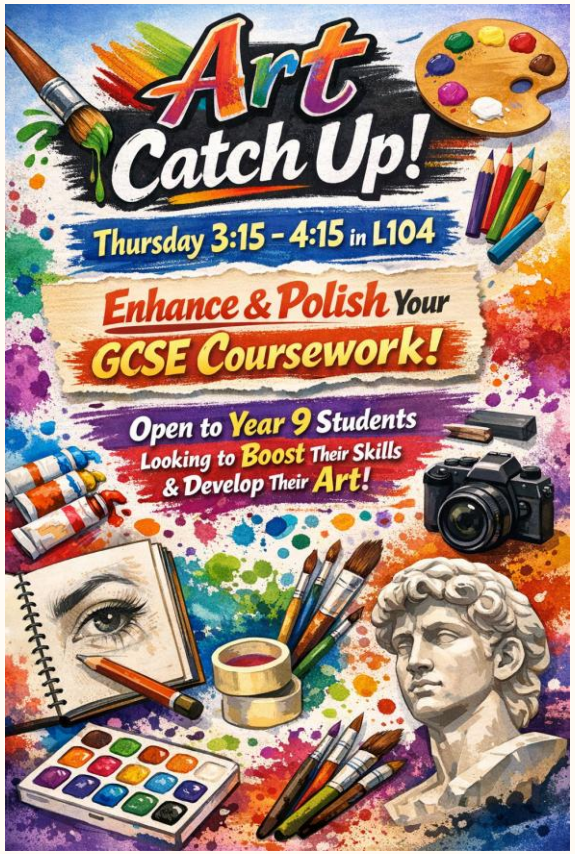








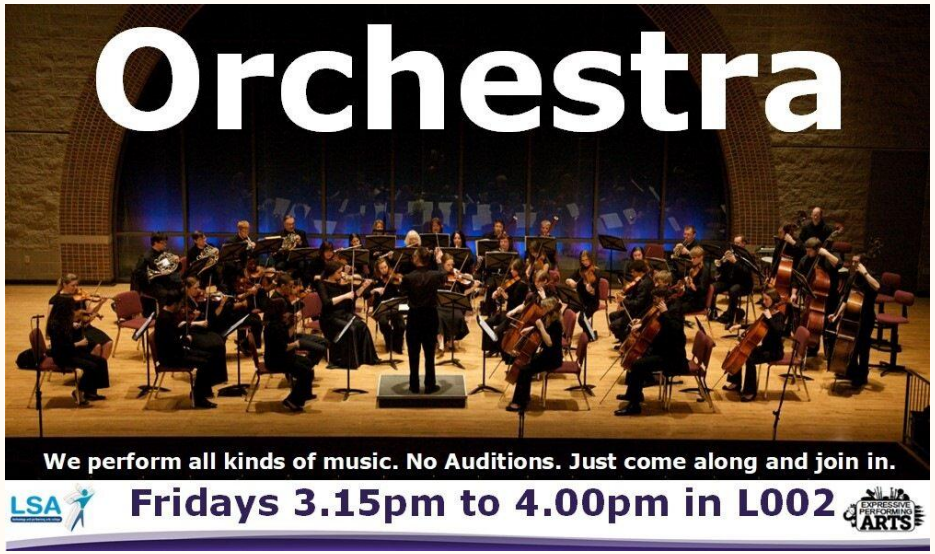



# Thursday 12th November




LYTHAM ST ANNES HIGH SCHOOL













# Friday 13th November




LYTHAM ST ANNES HIGH SCHOOL

# 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**

# Year 9 Bronze Award

Students interested in taking part can collect a letter and enrolment form from K005.

THE DUKE OF EDINBURGH'S AWARD

# Year 9 DofE opportunities at the LIBRARY – Starting from Tuesday 29th Sept










## DofE Skill Section

Open University online learning.
Hundreds of free short courses to choose from.
Certificate of Participation on completion.
Work alone or in groups in the Library.

## DofE Volunteering Section

Library leadership.
Book sorting & customer service.
Management Information System (MIS) training.
Book reviews. First choice on new stock.

# 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.

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*


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