



CONFIDENCE PURPOSE RESPECT

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Headteacher's Message

Year 11 have prepared well for the exams so far and they are attending all the extra revision sessions that staff have put in place. This newsletter also contains latest practical guidance for parents from the National Crime Agency, and if further support is required, please contact Mr Fox. It was lovely to see Matthew receiving his Blue Peter Badge for his commitment to fundraising. Finally, Year 7 parents, please encourage your child to make you appointments at the forthcoming evening.

Important Upcoming Dates

Wednesday 15th May: English Graphic Novel Author Visit
Friday 24th May: School Closes for Half Term
Monday 3rd June: School Re-Opens for Half Term 6
Thursday 6th June: D-Day Anniversary Commemorations
Tuesday 11th June: Year 7 Parents' Evening
Monday 24th June: Year 10 Work Experience Week Begins

What Timetable

Week Is It?

W.B. 13/5/24 =
WEEK A

W.B. 20/5/24 =
WEEK B

GCSE Exams are Underway!

Last week the Year 11s made an excellent start to their daily exam series. Exams in Health & Social Care, Enterprise, Religious Education and Biology all took place. Exams continue for the next two weeks with students expected to attend daily. Once half term begins, study leave begins. There are three more weeks of exams after this, with sessions for revision and support available every day. Mr Malone has sent you a copy of all the exams and support taking place, and you can also see this over the next few pages. Additionally, Mr Malone will be sending daily reminders to all Year 11 students, via ClassCharts, to let them know what is available to attend.



ClassCharts

Year 11 Exam Timetable – Exam Season and Study Leave 2024

	MONDAY 6 TH MAY	TUESDAY 7 TH MAY	WEDNESDAY 8 TH MAY	THURSDAY 9 TH MAY	FRIDAY 10 TH MAY
Before School		H&S AM REVISION & WARM UP	Enterprise WARM UP	RE AM REVISION & WARM UP	Biology AM REVISION & WARM UP
Period 1 9:20am		Health and Social: Wellbeing 2 hours French Speaking Exams	Enterprise: Marketing and Finance 2 hours	Religious Education: Themes 2 hours	Biology (Triple) Paper 1 1 hour 45 minutes Biology (Trilogy) Paper 1 1 hour 15 minutes
Period 2 10:20am					
Break					
Period 3 11:40am					
Lunch					
Period 4 1:25pm					
Period 5 2:25pm					
After School			RE AFTER SCHOOL REVISION	Biology AFTER SCHOOL REVISION	

COMPLETED

Year 11 Exam Timetable – Exam Season and Study Leave 2024

	MONDAY 13 TH MAY	TUESDAY 14 TH MAY	WEDNESDAY 15 TH MAY	THURSDAY 16 TH MAY	FRIDAY 17 TH MAY
Before School	SUNDAY ENGLISH REVISION & AM REVISION		History AM REVISION & WARM UP	Maths AM REVISION & WARM UP	Chemistry AM REVISION & WARM UP
Period 1 9:20am	English Literature 1: Macbeth and Anthology Poetry 2 hours	French Listening 45 minutes French Reading 1 hour	History: Crime and Punishment 1 hour 15 minutes	Maths Paper 1 Non-Calculator 1 hour 30 minutes	Chemistry (Triple) Paper 1 1 hour 45 minutes Chemistry (Trilogy) Paper 1 1 hour 15 minutes
Period 2 10:20am					
Break					
Period 3 11:40am	Media REVISION IT2		Computer Science REVISION IT1	Religious Education REVISION RE1	Geography REVISION RE1
Lunch					
Period 4 1:25pm	Media Paper 1: Exploring Media 1 hour 30 minutes		Computer Science 1: Computational Thinking & Programming 2 hours	Religious Education: Christianity 1 hour	Geography 1: Natural Hazards, Living World Physical Landscape 1 hour 30 minutes
Period 5 2:25pm					
After School		History AFTER SCHOOL REVISION	Maths AFTER SCHOOL REVISION	Chemistry AFTER SCHOOL REVISION	

Year 11 Exam Timetable – Exam Season and Study Leave 2024

	MONDAY 20 TH MAY	TUESDAY 21 ST MAY	WEDNESDAY 22 ND MAY	THURSDAY 23 RD MAY	FRIDAY 24 TH MAY
Before School	SUNDAY ENGLISH REVISION & AM REVISION		Physics AM REVISION & WARM UP	English AM REVISION & WARM UP	
Period 1 9:20am	English Literature 2 AIC, ACC, and Unseen Poetry 2 hours 30 minutes		Physics (Triple) Paper 1 1 hour 45 minutes Physics (Trilogy) Paper 1 1 hour 15 minutes	English Language 1 Fiction Reading/Writing 1 hour 45 minutes	French Writing 1 hour 15 minutes
Period 2 10:20am					
Break					
Period 3 11:40am	Media Revision IT2	Computer Science REVISION IT1	PE REVISION Hall		
Lunch					
Period 4 1:25pm	Media Paper 2 Understanding Media 1 hour 30 minutes	Computer Science 2: Computer Systems 1 hour 45 minutes	PE: Fitness and Body Systems 1 hour 30 minutes		
Period 5 2:25pm					
After School		Physics AFTER SCHOOL REVISION	English AFTER SCHOOL REVISION		

Year 11 Exam Timetable – Exam Season and Study Leave 2024

	MONDAY 3 RD JUNE	TUESDAY 4 TH JUNE	WEDNESDAY 5 TH JUNE	THURSDAY 6 TH JUNE	FRIDAY 7 TH JUNE
Quiet Study Room	IT2 is available for revision	IT2 is available for revision	IT3 is available for revision	IT2 is available for revision	IT3 is available for revision
Before School	SUNDAY MATHS REVISION & AM REVISION	Spanish AM REVISION & WARM UP	Geography AM REVISION & WARM UP	English AM REVISION & WARM UP	RE AM REVISION & WARM UP
Period 1 9:20am	Maths Paper 2 Calculator 1 hour 30 minutes	Spanish Listening 1 hour/45 minutes	Geography REVISION GG1 & GG2	English Language 2 Non-fiction Reading/Writing 2 hours	Religious Education Islam 1 hour
Period 2 10:20am		Spanish Reading 45 minutes/35 minutes			
Break					
Period 3 11:40am	PE REVISION Hall	Spanish REVISION MFL	History REVISION HI1 & HI2	English Language REVISION English Rooms	Religious Education REVISION RE1
Lunch					
Period 4 1:25pm	PE: Health and Performance 1 hour 30 minutes	History: Superpowers, Cold War, AngloSaxons & Normans 1 hour 45 minutes			Biology (Triple) Paper 2 1 hour 45 minutes Biology (Trilogy) Paper 2 1 hour 15 minutes
Period 5 2:25pm					
After School					

Year 11 Exam Timetable – Exam Season and Study Leave 2024

	MONDAY 10 TH JUNE	TUESDAY 11 TH JUNE	WEDNESDAY 12 TH JUNE	THURSDAY 13 TH JUNE	FRIDAY 14 TH JUNE
Quiet Study Room	IT1 is available for revision	IT3 is available for revision	IT3 is available for revision	IT2 is available for revision	IT2 is available for revision
Before School	SUNDAY MATHS REVISION & AM REVISION	Chemistry AM REVISION & WARM UP			Geography AM REVISION & WARM UP
Period 1 9:20am	Maths Paper 3 Calculator 1 hour 30 minutes	Chemistry (Triple) Paper 2 1 hour 45 minutes Chemistry (Trilogy) Paper 2 1 hour 15 minutes		Physics REVISION Labs	Geography 3 Issue Evaluation Fieldwork 1 hour 30 minutes
Period 2 10:20am				Geography REVISION GG1 & GG2	
Break					
Period 3 11:40am	Spanish REVISION Hall	Chemistry REVISION Labs	History REVISION HI1 & HI2		Physics REVISION Labs
Lunch					
Period 4 1:25pm	Spanish Writing 1 hour 15 minutes/1 hour	History: USA Conflict at Home and abroad (Civil Rights and Vietnam) 1 hour 20 minutes	Polish Listening 45 minutes Polish Reading 1 hour		Physics (Triple) Paper 2 1 hour 45 minutes Physics (Trilogy) Paper 2 1 hour 15 minutes
Period 5 2:25pm					
After School					

Year 11 Exam Timetable – Exam Season and Study Leave 2024

	MONDAY 17 TH JUNE	TUESDAY 18 TH JUNE	WEDNESDAY 19 TH JUNE	THURSDAY 20 TH JUNE	FRIDAY 21 ST JUNE
Before School		Design and Technology AM REVISION & WARM UP	Food Technology AM REVISION & WARM UP		
Period 1 9:20am	Design Technology REVISION T1	Design and Technology 2 hours	Food and Nutrition 1 hour 45 minutes		
Period 2 10:20am	Food Technology REVISION T3				
Break					
Period 3 11:40am					
Lunch					
Period 4 1:25pm		Polish Writing 1 hour and 15 minutes			
Period 5 2:25pm					
After School					

National Crime Agency Letter

All schools in the UK have recently been sent information from the National Crime Agency, raising awareness of the recent rise in reporting of financially motivated sexual extortion (a type of online blackmail often known in the media as 'sextortion'). Children and young people worldwide are being targeted.

This type of crime involves an adult offender (often from an organised crime group based overseas) threatening to release nude or semi-nude images and/or videos of a child or young person, unless they pay money, or meet another financial demand, such as purchasing a pre-paid gift card.

Victims of any age and gender can be targets, however a large proportion of cases have involved male victims aged 14-18.

A child or young person is **never** to blame if they have been a victim. Offenders will have tricked, groomed and/or manipulated them into sharing an image.

Find out more about online blackmail on [CEOP Education's parents and carers website](#).

Talking to your child

It's important to have frequent, open and non-judgemental conversations with your child about relationships, sex and being online to build trust and support them if something goes wrong. Financially motivated sexual extortion should be included in those conversations. Here are some tips about how to approach this:

- **Chat regularly about their life online:** have ongoing conversations with them about their life and time online. Continue to take an interest as they grow, explore new apps and sites together and talk in a balanced way, considering the benefits and the potential harms.
- **Talk about where to find information about relationships and sex:** organisations like [CEOP Education](#), [Childline](#) and [Brook](#) have age-appropriate advice topics such as sexual communication and image sharing. This will help your child to understand what unhealthy relationships look like, such as applying pressure and blackmail; and give them trusted sources of information to explore these topics.
- **Review privacy settings:** talk to your child about the importance of using privacy settings on their accounts to restrict who can contact them. Read CEOP Education's advice on [how to talk your child about their privacy settings](#).
- **Make sure they know where to go for support:** let them know that they can come to you with any concerns and won't be judged. It's also important to make them aware of other trusted adults or sources of support, if they feel they can't talk to you, such as Childline.
- **Make sure they know where to report:** remind your child how you can help them to report an incident to the police or using the CEOP Safety Centre. Let them know that if a nude or semi-nude of them has been shared without their consent, they can take these 3 steps to try and get them removed:
 1. Use [Report Remove](#), a tool from Childline and the Internet Watch Foundation. Your child can use this to remove images that have been shared or might be shared.
 2. Use [Take It Down](#), a tool from the National Centre for Missing and Exploited Children. Your child can use this to remove or stop the online sharing of images or videos.
 3. Report directly to the platform or app that the incident has occurred on. For advice on how to report to major social media platforms, visit [Internet Matters](#).





UK Safer
Internet
Centre

National Crime Agency Letter Continued

To learn more about what resources are available to help you support your child, visit the [UK Safer Internet Centre](#).

What can I do if this has happened to my child?

If your child tells you that someone is trying to trick, threaten or blackmail them online:

- **Don't pay, do stop contact and block:** you may be tempted to pay, but there is no guarantee that this will stop the threats. As the offender's motive is to get money, once you have shown you can pay, they will likely ask for more and blackmail may continue. If you have paid, don't panic but don't pay anything more. Help your child to stop all communication with the offender and block them on any accounts that they have been contacted on.
- **Avoid deleting anything:** try not to delete anything that could be used as evidence such as messages, images and bank account details.
- **Report to the police or CEOP:** call 101 or 999 if there is an immediate risk of harm to your child. Or you can use the [CEOP Safety Centre](#) to report any online blackmail attempts.

If it has already happened and your child has shared an image and sent money to someone exploiting them:

- **Reassure them that they've done the right thing by telling you:** make sure they know they are not to blame for what has happened and they have done the right thing to ask for your help. Children and young people's mental health may be negatively impacted by experiences of exploitation; you can find advice on looking after your child's mental health from the NHS.
- **Report to the police or CEOP:** call 101 or 999 if there is an immediate risk of harm to your child. Or you can use the CEOP Safety Centre to report an incident. If your child is 18 and over, call 101 or 999 if they are at risk of immediate harm.
- **Report any images or videos that have been shared:** help your child to remove images that are online or prevent images being shared online by following these three steps:
 1. Use [Report Remove](#), a tool from Childline and the Internet Watch Foundation. Your child can use this to remove images that have been shared or might be shared.
 2. Use [Take It Down](#), a tool from the National Centre for Missing and Exploited Children. Your child can use this to remove or stop the online sharing of images or videos.
 3. Report directly to the platform or app that the incident has occurred on. For advice on how to report to major social media platforms, visit [Internet Matters](#).
 4. For more help and support please speak to your child's Year Leader or Mr Fox. Contact information can be found on the website.





Blue Peter Badge Recognition

As you'll be aware from previous newsletters, our fantastic Year 11 student, Matthew, has spent much of his school careers not only work hard to get ready for his exams but also completing charity work. He recently raised a large amount of money for 'Help for Heroes' and donated hair that he grew and then had shaved off to 'The Little Princess Trust.' In further recognition of his work, his Year Leader, Ms Cleasby, presented him with his Blue Peter Badge as the final Year 11 assembly of the year.



Year 7 Parents' Evening – Change of Date

Please be aware that a previously advertised date for the Year 7 Parents' Evening has changed. **Our Year 7 Parents' Evening will take place on Tuesday 11th June.** Parents/carers of Year 7 students will be contacted in advance with more details about the evening and how to make appointments.

PLANS IN PLACE

Year 10 Work Experience – Not Long Now!

As you know, we expect all students in Year 10 to be out on an in-person Work Experience placement during our Work Experience Week of 24th-28th June. **Placements must be organised by the student with support from home.** School has delivered multiple sessions, including on Enrichments Days, in form time and in Life Skills lessons to this effect already. We can continue to speak with and support students, but the onus is on students to make contact with employers and organise their own placements; developing this key life skill is an important part of the process.

The majority of students in the year group have now organised a placement, which means that they have entered their agreed employer's details onto our Unifrog system, the employer has entered all their details (including proof of Employer's Liability Insurance and declared that they have a relevant Risk Assessment and Health & Safety Policy in place), the parent/carer has given their consent, and the school has approved everything.

Employer's Liability Insurance is a legal requirement. All employers must declare that they have Risk Assessment and Health & Safety Policies. Where a placement is higher than 'low risk' (schools, shops and offices are generally low risk) then an employer must show their Risk Assessment and Health and Safety documents to the school. **If an employer is unable or unwilling to provide these required documents to the correct standard, then school will not approve the placement on the grounds of safety and/or safeguarding.** More details can be found on our page of the school website:

<https://www.carnforthhigh.co.uk/school-life/careers/>

Work Experience

In the 2023/24 academic year, all of our **Year 10 students will be out on Work Experience Week from Monday 24th June to Friday 28th June 2024.**

Students need to organise their own Work Experience placements and are supported in doing this through our Unifrog platform, as well as lessons on organising placements, starting in November on Enrichment Day 1. The process involves:

- Students (with support from parents/carers) identify and make contact with potential employers
- Students enter the details of the employer that has agreed to take them on placement onto Unifrog
- Unifrog contact the employer to confirm that they have agreed to take the student and that the employer has relevant insurances in place
- Unifrog contacts the students' parent/carer to share the details of the placement and confirm that they agree to allow their child on the placement
- Unifrog contacts the school to confirm the placement once all the above confirmations have been received.

Below you can find all letters sent to parents/carers, help sheets given to students, and a document that list employers who have take CHS students on placement in the last two years.



DOCUMENT NAME	DOCUMENT UPDATED	DOCUMENT TYPE
Work Experience Process – Parent Letter 1 (November 2023)	22 Nov 2023	.pdf
Work Experience – Student Help Sheet 2023-2024	22 Nov 2023	.pdf
Work Experience – Previous CHS Placements	22 Nov 2023	.pdf
Work Experience Process – Parent Letter 2 (January 2024)	31 Jan 2024	.pdf
Work Experience Process – Parent Letter 3 (March 2024)	01 Mar 2024	.pdf

NHS Work Experience Opportunity for Year 11s

Please see a message from our local NHS about a great opportunity:

“The applications for Work Experience at our three hospital sites (Lancaster, Kendal and Barrow) are now open. This is observational Work Experience for those aged 16+ and is for a maximum of 5 days. Please be aware that the communication is between the applicant and us; the school does not need to liaise on the students' behalf.

To apply, students must register on www.nhscareersnw.co.uk and then access the application form through the 'Placements' section. Please be aware that we have a wide range of opportunities, both clinical and non-clinical. They can choose from a range of departments and choose their specific dates within the application form.

IMPORTANT: This application window is open from 1st – 31st May 2024 and students must apply within this time for Work Experience placements during July, August, September & October 2024.



The window for 16+ Work Experience applications is now...

OPEN

For placements in July, August, September and October 2024

The application window will close on Friday 31st May 2024 at 4pm

Apply at www.nhscareersnw.co.uk within the 'Placements' section





Under 15 Cricket

The under 15 cricket team played against Ripley in the first round of the Lancashire Cup. Ripley won the toss and elected to bat. Theo and Kenzie began to form a good partnership before Kenzie fell. Theo continued to add runs before being caught out at mid-on. Liam held up one end, but the wickets fell with Carnforth all out for 73 from 19 overs. Ripley batted well and scored 74 from 12 overs to win the game, losing only one wicket, an excellent run out from Theo.



Year 8 Football Final

On Friday 26th April the Year 8 boys travelled to Morecambe Bay Academy to play against Central in the Year 8 football final. Both teams had qualified to the final through the district league table. Central, who were the Year 7 champions, took an early lead but Carnforth responded with a superb goal from Blake into the top corner. Carnforth went into the half time break with a two-goal lead, with two quick goals from Aaron and centre forward Kenzie. In the second half the Carnforth boys added four more goals to become district champions, winning the game 7-2. Kenzie scored his hat trick whilst central midfielder Theo scored twice. It was a superb team performance, with all the players in the squad playing their part in the victory. A huge congratulations to the Year 8 boys on an excellent achievement.





Year 7 Football Tournament

The Year 7 boys concluded the football season with the district 7 a side football tournament. The first game was a 2-1 victory against Bay Leadership Academy. Bay took the lead before Joe equalised and then Jake scored the winning goal with a superb free kick from 20 yards out into the top corner.

The second game was a tight 0-0 draw versus Ripley. Either team could have won the game, but a draw was probably a fair result.

The third game was a 1-0 victory versus Our Lady's. This time Jacob with the only goal, a sumptuous lob from outside the area.

The fourth game was a top of the table clash against Morecambe Bay Academy. Morecambe had won 9 points from 9, Carnforth 7 points from 9. Lucas made three outstanding saves to keep Morecambe at bay before Carnforth missed 3 glorious chances to win the game. With Carnforth pushing for the winner Morecambe clinched victory with the very last kick of the game to win 1-0.

The final game of the tournament was a 4-1 victory versus Central. A double from Dan was followed by goals from Jacob and Joe. The Carnforth boys finished in 2nd place in the district table, an excellent achievement, scoring 10 points from a possible 15.



Sports Transport and Fixture Payments

The PE department is offering the opportunity for parents to make a one-time payment at the start of the 2023/24 academic year of £25 to cover their child's extra-curricular fixture transport payments. Currently the PE department charges £1 for home fixtures and £2 for away fixtures, this covers a percentage of cost for transport and competition fees, this will remain in place for parents who do not wish to make the £25 one-time payment. We believe that this for some parents will be a preferential method of payment for their child's sporting fixtures throughout the school year.

The PE department will be providing students with a letter in the coming days with details of how to make the payment via SchoolComms. For details or any further questions please contact Mr Chambers on cchambers@carnforthhigh.co.uk.



Carnforth
High School



PE Department Extra Curricular Timetable April - May 2024

	<u>LUNCH 12.45pm - 1.15pm</u>	<u>AFTERSCHOOL 3.30pm - 4.30pm</u>
<u>MONDAY</u>	Sportsability Club (AB & CM)	Y7-10 Cricket (JD) Y8, 9 & 10 Fitness (CM)
<u>TUESDAY</u>	Showcase Dance Club (AB)	Showcase Dance Club (AB)
<u>WEDNESDAY</u>	Showcase Dance Club (AB)	Y7-10 Girls Athletics (NS & AB) Y7-10 Boys Athletics (JD & CC)
<u>THURSDAY</u>	Gymnastics Vaulting Club (AB & NS & CM)	Y7-11 Girls Rounders (NS & AB & CM)
<u>FRIDAY</u>		GCSE Intervention - Sports Gallery (CC)

Boys & Girls Y7-11 if you are a regular team member, please look on the fixtures board for this half term's fixture list.

Look out for Future Issues!

This year our school newsletter will be released **every two weeks** via Schoolcomms email and the school's website. Look out for future issues for all the latest information about what's going on in and around Carnforth High School and the local community.

CONFIDENCE

PURPOSE

RESPECT