



CONFIDENCE PURPOSE RESPECT

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Headteacher's Message

Open Evening was a huge success, with our highest numbers attending so far. I was very proud of the students who supported this evening as tour guides or in departments. Assemblies this week have focused on how students can fulfil our school values in the way they behave. You can read in this edition how we are already preparing Year 11s for next steps and the first set of mocks. There are also highlights of our personal development activities. Well done to those students who completed their expedition for the D of E award.

Important Upcoming Dates

Tuesday 8th October: Non-Uniform Day and Year 10 Germany Trip Departs

Sunday 13th October: Year 10 Germany Trip Returns

Tuesday 15th October: Liverpool Geography Field Trip 1

Wednesday 16th October: Liverpool Geography Field Trip 2

Friday 18th October: Winmarleigh Hall Trip Departs

Friday 18th October: School Closes for Half Term Holiday

What Timetable

Week Is It?

W.B. 7/10/24 =
WEEK B

W.B. 14/10/24 =
WEEK A

Year 11 GCSE Mock Exams – The Time to Prepare is Now!

Every year we hold two sets of mock exams for Year 11 to prepare them for their summer exams. These mock exams are carried out in the same style as real exams and give students a chance to prepare for exams and to 'feel' what an exam setting is like. This is also very important for teachers, as we get a chance to see the students performing at their best and therefore be able to provide the best feedback and support to improve. Therefore, it is very important that students are best prepared for their mock exams. If you have a child in Year 11, they are likely to be undertaking mock exams in all their exam subjects in the week after we return from half term (WB 4/11/24), so they need to start preparing now!

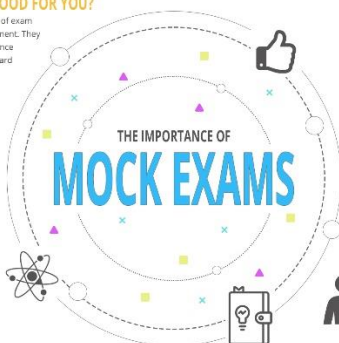
WHY ARE MOCK EXAMS GOOD FOR YOU?

Mock exams are an essential component of exam preparation for your annual MOT assessment. They allow you to mimic the real exam experience under timed conditions, with exam standard questions.

EXERCISE YOUR BRAIN TO BUILD EXAM STAMINA

HELPS TO IDENTIFY TOPICS YOU NEED TO REVISE

TEST YOUR REVISION STRATEGIES



HELPS YOU GET USED TO EXAM PRESSURE

ALLOWS YOU TO PRACTICE EXAM TECHNIQUES

GIVES YOU EXPERIENCE OF EXAM CONDITIONS

IT'S THE PERFECT OPPORTUNITY TO ASK FOR HELP

Changes to Buses After School

As you will be aware, many of our students take the bus home from school. The buses are run by a private company, Stagecoach, who send the buses to the front of the school for 3.25pm as a special service.

After school, the following busses come to collect students from outside the school gate:

- **5 to Morecambe**
- **5 to Overton**
- **55 to Lancaster**
- **445 to Brookhouse**
- **51 to Silverdale**

Until the start of this academic year, Stagecoach sent two 55 buses (a double decker and a single decker), both of which went all the way to the Lancaster Bus Station. They have now informed us that **they will only be sending one double decker 55 to Lancaster**. They are still sending a single 55, but it will only go as far as Bolton-le-Sands.

If your child(ren) usually get the 55 home, please speak to them about which bus is best for them. The bus company would like us to direct the students who only take the bus as far as Bolton-le-Sands to wait and get on the single decker, in order to make sure that there is enough space on the double decker for those who need it.

If you would like to know more about the service you can follow the link below to the Stagecoach website. They can also be contacted via telephone or email using the details on their 'Contact Us' page here: <https://www.stagecoachbus.com/help-and-contact/faqs/contact-us>

<https://www.stagecoachbus.com/>





The Duke of Edinburgh Bronze Award

Twenty-three Carnforth High School students successfully completed their Bronze Duke of Edinburgh Award recently, undertaking a range of training last academic year and at the start of this year to secure this part of the prestigious award. Over the course of two weekends in September, the students completed forty miles of walking, two nights camping and demonstrated their strong skills in being fully self-sufficient.

Whilst the school has offered the award for some time, this is the first ever cohort that has been fully trained, practiced and assessed through Carnforth High School as the licenced centre. This fantastic success and growth of the award could not have happened without the amazing CHS team which supported the weekend, and the students involved. A massive thanks from the whole community goes to Mr Grieve, Miss Williams, Mr Daghish, Miss Ivory, Mr Hacking, Mr Walters and Mrs Rogerson, who all worked tirelessly to ensure a successful expedition and provide our students with this great experience. The students were excellent, and high praise was passed on by the assessor. Another group is due to go out soon!



Open Evening 2024

Every year we hold our annual Open Evening and invite prospective parents of Year 5 and 6 students to come and see what CHS has to offer! This year we had another exciting and successful evening, with around 600 families coming to visit from 5pm-8pm. It was a very busy evening for all involved! Thanks to all who participated and to those who recommended the school to friends.



Open Evening 2024

Visitors on the evening had the chance to hear from the Headteacher at one of his talks, as well as an excellent speech delivered by Dava, one of our Year 7 students. Our Student Ambassadors did a great job of touring parents around the school, and there was a chance for visiting students to try a range of activities including games, trying their hand at computer programming, making a graffiti banner, icing cakes, playing table tennis, making a cheese themed door stop, blasting cans with the airzooka and lots more!



Raising Awareness Around Inflammatory Breast Cancer (IBC)

Last week, Ms Williams raised awareness of Inflammatory Breast Cancer on 'Wear It Orange' Day. You can find out more here: <https://www.ibcnetworkuk.org/>. Ms Williams wanted to raise awareness both of the work of the 'IBC Network UK' charity, but also to share with everyone some of the symptoms to look out for: redness, itching, swelling, 'orange peel' textured skin and hot to touch.



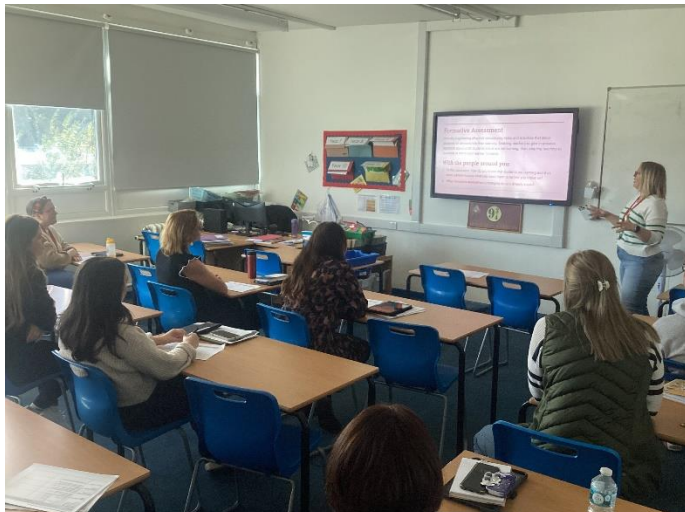
INSET DAY



Teacher Training on INSET Day 2

In every school, there are 195 school days in a year. 190 days are assigned as teaching days and all schools provide 5 IN Service Training (INSET) days for their staff. At Carnforth High School, our first day of the academic year is always a key INSET Day as new and returning staff receive key information and training to start the year. On our second INSET Day, which took place on Friday 27th September, we continued to train our staff to make sure that all our students are safe, happy and receiving the best teaching and learning experiences in school. We thought you might like to hear what we were up to!

In the morning all staff had a key presentation to develop their safeguarding skills; this helps us to best identify, report and provide support when we have any concerns about our students. All staff also undertook training around 'Adaptive Teaching,' a classroom approach that aims to make sure that teachers are aware of all the individual needs of each student to best support them learning. We also had a 'carousel' of short training sessions, in which staff undertook training around assessing students in lessons, providing models using iPads, teaching literacy using our RISE sessions, identify SEN needs in students to provide them with support, and the best ways to use some of our school software, including our CPOMS reporting software and the ClassCharts software we use for recording positive points and setting homework.



New Attendance Email Address

Starting on Monday, Carnforth High School has a new **Attendance/Absence** email address which can be used to report absences from school. The email address can also be used for sending medical evidence for any appointments your child may have during the school day; these can be screenshots or pictures of medical letters or appointment cards stating clearly the student's name and the time and date of the appointment. Please email the student's name, form and a clear reason for absence to:

attendance@carnforthhigh.co.uk

Government guidelines state that parents and carers are required to contact school **every day of absence** unless agreed in advance by a member of staff. If we do not receive contact from a parent/carer regarding a child's absence, this will be recorded as an unauthorised absence. This leads to a drop in your child's attendance percentage and over time could result in prosecution proceedings. If a child is unwell and unable to attend school for three consecutive days, then school advise that parents take their child to see their GP for further investigation.

If your child has an appointment during the school day, we strongly encourage that your child attends school before and/or after the appointment, so that they do not miss out on learning.

World Mental Health Day

Next Tuesday, we are holding two events for pupils to raise awareness for World Mental Health Day.

1. Non-uniform day - try to wear something yellow!
2. CHS Bake Off and Cake Sale



Carnforth
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All money raised will go to Papyrus.



Non-Uniform Day for World Mental Health Day

This week includes World Mental Health Day, and to raise awareness we will be completing several activities. Alongside assemblies and form activities, **pupils are invited to wear their own clothes on Tuesday 8th October and are strongly encouraged to wear an element of yellow** to align with the national 'Hello Yellow' campaign to show children and young people they're not alone with their mental health. Also on this day, we will be hosting the CHS Bake Off, where pupils can bake to enter baking competitions, and the cakes will later be sold as a cake sale to raise funds. All funds raised will be donated to Papyrus - a UK charity which aims to prevent suicide in young people. Look out for more information about how you can support this important cause!

PLANS IN PLACE

New Careers Advisor at CHS

This year we are working with Career North to provide a key part of our Career Education, Information, Advice and Guidance (CEIAG) offer to our students. As part of this, our new Career Advisor, Carl Brown, will be in school each week. This half term, Carl will be focussing on speaking to Year 11 students in one-to-one guidance meetings. These have already begun, and Carl will see 8 students each day he's in.



After a guidance meeting, Carl uploads an individual Action Plan for the student to their Unifrog account. **They can find it by logging in to their Unifrog account** (you can find a guide for this, and other Careers information on our Careers page here: <https://www.carnforthhigh.co.uk/school-life/careers/>) and looking in their personal 'locker' area:

unifrog

HOME FAVOURITES **LOCKER** ANALYSIS HELP Q ⚙️ ✉️ TEACHER >

Hello Emmet, here's a summary of your progress so far...

43% complete

7th in year group

Want to move things forward? We recommend you...

Complete a post-school Shortlist 8.2%

If you have a child in Year 11, please speak to them to see if they have had their meeting yet and what advice they were given. **Students in Year 11 should be applying for their post-16 courses this term**, with the goal of having completed their applications by Christmas. There will be more information and support for students in school all term and for parents/carers in this newsletter.



College Open Events

A key part of preparing students for post-16 learning is visiting colleges and Sixth Forms they may be interested in applying to. Below (and regularly in this newsletter) you can see some information about upcoming events.

Myerscough College

We have a choice of subjects, covering a wide range of land-based subjects (from Agriculture and Equestrian Studies to Motorsports and Veterinary Nursing.) There's also a choice of Sports Coaching and Performance routes - across Football, Rugby, Golf and Basketball.

There are options at a range of levels within each subject, from bespoke Foundation Learning courses through to Level 3 Diploma suites and dedicated T-Level routes. Plus, Apprenticeship opportunities in most subjects!

Information about transport routes, financial support and accommodation (at our Preston centre) is available here: <https://www.myerscough.ac.uk/students/>



**Myerscough
College**

INSPIRING EXCELLENCE

**Walton Hall,
Warrington**


**Course Advice
Mornings**

10.00am-12 noon



Animal Studies, Horticulture and Foundation Learning
Apply now for courses starting in September 2025

www.myerscough.ac.uk

 @myerscoughcoll

 MyerscoughColl



Lancaster & Morecambe College

College Open Events

Lancaster and Morecambe College

Lancaster and Morecambe College is traditionally the most popular college choice for CHS leavers. They are holding an Open Evening next week on Tuesday 15th October, from 4.30-7pm. **We highly recommend that students in Year 11 and their parents/carers try to visit this event if they are interested in any college courses, undertaking A-Levels at college and/or apprenticeship courses.**

HE & FE OPEN DAY

TUESDAY 15 OCTOBER, 4.30-7PM

To support you in making the correct choice, the HE & FE Open Day will provide further information for you and your parents to understand the College offer, and the opportunities that await, including **Full-Time** courses, **Higher Education courses**, **T Levels**, and **Apprenticeships**.

Available on the day will be representatives from universities from around the North West, who'll be able to give you advice on the best way to continue in your future career.

Visiting us is the perfect chance to tour our campus, view the fantastic facilities, get a feel for College life, and chat to tutors and current students about the opportunities at LMC. You'll also meet our Student Services Team based in The Hexagon who can advise on financial support, **free bus** passes, **pastoral and wellbeing support**, alongside **careers advice** and guidance.

With 97% of our Level 3 learners progressing into employment after they graduate, and our recently-awarded **'Good' Ofsted rating**, we are confident you'll gain the skills and knowledge required for your career goals at LMC.



NHS
University Hospitals of
Morecambe Bay
NHS Foundation Trust

Careers Insights

Three days of NHS talks, activities
& workshops.

Find out about a range of NHS careers,
clinical & non-clinical roles that all
involve helping people.



23rd, 24th, 25th October 2024 (half term)
9am - 3pm

Day 1:

Lancaster & Morecambe College

Day 2 & 3:

Royal Lancaster Infirmary,
Education Centre

Two Students nominated by staff from schools
in Lancaster & Morecambe.



NHS Careers Events

The NHS Careers & Engagement Team are offering local students from Years 10 & 11 the chance to take part in an 'in person' Careers insights opportunity at Royal Lancaster Infirmary. We are looking for enthusiastic young people with a keen interest in careers within the Health and Social Care.

The programme will take place in the **October half-term break** and will give students the chance to:

- visit the RLI hospital site & Lancaster & Morecambe College
- interact with professional NHS & social care staff across a variety of disciplines, meaning multiple employer encounters
- take part in taster activities
- gain a certificate of participation for 6th Form, college and university applications.

We are only able to offer two places per school. **If you would like your child to be considered for a place, please contact Mr McGauran at:**

emcgauran@carnforthhigh.co.uk

By Thursday 3rd October.

Students need to make their own way to and from the venues:

Wednesday 23rd October: Onsite at Lancaster & Morecambe College. Students will get to spend time in the new health and social training suite with immersive technology and training equipment. This will include a college tour and general information about courses.

Thursday 24th & Friday 25th October: Onsite at RLI. Based in the Education Centre, the students will be visited by NHS professionals (clinical and non-clinical) and tour the site and specific departments.

For anyone who would prefer a virtual experience. There is a completely separate online programme in half term too:

<https://nhscareersnw.co.uk/programme/14-16-virtual-work-experience/>



Table Tennis Fixtures

A team of six Year 11 students travelled to Morecambe Bay Academy for a table tennis fixture. The team, made up of three boys (James, Mason and Charlie) and three girls (Lottie, Lilly and Josie) played singles matches vs students from Morecambe Bay. James was the standout performer winning 4 out of his 6 games. Each game was made up of 3 sets, first to 11 points. It was great to see the students, who are footballers and netballers by trade, experiencing and competing in a different sport. The following week we welcomed Morecambe Bay Academy for a year 8/9 fixture. This time we had 12 students representing school - Jacob, Oliver, Theo, Charlie, Oliver, Alfie, Jack, Joseph, Lexi, Ava and Paige. Each student was placed into a pair, and they played doubles matches vs Morecambe. Each game was worth one point, with 25 games played in total. Carnforth won the fixture 18 points to 7. A special mention to Theo and Bobby who were unbeaten in all their fixtures. Well done to all the students who were a fantastic representation of the school.





Year 9 Rugby Tournament

On Thursday 19th September, 22 Year 9 boys travelled to Lancaster Royal Grammar School for a rugby tournament. There were five teams at the tournament, including ourselves, LRGS, Our Lady's, QKS and Ripley. The boys won two games vs LRGS and OLCC, drew one game vs QKS and lost one to Ripley. The standard of performance was very high, considering for some of the students it was their first competitive rugby fixture since year 8. The boys were flying in to tackles and rucks to secure the ball, followed by good handling and positive forward running. There were many stand out performances from Theo, Blake, Archie, George, George, Caleb and many others. Well done to the boys on an excellent start to the rugby season.





Year 8 Rugby Tournament

On Thursday 26th September, the Year 8 rugby team hosted the district tournament. 23 players made up the squad to face two teams from Ripley, Central, QES and Morecambe Bay Academy. The boys played 5 competitive fixtures, winning two and losing three. The team worked hard on developing their game, moving the ball wide and trying to exploit the space. This showed as the final game of the tournament was a 5 try to nil victory. Stand out performers were Reece, Dan, Oliver, Joseph, Lucas and Xav. Well done to all 23 boys who represented school on a very wet and windy afternoon.



PE Department Standards and Expectations

A reminder of PE department standards and expectations:

- **10 Minute Changing Limit at the start of the lesson.** Each pupil must change quickly and within 10 minutes of the start of the lesson.
- **Chewing Gum.** Pupils must not chew anywhere in school. However, there is particular importance placed on this rule in PE due to the increased risks involved when chewing and doing PE activities.
- **Forgotten kit.** If kit is forgotten a replacement spare kit will be provided by PE and is expected to be worn by pupils. This kit is freshly washed and clean.
- **Illness or injury.** If a pupil is too ill or injured to take part in PE, a note must be brought from home to excuse them. Their kit must also be brought to school and worn by the pupil at this time. This is because the pupil will still be partaking in some form of the lesson, e.g. referee/coach/equipment manager. They will go outside (if that's where the lesson is) and this will also avoid their school uniform getting dirty or wet (if raining).
- **Jewellery.** The only jewellery permitted in school is one ring, one plain stud in each and a watch. All of these should be removed for PE without question in order to keep the pupil safe from harm. The exception is recently pierced ears. These may be taped but only for the period needed, then they must be removed. Please do not get ears pierced during term time. This should be done at the start of the 6 week holidays.
- **Labelled kit.** Please label ALL kit items. They all look the same and it is impossible to identify a lost item of kit and return this to the owner without a name on.



Extra-Curricular Sport

The extra-curricular timetable is now up and running, with a range of clubs on offer at lunch time and after school. Please encourage your son/daughter to attend these clubs. Students will need to bring full PE kit and appropriate footwear for the sport. Fixtures have now started for all clubs and squads will be selected dependant on attendance at extracurricular clubs.

Extra-Curricular Sport Payment

The PE department is offering the opportunity for parents to make a one-time electronic payment of £25 to cover their child's annual extracurricular 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. Parents will be able to make the payment on the School Gateway. It is hoped that parents find this a preferential method of payment, for those students who are regular team members, rather than paying in cash on the day of the fixtures. Letters with further details can be acquired by your son/daughter from the PE department.



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PE Department Extra Curricular Timetable September - October 2024

	<u>LUNCH 12.45pm - 1.15pm</u>	<u>AFTERSCHOOL 3.30pm - 4.30pm</u>
<u>MONDAY</u>		Y7-11 Girls Football- Astro (GLC) Y7-8 Boys Football - Field (JW & JD)
<u>TUESDAY</u>		Staff Meetings
<u>WEDNESDAY</u>		Y7-11 Girls Hockey - Astro (NS) Y8-11 Boys Rugby - Field (JD & CC)
<u>THURSDAY</u>	Y7-9 Gymnastics - Dance Studio (GLC/NS)	Y7-11 Girls Netball - Sports Hall (NS/GLC) Boys District Fixture Afternoon (JD & CC)
<u>FRIDAY</u>	Y10-11 HRF - Fitness Suite (HW & GLC) Y7-11 Dance—Dance Studio (NS)	Y7 Boys Rugby - Field (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.

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