



CONFIDENCE PURPOSE RESPECT

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Headteacher's Message

I have been really pleased with how students have worked in this first term. The support from parents and the hard work of staff has been appreciated. The term came to an end with lots of trips which can be read about in this issue. I was very proud of the students during Mental Health week and the amount of money raised for Papyrus. I would like to wish you all a healthy holiday and politely request your child returns to school in the correct school uniform.

Important Upcoming Dates

Thursday 31st October: School Re-Opens After Half Term for All Students

Monday 4th November: Year 11 Mock Series 1 Begins

Tuesday 12th November: Year 10 Parents' Evening

Friday 15th November: Year 11 Mock Series 2 Ends

Friday 22nd November: Trust INSET Day – School Closed to Students

Friday 29th November: Enrichment Day 1

What Timetable

Week Is It?

W.B. 4/11/24 =
WEEK A

W.B. 11/11/24 =
WEEK B

Year 11 GCSE Mock Series 1

Each year we help our Year 11 students to prepare for their summer exams with two series of mock exams. Series 1 begins next week. Students have been provided with a range of support and resources from their teachers in preparation for these and will also be given guidance around the specific papers they will be sitting from their individual subject teachers. On the next page you can see a copy of the letter about the mocks sent to all Year 11 parents, and on the two pages after that you can see what exams and specific papers your child will be sitting in mock series 1. Please talk to your child about these exams and the importance of studying for them.

Mock exams are
coming!

MOCK
EXAMS

Start
SOON

Make
STUDY
timetable

STUDY!
ARGGHH!!

Year 11 Mock Exam Series 1 – Mr Chambers’ Letter

Below is a copy of the letter, sent by Mr Chambers, to all Year 11 parents:

I am writing to remind you that your child will be undertaking their Y11 Winter mock exams between 4th - 15th November 2024. This is the first of two periods of practice examinations in Year 11 and holds significant importance in preparing students for the summer. In Year 10, students learned of the level of expectation and importance the school places on mock exams. These messages will be reiterated to your child during the upcoming weeks now they have reached Year 11. The school requests you actively engage in conversations to promote the importance of these exams at home.

Similarly to Year 10, your child will receive a Winter mock exam timetable, please encourage them to familiarise themselves with it. Furthermore, please encourage your child to revise and prepare effectively.

Subject teachers have been working with your children for the past few weeks on revision topics and exam practice. Students should be actively revising in preparation for this period.

Individual classroom teachers will also be providing information and revision via student ClassChart accounts, which you, as parents, can access. Mock exams are conducted within the national JCQ examination guidelines. The school employs specialist external invigilators to ensure student exam practice is of the highest standard and therefore your child is fully prepared for formal examinations. Please ensure you read the JCQ exam conduct overview alongside your child to ensure they have full awareness of how exams will be managed. High levels of sanctioning will occur should your child fail to follow the JCQ guidelines. We hope that they consider their actions and think of others during this important examination period.

Finally, students will undertake their Spring mocks between 10th - 28th February 2025 with formal GCSE’s starting as early as the 29th of April 2025. GCSEs are expected to finish on the afternoon of the 18th of June 2025. The school requests that parents/guardians consider all dates above when considering medical appointments for their child.

Thank you for your support.

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.

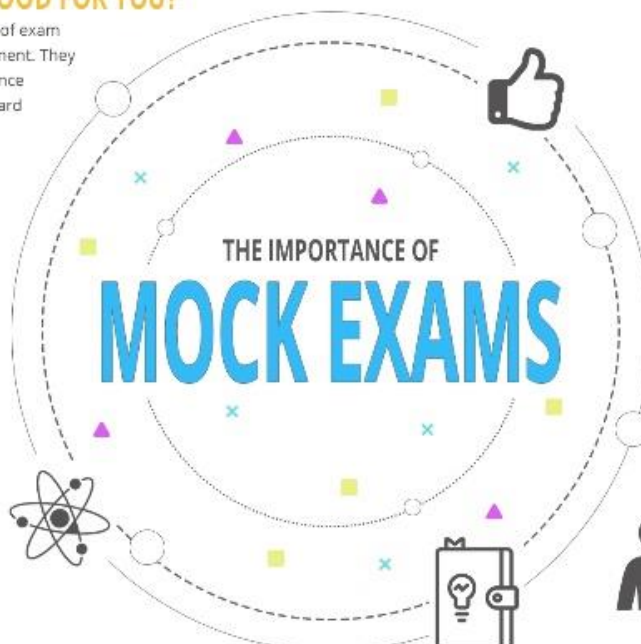
EXERCISE YOUR BRAIN
TO BUILD EXAM STAMINA



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





Carnforth
High School

Year 11 Mock Exam Timetable

Monday 11th November—Friday 15th November 2024

Monday 11th November			Tuesday 12th November			Wednesday 13th November			Thursday 14th November			Friday 15th November		
Start	Subject	Time	Start	Subject	Time	Start	Subject	Time	Start	Subject	Time	Start	Subject	Time
9.20am	Triple Chemistry Trilogy Chemistry	1hr 45 1hr 15	9.20am	Maths Paper 3 H/F (Calculator)	1hr 30 min	9.20am	Triple Physics Trilogy Physics	1hr 45 1hr 15	9.20am	Business CS	1hr30 1hr45	9.20am	Catch up All Day	
10.20am			10.20am			10.20am			10.20am			10.20am		
BREAK TIME														
11.40am			11.40am			11.40am			11.40am			11.40am		
1.25pm	Geography pa- per1&2	1hr30	1.25pm	History P3	1hr20 mins	1.25pm	Hair DT Drama	1hr40 1hr 1hr	1.25pm	Spanish writing F H	65min 1hr20 min	1.25pm		
2.25pm			2.25pm			2.25pm			2.25pm			2.25pm		

World Mental Health Day at CHS

The annual World Mental Health Day took place on Thursday 10th October. At CHS, we decided to run several events throughout the week, spreading the news about World Mental Health Day. On Tuesday, we had a yellow themed non-uniform day to raise money for Papyrus, a charity that supports suicide prevention. Students were asked to wear yellow if they could, and some went 'full yellow,' doing an excellent job! Mr Potter's full yellow suit was a real standout for the staff too!

World Mental Health Day



We have also had two cake sales to raise money for this important cause, with a student cake sale (based on a 'bake off,' with students making their one cakes) one day and a staff cake sale the next.



Here are some of the fabulous bake-off entries!



Additional events around school and form time activities provided a chance to talk and a chance to educate students on how to seek help if they are struggling. We have been reminding our students to 'check in' with friends and family, so that we can work together to reduce the impact of mental health on lives. More on the work of Papyrus can be found on their website here: <https://www.papyrus-uk.org/aboutus/>



PAPYRUS
PREVENTION OF YOUNG SUICIDE



Students in Ms Dolphin's Creative Wellbeing session created 'positive yellow pumpkins' for World Mental Health Day, using the yellow theme to add to their autumnal work

In the end, our school raised £290.30 from the student cake sale, £79.05 from the staff cake sale, £234.40 from non-uniform donations and £36.55 from additional donations. A massive thanks to Ms Backhouse and her team, who organised this year's event. There is also a 'Just Giving' page for Papyrus, organised by Ms Backhouse, which is close to hitting it's £500 target. If you'd like to donate, the link is here:

[Just Giving Fundraising for Papyrus](#)



Germany Trip 2024/25

You may recall that our current Year 11 students had the chance to go on a school trip to Germany last academic year, but our current Year 10s have also just been! Below you can see some highlights of their trip.

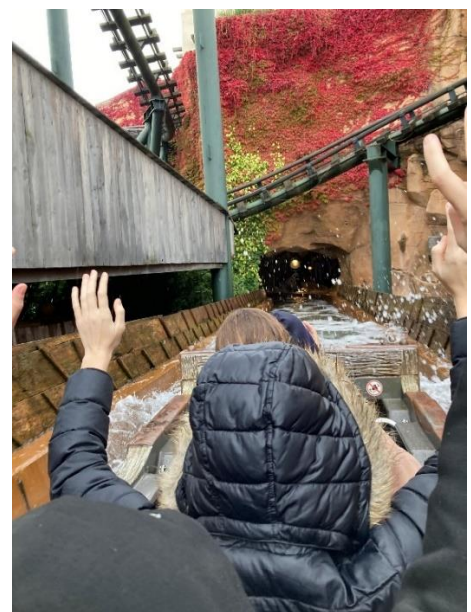


After leaving Carnforth, they travelled through the night, before arriving in Dover in time for the early morning ferry. Despite a rough crossing, the students were great and absorbed the information and sights. The first port of call was Passchendaele Memorial Museum, where they interacted with the exhibits and explored the replica trenches. They then drove past the Menin Gate memorial before heading to Tyne Cot cemetery to lay a wreath on behalf of our school community. They finished the day by heading off to Cologne, which was to be their base for the next few days!





As the trip went on, they spent the day at the Phantasialand theme park and had a fantastic time. Everyone explored the park and enjoyed numerous rides and attractions. Some even braved their first roller coasters, and then went on to ride several more including the white-knuckle ones! After the evening meal, everyone participated in Mr Potter's quiz which covered a range of topics, as well as relying on what had been learnt over the last 48 hours!



On another day, they started the day with a visit to the Michael Schumacher Go Kart Centre, where there was some real skill demonstrated... perhaps we have some future F1 drivers! Following the go-karting we did a quick supermarket dash, then headed to the Chocolate Museum and learnt about the process from cacao tree to chocolate bar. We then stopped by the cathedral before our visit to EL-DE Haus, a former Gestapo headquarters. The guided tours gave our students an insight into life in Cologne under Nazi rule. The students were very respectful, and it has given them plenty to reflect on. On the return to the hostel, they took the cable car over the river Rhine for a different view of the city before heading out bowling!



Finally, they headed into the Netherlands and had a guided tour by train in Gemeentegrot. This is a manmade cave system covering 70km and housing a nuclear bunker. From there they headed to another part of Valkenburg to enjoy tobogganing, a chairlift ride, and a game of laser quest in a cave. They then headed to the immaculate and thought-provoking Margraten American Cemetery, where students had the opportunity to read about 6 people who had received the Medal of Honour. They final stop was Aachen for a little shopping, before heading home.



Attendance Update

At Carnforth, we really care about your child's attendance at school. There are very strong links between high levels of attendance and high pupil progress. Whilst we always want our students to achieve well academically, we also know that social and emotional development occurs when students are in the school building – this is equally as important!

Nationally, attendance figures have reduced following the pandemic. We are all responsible for ensuring the next generation can be the best version of themselves. As parents/guardians we hope that you are as passionate as the school is about ensuring your child attends as many days at school as possible – therefore increasing the likelihood of them being successful in the future. Please see the following chart which highlights how attendance figures link to lost hours of learning:

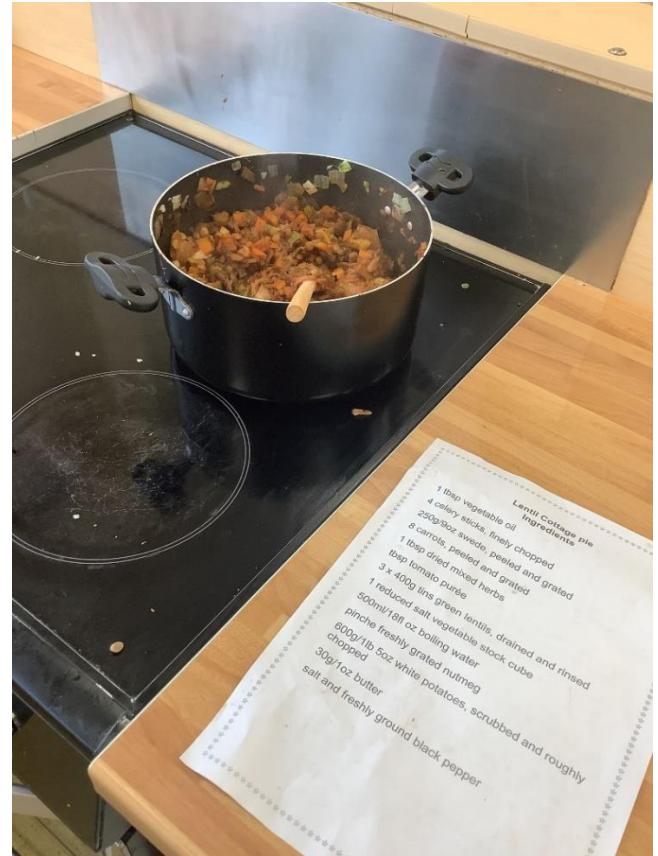
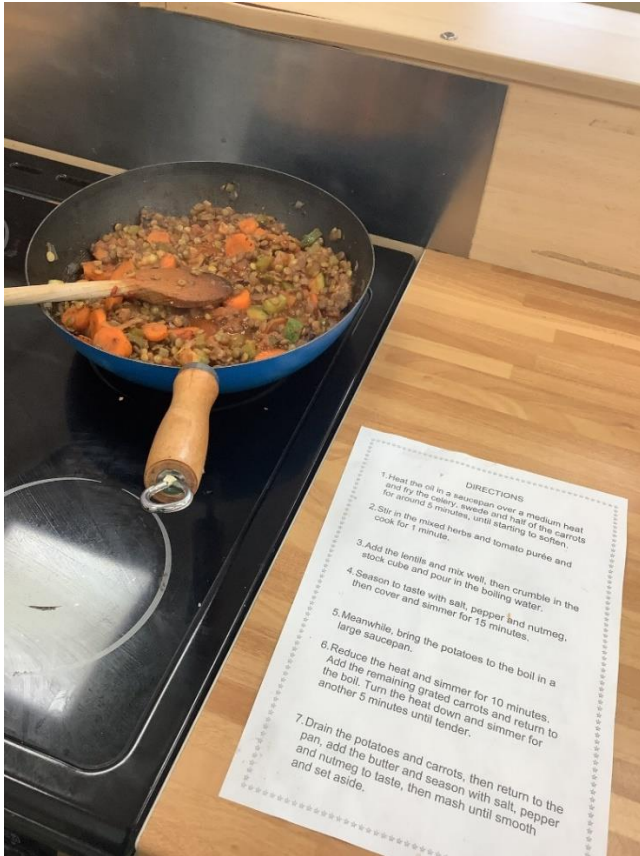
95%	Approx. 10 school days lost a year (50 hours of learning)
90%	Approx. 20 school days lost a year (100 hours of learning)
85%	Approx 30. school days lost a year (150 hours of learning)
80%	Approx 40. school days lost a year (200 hours of learning)

Currently, the school's attendance figures for this academic year are just above 90%. The average for Lancashire was 91%. There have been some amazing success stories with regards to attendance within this half term at CHS. We would like to take this opportunity to say thank you to all parents/guardians in supporting your children to attend as many school days as possible. Also, we are grateful to all parents who provide medical evidence whenever a child is absent for medical reasons.

If you are unaware, the school has a new absence reporting system. In addition to calling the school attendance line, you can also email on attendance@carnforthhigh.co.uk. Through this email, you can also attach any relevant medical appointment letters you may have. Additionally, please be mindful that there has been a recent change in the law with regards fines for attendance. Please view the following:

Parents of a registered pupil whose child fails to attend school regularly are committing an offence under section 444(1) Education Act 1996.

"A pupil must have had a minimum of 5 school days (10 sessions) lost to unauthorised absence during the current term or 7 school days (14 sessions) in 2 consecutive terms before a Penalty Notice is considered."



Cooking (and Making a Difference!)

As you will be aware, students recently take part in Food Technology lessons, where they have a chance to plan and cook their own meals. Above you can see some of the cooking that was taking place in recent KS3 lessons.

In addition, you may recall that Mrs Rogerson and her team have helped the students to use their cooking skills to prepare meals for our local Lancaster and District Homeless Action Service (LDHAS). Below you can see a letter sent by LDHAS to Mrs Rogerson, her team and our students expressing thanks for all their hard work.



On behalf of all the clients, staff and volunteers at Lancaster & District Homeless Action Service I would like to thank you, and all the pupils involved with sourcing the ingredients, cooking, packing and delivering frozen meals to LDHAS for our clients.

As the majority of our clients are rough sleepers and vulnerably housed, providing daily hot meals is an integral part of our service and your donations are very much appreciated.

It is really encouraging as a charity to know that we have the support of the local community.

Bus Travel Update

The number of pupils on roll at Carnforth High School has increased over the last few years, and so the buses have become more crowded. Unfortunately, we have a small number of pupils engaging in anti-social behaviour on the bus journeys to and from school, which has been reported by bus drivers, members of the public and other pupils.

To address this behaviour, school, Stagecoach and Lancashire Safer Travel will meet every Friday to review the CCTV footage of any inappropriate behaviour on the bus.

If a pupil is identified as behaving inappropriately on the bus, they will receive a sanction in school and Stagecoach will issue a 2-week travel ban to that pupil. This will prevent the pupil from travelling on Stagecoach buses for that period, leaving parents to organise an alternative mode of transport for the school journey.

We hope that this will act as a deterrent for poor behaviour on the buses, making the journey more pleasant for pupils and members of the public.



Uniform Update

The new school blazer was introduced in September and will become compulsory for all pupils from September 2025. Whilst uniform and appearance is generally good, there are a few things we need to highlight to parents:

- 1, **Jewellery** – one pair of plain earrings and one wristwatch are the only permitted items of jewellery in school.
- 2, **Facial piercings are not allowed.** If a child has their nose pierced, they must remove it while they are in school. We would advise any new piercings are done at the start of the summer break to ensure adequate healing time before the piercing must be removed.
- 3, **False eyelashes** – whilst ‘normal’ length and thickness false eyelashes may not be noticed, extra-long, bushy false eyelashes will, and pupils will be asked to remove them.
- 4, **False nails** – pupils will be asked to remove them. Please support us by only allowing your child to apply false nails during the school holidays.
- 5, **Girl’s school trousers.** An increasing number of girls are wearing tight trousers **made of lycra/legging/jersey material. This is not acceptable for school.** Whilst slim fitting trousers are fine, they must be of a ‘tailored-type’ material – **think: the material boy’s school trousers are made from.**

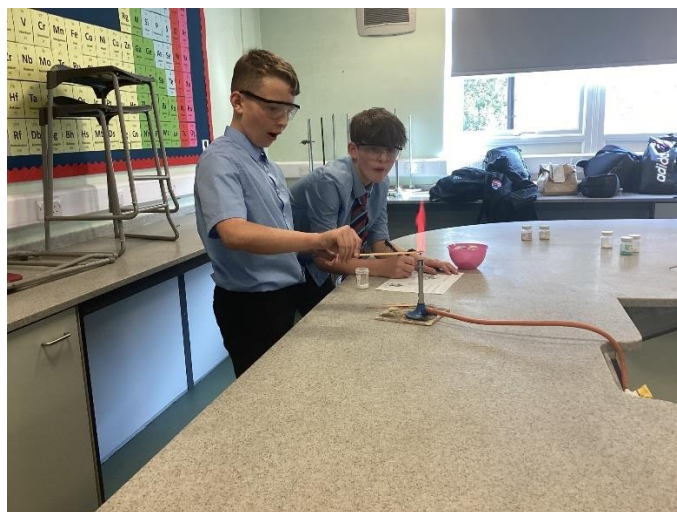
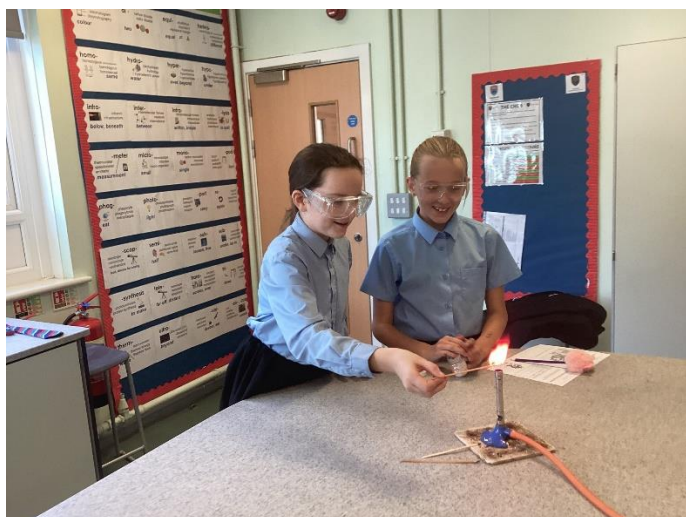
The school uniform is designed to limit distractions to learning, and it works best if all pupils adhere to the expectations. We would very much appreciate your help in ensuring your child meets the uniform requirements daily. The Uniform and Appearance Policy can be found on our school website.

Science Club

Ms Ivory's new Science Club is in full swing. Before half term, students were testing different compounds and their reaction when heated with the Bunsen burner.

They found that the chemicals produced different bright colours. Then they were able to identify unknown chemicals based on their reaction in the flame! They took their ties off for safety!

Science Club is with Miss Ivory every Friday lunchtime at 12.40-1.05 in Lab 4.



Sparx Reader Homework in English

The English Department has set up all Year 7 and Year 8 pupils on 'Sparx Reader.'

Sparx Reader helps the students to practice decoding language, and provides the students with the opportunity to practice sustained reading.

The Sparx Reader based homework runs every week starting from Monday 14th October 2024.

Each student must achieve a minimum of 300SRP (Sparx Reader Points) or more each week and the target is reset every Monday morning.

Sparx Reader can be accessed on a computer, tablet or phone via the Microsoft 365 Single Sign On. The students can use the library laptops before school or lunch time to complete this homework.

Thanks, The English Department.

The Sparx logo, featuring the word "Sparx" in a white, bold, sans-serif font centered on a dark blue square background.

PLANS IN PLACE

Open Evening Events

As you'll be aware from previous issues, Year 11 students should be applying for their post-16 placements now. There are many open evening events taking place at the moment that we encourage students and their parents/carers to attend. Next week, the most popular 6th Form for CHS leavers, Ripley St Thomas, is holding their Open Evening. Please see the flyer below or click this link for more information: <https://ripleystthomas.com/news-events/events/sixth-form-open-evening/>



Join us for
Open Evening

THE
SIXTH FORM
AT RIPLEY ST THOMAS

Register for the event here



The Path to your Future

Thursday 7 November 2024
5pm - 8pm
Ashton Road, Lancaster, LA1 4RS

Keynote talks will be delivered at 5pm, 6pm and 7pm.
We regret that there will be no parking available on site during the evening.

Visit thesixthform.com





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.

WINTER IS COMING

PE Kit During the Winter

As always, the winter months at Carnforth can bring some challenging weather. Students are reminded that if your lesson is taking place on the field, it is expected that you are wearing football boots, these provide appropriate levels of grip. Students may also wear base layers or the school PE tracksuit top. Students will not be allowed to wear coats. On days where the forecast is rain students are advised to bring a towel to dry themselves with after lesson. Also gloves and hats are allowed to be worn providing they are safe to wear during the activity.

Rugby Tournaments

The Year 7 boys played their first rugby tournament vs teams from Morecambe Bay Academy, LRGS, Our Lady's and QKS. The team, some of whom have only been playing rugby for 5 weeks, really developed throughout the games. All teams showed consistently safe tackling, rucks and moved the ball well. A really positive start to the student's rugby journey.

The under 16 boys' rugby team, made up of students from Years 10 and 11, travelled to Lancaster Royal Grammar School to face LRGS, QES, Morecambe, Dallam and Ripley. The standard of rugby was very high across all five games. The boys won one of the five games, beating Ripley one try to nil, Rob was the scorer of the only try.



Year 7 Boys' Football Tournament

The Year 7 boys football team travelled to Morecambe Bay Academy to face both Morecambe and Ripley in the first round of the Lancashire Cup. The winner of the three teams would progress through to the second round. The first game was a 2-0 victory to Ripley, who played some good football. The second game was an entertaining 2-1 victory to Ripley vs Morecambe, resulting in Ripley progressing through to the second round. The final game was a 3-2 win for Carnforth vs Morecambe. Carnforth went 3-0 up in the first half with goals from Oli, Riley and Finn. Finn's goal was goal of the tournament, as his free kick from 25 yards found the top corner. Morecambe bounced back in the second half, getting two goals back but Carnforth managed to hold out for the win.



Year 10 Netball Match vs Bay Leadership Academy

The Year 10 girls' netball team played Bay Leadership on October 3rd. This was their first game of the season, and they played at home. From the first whistle of the first quarter Carnforth started strong. With only 7 players, and no subs this was a match that the players knew they had to get right from their very first pass and work hard throughout the game to ensure success.

The girls came together as a team during this first quarter and their marking was fantastic. They played conscientiously and were rigid when passing ahead and avoiding the interceptions by BLA. The end of the first quarter it was 7-3 to Carnforth. During the final 3 quarters Carnforth continued to extend their lead, they were relentless in their drive to get the ball into the circle in order to shoot. The shooting also was outstanding, with again some amazing long range on target goals by Erin. The girls stepped up their game once more in the final quarter, with the overall score ending 17-8 to Carnforth. Player of the Match was awarded to Erin. Well done to the whole team you played brilliantly. Please continue to attend training, with more matches coming up soon in November.



Under 12 and Under 14 Football Matches vs Morecambe Bay Academy

The Year 7, 8, and 9 girls' football teams faced off against MBA with an impressive display of resilience and determination, despite limited training sessions together. The Year 7 girls kicked off the match with a strong start, taking the lead 1-0 in the first half—a huge achievement for the team. They continued to play brilliantly in the second half, but despite their best efforts on the attack, they narrowly lost 2-1.

For the Year 8 and 9 girls, the first half proved challenging as they found themselves down 4-0. However, after some encouraging team talks, the girls came back with renewed energy and determination. They managed to score two goals in the second half and held off MBA's attacks, finishing the game with a commendable 4-2 result. Their fighting spirit and improvement throughout the match were clear signs of their potential.

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.



Carnforth
High School



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.

CONFIDENCE

PURPOSE

RESPECT