



CONFIDENCE PURPOSE RESPECT

You can also see regular updates on our school Facebook page by clicking here: [facebook](#)



Headteacher's Message

It's been great to see how much hard work the Year 11s have put into their final exams. Now it's important that they look forward to their summer exams, which are quickly approaching. I look forward to seeing parents at the upcoming parents' evening this week. Year 10 will have their first mock exams soon, and we will be supporting you and them with a parent information evening. Year 9 will also be undertaking their Options process soon. A very busy half term!

Important Upcoming Dates

Tuesday 11th March: Year 11 Mock Results Day
Tuesday 11th March: Year 11 Parents' Evening 2
Thursday 13th March: Year 10 Parent Information Evening
Friday 14th March: DofE Silver Award Practice Expedition Departs
Sunday 16th March: DofE Silver Award Practice Expedition Returns
Tuesday 25th March: Year 9 Options Evening

What Timetable

Week Is It?

W.B. 10/3/25 =
WEEK B

W.B. 17/3/25 =
WEEK A

Year 11 Mock Results and Parents' Evening

Our Year 11 students have now completed their final mock exams. There are now only 6 school weeks until the summer exams begin! We're looking forward to meeting with Year 11 parents/carers again on Tuesday to discuss mock results and final planning for the summer.



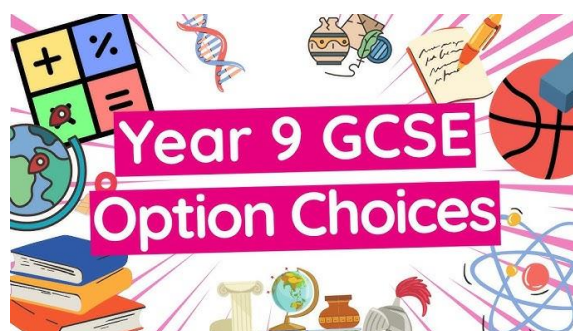
Year 10 Mock Exam Preparation

As you will be aware, Year 10 pupils begin their first set of GCSE mock exams before the end of this term. These exams will take place on the following dates:

- Week 1: 31st March – 3rd April (before the Easter break)
- Week 2: 22nd April – 25th April (after the Easter break)

Year 10 Parent Information Evening

In order to support you and your child with this, the school would like to invite you to an Information Evening on **Thursday 13th March 2025 at 5pm**. The evening will commence with a 30-minute presentation on the upcoming mocks and what we are offering to support pupils in and out of school. We will also provide input into how to support you as parents with what good revision should look like. We will provide booklets with some key revision information, updates on exams and revision planning timetables. We will be joined on the evening by senior leaders and a selection of subject leaders for more personalised discussions where necessary. In addition, there will be some representatives from some Post16 providers who can discuss options with you.



Year 9 Options Process

As you'll be aware from Mr Malone's recent emailed letter, Year 9 is an important year in the Carnforth High School journey, as pupils are asked to consider their options for next academic year. Over the coming half term, we wish to make you aware of the key upcoming dates:

Monday 10th March 2025: Year 9 Options Booklet Handed out and Placed Online. Students will be given the booklet in form time and asked to ensure they give the option process enough attention as we build up to Options Week.

Monday 24th March 2025: Year 9 Options Week Commences. On Monday through to Friday, students will receive input from a range of staff every morning about the Options Process. This will include subjects available to study at Key Stage 4 at Carnforth High School as well as help and support on pathway options and careers.

Tuesday 25th March 2025: Year 9 Options Evening. This evening allows you as adults an opportunity to understand the options process and the subjects available to study in Key Stage 4, as well as listen to Subject Leaders about the qualifications on offer. The hope is this support makes the transition into Year 10 as simplistic as possible.

The Options Evening will begin with a presentation in the hall at 5:00pm. This will outline the options process, the timeline in place and advice about making informed choices. There will also be members of the Senior Leadership Team available to answer your queries. **The Options Form Completion and Deadline is currently Tuesday 1st April 2025.**



Carnforth High School

YEAR 9 GIS PLOTTING

Pupils in Year 9 have been using the GIS system to plot the world's ecosystems and cities. This gives pupils an exciting opportunity to integrate technology into their ecosystems curriculum.



Year 9 GIS

Year 9 are currently using GIS to plot the world's ecosystems and cities of over 1,000,000 people to see which biomes have the highest population densities and which have the lowest. This is part of their scheme of learning on Ecosystems.



What Happened to the Frog?

There was a lot of excitement last week when a frog made its way onto the courtyard. Quite a few Year 7 and 8 students are still asking what happened to the frog, so they'll be pleased to know he was gently collected and returned to safety at the end of the school fields. Well done to Tommy in Year 7 for getting a box to rescue the visiting frog!



'The Mix – Support for Parents/Carers

We understand that navigating the teenage years can be both rewarding and challenging. As a school, we are committed to supporting both students and parents through this journey. We would like to introduce you to 'The Mix,' a free and confidential support service designed specifically for young people aged 11-25.

What is The Mix?

The Mix offers a wide range of support, including mental health guidance, advice on relationships, school pressures, housing concerns, and much more. Their trained professionals provide young people with a safe space to talk about their worries and receive expert advice.

How Can Your Child Access Support?

Your child can access The Mix's services in several ways:

Online Counselling – Free one-to-one sessions with professional counsellors.

24/7 Crisis Text Service – Young people in need of urgent support can text THEMIX to 85258 for immediate help.

Phone Helpline & Webchat – A free and confidential helpline available every day.

Online Community – A safe space for young people to connect, share experiences, and receive peer support.

Why This Matters

Adolescence can be a difficult time and having access to a trusted and independent support service can make all the difference. We encourage you to discuss these resources with your child and reassure them that help is always available when they need it.

For more information, visit The Mix's support page here: <https://www.themix.org.uk/get-support/speak-to-our-team>

If you have any concerns about your child's wellbeing, please don't hesitate to reach out to our child's head of year or myself for additional support.

 1-2-1 Chat

 Crisis Messenger

GET INFO

GET SUPPORT

APPS & TOOLS

GET INVOLVED

NEWS & RESEARCH

Discussion
Boards

Support Groups

Speak to Our
Team

Urgent help

Online Safety – Monthly Updates

Each month we select some key information to keep parents/carers up to date with online safety, with a specific focus on areas that have recently been in the news. Please see the poster below (you may have to zoom in as there's a lot of detail!). You can find this poster, along with a range of others on our website here: <https://www.carnforthhigh.co.uk/key-information/safeguarding/e-safety/>.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about TIKTOK

RESTRICTION 13+
(Certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

While TikTok's following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable, if children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £8.99 to an eye-watering £85; while that may not sound appealing, the app still generated £7.5 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app; that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.

#WakeUpWednesday
The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/tiktok-2023>

[@wake_up_weds](https://www.facebook.com/wake_up_weds) [/www.thenationalcollege](https://www.facebook.com/www.thenationalcollege) [@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday) [@wake.up.weds](https://www.youtube.com/wake.up.weds)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.01.2025

'Five Children and It' Production

Local 'Stagestruck Theatre Group' is proud to present a production of Five Children and It! In 1902, four children and their baby brother are spending their summer in the countryside while their parents are away. While playing in a sand pit, a group of siblings discover a sand fairy, thousands of years old and with the power to grant wishes. Come and watch the delightful performance at Carnforth High School and witness the magic for yourself.

Stagestruck Theatre Group proudly presents...
A child-led production of

FIVE CHILDREN & IT



Carnforth High School | THURS 3rd - SAT 5th APR
7pm showtime | SAT Matinee 2pm | £10 Adult
Children 3+ and Concessions 60+ £8 | Family of 4 £30



To book, please email: ticketsstagestruck@gmail.com



Look out for your HAF Vouchers they are being sent to parents on the 10th March

HAF Eligibility and Booking Information:

- For children and young people in reception to year 11.
- Eligible for benefits-related Free School Meals.
- Other vulnerabilities (ask your school).

Easter Activities:

Book 4 days (minimum 4 hours) with a meal included.

Important:

Limited places, book only if you intend to use.
Cancel if plans change to free up places for others.

Contact:

Talkzone: 0800 511 111 Text: 07786 511 111
Email: talkzone@lancashire.gov.uk
Webtalk services: lancashire.gov.uk/youthzone/get-in-touch or [facebook.com/LancashireYZ](https://www.facebook.com/LancashireYZ)



lancashire.gov.uk



PLANS IN PLACE

Year 10 Work Experience Update and Extension Deadline

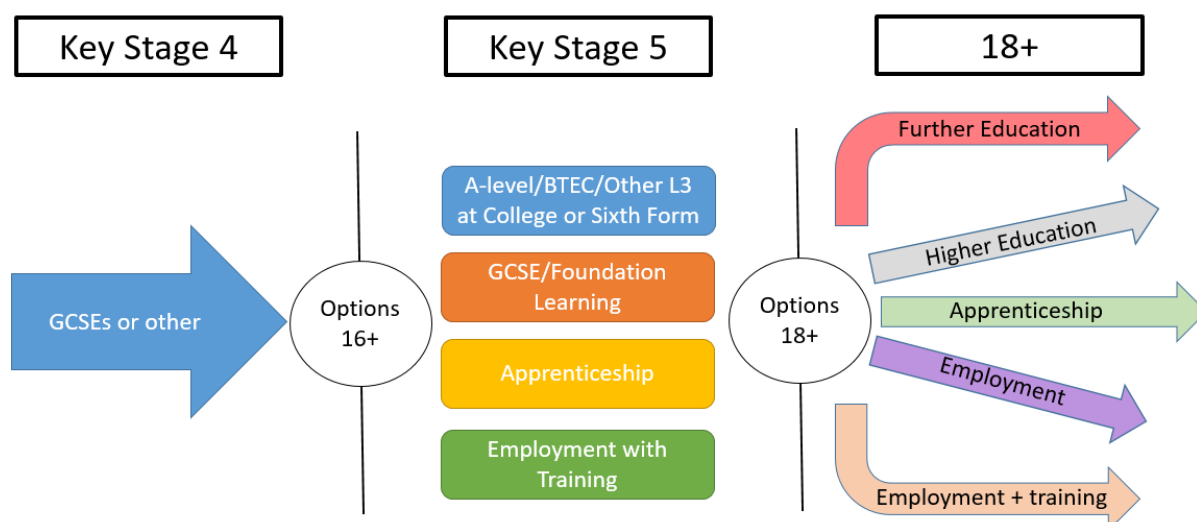
Our Work Experience Week of 23rd-27th June sounds like a long time away, but there's a lot of work to do before the students are ready to spend the week at their placements! The initial deadline to upload placement details to our Unifrog software was 28th February. **At this point 78% of the students in the year have added their placements details to Unifrog.** Well done to them, and thanks to parents/carers for their support with this. An extension to the deadline has been made, with **students now having until Friday 21st March to add their placement details to Unifrog** if they haven't done so already. More details (including copies of all the letters we have sent out so far) can be found on our Careers page here: <https://www.carnforthhigh.co.uk/school-life/careers/>.



Year 11 Post-16 Destinations

By now, **all students in Year 11 should have applied for their post-16 destination.** This could be to college courses, such as vocational qualifications or T-Levels, to sixth forms for A-Levels, or to employers for an apprenticeship or work with training.

Over the next couple of weeks, we will be asking all Year 11 students to let us know their intended destinations and offering support to those who still need it.



Have you got a problem?

If the answer's **yes**, and it has anything to do with **Careers** (such as applying for **post-16** courses, e.g. colleges, sixth forms and apprenticeships), organising **Work Experience**, thinking about **Options** choices, or **anything else about your future**, then the good news is that there lots of ways you can get support at CHS!

We have **Tuesday lunchtime drop-in sessions with Mr McGauran**. These take place in Mr McGauran's office across from T2. No need to book, just show up!



Carnforth High School

You all have **access to Unifrog!** You can find it from our school homepage. If you forget the password, just reset it yourself. Try searching the 'Careers Library' tool.



We have a **Careers Advisor from Career North in school every week**. If you'd like to book a meeting, speak to Mr McGauran and he will arrange it.



Ms Sherlock works with students every Monday P2. She chooses who to go and see, but if you'd like her support, speak to Ms Sherlock or Mr McGauran.



Carnforth High School

Year 11 Post-16 Support

If your child is still considering their options, there is a lot of help available! Our Careers Leader, Mr McGauran, is available every Tuesday lunchtime or by ClassCharts message or email (emcgauran@carnforthhigh.co.uk) to offer support.

Lancashire County Council has also produced an excellent Post-16 Options Guide with information about every college and sixth form in our area, as well as information about securing an apprenticeship. You can find the guide on our Careers page here: <https://www.carnforthhigh.co.uk/school-life/careers/>.

DOCUMENT NAME	DOCUMENT UPDATED	DOCUMENT TYPE
LCC Post 16 Options Guide 2024-25	03 Feb 2025	.pdf

Explore your options after Year 11
What to do when you finish school
 November 2024

lancashire.gov.uk

CONTENTS		Page	Page
Introduction		2	Blackpool Sixth Form College 28
Your choices after Year 11		2	Burnley College 29
Study full time		2	Cardinal Newman College 31
Get an Apprenticeship		3	Lancaster and Morecambe College 33
Work or volunteer whilst studying part time		4	Myerscough College 35
Making your choice		4	Nelson and Colne College 37
Youth Futures Team		5	Preston College 39
School Sixth Forms		6	Rurnshaw College 41
Accrington St Christopher's C of E High School		6	West Lancashire College 42
Alder Grange School		7	Apprenticeship Providers
Bacup and Rawtenstall Grammar School		10	Alphabel Training 43
Clitheroe Royal Grammar School		11	Accrington and Rossendale College 45
Haslingden High School and Sixth Form		12	Blackburn College 46
Hutton C of E Grammar School		13	Blackpool and the Fylde College 47
Lancaster Girls' Grammar School		14	Burnley College 48
Lancaster Royal Grammar School		15	JTL 49
Moor Park High School and Sixth Form		17	Lancaster and Morecambe College 50
Morecambe Bay Academy		19	Lancaster Training Services 52
Ormskirk School		20	Myerscough College 53
Our Lady's Catholic College		21	Nelson and Colne College 54
Ripley St Thomas C of E Academy		22	North Lancs Training Group 55
16-19 Free School		23	Preston College 56
Lancaster University School of Maths		23	Rurnshaw College 57
Further Education Colleges		24	Training 2000 58
Accrington and Rossendale College		24	UK Skills Academy 59
Blackburn College		26	West Lancashire College 60
Blackpool and the Fylde College		27	Westinghouse Springfield Fuels Ltd 61



03/25

ARMY CAREERS NEWSLETTER

75+ JOBS AVAILABLE CAREER OPPORTUNITIES

COMBAT ROLES **INFANTRY SOLDIER** > **ARMoured CAVALRY CREW - TANK CREW - ARTILLERY GUNNER - AIR DEFENCE GUNNER - UNCREWED AERIAL SYSTEMS - ARMoured AS90 GUNNER** **PARATROOPER** > **ARTILLERY GUNNER CREWMAN - CEREMONIAL GUNNER - AVIATION GROUNDCREW SPECIALIST - HOUSEHOLD CALVARY SOLDIER - COMBAT ENGINEER** **INTELLIGENCE & COMMUNICATION DATA ANALYST - INTELLIGENCE ANALYST** **COMMS ENGINEER** > **ELECTRONIC WARFARE SPECIALIST - LINGUIST - INFORMATION SYSTEMS TECHNICIAN POWER ENGINEER - SUPPLY CHAIN OPERATIVE** **ENGINEERING ROLES** **VEHICLE MECHANIC - BRICKLAYER - AIRCRAFT TECHNICIAN - AVIONICS TECHNICIAN ARMAMENT TECHNICIAN - MARINE ENGINEER - DESIGN DRAUGHTSMAN - ELECTRICIAN - STRUCTURAL ENGINEER** **MEDICAL ROLES** **DOG HANDLER - NURSE - RADIOGRAPHER - PHARMACIST - BIOMEDICAL SCIENTIST** **COMBAT MEDICAL TECHNICIAN - DENTAL NURSE - DOCTOR - PHYSIOTHERAPIST** **LOGISTICS & SUPPLY** **DRIVER - AMMUNITION TECHNICIAN - PORT OPERATOR - MARINER - AIR DESPATCH CREW - FUEL SPECIALIST - MOVEMENTS CONTROLLER** **AVIATION ROLES** **HELICOPTER PILOT - HELICOPTER CREWMAN - GROUND SUPPORT ENGINEER** **ADMINISTRATIVE & SUPPORT ROLES** **MILITARY POLICE OFFICER** **HR SPECIALIST - FINANCE SPECIALIST - LEGAL OFFICER - MUSIC MUSICIAN (ARMY BAND)**

Army Careers – Office Training Virtual Open Day

Each year several of our Year 11 students leave CHS and apply for one of the many careers available in the British Army and other armed services. Sometimes students don't realise that the officer route is available to them. In the latest issue of the 'Army Careers Newsletter' there is a link to a Virtual Open Day about this career route. Please click here to find out more: [Watch Now](#)

ARMY FOUNDATION COLLEGE HARROGATE (AFC)

VIRTUAL OPEN DAY WATCH ON-DEMAND NOW

The Harrogate Virtual Open Day - Hear from the Army Foundation College Commanding Officer who will explain what Junior Soldiers can expect from the college, take a virtual tour of our campus, hear from a current Junior Soldier and have an opportunity to ask any questions you may have about recruitment or Army life live to our presenters.

WATCH NOW >





Indoor Athletics District Round

Two teams of girls and boys from Years 7 and 8 took part in the district round of the indoor athletics event at Lancaster and Morecambe College. Competing against schools from the local district, Carnforth were battling it out against Morecambe Bay Academy and Bay Leadership Academy to see who would represent the Heysham District in the county finals. The girls were up first in the morning, with all students taking part in a running race and field event across the morning.

The Year 7 girls finished in 3rd place, losing out to Lancaster Girls Grammar and Ripley St Thomas, and qualified for the county finals in Blackpool. A good team performance all round.

The Year 8 girls narrowly missed out on qualification to the county finals, finishing in 4th place but beaten by Morecambe. Performance of the day was from Lexi who won the 6-lap race, showing outstanding pacing and endurance. Well done girls.

The boys followed in the afternoon and gave 100%, but came up against some outstanding athletes from the district. The Year 7 boys finished in 5th place and the Year 8 boys in 4th. Dan of Year 8 produced an excellent performance in the shotput to win the event.

Well done to all the students involved who represented school superbly across the day.





Year 9 and 10 Boys Football Fixtures vs Morecambe

Year 9 and 10 boys football teams travelled to Morecambe Bay Academy. Year 9 won 7-1. It took a while for the Carnforth boys to find the back of the Morecambe net, scoring the first goal of the game late in the first half. Captain Theo broke the deadlock finishing neatly from an Elijah assist. Striker Kenzie added a second before Theo scored twice early in the second half to get himself another hat trick. Kenzie added a fifth goal before Morecambe got themselves on to the score sheet to make it 5-1. Blake scored a 6th Carnforth goal before Theo rounded of a player of the match performance with his fourth goal of the game. Well done boys.

The Year 10 boys had a great victory winning 5-0. A change around in defence with a new centre half pairing of Adam and Charlie worked wonders and was rewarded with a clean sheet. Josh in goal made a series of handy saves to keep Morecambe at bay! Noah opened the scoring, the first of three goals for the attacking midfielder. With the score at 2-0 at half time, Carnforth continued to impress in the second half and added three more goals from Kenzie and Nat. Well done boys.



Year 7, 8 and 9 Boys Football vs QES

The Year 7, 8 and 9 boys football teams hosted QES on Wednesday 26th February. Unfortunately, the game was played in torrential rain, which led to the pitches becoming extremely muddy and challenging for both sides. However, it must be applauded how both schools approached the fixtures. With both schools showing excellent sportsmanship, the games played in with a great spirit and both schools still trying to play football even though it was pouring rain!

The Year 7 boys slipped to a 4-0 defeat, with goalkeeper Arthur making a number of excellent saves. The Year 8 boys played in a close game, with the scoreline at 0-0 at half time. Although QES had missed a hat full of good chances. QES took the lead midway through the second half and quickly added a second and third goal. Carnforth responded superbly with Xavier shooting and scoring from long distance, beating the QES goalkeeper high into the net on a slippery day. Jacob reduced the deficit again, scoring a wonderful goal from the edge of the penalty box. A neat first touch, followed by a swivel and clean strike into the far bottom corner. Game on! Carnforth pressure followed as QES began to panic in defensive positions. With the game coming to a close QES scored a 4th goal, to seal the victory 4-2. The Year 9 boys won 2-1, again in another competitive fixture. 0-0 at half time, then QES took the lead early in the second half. Carnforth centre forward Kenzie scored to level the game at 1-1. In the final stages of the game Kenzie was played through, one on one with the goalkeeper, and he slotted neatly into the far corner to ignite wild Carnforth celebrations!



Year 7 and 8 Girls Cricket

The Year 7 and 8 girls took part in a cricket tournament at RST on Wednesday 26th February. The girls' attitude and resilience were outstanding, they all participated extremely well, however, it was an unlucky day for CHS as we were defeated by both RST and OLCC. The girls gave it their all and had some fabulous bouts of bowling and batting.

Year 7 and 8 Girls Futsal

The Year 7 and 8 girls took part in a futsal tournament at QES on Friday 28th February. The girls had an extremely good day! The girls were all up for some quick indoor football and they absolutely gave it their all.

Their first game they were up against Settlebeck, the girls had a great first game and came out on top with a 3-0 win, the girls dominated the final third, all meanwhile Settlebeck still giving it their all with a few good chances.

Next up was QKS, the girls had seen how well QKS had been playing, and they were ready to match their work rate, and that they did! A few attempts from both teams and a good game it was, fortunately for CHS we came out on top with a 2-0 win.

Finally, our last game was against OLCC, the girls again were ready to give it their all, they were ready for another great game. They knew if they won this they were into the finals! The game was a hard game with OLCC strong in defence, hardly letting our strikers through on goal, boom! CHS took another win! Some strong games against some strong teams, the team did not let any goals pass them, keeping a clean sheet every game. The girls were into the final! A first for them, and it was thoroughly deserved!

Our final game was against a strong QKS, the girls were all up for a hard game and they were ready for it. It was a very fast paced game as both teams showed resilience, CHS scored the opening goal, QKS fought back hard, and they equalised with us. The game dragged on for both teams still at a 1-1, the final whistle blew. The game finished with a 1-1 draw, however, CHS had an additional 5 minutes to score a golden goal, chances after chances, QKS denied us another goal, Ivy also denied QKS another goal. Five minutes went by and neither team were able to score, onto pens! both teams were nervous, unfortunate for us QKS managed to score more penalties than us, QKS with the win. A great tournament for the 7 and 8 girls still celebrating their outstanding teamwork to make it to the finals!



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 January - February 2025

	<u>LUNCH 12.45pm - 1.15pm</u>	<u>AFTERSCHOOL 3.30pm - 4.30pm</u>
<u>MONDAY</u>		Y7-11 Girls Football - Field (GLC) Y7-9 Boys Football - Field (JW & JD)
<u>TUESDAY</u>		Staff Meetings
<u>WEDNESDAY</u>		Y7, 8, 9 Netball- SH/Astro (NS/GLC) Y8-11 Boys Handball - SH/Astro (JD & CC)
<u>THURSDAY</u>	Y7-11- Indoor Athletics - Sports Hall (NS)	Y10 & 11 Girls Netball - SH / Astro (NS) Boys District Fixture Afternoon (JD & CC)
<u>FRIDAY</u>	Y10-11 HRF - Fitness Suite (HW) Y7-9 Gymnastics - Dance Studio (GLC)	Yr 11 GCSE PE Intervention (With CC in Sports Gallery)

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