



CONFIDENCE PURPOSE RESPECT

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Headteacher's Message

This is the last newsletter of this academic year and it is full of the end of term activities that have taken place. There is key information regarding the start of the new term, which is different to previous years. I would like to take this opportunity to thank you for all your support this year and wish you a safe and happy summer holiday period. I know the students will come back smart and refreshed, ready for the challenge of the year ahead.

Important Upcoming Dates

Wednesday 19th and Thursday 20th July: Year 9 London Trip
Thursday 20th July: Year 7 Art and English Exhibition (4.30-5.30pm)
Friday 21st July: School Closes for Summer at 12.30pm
Friday 1st September: Staff Training Day (School Closed to Students)
Monday 4th September: School Re-Opens to Year 7 and Year 11 Students
Tuesday 5th September: School Re-Opens for all Students

What Timetable Week Is It?

W.B. 17/7/23 =
WEEK B

W.B. 4/9/23 =
WEEK A

Early Closure for End of This Term, Phased Return for Start of New Term

On Friday 21st July the school will close at 12.30pm. Students will be required to make their way home at the earlier time. There will be staff to supervise the bus stops and information will be given to students this week. It would be really helpful if parents/carers can ensure that all students know how they are getting home, where they need to get public transport from and ensure that students are prepared for the change to the timings of the day.

The school will re-open for **Year 7 and Year 11 students on Monday 4th September 2023**, to officially integrate our new cohort into Carnforth High School life alongside our oldest year group. The remaining students in **Years 8, 9 and 10 will join us on Tuesday 5th September 2023.**



2023/24 Term Dates

Please find the term dates for our next academic year below. These can also be found at any time by going to the school website and looking at 'term dates' under 'key information.'

The link to that area is here: <https://www.carnforthhigh.co.uk/key-information/term-dates/>

2023-2024

AUTUMN TERM 2023

INSET DAY (Closed for students)	*Friday 1 September 2023
Re-open for students	Monday 4 September 2023
INSET DAY (Closed for students)	*Monday 9 October 2023
Mid-Term Closure	Monday 23 October – Tuesday 31 October 2023 (inclusive)
INSET DAY (Closed for students)	*Monday 30 October 2023
INSET DAY (Closed for students)	*Tuesday 31 October 2023
Re-open for students	Wednesday 1 November 2023
INSET DAY (Closed for students)	Friday 17 November 2023
Closure after school on	Friday 22 December 2023

SPRING TERM 2024

Re-open for students	Monday 8 January 2024
Mid-Term Closure	Monday 12 February – Friday 16 February 2024 (inclusive)
Re-open for students	Monday 19 February 2024
Closure after school on	Thursday 28 March 2024

SUMMER TERM 2023

Re-open for students	Monday 15 April 2024
May Day Closure	*Monday 6 May 2024
Mid-Term Closure	Monday 27 May – Friday 31 May 2024 (inclusive)
Re-open for students	Monday 3 June 2024
Closure after school on	Friday 19 July 2024
INSET DAY (Closed for students)	Monday 22 July 2024

Additional INSET Day

In-Service Training (INSET) Days are days in the school year in which staff attend school for training but students do not attend.

Next year, **we will be adding an extra INSET day on Friday 17th November**. This training day will be dedicated to our Bay Learning Trust priorities and further staff development for the benefit of children across all our schools.

Year 9 into Year 10 Uniform Change and Other Uniform Information

Please remember that we have two uniforms at CHS, one for KS3 (Years 7-9) and another for KS4 (Years 10-11). The uniform rules around black school shoes, black trouser/skirt and school tie do not change, but the students wear a different jumper and shirt between these two Key Stages. **If you are a parent of a current Year 9 student please remember that your child's uniform will change from 'blue on blue' to 'black on white.'** They will need a black school jumper and white shirt from September as they start Year 10. The visual guide below shows the difference.

KS3 (Years 7-9) Uniform



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KS4 (Years 10-11) Uniform



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In addition to the uniform regulations, **a school bag is an essential part of school uniform and MUST be brought to school every day.** False eyelashes should not be worn in school; students will be asked to remove them. School skirts and jumpers should be worn **without any alteration.** Therefore, skirts must not be rolled or folded up. Bobbles must not be used to make school jumpers more tight fitting.

Our jumpers and ties can be bought from 'The Uniform and Leisurewear Shop,' which has a branch in Lancaster and a branch in Morecambe. They can also be bought from our school shop here:

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



SPORTS DAY 2023

Sports Day 2023 Results

The results are now in from our fantastic sports day! All students involved were a credit to their forms and displayed a lot of determination and courage, as most students tried sports and activities they had never played before. We're really grateful to the staff and external clubs who supported this day as we were able to offer around 30 different events!

Year 7 Winners: Rutherford

Year 8 Winners: Faraday

Year 9 Winners: Darwin

The winners were all also treated to a special winner's breakfast last week.

Wellbeing Assembly

Last week's assembly focused on how to get support to improve your wellbeing.



 EXERCISE REGULARLY STAY ACTIVE	 TALK TO FRIENDS	 EAT A WELL BALANCED DIET	 DO SOMETHING THAT MAKES YOU HAPPY	 MAKE TIME FOR YOURSELF
 REACH OUT WHEN YOU ARE LONELY	 START A TO DO LIST	 TRY SOME DEEP BREATHING	 CHALLENGE NEGATIVE THINKING	 WORK ON IMPROVING YOURSELF

Wellbeing Assembly

Ms Leck recently spoke to all our students about the importance of looking after your mental health and steps you can take to improve your mental health and wellbeing. Students looked at how to assess their own wellbeing levels and were given some advice on practical things to do for support. In addition, students will be looking at creating a self-care plan during form time; if you wish to support with this, please go to <https://www.annafreud.org/.../my-self-care-plan-secondary/>

The Headteacher's Award

Each week staff are asked to nominate students for recognition.

This can be for hard work in class, contributing to the school more widely, demonstrating our school values of confidence, purpose and respect, or any other reason.

Those who win the award get to have breakfast on Friday with the Headteacher and are given the Headteacher's Award certificate.



Community: Year 7 Litter Pick

7D took part in community service by volunteering to litter pick in the local area. The weather did get the better of us, but we managed to collect a load of litter and make a real impact in our local community in just half an hour. Well done to all the pupils; they were enthusiastic and energetic in the task! More importantly, our community is a little tidier and fresher.

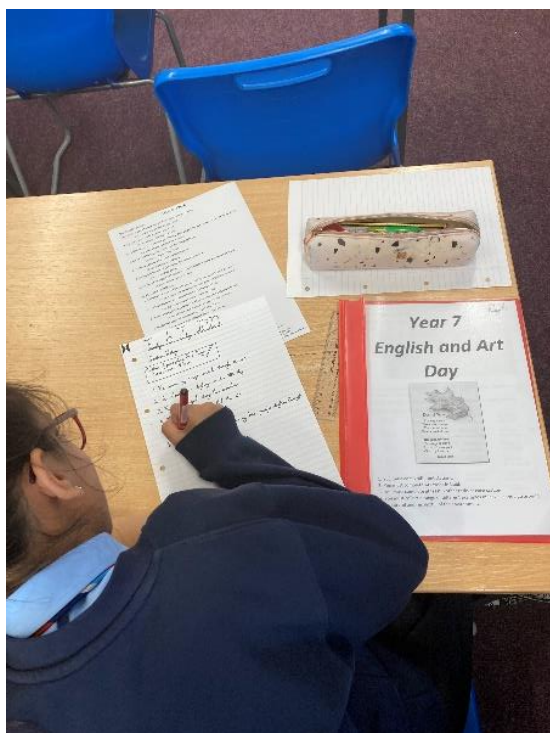




Enrichment: Year 7 English and Art Day

Year 7 students recently worked with the English and Art departments to take part in a creative project inspired by the world around them. Having studied a selection of poems in English, including the work of the Romantics, they got out and about to explore what motivated the likes of Wordsworth, Heaney and Keats to write about nature and all it offers. In addition, they studied the colours, textures, shapes and contrasts of the flora around school, using this to make impressions, sculpt and shape clay to reflect the subtle complexities of the environment.

All students have produced a collection of their own nature-inspired work, including poems, creative writing and a complete clay tile, and it will be displayed in an exhibition on Thursday 20th July.





Year 7 Graduation

To celebrate the end of their first year as CHS students, Year 7 had a special 'graduation' event last week. The whole year met in the hall to hear about some of their success throughout the year and each student received a graduation certificate. Afterwards, they were treated to food and games. Well done Year 7 for a successful first year!



Empower

A group of 10 girls from mixed years in KS3 have been looking at ways to empower themselves against the damage that social media does to women and girls. Through looking at their own online experiences and those of other girls around the world, they have put together strategies that will help them to be ready for the many ways that social media can make them undervalue themselves.

Empower Workshops

Well done to the KS3 girls who have completed the Empower workshops this half term!





Careers: Year 10 Work Experience Review

Year 10 students all had the chance to take part in Work Experience recently. It was great to visit them on placement and see how they were getting on. They all embodied our school values of confidence, purpose and respect. They were a credit to themselves and the school. Employers were asked to write a short review of the students they hosted on our Unifrog platform. Below you can see some highlights from those reviews. Quite a few students have landed weekend and summer jobs. Well done!

"It has been a pleasure to have Maisie and Lucy with us this week. They have been an absolute credit to themselves and your school. They have been polite, punctual and really got stuck into everything that we have asked of them."

"Christian was a delight from start to finish, alongside being punctual and enthusiastic Christian is a very well-mannered lad and a credit to his parents. He left a good impression on us here."

"Charlotte was an absolute asset."

"Ollie was a pleasure to have every day. He was always on time, got on well with others, did a great job of every task given, had great manners, took pride in his work and was very capable. I would be the first to offer him a job when he finishes school!"

"Rihanna was a credit to your school and if she was old enough we would offer her a summer job!"

"Jayden worked well on all aspects of tasks in the garage and we were very pleased with his overall attitude and commitment."

"Once Amelia has learned how to do something, she has independently and confidently got on with on other days. She has asked if she can do a job when she has seen it needs doing."

"Mason was excellent in all fields! Very good lad to work with. 10/10."

"Euan was very attentive and all the feedback was that he took everything in and on the final day he was asked questions and he retained information very well."

"Kyle showed excellent competency throughout the week. He completed every task with enthusiasm. On numerous occasions he had informed me had completed something and asked for other tasks."

"James was talkative and engaged with our electrician and what they were doing. He was happy to get involved and asked plenty of questions."

"Emma was a godsend!"

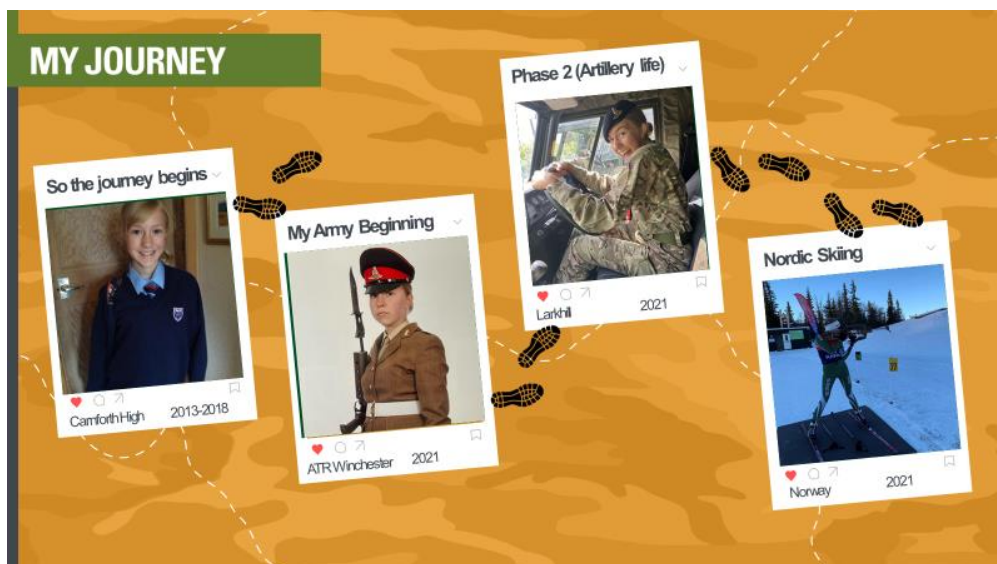
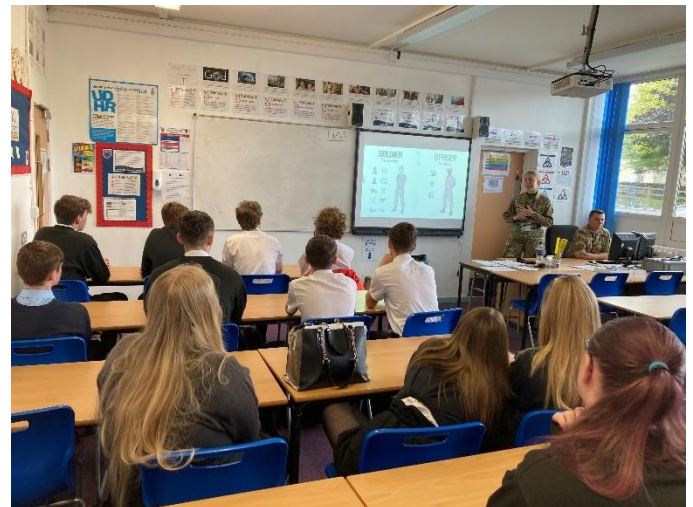
"We're very grateful of the help Mati provided us. He's worked very hard and completed every task we've asked him to do in very good time, and I'm sure he could have a promising career in IT."



ARMY

Careers: British Army Visit

A range of students from Year 9 and Year 10 who expressed an interest in military careers were able to attend a talk from two members of the British Army, including a former CHS student. Gunner Capocci spoke to the students about the different careers in the Army, the different routes into these careers, and the way in which the Army supports further learning, such as through apprenticeships and university courses. She also told us about her own journey into the Army after leaving CHS. Students had an opportunity to ask questions of the active personnel and asked some great questions, including what the starting pay is like, how long people stay in the Army for, what qualifications are expected for different careers in the Army, and even what the pension is like (really thinking ahead there!).





District Athletics

British Summertime got the better of the recent cricket and rounders tournaments, scheduled in for the past fortnight. With heavy rain meaning that these events had to be cancelled. The under 15 cricket tournaments will be rearranged for early September.

On Tuesday 11th July over 100 athletes from years 7 to 10 took part in the annual district athletics event at Salt Ayre Leisure Centre, competing against 6 other schools from the Lancaster and Morecambe district. Fortunately, the weather stayed dry and allowed the event to take place at the second time of asking. There were some absolutely outstanding individual and team performance from a large number of Carnforth students and the PE department were extremely proud to see the students who have worked hard throughout the past term in lesson and at athletics club produce the successful performances they deserved. Please read on for a report and a selection of photos from the event!





The year 7 boys had six students make the podium, finishing in the top three places in their event. Theo won the 100m sprint with a time of 13.60 seconds and Harrison won the long jump with a distance of 3.92m. Kenzie came second in the 200m with a time of 29.60 seconds. Jack, George and Bobby all finished in 3rd place. The year 7 boys then finished the day by coming 2nd in the 4x100m relay. Overall this meant that the year 7 boys finished in 2nd place from the 7 schools, which is a superb achievement. The year 7 girls had three podium places with Faith finishing second in the 800m with a time of 3.10 minutes. Ava-Grace and Poppy both finished in third place. The year 7 girls finished in 5th place overall.



The year 8 boys had six podium places with Rob winning the long jump with a huge jump of 4.90m! Theo was second in the triple jump with a jump of 9.39, Zach second in the shotput with a throw of 7.86m, Steven R second in the 300m with a time of 46.50 and Charlie second in the discus with a throw measuring 19.93m. Charlie was third in the high jump competition. This meant the year 8 boys finished in 3rd place out of seven schools overall. The year 8 girls had just the one podium place with Katie finishing second in the long jump with a jump measuring 3.58m. The year 8 girls finished in 6th position.



The year 9 boys and girls both did superbly and produced some of the best individual stand out performances of the day. The year 9 boys had a massive 7 podium finishes from the 12 events. George finished second in the 300m with a time of 46.00 seconds, Charlie placed second in the 1500m with a superb time of 5.03 minutes in a very competitive and fast race. Alex was second in the hurdles with a time of 14.60 seconds, Josh was second in the triple jump with a jump of 10.10m and Taylor was second in the shotput with a throw of 9.36m. Toby and Tom both finished in third place in their event. The year 9 boys finished in 2nd place overall.

The year 9 girls had the biggest haul of podium places with an amazing team performance! The year 9 girls totalled 9 podium places from 11 events and a third place in the 4x100m relay. Well done to Izzy who won the girls hurdles with a time of 15.10 seconds. Dolly also took first place in the shotput with a throw measuring 7.81m. Lena came second in the 100m with a time of 15.00 seconds, Isabelle was second in the 300m with a time of 53.30 seconds, Amy was second in the 800m with a time of 3.07 minutes, Holly was second in the Javelin with a throw of 13.86m and Ruby was second in the discus with a throw of 15.19m. Lottie and Lilly both finished in third place for their event as well as the girls finishing third in the 4x100m relay. An incredible all-round performance by the year 9 girls which saw them finish in third place overall, but in the most tightly contested competition of the lot as the Carnforth girls were only 8 points of the top spot!

The year 10 boys had two podium places, finishing 4th overall. Louis finished third in the shotput with a throw of 9.54m and Dylan third in the javelin. The year 10 girls had five podium finishes and finished 4th overall. Lola and Thea both finished second, Lola in the long jump scoring 3.71m and Thea in the shotput throwing 7.65m. Grace, Martha and Julia all finished third in their events.



A massive well done to all the students involved as their individual performance helped to win points for their team and it was great to see Carnforth placing so highly on many of the final result tables. A special thank you goes to Mr Potter and Mrs Reeves for helping support the PE department on the day to ensure that the event could take place smoothly and to allow our students to perform to the best of their abilities.

