

CHS Newsletter

"Leaders and staff are ambitious for pupils" – Ofsted 2021

2023/24 Issue 1: 18th September 2023



Carnforth
High School



THE BAY
LEARNING TRUST

CONFIDENCE PURPOSE RESPECT

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



Headteacher's Message

I would like to welcome everyone to the start of a new academic year. The students and staff have returned refreshed and ready for the challenges ahead. I have been very pleased with Year 7, who have settled quickly into the new routines. The new roof to the Askam building is on schedule and should be finished by half term. I would also like to reassure parents that, in line with government guidance, our school has been surveyed for RAAC and none has been found. Our annual Open Evening takes place on the 26th September and I look forward to meeting families wanting to join our school community.

Important Upcoming Dates

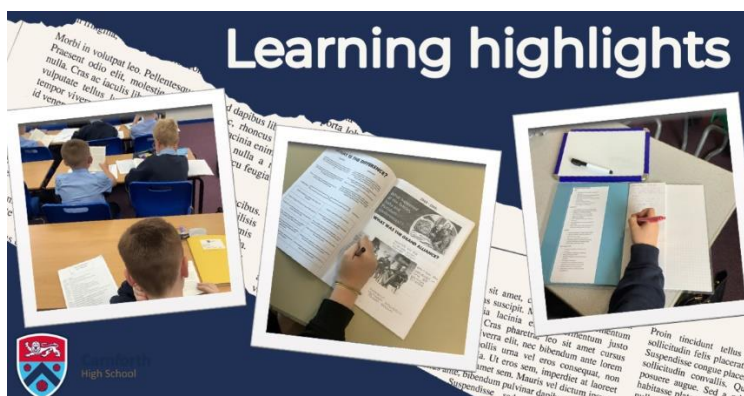
- Monday 18th September:** New School Clubs Launch
- Tuesday 26th September:** Open Evening (for Year 5 and 6 Parents)
- Thursday 28th September:** Year 11 Geography Field Trip 1
- Friday 29th September:** Year 11 Geography Field Trip 2
- Friday 20th October:** School Closes for Half Term
- Wednesday 1st November:** School Re-Opens for Half Term 2

What Timetable Week Is It?

- W.B. 18/9/23 =
WEEK A
- W.B. 25/9/23 =
WEEK B

A New School Year Begins!

Welcome to our first newsletter of the 2023/24 academic year. We release a new newsletter every two weeks to keep you informed about upcoming and past school events, as well as to celebrate student success! We also have a Facebook page (link above) with more regular updates. It's been great to see our new Year 7 students settling in and the return of our Year 8-11 students. It's important that we have good routines in place for all students, so there are quite a few important messages in this newsletter about routines, attendance, punctuality and behaviour. We appreciate your help in reinforcing these messages with your child(ren).



Open Evening

Every year we hold an Open Evening for prospective students and parents. This event is primarily aimed at students currently in Year 6 and their parents. There are talks from the Headteacher and a chance to visit each of our departments and speak to teachers. Please see below for the details of this year's event and please pass the details on to anyone who may be interested.

Open Evening

We look forward to welcoming prospective students and their parents/carers on Tuesday 26th September, 5-8pm.



Carnforth
High School



Excellent Attendance at School

Attendance at school is key to success. Our target is for every student to be in school for 97% of lessons or more – but 100% is best! At the end of last year, we celebrated those students who had managed 100% attendance over the academic year with a celebration event and rewards. Well done to those students! Let's see how many 100% success stories we can have this year.



Attendance Ladder



Punctuality

In addition to being in school, it is important for students to be on time to all of their lessons.

The school day starts at 9:00am. Each school day involves a morning and afternoon session. Students should be on the school site by 8:55am and **in form for 9:00am.** If students arrive after this time, they are classed as late.

For form time, lesson 3 (after break) and lesson 4 (after lunch) there is a 5 minute warning bell to help students get moving on time. If they arrive after the bell for the start to the lesson they are late. For other lessons, students must move directly from one lesson to the next.

Every minute a student misses is a minute of learning they are losing out on, and these add up over the year! Being punctual is also an important like (and career) skill for our students to learn. Please talk to your child about the importance of being punctual.





Class Charts

We're pleased to announce that we have the new Class Charts software up and running at Carnforth High School. This allows pupils and parents to monitor their progress at school. Class Charts will allow pupils and parents to check attendance, behaviour (positive & negative), homework, rewards and extra-curricular activity. It will also automatically send out positive behaviour and detention notifications to parent email accounts as necessary. We are also looking forward to adding a communication module for two-way messaging within the next few weeks.

Pupils have already been given log-in details and have been encouraged to download the app onto their phone or tablet. The software can also be accessed via a web browser such as Google. Please encourage your child to sign up ASAP.

Parent invites with access codes and instructions were sent home with your child on Friday 8th September. The information is also on our school website, including a link to the Class Charts log-in page. Lost access codes can be replaced by contacting school.

You can find these guides on the website by going to the 'news' section here:
<https://www.carnforthhigh.co.uk/news/>

News & Events



ClassCharts for Parents

September 8, 2023



ClassCharts for Pupils

September 6, 2023

Getting the Bus to and From School

Many of our students travel to school and head home on the busses. After school, the 5 (Morecambe), 5 (Overton), 55, 445 and 51 all collect students from outside the school gate. Our staff will be at the gate each day. Students who are walking home or being collected leave via the side gate and students waiting for the busses need to wait behind the main gate for their own safety. When busses arrive staff will allow the students onto the busses in an orderly fashion. Please remember that the busses are not run by the school but by Stagecoach, which is a private company.



Tickets and Backup Money

Students are responsible for their own tickets, whether they use a paper ticket or the online app on their phones. Bus drivers have already told us this year that they are dealing with students trying to board without a valid ticket or with a phone that has run out of battery. Drivers are being told by their company that they should not let anyone onto the bus that does not have a valid ticket. With this in mind they advise that students should keep £2 with them each day in case they cannot access their app or they lose their ticket and need to buy one.



Behaviour on Buses

We expect that our students will behave in line with school policies whilst waiting for and travelling on the busses. In many cases they are sharing these busses with member of the public. We work with Stagecoach in terms of behaviour on busses and parents are reminded that Stagecoach are within their rights to ban students from travelling on their busses due to misbehaviour. The guide to catching the bus to school on the next page has been provided by Lancaster County Council for further support.



Catching the school bus

Please behave sensibly and responsibly when travelling to and from school for your own safety. If you misbehave you may have your travel pass taken away or be excluded from using school bus services.

1

Be at the stop 5 minutes before. Queue sensibly and keep well away from the kerb. Give a clear signal so the bus driver knows to stop. Make sure you are boarding the bus at the correct stop.

2

Pay your fare and try to have the correct change. Keep your ticket to show the inspector and/or for your return journey.

3

If you use a bus pass/season ticket, it must always be presented to the bus driver - allow time for it to be examined. Bus passes/season tickets are not transferable and should only be used on the service for which they are assigned. If you cannot show a valid pass you must pay your fare. Lost or damaged passes can be replaced for a fee by contacting the County Council on 0300 123 6738.

4

Misuse and fraudulent use of travel passes is treated very seriously and could lead to prosecution.

5

Take your seat, please wear a seat belt if one is provided. Don't take up more than one seat. Place bags in the luggage compartment/under your seat/on your knees. Don't place bags on seats or in the aisle.

6

If all seats are taken, you should stand sensibly behind the driver area and use grab rails where available. You should not stand adjacent to emergency exits, on staircases or upstairs on a double deck vehicle. Do not walk around during the journey.

7

Antisocial behaviour/damage to the bus or anyone's property/bullying on the bus, is taken very seriously and can be reported to the police. Please report incidents to the driver, a teacher or a parent. Do not throw anything whilst on the bus, at the bus or from the bus.

8

All bus and taxi services have No Smoking Policies including all e-cigarettes and vaping devices.

9

Respect others at all times and never distract your driver.

10

Make sure you know which stop you are getting off at and to alert the driver by pressing the bell only once or asking them to stop at the next bus stop.

Never override past the bus stop you have paid for. Overriding could lead to prosecution.

11

When leaving the bus please take the time to thank your bus driver.

12

Remember to take all of your belongings when you leave the bus.

13

Let the bus depart before crossing the road. Find a safe place to cross and remember: Stop, Look and Listen.

14

DO NOT text/use your mobile phone when crossing roads. Remove ear accessories to allow you to hear any oncoming traffic. CONCENTRATE - often accidents happen due to a lack of concentration.



The CHS Six

Consistency is a key part of success; if we want to do well at something we need to do it the best way we can over and over again. This year we have introduced the 'CHS Six' to help our students and staff with a strong and consistent approach to every lesson. This outlines six of the key aspects of a strong lesson that we expect to see *every* lesson.



The CHS Six

1. **Pupils** will begin every lesson with a silent starter activity.
2. **Teachers** will clearly communicate the expected sound level of every stage of the lesson
3. **Pupils** will be given a clear *purpose* at the beginning of every lesson.
4. **Teachers** will use the hands up signal to gain the attention of their class.
5. **Pupils** will listen to any instructions or explanations *respectfully* in silence.
6. **Pupils** will pack up at the end of lesson as instructed and then wait behind their chairs for dismissal.



RISE – Reading for Inspiration, Success and Enjoyment

This week, Carnforth High School is proud to launch the newest part of the school wide reading programme 'RISE'. For an hour a week, all students are Reading for Inspiration, Success and Enjoyment. In previous years, students in years 7 to 9 enjoyed an hour a week of reading their own books and last year, every student in the school read in form time. In this year's fresh approach, Carnforth students are exploring exciting classic and modern stories whilst purposefully practising reading skills from across all of their subjects. Our students will read a different book each term and keep working on their cross-curricular reading skills in the sessions. Year 11's sessions will be slightly different in the spring term and will become Revision to Inspire and Succeed in Exams and will become extra targeted revision and exam preparation sessions. Below are the books that each year group are reading. Please feel free to contact Mrs Thompson if you have any questions.

				
<p style="text-align: center;"><i>A Series of Unfortunate Events: Bad Beginnings</i> Lemony Snicket</p>	<p style="text-align: center;"><i>The Secret Garden</i> Frances Hodgson Burnett</p>	<p style="text-align: center;"><i>The Curious Incident of the Dog at Night Time</i> Mark Haddon</p>	<p style="text-align: center;"><i>Lord of the Flies</i> William Golding</p>	<p style="text-align: center;"><i>The Dark Lady</i> Akala</p>

Carnforth Mayor's Visit for the Coronation of King Charles

At the end of last academic year, we were lucky to be visited by the Mayor of Carnforth, Mr Grisenthwaite. He spoke to the students about British culture and the changes that have happened over time, as well as helping them to think about their own futures. In addition, he presented students with a commemorative coin to help them remember the coronation of King Charles.



Student Fundraising

You may remember that Matthew in Year 11 has been growing his hair for a sponsored hair shaving event this 10th December. The money raised will be donated to 'Help for Heroes' and Matthew will be donating his hair to 'The Little Princess Trust,' who provide real hair wigs, free of charge, to children and young people who have lost their own hair through cancer treatment and other conditions. Matthew has been collecting donations and has raised an incredible £7,559, which is an amazing achievement! If you would like to donate, click the 'Just Giving' logo below to get to Matthew's Just Giving page.



JustGiving™

Student Success – Harry’s Cycling Achievements

Over the summer Harry from Year 8 has been busy with his passion for cycling! He has completed a few sessions at Manchester Velodrome and passed a 6-hour accreditation course, allowing him to now race on the track. He took part in the North West Youth Tour over bank holiday weekend. It’s a 3-day event – a time trial on Morecambe prom, hill reps course round Daisy Bank in Lancaster and a circuit race around Lancaster University campus! Competitors travel from all over the country to take part. Harry had 60 boys in his race category. 100 in the under 16s! Finally, on the last day of summer, he ended the holiday by cycling up Great Dun Fell, the highest road climb in the UK! Well done Harry!



Dangerous Behaviour Warning

A dangerous 'game' is emerging in which students are attempting to 'choke hold' other children.

This is extremely dangerous and not condoned by school or the bus company. Students caught doing this will be issued sanctions in line with the school behaviour policy. Please support us by reminding your child(ren) that this is not acceptable behaviour and is extremely dangerous.

Thank you for your support in stopping this dangerous trend.



Staff Success – Mr Daghli's Strong Man Achievements

You may remember that our PE Department's Mr Daghli is a competitive strong man and we like to follow his achievements here in the newsletter! Over the summer he took part in his latest competition: Britain's Strongest Man. After 6 brutal events he finished 2nd in the under 80kg category. His twin brother was 3rd. Well done Mr Daghli!





Our Life Skills Curriculum

As part of your child's education at CHS we promote personal wellbeing and development through a comprehensive Life Skills curriculum. This subject gives students the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. We hope that our students learning will be a constant conversation throughout their time at CHS, with their teachers, form tutors and with adults they trust at home too. Below are the topics that we are covering in Life Skills this year, if you get the opportunity, please do speak about these topics with your children outside of school too.

LIFE SKILLS: Scheme of Learning Long Term Plan

Week	Year 7	Year 8	Year 9	Year 10	Year 11
1	What is Life	Actions have consequences	Friendship Challenges	Dealing with Change	Income & Tax
2	What do you believe	P&D – Religion	Gangs & Violent Crime	Managing Change	Income & Pensions
3	What are your skills	P&D – Disability	County Lines	Reframing negative thinking	Somewhere to Live (ICT)
4	Whose rights	P&D – Racism & Sexuality	Drugs & effects	Depression, Anxiety & Misconceptions	Getting to work (ICT)
5	Water safety	Being an active bystander	Drugs & the law	Managing Mental Health	Just until pay day
6	How do I manage my time?	Police & Emergency Services	Drugs & Risk	Alcohol & Mental health	Risk & Reward
7	How do I manage my sleep?	Courts	Sexuality Timeline	Substances & Risk-taking behaviour	Risk & reward
8	How do I manage my diet?	Prisons	Consent & Assumptions	Drugs & Safety	Digital Footprints
9	How do I manage diet & exercise?	Online safety	Consent & Consequences	Prescription Drugs	Making Applications & Careers
10	How do I manage my feelings?	Online Propaganda	Sexting	Tattoos & Piercings	Dealing with Exam Stress
11	How do I manage my money?	Should I watch that	Healthy & Unhealthy Relationships	Cosmetic & Aesthetic Procedures	Personal Safety
12	How do I manage my relationships?	Live Streaming & Gaming	Public Sexual Harassment	First Aid – Chest Pain	Drugs – Managing Influences
13	Online safety	Drugs & Caffeine	Managing Unwanted Attention	Talking about sex	Drugs – Help Seeking
14	Bullying or Banter?	Drugs & Nicotine	Managing relationship breakdowns	Enthusiastic Consent	Online Sexual Harassment
15	Cyberbullying	Saving	Bullying or Banter?	Consent: Pressure, Persuasion & Coercion	Responding to Sexual Harassment
16	Peer Pressure	What's it worth	Managing my Money	Impact of Pornography	Reporting Online Sexual Harassment
17	Good Friendships	Fraud	Gambling & Addiction	Consent – Pornography	Self-examination
18	Online relationships	Budgeting	Avoiding Debt	Revenge Pornography	Grief & Bereavement
19	Online Bullying	Consent – reading NV signals in the context of relationships	Financial Exploitation (fraud)	Sexual Harassment	Expectations around sex
20	Peer on Peer Abuse	Safe Relationships	Identity Fraud	Reporting sexual harassment	Consent: responsibilities & consequences
21	Puberty	Comparisons	Mental Health & Anxiety	Relationship Abuse	Consent: Communicating wants & needs
22	Puberty & me	Body Shaming	Positive Mental Health	Marriages	Contraception
23	Puberty & periods	Body Confidence	Unhealthy vs Healthy coping strategies	Conflict Management	Safe sex
24	Identity & Diversity	Sexting & Nudes	Mental health & alcohol	Career Opportunities (online) & digital footprint	Fertility & options
25	Immigration	Dangers of pornography	Careers	Skills for employment	STI's
26	Diversity & Extremism	Toxic Masculinity	Skills for Employment	Understanding behaviours for work	Pregnancy – add in unwanted pregnancy
27	Relationships – starting with me	Age appropriate relationships & intimacy	Employability	Understanding the workplace	Abortion – add in emergency contraception
28	Consent	Sexual Attraction & strong feelings	Jobs & Occupations	Employment rights & responsibilities	Having a baby – add in reasons to adopt/foster
29	Human Reproduction & sex	Choices & timings	Workplace relationships & employer expectations	Careers – workplace relationships	Parenting
30	Attraction & crushes	Contraception	Extremism & Diversity	Making applications & careers	Coercive control – include laws
31	Sexuality	STI's	Extremism & Radicalisation	Trade Unions	
32	FGM & forced marriage	Sepsis	The History of UK Democracy	Budgeting	
33	Smoking & Vaping	First Aid - bleeding	Politics & Me	Privilege	
34	Alcohol	My personal & academic strengths	Our Political Party 1	Racism	
35	Cannabis	Different Careers (ICT)	Our Political Party 2	Extremism	
36	Nitrous Oxide	My Career Ladder (ICT)	Local Democracy	Homelessness	

We have designed the Life curriculum to meet all of the Department for Education's changes in the past few years to relationships and sex education (RSE). As a reminder, it is also a requirement for us to let you know that if you do not want your child to take part in some or all of the sex education lessons that we deliver, you can ask that they are withdrawn. You will be asked to come into school to discuss this decision and we will grant this in all but exceptional circumstances, up until three school terms before your child turns 16, at which point they must choose for themselves. If you have any questions about this or any part of the Life Skills Curriculum then please email Mrs Gregory, Teacher in Charge of Life Skills at sgregory@carforthhigh.co.uk.

Clubs Galore!

We're a small school, but we're very proud of a big offer of lunchtime and after school clubs. Students have a wide selection of clubs to choose from as we start this new academic year. You can find more details on our clubs over the next few pages. Students in Years 7, 8 and 9 can also work towards their CHS Award, which is explained below.



The CHS Award

It's important to remember that a student's journey through school has academic achievement at the core, but is much more than this. We endeavour to provide our students with a wide range of opportunities to develop themselves outside of their lessons, such as through the Duke of Edinburgh's Award (DofE) in year 9 and the CHS Award in years 7, 8 and 9

The CHS Award is modelled on the DofE and allows younger students to start learning new skills, helping their community, and working towards an award to recognise their efforts. The four elements they will engage with to receive the award are:

- **Skills** – this means attending a lunch or after school skill club for a full half term
- **Physical** - this means attending one of our many extra-curricular PE clubs for a full half term
- **Experience** – this means taking part in something above and beyond the everyday
- **Volunteering** – this means giving up time to support your community and good causes

Each time a student completes one of these elements the teacher delivering it will sign them off. When they collect all four elements they will achieve their Bronze CHS Award. If they get four more they'll earn their silver!

Please talk to your child(ren) about our clubs and encourage them to come along!



SKILLS



PHYSICAL



VOLUNTEERING



EXPERIENCE

What Can I Do at Lunch and After School?



Carnforth
High School

Lunch Time in Half Term 1 of 2023/24

Monday	Tuesday	Wednesday	Thursday	Friday
KS3 History Club in HI1 SKILLS	Science Club in L4 SKILLS	Christmas Club in T1 SKILLS	Treble Makes in MU1 SKILLS	Lego Robotics Club in TBC SKILLS
Chess Club in HI2 SKILLS	GeoGuessr Club in IT1 SKILLS	Year 10 Boys Football in the Sports Hall PHYSICAL	Anime Club in LS1 SKILLS	Doodle Club in LS1 SKILLS
Events and Fundraising Club in LS1 SKILLS VOLUNTEERING	Debate Club in LS1 SKILLS	Reading, board games and study in the Library	Year 10 Art Catch Up Club in A1	Year 10-11 Health Related Fitness in the Fitness Suite PHYSICAL
Girls Team Practice in the Sports Hall PHYSICAL	Year 9-10 Dance in the Dance Studio PHYSICAL		Year 7-8 Dance in Dance Studio PHYSICAL	Reading, board games and study in the Library
Reading, board games and study in the Library	Year 9 Boys Football in the Sports Hall PHYSICAL		Year 11 Boys Football in the Sports Hall PHYSICAL	
	Reading, board games and study in the Library		Reading, board games and study in the Library	

After School in Half Term 1 of 2023/24

Monday	Tuesday	Wednesday	Thursday	Friday
Year 7-8 Girls Netball on the Astro PHYSICAL		Textiles Club in E2 SKILLS	Year 11 Art Catch Up Club in A1	Year 7 Boys Rugby on the Field PHYSICAL
Year 7-11 Girls Rugby on the Field PHYSICAL		Year 7-11 Girls Gymnastics in the Dance Studio PHYSICAL	Year 9-11 Girls Netball in the Sports Hall PHYSICAL	
Year 7-8 Boys Football on the Field PHYSICAL		Year 7-11 Girls Football on the Astro PHYSICAL	Boys District Fixture Afternoon	
		Year 8-11 Boys Rugby on the Field PHYSICAL		

Clubs This Half Term



Anime Club

OPEN TO YEARS:				
7	8	9	10	11



Thursday lunchtime in LS1

Anime Club is a chance to watch (or re-watch) some of the best anime films and series. Last year we watched the first series of 'My Hero Academia' and the movie 'Spirited Away.' Mr McGauran is open to suggestions for (age appropriate) series to watch this year! Also, a heads -up for sub snobs: we're watching the dub. It's just easier to listen along! We'll also be trying our hand at some anime style drawing skills.

For years 7, 8 and 9 attendance at this club will give you the **Skills** element towards the CHS Award.



Chess Club

OPEN TO YEARS:				
7	8	9	10	11



Monday lunchtime in H2

Are you fiercely intelligent, fearless, coolheaded, probably quite devious and almost certainly a bit geeky? This club is for you! You will learn the rules and basic winning strategies underlying the games of chess and draughts. You can take part in running the club, maintaining the chess 'ladder' and coaching new players. Activities will include social play, speed chess, team games and a chess league or ladder. All year groups are welcome.

For years 7, 8 and 9 attendance at this club will give you the **Skills** element towards the CHS Award.



Christmas Club

OPEN TO YEARS:				
7	8	9	10	11



Wednesday lunchtime in T1

Do you love creating and crafting? Do you love Christmas? Then this might be the club for you! During the club we will be crafting to create Christmas gifts to sell at this year's school Christmas Fair. Students who join the club will also help promote and run the Christmas Fair, which will be held on 9th December.

For years 7, 8 and 9 attendance at this club will give you the **Skills** element towards the CHS Award.



Community Events and Fundraising Club

OPEN TO YEARS:				
7	8	9	10	11



Monday lunchtime in LS1

Are you interested in helping other people, raising money for worthwhile causes, or planning events? This is a brand new club to Carnforth High and the sky is our limit what fun fundraising or community events can we plan and how many people can we help in this school year?

For years 7, 8 and 9, attendance at this club will give you the **Skills and Volunteering** Awards towards the CHS Award.



Debate Club

OPEN TO YEARS:				
7	8	9	10	11



Tuesday lunchtime in LS1

Are ghosts real? Should we be allowed to clone people? Is artificial intelligence a threat to humanity? Do video games teach children to be violent? We will be weighing up these topics and more in debate club, and we will look at a huge range of opinions (some controversial!) to figure out what we think are the best arguments. All of our debating, planning and researching will finish in an end of term debate in front of some high profile judges who will decide which team is victorious. Who will win and whose argument won't stand up in front of the judges and their questioning? Let's debate!

For years 7, 8 and 9 attendance at this club will give you the **Skills** element towards the CHS Award.



Doodle Club

OPEN TO YEARS:				
7	8	9	10	11



Friday lunchtime in LS1

Do you enjoy drawing or want to learn different ways of drawing? Come along to LS1 on a Wednesday lunchtime and doodle to your heart's content! All the resources will be provided but feel free to bring your own pens and paper if you would like to. There will be simple step-by-step instructions on how to draw/doodle different things (such as cartoons/animals) if you would like to use them, or you can do your own thing and teach Mrs Gregory a thing or two!

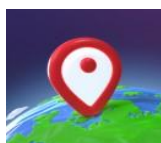
For years 7, 8 and 9 attendance at this club will give you the **Skills** element towards the CHS Award.





GeoGuessr Club

OPEN TO YEARS:				
7	8	9	10	11



Tuesday lunchtime in IT1

GeoGuessr is an online game that uses Google Streetview to drop the player in a random location somewhere in the world. Using their detective skills, the player tries to work out where they are in the world. The closer they are to the correct location the more points they get! There are many different challenge modes, maps, badges to earn and places to explore. Come along to play with old friends or new!

For years 7, 8 and 9 attendance at this club will give you the **Skills** element towards the CHS Award.



History Club

OPEN TO YEARS:				
7	8	9	10	11



Monday lunchtime in H11

Delve into the depths of the past, exploring famous families (perhaps including your own!), investigating unsolved mysteries and answering vital questions such as why was a pig put on trial in Medieval France? We will have fun looking at topics from the past and creating exciting projects based on them.

For years 7, 8 and 9 attendance at this club will give you the **Skills** element towards the CHS Award.



Lego Robotics

OPEN TO YEARS:				
7	8	9	10	11



Friday lunchtime in ???

Like Lego? Like Robotics? Then this might just be the club for you! The club is open to a maximum of 12 students. Students will be working in teams of 6 to learn to programme a Lego robot.

For years 7, 8 and 9 attendance at this club will give you the **Skills** element towards the CHS Award.



Science Club

OPEN TO YEARS:				
7	8	9	10	11



Tuesday lunchtime in L4

Each week students will be introduced to different fun practical activities, using and developing their skills and knowledge to complete scientific tasks. We'll be using the Bunsen burners to complete flame tests, making rockets, bubble snakes, and trying out forensic techniques to solve crimes, plus lots more!

For years 7, 8 and 9 attendance at this club will give you the **Skills** element towards the CHS Award.



Textiles Club

OPEN TO YEARS:				
7	8	9	10	11



Wednesday after school in E2

Whether you have experience or are a complete enthusiastic beginner, we would love to have you at the group. Learn how to make and decorate clothes and accessories for yourself and for gifts. We will also be working on creating costumes for the school production.

For years 7, 8 and 9 attendance at this club will give you the **Skills** element towards the CHS Award.



Treble Makers

OPEN TO YEARS:				
7	8	9	10	11



Thursday lunchtime in MU1

Join Carnforth's Treble Makers. All year groups welcome. No experience necessary – there are no auditions. Just come along to have some fun. Are you a secret shower singer? Do you watch Pitch Perfect on repeat? Can you sing the score of Wicked or Hamilton from memory? Singing everything from pop songs, musicals, Disney and much more. Learn how to harmonise, perform and feel good through singing.

For years 7, 8 and 9 attendance at this club will give you the **Skills** element towards the CHS Award.



See the PE section of the newsletter for more about our PE/Physical clubs!

PLANS IN PLACE

A key part of our school vision is that our students will have clear 'plans in place' for their future. Developing this idea is our key focus in Personal Development this year.

- **Year 7 and 8** need to understand how, at the beginning of their five-year journey with us, they are undertaking skills and learning that will help them identify their passions and dreams for the future.
- **Year 9** need to understand the importance of the Options process to choose their KS4 courses, which they will undertake after Christmas, in forming their post-16 pathways and their future careers.
- **Year 10** need to start thinking about their Work Experience, which they will undertake at the end of this academic year, and how they need to consider and arrange placements that will best tie-in with their future plans.
- **Year 11** need to consider their post-16 pathways and know how to begin applying for the courses that best suit their future plans. These are a great way to introduce students to their different options. They will all receive one-to-one interviews with a Careers Advisor.

The logo for Unifrog, featuring the word "unifrog" in a lowercase, rounded, green font.

Our team, including our Assistant Headteacher for Personal Development, Mr McGauran, and our Subject Leader of Life Skills, Mrs Gregory, have a wide range of strategies in place to help students with all of the above. These include:

- **Assemblies and follow-up form time activities** each half term focussed on careers and pathways.
- **Careers elements on each of our Enrichment Days** this year – our first Enrichment Day is in November and we'll have visitors discussing colleges, careers and employability skills.
- **One-to-one interviews** with every student in year 11 to help establish and support their post-16 pathways.
- **A frequently updated website page** on our school website (<https://www.carnforthhigh.co.uk/school-life/careers/>) which includes links to all local providers and other useful websites and videos for you and your child(ren).
- **Regular contact with parents** through this newsletter as well as emails updating you on local events of interest, such as Open Days at colleges.
- **Regular training for all staff** which helps them to understand the importance of linking their subjects and lessons to careers.
- **Work Experience** for all students in year 10.
- **Life Skills lessons** throughout the year in all year groups that build upon our students' Careers journey in age-specific ways.
- **Our Careers-focussed software program** called 'Unifrog' for all our students. This is an excellent piece of software that all students can access from our school website (Year 7 will be introduced to this for the first time on our November Enrichment Day).

British Army Careers

You may remember that a former student came into school at the end of last year to talk to some of our students that were interested in possible careers in the Army. Following on from that, six of our Year 10 students expressed an interest in finding out whether they would be able to pass the selection fitness test. Our very own Mr Green (former British Army EOD and current British Army Reserves) took them through their paces! The students completed deadlifts, ball throws and a beep test, in line with the army regulations. They left better informed, and committed to taking part in more training over the summer!





Cricket

The PE department are delighted to welcome all students back to Carnforth High School for the 2023/24 academic year. Each fortnight the PE department will provide information in the school newsletter on fixtures and results, key information for PE lessons and all things extra-curricular as well as any upcoming events.

The first fixture of the year was a cricket fixture. The school alongside QKS, QES and Kirkby Kendal School were delighted to take part in the first ever Joe Root Academy Summer Smash, hosted by the Root Academy at Netherfield Cricket Club. The purpose of the event was to promote the Academy but also franchise one day cricket and to provide the students the opportunity to play under floodlights. The semi-final draw was Carnforth Centurions vs Kirkby Kendal Mintcakes, played on Wednesday 13th September at 3.30pm with the winner set to play QES Super Eagles in the final at 6.30pm on the same day.



Cricket Continued

Carnforth captain Louis won the toss and elected to bat. After a fantastic 20 overs of batting Carnforth scored 194 runs in 20 overs with Louis scoring a magnificent 138 not out. Louis was well supported by Theo and Michael at the other end who added valuable runs. Kirkby Kendal also batted well with their opening batsman scoring 100 runs. As the game seemingly swung in Kirkby Kendal's favour, who needed 40 runs from the final 5 overs and were scoring a required run rate to achieve the total. Year 10 bowler Charlie took two vital wickets to halt the Mintcakes momentum. Kenzie took his first wicket of the game concluded a Carnforth victory by 7 runs. After the semi-final victory Carnforth went straight into a final vs QES Super Eagles.

The final started at 6.30pm, the night sky drawing in and the floodlights on. QES won the toss and elected to bat. A tactical decision which resulted in Carnforth spending a total of 40 overs back-to-back in the field, bowling. Spirits remained high but a superb QES team knocked a huge score of 221 from 20 over. Charlie taking the only wicket of QES captain Lewis for 61 runs. In response Carnforth scored 105 runs, Corey top scoring on 29 runs. The batting conditions were extremely challenging, under floodlights and with the QES bowlers zipping the white ball through with speed. A huge well done to all the Carnforth Centurion students involved who represented the school superbly.



Dance at CHS

We are looking for a dance team and we need you!

Dance Club this term is starting at lunch time (12:45) in the Dance Studio. Just bring your trainers.

- Year 9 & 10 every Tuesday lunch time
- Year 7 & 8 every Thursday lunch time

All abilities welcome! Do not worry if you have never danced before, just come and give it a go!

School Transport and Fixture Payments

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

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



PE Department Standards and Expectations

The first PE lesson at the beginning of an academic year for all students is a recap of our department standards and expectations. Please find below some of the key messages which students received:

- Students are expected to bring full PE kit and footwear to every PE lesson. Failure to do so will result in a break time detention. Students will be expected to lend spare PE kit and take part in the lesson as normal. Refusal to lend spare kit will result in an S3 removal and an after-school detention.
- Should a student be unable to take part in their PE lesson due to injury or illness then students must provide a signed note from parent/guardian explaining the reason why. Students should still bring full PE kit and footwear for the lesson, as they will be expected to get changed, and take part in the lesson where the class teacher deems appropriate for example officiating. The exception to this rule is for students who are on crutches or in a cast for a broken limb.
- Students are expected to wear appropriate footwear for all PE lessons and extra-curricular activities. If a student's lesson is in the sports hall, dance studio or astro turf they must bring sports trainers. For any lesson on the field, it is expected students wear football boots. This is vitally important for rugby and football lessons.
- Students are expected to wear shin pads for football and hockey lessons and are advised to wear a mouthguard for rugby and hockey.
- At the start of every PE lesson the class teacher will offer all students the opportunity to hand in any valuables, which will be stored in safely in the PE office for the lesson.
- Jumpers and tights are never to be worn in PE lessons. School PE tracksuits tops are to be worn in cold weather.
- Jewellery is not to be worn in PE lessons.

Rugby Safety Policy

As part of the national curriculum delivered here at Carnforth High School your child will complete a unit of work on Rugby. At Carnforth High School we insist on Rugby being played safely and following RFU (Rugby Football Union) guidelines both in lesson and at extracurricular clubs. To help pupils enjoy Rugby safely, all pupils are taught the basic skills as a priority. These include how to tackle and how to receive a tackle safely.

According to the RFU, Rugby participants in secondary school's report that they feel more confident, resilient and have developed the Rugby values of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship.

To help keep all pupils safe we insist on rugby being played in the correct kit. The kit pupils require to play rugby safely is listed below:

- Carnforth High School navy blue PE kit
- Football/rugby boots
- Mouthguard (strongly recommended)
- Headguard (advisable)

Headguards and mouthguards can be purchased online or at sports shops such as Sports Direct. As pupil's welfare is of prime importance, I would like to draw your awareness to **HEADCASE**.

HEADCASE is the RFU's concussion awareness programme that aims to increase understanding and provide information on concussion and other related topics, including how to prevent and manage suspected concussions. The HEADCASE webpages have numerous resources including resources and advice for coaches, match officials, players, parents, clubs and schools. For more information, please go to: [HEADCASE](#)

All parents and pupils can complete a free online HEADCASE course by clicking the link and selecting the open access version. [HEADCASE FREE COURSE - Open Access](#)

For further information on RugbySafe in Schools including the RFU regulations on equipment, first aid provision and facilities please can I direct you to [A practical guide to being RugbySafe in schools and colleges](#)

Finally, please can I draw your attention to the developing school's rugby union playing offer. This document highlights the various formats of the game that are incorporated into the curriculum and within inter-school competitions. These formats are adapted to allow pupils to make progression regardless of their ability or experience and to help us further grow rugby union at Carnforth High School. [Developing Schools Rugby Union Playing Offer](#)

Thank you for your support.



Extra-Curricular PE

Please see below the extracurricular timetable for this half term. Pupils must wear trainers for lunch time clubs. Full PE kit and footwear is required for after school clubs.



**Carnforth
High School**



PE Department Extra Curricular Timetable September - October 2023

	<u>LUNCH 12.45pm - 1.15pm</u>	<u>AFTERSCHOOL 3.30pm - 4.30pm</u>
<u>MONDAY</u>	Girls Team Practice - Sports Hall (AB)	Y7-8 Girls Netball - Astro (AB) Y7-11 Girls Rugby - Field (BL) Y7-8 Boys Football - Field (JG & JD)
<u>TUESDAY</u>	Y9-10 Dance - Dance Studio (AB) Y9 Boys Football - Sports Hall (JD)	Staff Meetings
<u>WEDNESDAY</u>	Y10 Boys Football - Sports Hall (CC)	Y7-11 Girls Gymnastics - Dance Studio (AB) Y7-11 Girls Football - Astro (NS & ST) Y8-11 Boys Rugby - Field (JD & CC)
<u>THURSDAY</u>	Y7-8 Dance - Dance Studio (AB) Y11 Boys Football - Sports Hall (JD)	Y9-11 Girls Netball - Sports Hall (NS) Boys District Fixture Afternoon (JD & CC)
<u>FRIDAY</u>	Y10-11 HRF - Fitness Suite (HW)	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