



CONFIDENCE PURPOSE RESPECT

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



Headteacher's Message

I hope everyone enjoyed the extended half term and enjoyed some quality family time. The students have returned very smart, and I wanted to thank you for your support with uniform. As you can see from this newsletter there has been a real focus on preparing Year 11 for their next steps and the students have responded very positively to the guidance and support being given. This term is always packed full of lots of opportunities for students to take part in leading up to Christmas, so keep using Class Charts to stay updated. Please also remember that we have an INSET Day in two weeks' time.

Important Upcoming Dates

Monday 6th November: Year 11 Mocks Series 1 Begins
Tuesday 14th November: Year 10 Parents' Evening
Friday 17th November: INSET Day 5 (School Closed to Students)
Wednesday 22nd November: Enrichment Day 1
Tuesday 5th December: Year 11 Parents' Evening
Thursday 7th December: Flu Vaccinations

What Timetable

Week Is It?

W.B. 6/11/23 =
WEEK A

W.B. 13/11/23 =
WEEK B

Year 11 GCSE Mock Exams 1

Each year we help our Year 11 students to prepare for their summer exams with two series of mock exams. Series 1 begins **this week** with **the first exams on Monday 6th November**. Students were provided with a range of support and resources at our recent GCSE evening and will also be given guidance around the specific papers they will be sitting from their individual subject teachers. Over the next two pages you can see what exams and specific papers your child will be sitting over the first two weeks of mock series 1 (there are also Spanish and Art exams in the weeks that follow). 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!!



Carnforth
High School

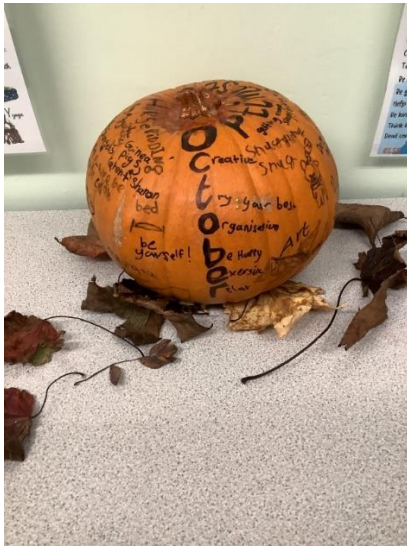
Year 11 Mock Exam Timetable

WB: Monday 13th November—Thursday 16th November

	Monday 13th November			Tuesday 14th November			Wednesday 15th November			Thursday 16th November			Friday 18th November		
	Start	Subject	Time	Start	Subject	Time	Start	Subject	Time	Start	Subject	Time	Start	Subject	Time
P1	9.20am	Triple Physics Trilogy Physics	1hr 45 1hr 15	9.20am	Maths Paper 3 H/F (Calculator)	1hr 30 min	9.20am	Triple Chemistry Trilogy Chemistry	1hr 45 1hr 15	9.20am	Food CS	1hr45 1hr45	9.20am		
P2	10.20am			10.20am			10.20am			10.20am			10.20am		
BREAK TIME															
P3	11.40am			11.40am			11.40am			11.40am			11.40am		
P4	1.25pm	Spanish writing F/H	65min/ 80min	1.25pm	Geography	1hr30	1.25pm	RE: Themes: Relationships and Life & Death	60 mins	1.25pm			1.25pm		
P5	2.25pm			2.25pm			2.25pm			2.25pm			2.25pm		

Medical Records Update and Photo Permissions

Before half term we gave every student in Year 8-11 a Medical Records form and every student in all year a Photo Permissions form. Many thanks to those who have already returned these. If you have not, please do return them as soon as possible (spare copies are available from reception). The medical form ensures that we have the most up to date information about your child(ren) and the photo permission form allows us to celebrate your child's successes through mediums such as this newsletter and our Facebook page.



Student Mental Health – World Mental Health Day: Positive Pumpkins

On Monday 10th October we marked World Mental Health Day. To raise awareness of mental health, the Creative Wellbeing intervention students worked towards having an 'Optimistic October.' This involved having a positive mindset and always looking on the bright side of things. We celebrated this with a 'positive pumpkin,' where students shared ideas on things that make them happy and that they are grateful for.

After creating the pumpkins, they were carved out for Halloween and lit up for the community.



KS3 POETRY WINNERS

'Ronnie' by Eli

A refuge can be anything, any place or anyone,
Somewhere you feel safe and loved, valued strong and warm,
In childhood maybe big strong arms that catch you from the slide,
Or warm towels wrapped around you from the bath to get you dry,
Through primary school, the friendship groups,
Where we laughed until we cried,
Long hot days in summer playing out until the night.

In high school things get harder, s-ones- twos- threes by day,
Taking all your confidence and self esteem away,
What now to call my refuge? Just a Saturday lie in?
Or a teacher with a kind word other than detention-you
again?
Going home to your family, letting down your heavy guard,
Pjs, xbox, tiktok, film nights, being you, not now so hard.

I think that during teenage years, my new refuge might be sport,
Running, biking kicking, climbing, sweating out all these hard
thoughts,
But always there'll be Ronnie, my soft and faithful dog,
Waiting on the stairs for me, with his wagging furry hug.



High School

'A Day by the Sea' by Isla

The waves crash onto the sea bed
The smooth soft sand is where I rest my head
Light blue waves sway
Under the sun, where children play
And have fun
Friends and family play
Until the sun goes down
After a warm shower and some food
They are glad
Thinking about the day they had
Just wishing to be
Having fun by the sea

Poetry Competition Winners

Recently, we shared that we were hosting a poetry competition for National Poetry Day on the theme of 'Refuge'. We are extremely pleased to announce our KS3 winners as Isla and Eli and our KS4 winners as Lexi and Joe. They have very kindly allowed us to publish their poems so that you can see their interpretations on this theme. Well done to everyone who submitted a poem.

KS4 POETRY WINNERS

'I don't have a refuge' by Lexi

I don't have a place to run when I am scared,
A place to hide when the world continues to punish me,
Arms to run into when I feel fear looming over me,
A mother to shush the bad things away,
A father to protect my innocent heart.

I don't have a home,
Destruction rules where I live,
Terror and pain burn the walls of my house,
Fury rages on in the place that's supposed to be safe.

I cower away from everything,
I hide away to sit and cry,
Cry like nobody can hear me,
I scream until my voice is raw
Yet, nobody seems to hear.

I watch everyone around me run to their refuge.
Run to the person or thing the love most in this world.

But I sit and watch them go.



Carnforth
High School

'A Place To Call Home' by Joe

They come from distant lands,
From valleys and across the sea,
These people need a new home,
These poor refugees.

And yet we turn them away,
Not wanting foreigners in our land.
That is unfair and unjust,
To return them to a home reduced to sand.

They are not cut-throat assassins,
Who want to cause us harm.
They do not want to go back to
A home that is far from calm.

So, all of you please reconsider,
Your decision to turn them away.
Try to make peace with them,
And you may find yourself laughing with them all day.

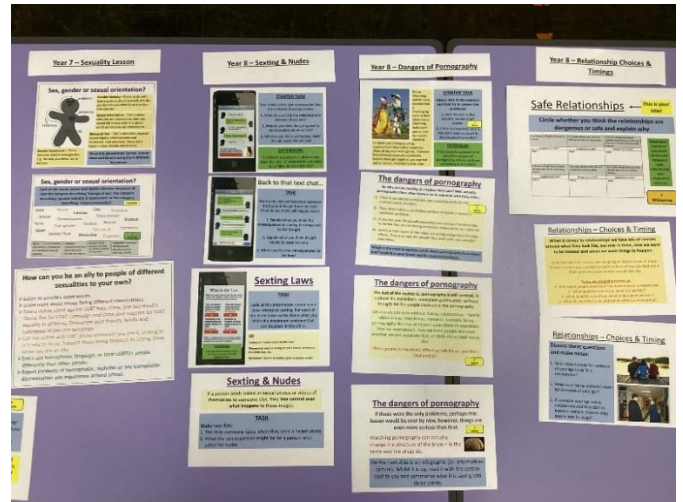
And now my final message,
For all who came from overseas,
Don't give up your hope,
Stay strong, and remember you aren't different from me.

RSE Parents' Information Evening

On Monday 16th October we held our Relationships and Sex Education Parents' Information Evening. Many thanks to all the parents/carers who attended and asked questions, and to our Subject Leader of Life Skills, Mrs Gregory. You can find out more about what we deliver in school around RSE here:

<https://www.carnforthhigh.co.uk/school-life/rshe/>

We also share an outline of the Life Skills curriculum in the newsletter at the start of each term.



Upcoming School Production

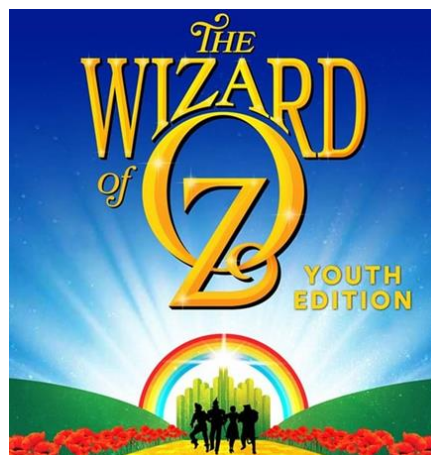
Carnforth High School drama department is proud to present this academic year's production: **The Wizard of Oz!**

A story of Dorothy Gale, a young girl from Kansas, who ends up on the merry old land of Oz. Wearing the ruby red slippers and meeting a band of merry and scary individuals along the way, she must find the wonderful Wizard of Oz. The journey is a perilous one, will she be trapped in the land of lions and tigers and bears (oh my!)? or can she truly find her way back home?

The show shall be staged on the following dates:

- Evening performance – 13th March 2024
- Evening performance – 14th March 2024

More information and tickets will be available closer to the time, we look forward to the production and showing the hard work and enthusiasm the students have put in the show.



Upcoming Christmas Fair

As the clocks change and the weather turns colder, we start to look forward to our winter events, which this year includes a Christmas Fair on Saturday 9th December 11am-2pm. Our newly formed Christmas Club has some hardworking elves who are looking to sprinkle some Christmas joy in our community. There will be stalls, refreshments and activities, and entry is free! This will be a great way to start the festive season, and we hope you'll be able to join us. If you'd like to book a stall, please contact the school at 01524 732424.

CARNFORTH HIGH SCHOOL



CHRISTMAS FAIR

Saturday 9th December
11am – 2pm

Homemade Christmas gifts made by pupils
Pupil created calendars for 2024

Refreshments available

BOOK A STALL £10 INCLUDING COFFEE AND MINCE PIE!

TOMBOLA
Children's Activities
FREE ENTRY
CAKE STALL

The poster features a festive winter scene with snow-covered evergreen trees, a golden star, and a blue Christmas bauble. A small inset image shows a plate of mince pie and a cup of coffee.

SEN Families Forum

Wednesday 29th November [1.30 pm until 2.30pm].

This event has been organised to allow parents and carers supporting a young person with an ASC diagnosis or on the Autism pathway to meet in a safe, respectful and supportive space.

This will be an opportunity for parents and carers to meet and share experiences and to learn from each other. It will also be an opportunity for parents and carers to provide feedback that will help develop our inclusive practices and communications.

If you wish to attend this event, please email Ms L Carrington on lcarrington@carnforthhigh.co.uk.



Special Educational Needs
& Disabilities

PLANS IN PLACE



Careers Advisor Interviews

It's been a busy couple of weeks before and after half term for the Careers team in school. We've had five different trained Careers Advisors from the excellent 'Career North' in school to speak to all our Year 11 students ahead of their mock exams. This has helped them to understand the value of doing their best in their exams as well as to help them consider what post-16 courses and plans they need to have, and how to apply. They also had time to speak to some Year 10 and Year 9 students as well!

Going forward, the Career North team will be providing individual Action Plans for each student they spoke to in Year 11. These will summarise some of what was discussed as well as providing guidance for what to do next. These will be shared with students and parents/carers after the mock exams, and on Wednesday 22nd November the students will have a chance to work on these plans during Enrichment Day 1. They can record their thoughts on Unifrog at any time. Career North will also be returning to school later in the academic year for follow up meetings with some students.



Post-16 Provider Assemblies

In addition to the Careers Advisor Interviews, Year 11 have recently had five assemblies from local post-16 providers. These assemblies have been a great chance for students to hear from colleges and Sixth Forms that they may be interested in joining next year. On the next five pages you can see some of the highlights from each institution's presentations, some key upcoming dates (please be aware that there are Open Evenings happening this week!) and a link that take you to the institution, where you can learn more and complete the application process.



Morecambe Bay Academy Sixth Form

Open Evening: 8th November
Taster Day: 1st February

<https://morecambebayacademy.co.uk/>



Why Morecambe Bay Academy Sixth Form?

- A school within a school
- Smaller class sizes
- A personal approach to teaching and learning
- Expert careers support
- High quality pastoral support
- A friendly and supportive environment



What do current Sixth Form students say?

The teachers are great!

We are treated like adults

We are listened to

Other students are respectful and friendly

There is a lot of support



Why Morecambe Bay Academy Sixth Form?

Subjects on offer for entry in September 2024

- A Levels: Art, Biology, Business Studies, Chemistry, Computing Science, Dance, English Language, English Literature, French, History, Geography, Physics, Philosophy, Ethics and Religion, Psychology, Photography, Maths, Sociology.
- Level 3 Diploma: Criminology, Dance
- OCR National: ICT
- BTEC: Health and Social Care, Sports (single and double award), Music Performance



Planning your next steps

Attend Sixth Form open evening on Wednesday 8th November.
 Pick up an application form, or print from the website, and submit to MBA by hand or email

Attend Sixth Form Taster Day 1st February.

Sixth Form Induction Day 26th June 2024



Myerscough College

Advice mornings: Next is 18th November

<https://www.myerscough.ac.uk/>

Who are Myerscough?

- We are a Land-based and Sports Specialist College and University centre
- One of the top three specialist Land-Based colleges in the country
- STEM Assured
- We offer a range of Vocational Courses, Apprenticeships, Short Courses and even Higher Education Degrees and Masters (T Levels starting Sept 2024)

Apprenticeships

<ul style="list-style-type: none"> Animal Care L2 Arboriculture L2 Arboriculturist L2,L4 (CPD) Agriculture - General Farm Worker L2 Agricultural Technician (In Development) L3 Dog Grooming L2 Equine Groom L2 Fariery L3 Floristry L2 Greenkeeping L2,L3,L5 Golf Course Manager L5 (CPD) 	<ul style="list-style-type: none"> Horticulture L2 & L3 Landscaping L2 & L3 Landbased Engineering Grounds Care L2, L3 Landbased Engineering Construction L2, L3 Landbased Engineering Agriculture L2, L3 Rail Engineering Technician L3 Sportsturf Operative L2,L3 Veterinary Nursing L3
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Apprenticeship Vacancies | Myerscough College
Find an apprenticeship (findapprenticeship.service.gov.uk)

Myerscough College
Opportunities for all to succeed

In the news...

Two Myerscough College Apprentices jettied off to the USA as part of their prize for being named Toro Student Greenkeeper of the Year.

Former Myerscough College and University Centre football student, Will Still, is the youngest Head Coach in any of Europe's top leagues.

As part of the M-Sport Academy, Myerscough Motorsport have had three degree students on placement at the rally winning company based in Cockermouth, Cumbria.

Myerscough was named as a Gold Award winner in the category of the North West's Best Small Tourist Attraction/Visitor Centre, at the annual event, held at the University of Bolton Stadium in 2022.

Myerscough College

Advice Mornings

Saturday 7th October 2023
 Saturday 18th November 2023
 Saturday 3rd February 2023
 Saturday 16th March 2023

10.00am - 1.00pm
 For more information visit us:
www.myerscough.ac.uk

MyerscoughColl MyerscoughColl

MyCollege MyFuture MySuccess MyCareer

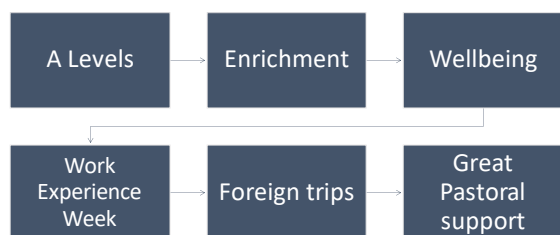


Lancaster Girls' Grammar School

Open Evening: Has now passed
Taster Day: 19th January

<https://www.lggs.org.uk/>

What do we offer?



||| To get in to LGGS Sixth Form:

**LGGS
SIXTH
FORM**

Five GCSEs at
grade 6

Grade 6 in the
subjects you
want to study

English and
Maths at
grade 4

There is no entrance exam for our Sixth Form

We offer the following subjects at A Level,
subject to numbers applying:

Art	German
Biology	History
Business	Mathematics
Chemistry	Music
Computing	Physics
English Language	Psychology
English Literature	RS: (Philosophy, Ethics and Theology)
French	Spanish
Further Mathematics	Theatre Studies
Geography	

Key dates

Open Evening: Thursday 2nd November **5.30-7.30pm**

Taster Day: Friday 19th January

Application Deadline: Thursday 26th January

Induction Day: Tuesday 2nd July

Enrolment: GCSE Results Day

Ofsted: "Outstanding Sixth Form", 2022

**LGGS
SIXTH
FORM**



Ripley St Thomas Sixth Form

Open Evening: 9th November
Taster Day: TBC

<https://ripleystthomas.com/sixth-form/>

Choices



We offer a wide range of courses

Animal Management (BTEC)	Further Mathematics	Product Design
Art	Geography	Psychology
Biology	History	Religious Studies
Business	Information Technology (BTEC)	Sociology
Chemistry	Mathematics	Spanish
Computer Science	Media Studies	Theatre Studies
English Language	Music	
English Literature	Physical Education	
French	Physics	

SIXTH FORM

Sixth Form Life



- Increased independence and privileges
- Taught lessons and support
- Study periods and Independent learning skills
- Registration and personal tutors
- Enrichment

SIXTH FORM

Engage: Enrichment Opportunities



Extended Project Qualification
 AS Level Spanish

Aspiring Teachers & Healthcare Professionals

Competitive & Recreational Sport (football, rugby, netball, badminton, fitness)

Music

Work Experience
 Volunteering

Debating
 Social Sciences
 Philosophy
 Environmental Action
 MOOCs
 LaTeX
 Chess
 Christian Union

Cooking & Life Skills
 Creative Writing
 Cultural Appreciation
 Dungeons & Dragons
 Media & Film



SIXTH FORM

Key Dates



Open Evening
Thursday, 9th November, 5-8pm

Application Deadline
Thursday 7 December 2023

View course information and apply online at
thesixthform.com

sixthform@ripley.lancs.sch.uk

@thesixthform

SIXTH FORM



Kendal College

Open Evening: 16th November
Taster Day: TBC

<https://kendal.ac.uk/>



TRUE



Kendal College Sixth has 20 A-Level subjects.

- A-Levels
- Agriculture
- Animal Care @ Kendal College- YouTube
- Apprenticeships
- Art & Design
- Barbering, Hairdressing & Beauty Therapy
- Business
- Computing
- Construction
- Education & Childcare
- Engineering
- Film Production
- Foundation Learning
- Games Design
- Health & Social Care
- Hospitality & Catering
- Motor Vehicle
- Music
- Performing Arts @ Kendal College- YouTube
- Protection Services
- Sciences & Forensics
- Sport & Outdoor Adventure
- T Levels
- Theatre & Event Technology



TRUE

An apprenticeship is paid employment with training, so it's the same as applying for any other job.

There are national guides on how to write a winning application, and Student Services at the College can also help!

Complete the KEEP IN TOUCH card if you would like to stay updated with open evening information and everything Kendal College related.

Follow us on social media

@kendalcollege

Have You Visited Any Post-16 Providers?








It's very important that Year 11 students are fully informed about their post-16 options. In school we have half termly assemblies from the Careers Leader, careers-related work on Enrichment Days and the recent Careers Advisor Interviews and Post-16 assemblies, however it is very important that students visit any institutions that they are interested in to get more information, ask questions and get a feel for the place. Please see below for a list of upcoming events.

Upcoming College and Sixth Form Events



October and November 2023

Please find below a list of all upcoming events for local Sixth Forms and colleges. You can find links to each of these institutions from our CHS Careers page here: <https://www.carnforthhigh.co.uk/school-life/careers/> where you can read more details about upcoming events and the institutions themselves.

	Institution	Event	Date and Time
	Morecambe Bay Academy Sixth Form	Sixth Form Open Evening	8 th November 5pm-7pm
	Ripley St Thomas Sixth Form	Sixth Form Open Evening	9 th November 5pm-8pm
	Dallam School Sixth Form	Sixth Form Open Evening	30 th November 6pm-8pm
	Queen Elizabeth School Sixth Form	Sixth Form Open Evening	12 th January 6pm-8pm
	Our Lady's Catholic College Sixth Form	Sixth Form Open Evening	16 th November 5.30pm
	Kendal College	Open Evening	16 th November 4.30pm-7.30pm
	Myerscough College	Various Events	Various dates, see their website: Myerscough



Rugby

On Thursday 12th October the year 9 boys rugby team travelled to Morecambe Bay Academy for a district rugby tournament. The first game was a battling 2-0 defeat to Morecambe, this was followed by a superb 4 tries to 3 victory against Ripley in a game that was end to end. Player of the match Steven scored 3 tries whilst Alfie scored the 4th. The third and final game was a 3-1 defeat to LRGS, Steven again scoring the only Carnforth try.



On the same evening the under 14 girls football team played against both Morecambe and Our Lady's. The first game was a 3-1 victory vs OLCC and the second game a 4-2 defeat to Morecambe.



Football and Rugby

On Monday 16th October the year 7 boys football team played their first ever fixture, in the first round of the Lancashire Cup. The team were drawn into a group with both Ripley and Morecambe. The first game was a 2-0 victory over Morecambe, striker Dan scored the opening goal and then winger Joe scored the second goal. The second game, vs Ripley, was a 2-0 defeat. Ripley won both of their games and progressed through the group.

The year 8 boys hosted Blessed Trinity in the first round of the Lancashire cup on Wednesday 18th October. Carnforth took a 2-0 lead following goals from captain Theo and centre forward Harrison. Trinity pulled a goal back after the break to make it 2-1 but Theo restored the two goal buffer with a superb goal from 25 yards that rebounded off the post three times before landing in the back of the net. Trinity continued to battle and remained positive and scored two world class goals to pull the game back to 3-3. Following an additional period of 10 minutes the game went to penalties where Trinity won 4-3.

On the same afternoon the year 9 and 10 boys rugby teams travelled to Morecambe Bay Academy for a rugby fixture. The year 9 boys lost 4-3, the Carnforth try scorers were Dan, Harry and Steven. The year 10s lost 19-7, with player of the match Jayden scoring the only Carnforth try.

On Thursday 19th October the year 8 boys competed in their district rugby tournament, winning the event with 5 wins and 1 draw from the 6 matches played. The first game was a 3-0 victory versus Morecambe Bay Academy with George, Archie and Blake scoring the tries. This was followed by a 2-1 victory over QKS, this time Archie and Theo got on the score sheet. A close 2-1 victory over Kirkby Kendal was next, Archie and Harrison the try scorers. Archie continued his superb form with another try in the next game, which was a 2-1 win versus LRGS. Blake scored the winning try in this game, with the final play of the match. A tight 0-0 versus Ripley St Thomas was next before the boys finished with a 3-0 victory over OLCC. Player of the tournament Archie again on the scoresheet, with George and Theo. Well done boys on a fantastic performance in all six games.



Netball

The Year 9 and 10 girls netball teams had their first fixture back after October half term against two very strong Lancaster Girls Grammar sides.

The year 9's kicked the fixture off, playing with relentless pressure in the opening 5 minutes of the game. The match was very evenly matched throughout, with Carnforth leading in the first half 4-3.

In the second half our 9's pushed on even though Grammar took the lead in the 12th minute for the score to reach 6-5 to Carnforth. The girls continued playing with their persistent attacking style but unfortunately Grammar broke through a few more times with the score finishing at 9-7 to the Grammar School. Player of the match was awarded to Erin.



The year 10's played exceptionally well too. Their main focus today was to keep interceptions high during a defensive centre and block out the circle when necessary. All players did this strongly and we were able to keep possession and score during our attacking centre plays.

The Grammar led from the start, however Carnforth remained in contention and were only down by 1-2 goals throughout the first three quarters of the game. During the last quarter however, Grammar were persistent in their attack, and scored 8 or 9 goals consecutively to end with a final score of 20-10 to the Grammar School. Player of the match was awarded to Lena.



Sports Hall Athletics – Primary School Volunteers

Ten year 8 students helped to support Mr Fletcher and a number of local primary schools at a recent indoor athletics primary school competition. Well done to the following year 8 students who represented Carnforth fantastically with their help and support. Theo, Bobby, Jack, Harrison, George, Ava, Sophia, Lola and Lilly.



Sports 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@carnforthhigh.co.uk.



Carnforth
High School



PE Department Extra Curricular Timetable November 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 Girls Netball - Astro (AB) Y7-11 Girls Rugby - Field (BL) Y7-10 Boys Handball - Sports Hall (JD)
<u>TUESDAY</u>	Y9-11 Dance - Dance Studio (AB)	Y7-11 Girls Cricket - Sports Hall (LB) GCSE Dance - Dance Studio (AB)
<u>WEDNESDAY</u>		Y7-11 Gym & Trampolining - SH (AB) Y7-11 Girls Football - Astro (NS & ST) Y7-10 Boys Football - Field (CC & JD)
<u>THURSDAY</u>	Y7-8 Dance - Dance Studio (AB)	Y8-11 Girls Netball - Sports Hall (NS) Boys District Fixture Afternoon (JD & CC)
<u>FRIDAY</u>	Y10-11 HRF - Fitness Suite (HW & JG)	

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