



## CONFIDENCE PURPOSE RESPECT

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### Headteacher's Message

The Year 11 mock exams have finished, and the students have been focused throughout. Our first Enrichment Day is taking place, and you can see from the schedule there is a lot planned which will benefit our community. We are still in November and this newsletter has reference to one of our Christmas activities which I hope you find time to support. The governors are looking to recruit, and any parent interested in joining should contact Sarah Wilde expressing an interest.

### Important Upcoming Dates

**Wednesday 22<sup>nd</sup> November:** Enrichment Day 1  
**Tuesday 28<sup>th</sup> November:** Year 11 Rewards Trip to Preston  
**Thursday 7<sup>th</sup> December:** Flu Vaccinations  
**Saturday 9<sup>th</sup> December:** Christmas Fair  
**Tuesday 12<sup>th</sup> December:** Year 11 Parents' Evening  
**Thursday 21<sup>st</sup> November:** Year 11 Christmas Carol Day

### What Timetable Week Is It?

W.B. 20/11/23 =  
WEEK A  
  
W.B. 27/11/23 =  
WEEK B

### Enrichment Day 1

Each year we hold Enrichment Days – days when all students follow a different timetable to their usual lessons. Our first Enrichment Day this year is on **Wednesday 22<sup>nd</sup> November**.

On these days we offer our students different experiences, activities, lessons and talks to those they would usually experience in the classroom curriculum. The decisions around what we offer are based on feedback from our pastoral team, safeguarding team, Life Skills team and other staff in school. We aim to keep our students informed and up to date on a wide range of PSHE issues through expert speakers, as well as enriching their usual academic curriculum through events like trips.

As always, for Enrichment Day 1 there is a focus on Careers, with students in each year group in school having some careers-based sessions. These include getting access to our Unifrog software for the first time for Year 7 and an author visit for Year 8. We also have a wide range of speakers coming to see our students about important issues, including SafeNet, Lancashire Fire & Rescue, and Lancaster & Morecambe and Kendal Colleges. Staff in school are also offering some different lessons to normal, including a Christmas Calendar creation session. Year 9 will also be out on a Trip to Etihad Stadium.

On the next page you can see all the different session we currently have planned for each year group. There will be a follow-up report (and photos!) in a future issue of this newsletter.

### **Year 7 Sessions**

Unifrog Session (Introduction)

CCE/CSE with Mr Fox

First Aid with MinFirstAid

Art - Christmas Calendars

Seeking Refuge Lesson

### **Year 8 Sessions**

Art - Christmas Calendars

SafeNet

The Choice Lesson

Jill Clough Author Visit

Choices and Consequences with Lancashire Fire & Rescue

### **Year 9 Sessions**

Geography Trip to Etihad Stadium

Lessons in School for those not on the Trip

### **Year 10 Sessions**

Unifrog Session (Work Experience 1)

One Punch Can Kill Lesson

Finances with Nationwide

Kendal College Session

The Choice Lesson

### **Year 11 Sessions**

Revision: Reflect and Replan

Revision: Using IT

Lancaster & Morecambe College Session

Unifrog Session (CVs and Destinations 1)

RISE

### **Enrichment Day Equipment**

Students **in school** should wear normal school uniform, including school shoes, and should bring their school bags and pencil cases. They will not need school books.

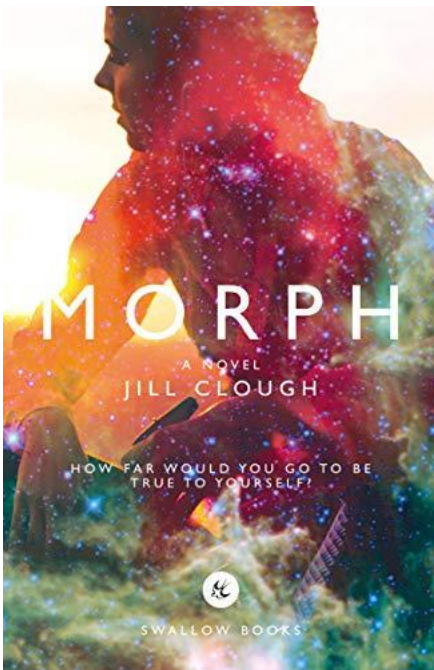
Year 9 students **on the trip** should wear normal school uniform, but are allowed to wear trainers. They need to bring a packed lunch and a drink and they should also bring a pen and pencil. Please also ensure that they bring any medication mentioned on the medical form, e.g. inhaler, medication, etc. This must be brought with students on the day if there is a chance they may need it.

## Enrichment Day Visit – Author Jill Clough

Students in Year 8 will be visited by Lake District based author Jill Clough on Enrichment Day. Jill is a former teacher, headteacher and educational consultant, and is now fulfilling her teenage ambition to write fiction. She will be talking to the students about careers linked to writing as well as helping them to develop their creative writing talents.

Jill's first published novel, 'Morph,' won the Lakeland Book of the Year Award for Fiction in 2019. 'Anna and the Snake Queen' came out in 2020, 'If Dreams Should Die' was published in 2022 and was longlisted for the Lakeland Book of the Year Award in 2023.

During her visit **Jill will be bringing copies of these books, which she is selling for the reduced price of £5 each.** More details about each book can be found below and this offer is **open to students in all year groups**, not just Year 8. If you would like to buy a copy of any of these books in advance, to be collected on the day, **please do so via School gateway by Tuesday 21<sup>st</sup> November** so the author can be informed of how many copies to bring. Alternatively, **students can also bring £5 to school on the day.**



### Morph

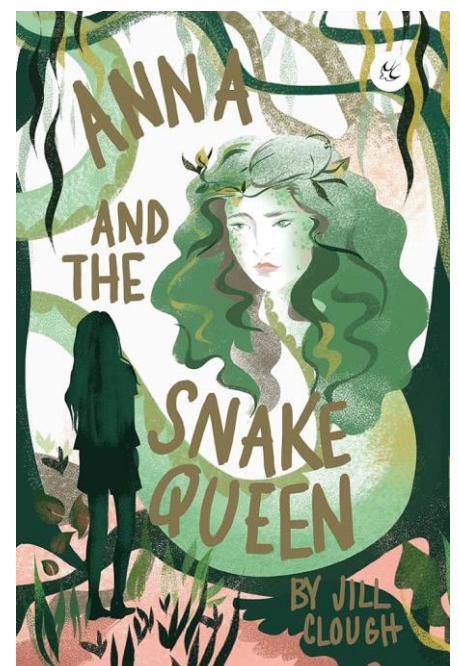
At 17, Joey struggles to understand herself. She feels good when she's fell-running – leaping over rocks in the mountains – and at home, online. In both places she is privately free to explore her identity. But she's terrified there's something wrong with her, that she has a 'condition' to be cured. She is most afraid of the reactions of those she loves best – her parents, and her best friend, Bex. Will they reject her if (or when) they discover her secret? Will she ever find her own true place in the world?

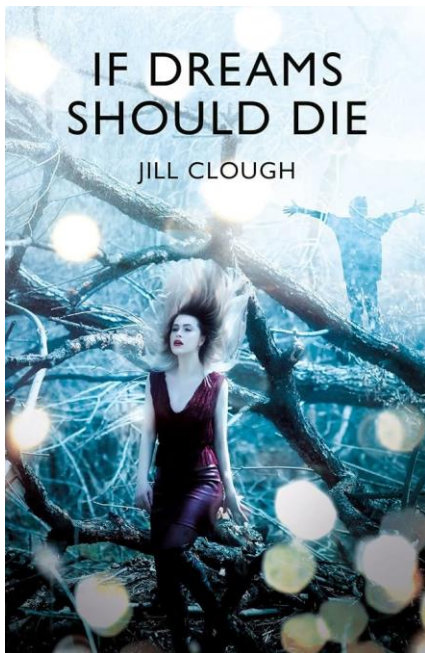
**Winner: Lakeland Book of the Year Award For Fiction 2019**

### Anna and the Snake Queen

Anna and Mikey escape with Mum to a house where they will be safe from domestic violence – for the moment. They stumble into another, beautiful world where a green boy, Kazan, waits for them. His island is dying from the King's wicked use of magic to change their Queen into a Snake. Kazan believes they are destined to save the Queen, and his world. Will Anna and Mikey be brave enough? Are they just escaping from their own frightening experiences at home? Will saving the island also transform their life with Mum?

*"I loved the words and names and places... I was totally carried along by the story."* Linda Anderson OBE: poet, RSL





## IF DREAMS SHOULD DIE

JILL CLOUGH

### If Dreams Should Die

Dreams of the magical world of Fae show Bird the power of music, and she becomes a gifted violinist -- until she dreams of a red-headed boy with golden eyes. He says her music is his lifeline. When he suddenly appears next door, in the Lake District valley where she lives, it's love at first sight. He's human – but why can't he touch her? How does the strange woman, claiming to be his mother, control him? What must Bird do to keep him safe?

*“What I really love is how this novel crosses between being a wise commentary on adoption and the idea of who ‘owns’ a child.”* Linda Anderson OBE: poet, RSL

### SafeNet Enrichment Day Visit

Students in Year 8 are also being visited by SafeNet, who they already met in Year 7 when they learnt about Domestic Abuse on an Enrichment Day last year.

The sessions are discussion-based and can cover some quite hard-hitting ideas, but ideas that we feel it is important for our students to learn about and discuss.

The aims of the discussion sessions are:

- Developing critical thinking skills
- Understanding how society influences our thoughts and actions
- Developing resilience against negative peer influences
- Promoting respectful and empathetic behaviours

For this Enrichment Day the discussions will cover topic of Misogyny, and we are hopeful that those who take part in the sessions will find them engaging, thought-provoking and worthwhile.

Year 8 form tutors will be in the room during the SafeNet sessions to offer support, and members of the school's Senior Leadership Team and PSHE Leader will also be in sessions to speak to students, as well as offering a safe space at lunch time to continue any conversations as needed.

Should you have any questions relating to the nature and/or content of the sessions, please do not hesitate to get in touch with school.



# safenet



YOUR OPINION  
MATTERS

### Edurio Parent Survey

We annually carry out surveys of all students, staff and parent/carers to find out their views on what we do here at Carnforth High School.

These surveys are organised for us by a company called 'Edurio.' They contain a range of questions about student and parent/carer experiences of our school, and the data received helps us to understand where you feel we're doing well and how to make improvements in the future.

Students will all have a chance to complete their online survey on computers in school time in the week beginning Monday 27<sup>th</sup> November, but the parent/carer survey is now live.

**Please click on the link below called 'Parent Survey' to access the survey and give us your views.**

This information and link will also be shared through our social media and will be emailed out to all parents/carers during the coming week. **The survey will close on 1<sup>st</sup> December.**

Your time and feedback are much appreciated.

## Parent Survey



edurio'

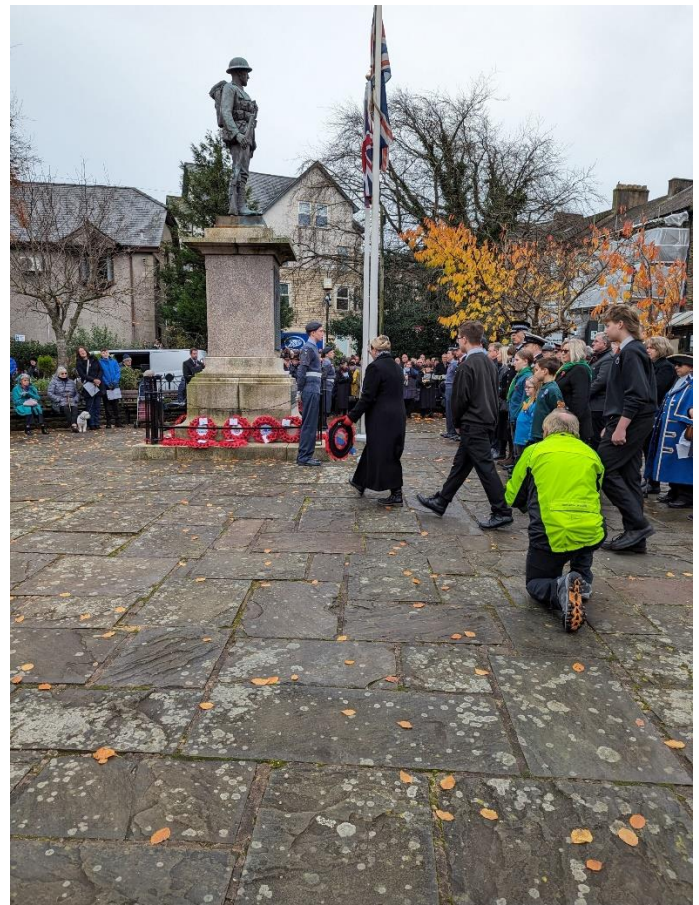


### Remembrance Sunday Service

Following a week where 'Remembrance' was our focus across the school, representatives of CHS attended the Carnforth Remembrance Service and laid a wreath as a sign of our respect.

Our current and former pupils participated at events around the area in Lancaster, Morecambe and Carnforth and for a variety of organisations.

We thank our pupils for demonstrating our core value of 'Respect' at this important time of reflection. We will remember them.



## Year 9 Primary School Reading Visit

Before half term, Year 9 students created their own children's early-reading books after their unit of work on 'My Language,' which saw them learn about the origins and science of English. They worked hard to ensure their books included technical elements of early-reading books, such as CVC words, repetition and typography. A huge thank you to Our Lady of Lourdes Primary for hosting our pupils and giving them the opportunity to put their learning into action. We were extremely impressed with the excellent listening skills and questions that the primary pupils asked!



## 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.



**Stay Up to Date**

## Student Success – Youth Speaks

Each year Carnforth Rotary organise a formal public speaking competition. This year's saw the Carnforth High School team travel to Kendal for the local heat.

Carnforth historically has done very well in this competition and this year's post-covid return showed CHS still are a force to reckon with. Our team of Bobby, Bella and Dan challenged, persuaded, and engaged the competition audience with a well-crafted speech displaying both wit and knowledge.

The roles and responsibilities for the competition are well-defined and very strict: teams of three present arguments and points of discussion before the speaker responds to a question from the judging panel.

We arrived at the venue and spotted the competition, all much older (and taller) than our Year 7 team, but they were not fazed by this. They had researched and practiced and were ready.

Our team spoke about Animal Abuse and specifically abuse of imported horses. The tone of young hopefulness was set through Bobby's gentle yet authoritative chairing of the team. He led skilfully into the main speech where Bella's passionate and heartfelt speech was well-crafted and delivered skilfully from memory.

Dan delivered a mature and dignified vote of thanks to the Rotary and the host, Stonecross Manor and to Bella for her speech.

Ably supported by Year 11 prefect Lexi, they were all a real credit to themselves and to CHS especially with Bobby winning best chairperson.

As seasoned speakers, they are now ready to begin preparations for next year.





## 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 9<sup>th</sup> 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**

TOMBOLA  
Children's Activities

FREE ENTRY  
CAKE STALL

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!

Call 732424 to book.

## SEN Families Forum

**Wednesday 29<sup>th</sup> 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](mailto:lcarrington@carnforthhigh.co.uk).



Special Educational Needs  
& Disabilities

## Student Wellbeing – The Importance of Sleep

A lack of sleep, or poor sleep patterns, can have a negative impact on a young person's health and wellbeing, as well as affecting their ability to concentrate and thrive in school. Please see the information below from The National Sleep Helpline if you'd like help and advice on this topic.



**Want to know  
more about  
sleep?**

ASK US THE  
QUESTIONS YOU  
WANT ANSWERS TO

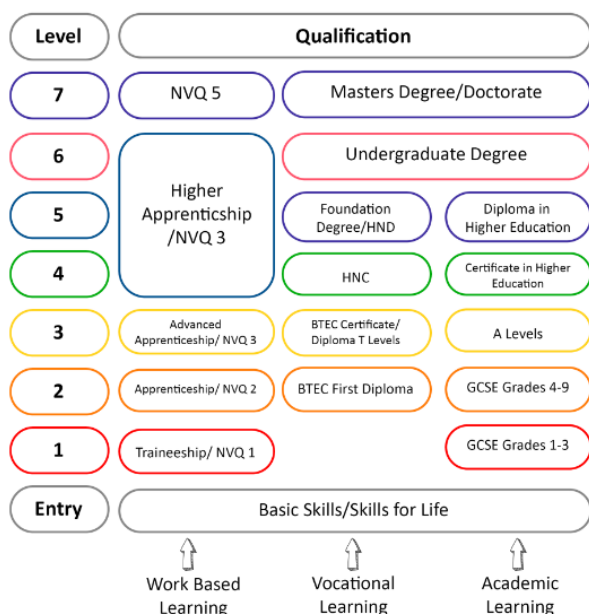
 **03303 530 541**  
Monday, Tuesday & Thursday 7pm - 9pm  
Monday & Wednesday 9am - 11am

# PLANS IN PLACE

## Careers Continues

Following on from our recent visit from Career North to Years 11, 10 and 9, and a range of visitors from post-16 providers, we continue with a further focus on careers on Enrichment Day 1 this week. Year 7 will be introduced to Unifrog for the first time and will complete the Future Skills Questionnaire, Year 8 will have a visit from a published author, who will talk about careers related to writing, Year 10 will have the launch of this year's Work Experience, and **Year 11 will be getting their Action Plans from Career North (which will also be emailed home)** and will have a chance to create their own CVs on Unifrog. These are important not only for job applications, but also for apprenticeship applications.

## Post-16 Pathway Options



## Parental Conversations About Careers

An important part of Careers is positive conversations between students and their parents/carers. A great tool for this is the website 'Talking Futures.' It contains a lot of useful information, including videos, that can enable these conversations to take place. Click here to access the site:

[Talking Futures](#)

## Careers at CHS Website

We've recently added some new information and links to our regularly updated Careers webpage. You can find out about what we do at CHS, our plans for every year, what post-16 options are available for your child, how to talk to your child about careers, and how understanding the local labour market information can inform good careers choices. Please take a look by clicking the link here:

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

## Apprenticeships – Do You Understand Them?

One pathway that many of our students are interested in is apprenticeships. These offer school leavers the chance to learn 'on the job,' whilst getting paid and still earning high level qualifications.

However, **many of our students don't fully appreciate the process of attaining an apprenticeship!** An apprenticeship is a job, so like any other job you need to:

- Find people who are advertising
- Apply (which means having a CV, etc. ready to go)
- Attend interviews
- Compete against others in this process

It's not as simple as applying for a college course!

# RATEMY APPRENTICESHIP

The excellent 'RateMyApprenticeship' (<https://www.ratemyapprenticeship.co.uk/>) are hosting a **free virtual apprenticeship event** soon, which we think will be of real value to students who are considering their futures and exploring their options.

The Apprenticeship Accelerator is the perfect opportunity to learn more about apprenticeships and to meet employers who offer them, including the University of Law, Deloitte and EDF Energy.

**When:** 30<sup>th</sup> November 2023, after school – 5:00-7:30pm

**Where:** Online, so students can join from anywhere

There's a handy event guide, which you can find by clicking here:

[Apprenticeship Accelerator Event Guide](#)

By joining the event, students will:

- Discover everything, from what an apprenticeship actually *is* to how to land one
- Pick up some super handy application skills from our industry experts
- Hear from current and previous apprentices via panel discussions and Q&A sessions
- Get 1-2-1 time with some of the Best Apprenticeship Employers in the UK, including...

Toyota - BDO - KPMG - Deutsche Bank, and more!

This event is **completely free**, and is 100% virtual, so students can join from anywhere. Plus, one lucky attendee will WIN a £250 Amazon voucher. Register for free by clicking this link: [Register](#)



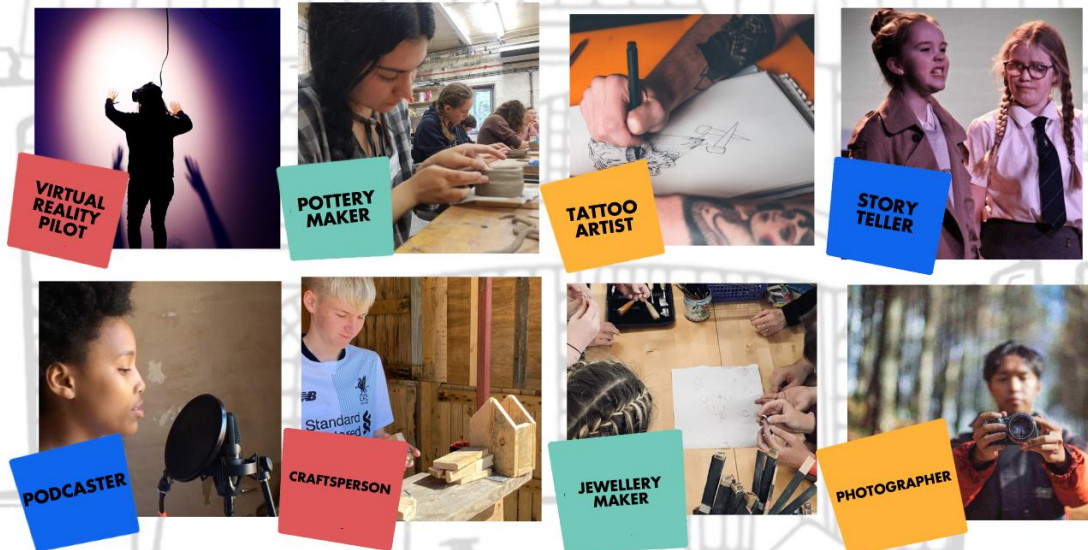
## Careers Skills – Free Creative Workshops

Escape2Make are offering amazing workshops, funded by the National Lottery Heritage fund, including learning skills such as **graphic design, virtual reality painting, pottery, photography** and so much more. All to help build skills, create a safe and inclusive escape as well as the chance for them to showcase skills at the Heritage Market Festival in December. Please see the poster below for more details.

# WHO WILL YOU BE NEXT?

## FREE CREATIVE WORKSHOPS NOW AVAILABLE

11-18 and live in the Lancaster and Morecambe area? From now until December we have amazing FREE one day workshops and five week courses for you to discover!



## SIGN UP NOW!

[escape2make.org.uk/whats-on](https://escape2make.org.uk/whats-on)

SCAN ME



Brought to you by...





## Netball

The U16 and U14 girls' netball teams travelled to compete in the Lancashire Cup held at Stonyhurst. This is the first time we have entered the teams into such a major tournament and both teams were brilliant.

The standard was extremely high with our teams competing against many club players however, our students' performance was excellent. Both teams won and drew two of their games and improved massively as the tournament went on. It was a fantastic opportunity for the students to see the standard of competition in the Lancashire area. The weather was not on our side as it rained for the entire day. Our students showed resilience and more importantly a positive attitude when playing and encouraging their team. A fantastic day! A massive well done to both the teams!



## Netball

On Thursday 9<sup>th</sup> November the Year 9 netball played at home against Bay Leadership Academy. What a fantastic game! The players listened and implemented tactics learnt in training and pulled out an exceptional performance. The team won 26-3 with some amazing goals scored by Erin and Jowita. A fantastic team effort well done Year 9!



## Handball

The Year 10 boys handball team travelled to OLCC for a district handball tournament on Thursday 9<sup>th</sup> November. The boys started superbly beating Ripley 10-0. Pivot Jayden cored 6 of the goals. Michael, Charlie, Toby and Jamie also got themselves on the scoresheet. James in goal made a number of excellent saves to ensure the clean sheet. The second game was a 8-5 defeat to OLCC. OLCC raced in to a three-goal lead, but Carnforth clawed their way back in to the game. Again, Jayden was lethal in front of goal. Well done to all the year 10 boys on a great performance.





### **Gymnastics and Dance Have Arrived at CHS!**

Since the start of the school term we have been working hard to develop the sporting opportunities for the students at CHS. Gymnastics and dance are both clubs that have been new to this school year and have proven really popular. In gymnastics we have been working on group balances and routines. We have been developing individual skills and working on pair balances. The gymnastics team have already massively improved and we look forward to seeing them compete in local competitions in the near future.

Pupils have been attending dance at a lunch time and we have already created many pieces! Pupils have been working really hard to learn the choreography and develop their own. Pupils have been so enthusiastic and have really enjoyed throwing themselves into dance at CHS. We are entering the Lancashire Schools Dance festival in the hope of getting through to the finals held at Blackpool Winter Gardens in March. WATCH THIS SPACE!

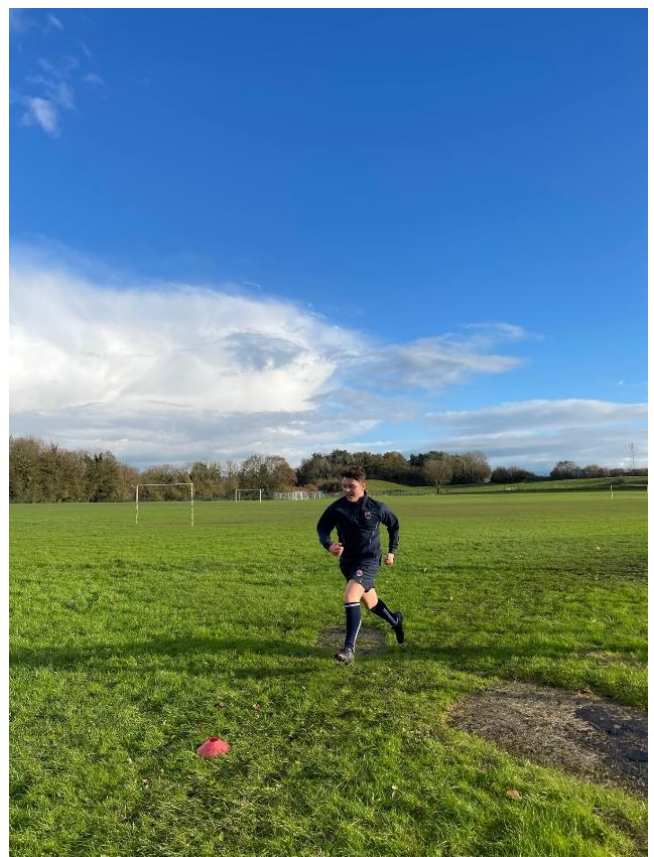




# CROSS COUNTRY

## Cross Country Races

Well done to all students in Years 7, 8 and 9 who took part in the cross country races during lessons over the past fortnight. The students showed excellent resilience and determination to complete the course, during at times challenging weather and a muddy course. There were some superb performances from many students. The best performer in each group will receive a prize during their PE lesson next week to celebrate their outstanding performance!





## Rugby

An update from our girls' rugby fixture. The girls did a great job, playing five fixtures and winning two. Their enthusiasm was great, and they were trying to arrange friendlies with other teams just to keep playing! Many of the opponents much more experienced but the girls persevered, improving hugely from match to match. Their confidence running into contact and use of space on the pitch were completely transformed from beginning to end of the tournaments.

Try scorers across the five matches:

- Lana 1
- Isla 1
- Jenny 4
- Alice 1
- Neve 1
- Lizzie 1
- Eden 1

Players of the match:

Attack: Jenny

Defence: Alice & Jowi



## 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](mailto: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**