



## CONFIDENCE PURPOSE RESPECT

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### Headteacher's Message

We are now into December and the end of term is rapidly approaching. Whilst there are lots of activities taking place in school during these final weeks, I would like to highlight a couple of key dates. We are hosting a Christmas Fair on Saturday 9<sup>th</sup> December and your support for this event would be appreciated. The Year 11 parents' evening provides the opportunity to discuss the impact of the recent mock exams and what can be done to prepare for the next mocks. Please also be aware of the early closure on the 22<sup>nd</sup> December which will follow the same format as previous years.

### Important Upcoming Dates

**Thursday 7<sup>th</sup> December:** Flu Vaccinations  
**Thursday 7<sup>th</sup> December:** Leavers' GCSE Certificate Evening  
**Saturday 9<sup>th</sup> December:** Christmas Fair  
**Tuesday 12<sup>th</sup> December:** Year 11 Parents' Evening  
**Thursday 21<sup>st</sup> December:** Year 11 Christmas Carol Day  
**Friday 22<sup>nd</sup> December:** School Closes (Early) for Christmas Holiday

### What Timetable Week Is It?

W.B. 4/12/23 =  
WEEK A  
  
W.B. 11/12/23 =  
WEEK B

### Enrichment Day 1 Feedback Issue

We held our first Enrichment Day of the year on Wednesday 22<sup>nd</sup> November. All year groups were off timetable for the day for talks, lessons and workshops around a wide range of issues including Careers, finances, wellbeing and online safety, as well as some curriculum enrichment including Art (with the Christmas Calendars session) and English (with our author visit). There was also Geography field trip to Manchester.

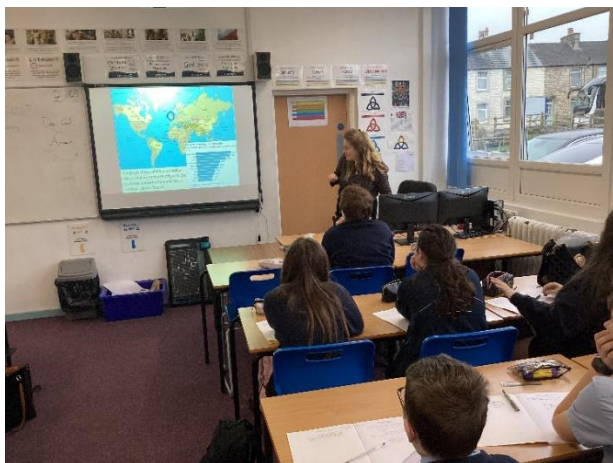
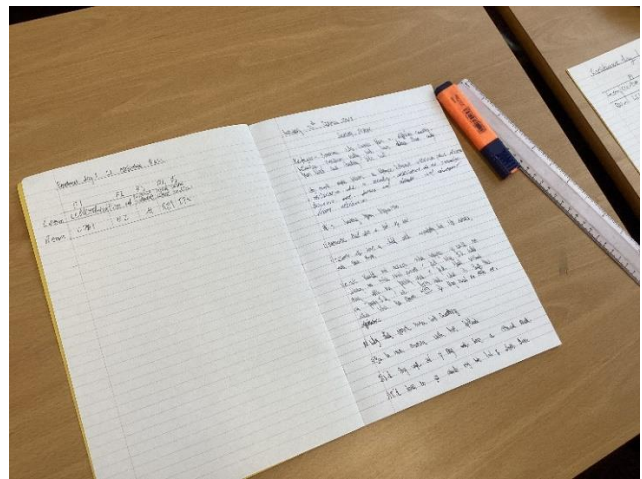
In this issue you can see some summaries of the activities the students took part in, some photos of the day and some feedback from the students.



## Enrichment Day 1 – Year 7

Year 7 had five different sessions on the day. Here are the session titles and the students' feedback about their knowledge gains and enjoyment of the sessions:

Session	Knowledge	Enjoyment
Unifrog Session (Introduction)	+1.7	3.7
Art – Christmas Calendars	+1.2	4.1
CCE and CSE with Mr Fox	+1.9	3.3
First Aid with MiniFirstAid	+1.5	3.8
Seeking Refuge Lesson	+1.1	3.0



**Ali's journey from Afghanistan**  
Ali is a ten year old boy who fled to the UK with his grandmother during the war in Afghanistan.



### **TASK**

0  
Silence

Write the **subtitle** 'Ali's Journey from Afghanistan.'

We're now going to watch a short video (3.26) based on a true story. It explains one person's experience of becoming a refugee and coming to the UK.

**There will be questions and tasks about the story at the end.**

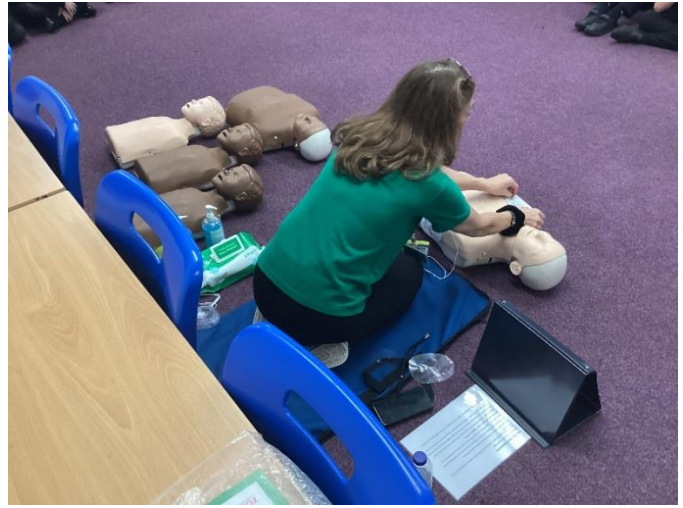
## Year 7 – CCE/CSE and Seeking Refuge

In the two PSHE-themed lessons of the day, Mr Fox spoke with the students about Child Criminal Exploitation and Sexual Exploitation. It's important that our students are aware of the dangers of exploitation and know how to look out for the signs that will help them protect themselves and their friends. In the Seeking Refuge lesson, students learned about some of the main reasons that people, including children their own age, may become refugees who seek asylum.



## Year 7 and 8 – Christmas Calendars

Year 7 and Year 8 students both completed some excellent work in Art, creating their own 2024 calendars, complete with their own beautiful watercolour pieces. As you can see above, it's amazing what they accomplished in an hour! **The calendars will be available to buy at our upcoming Christmas Fair, which takes place on Saturday 9<sup>th</sup> December, 11am-2pm.**



**MINI  
FIRST  
AID**  
First aid for  
all the family



[www.minifirstaid.co.uk](http://www.minifirstaid.co.uk)

KIDS CLASSES

EARLY YEARS  
CLASSES



QUALIFICATION  
COURSES

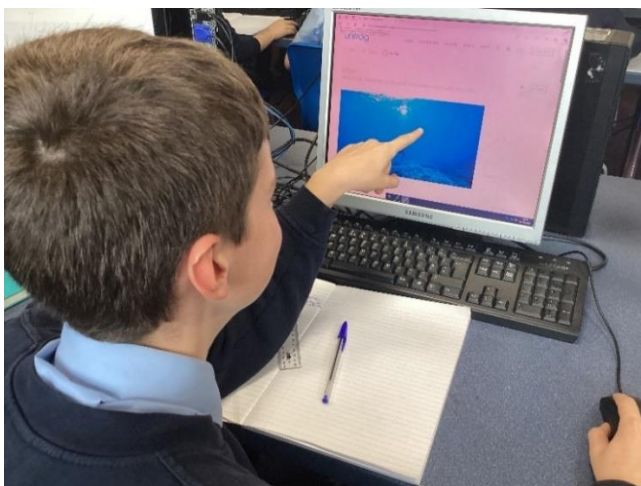


2 HOUR PARENT,  
GRANDPARENT &  
CARER CLASS



## Year 7 – First Aid Training

Thanks to MiniFirstAid, all students in Year 7 learnt basic first aid skills, including how to deliver CPR and how to correctly use a defibrillator. Thanks to this event, and other training delivered on previous Enrichment Days, **all students at CHS have now had these life saving skills taught to them.**



### **TASK**

1  
Whispering

Complete the 'Interests quiz.'

Make sure you **answer honestly!**

#### Interests quiz

How much do you enjoy the activities described below?  
It doesn't matter if you've never done them before, you think you're not the best at them, or that they wouldn't lead to a good career; the only thing that matters is how much you enjoy them!



#### Working outdoors

DISLIKE 😞 😐 😊 😄 LIKE

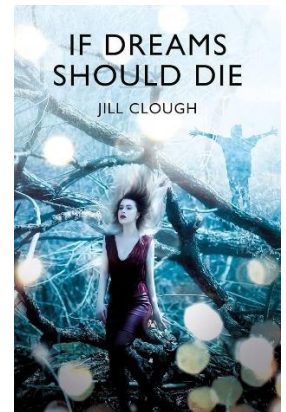
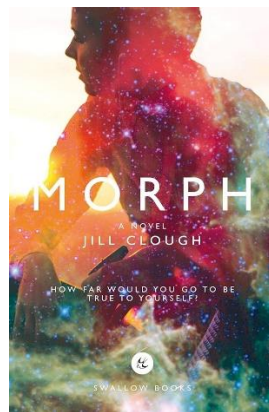
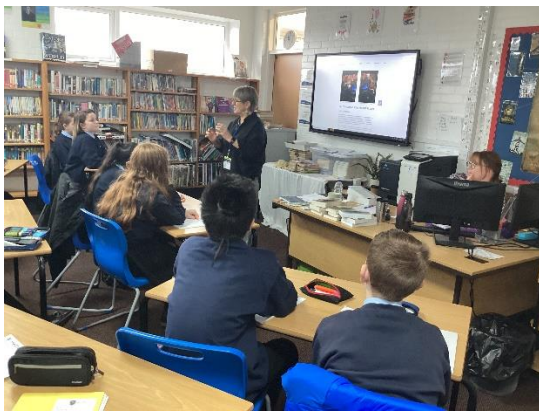
## Year 7 – Unifrog Careers Session – Introduction

Unifrog is our school careers software. All students in school have access to the software and use it throughout school to explore careers and develop their knowledge. On Enrichment Day, Year 7 students logged in for the first time, completed the 'Interests Quiz', to help them think about careers that might suit them and took a look at the Careers Library. They also completed the Future Skills Questionnaire, which will help our careers team to better understand their needs for the next five years at CHS.

## Enrichment Day 1 – Year 8

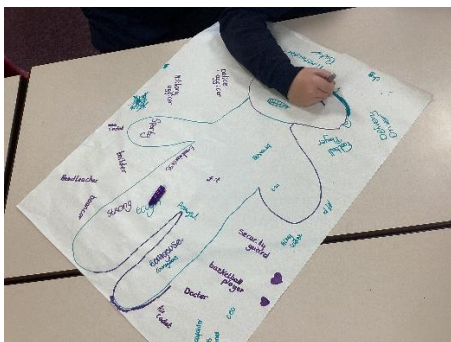
Year 8 had five different sessions on the day. Here are the session titles and the students' feedback about their knowledge gains and enjoyment of the sessions:

Session	Knowledge	Enjoyment
Art – Christmas Calendars	+1.2	4.0
Gender Stereotypes with SafeNet	+1.2	2.8
The Choice (Knife Crime) Lesson	+1.2	3.8
Author, Jill Clough, Visit	+1.3	2.9
Choices and Consequences with LF&RS	+1.3	3.9



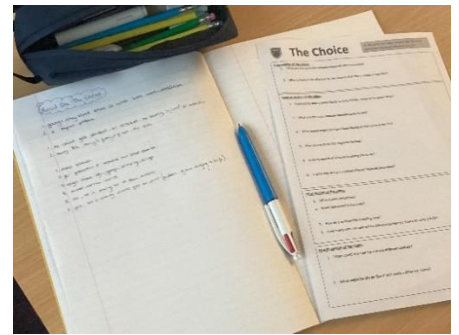
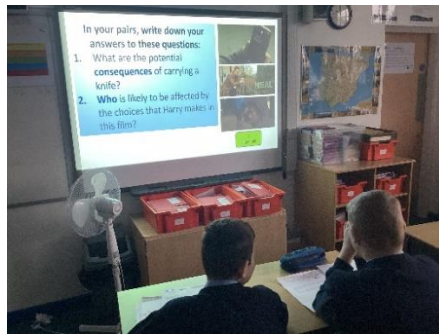
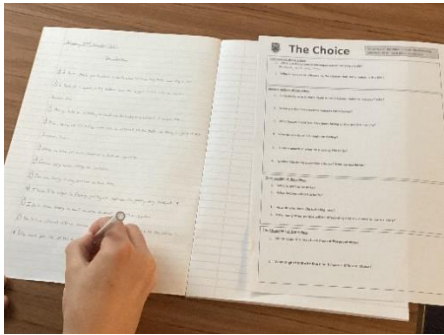
### Year 8 – Author, Jill Clough, Visit

Year 8 were visited by local, award-winning author Jill Clough. She spoke to the students about her own career journey to becoming an author, as well as the vast range of careers linked to reading and writing. Students were also able to undertake some creative writing in the session.



### Year 8 – Gender Stereotypes

SafeNet helped our students to understand the way in which gender stereotyping can affect them and the world around them. This helped students to understand that certain roles, such as in careers, are not 'for boys' or 'for girls,' but are open to everyone.



## Year 8 and 10 – The Choice (Knife Crime) Lesson

Year 8 and Year 10 used the powerful story from 'The Choice' and its video resources to better understand knife crime, including why some young people may choose to carry a knife and how this can affect them and those around them. It is important that students are taught to be aware of these dangers in a safe environment.



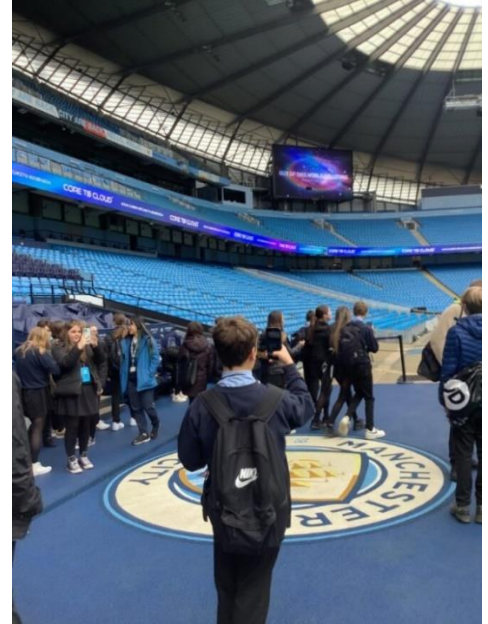
## Year 8 – Choices and Consequences with Lancashire Fire and Rescue

Lancashire Fire and Rescue Service spoke to Year 8 about the dangers of some choices that young people sometimes make, that can seem silly or small at the time, but which can lead to serious consequences, such as other people getting hurt or you being arrested.

## Enrichment Day 1 – Year 9

Year 9s were out of school on a field trip to Manchester's Etihad Stadium. The main focus of the day was understanding urban regeneration, but the students also had the chance to understand the variety of careers that a large stadium provides. Here is the students' feedback about their knowledge gains and enjoyment of the sessions:

Session	Knowledge	Enjoyment
Etihad Stadium Geography Trip	+1.5	3.7



## Year 9 – Etihad Stadium

On Enrichment Day, Year 9 visited the Etihad Stadium in Manchester, home to Manchester City Football Club but also a great example of urban regeneration and an example of a wide range of careers working together.

The students had studied the regeneration of the Eastlands area of Manchester since the Manchester City owners took over, and the opportunities this has created for local people. On the day the students had a tour of the stadium, including visiting both the home and away dressing rooms and also had a presentation run by Manchester City about the regeneration of that part of Manchester since the Commonwealth Games and since the owners took over.

The Year 9s asked some excellent questions and were a credit to the school throughout the whole day, demonstrating our school values of Confidence, Purpose and Respect throughout and leaving a great impression on everyone they interacted with.

## Enrichment Day 1 – Year 10

Year 10 had five different sessions on the day. Here are the session titles and the students' feedback about their knowledge gains and enjoyment of the sessions:

Session	Knowledge	Enjoyment
One Punch Can Kill Lesson	+0.9	2.7
Finances with Nationwide	+1.4	2.7
Kendal College Session	+1.2	4.0
Unifrog Session – Work Experience	+1.0	3.3
The Choice (Knife Crime) Lesson	+0.7	3.2

**Discuss** these questions in your pairs and **write** your answer down:

- Do you think what happened to Adam was **murder or manslaughter**?
- Do you think the 16-year-old **meant** to kill him?
- What **led** to the event?
- Why** do you think the jury didn't believe the 16-year old's claim of 'self-defence'?
- Who** was affected by this one action? **How** were they affected?

2  
Quiet talk

*every action has*  
**CONSEQUENCES**



THINK



PAIR



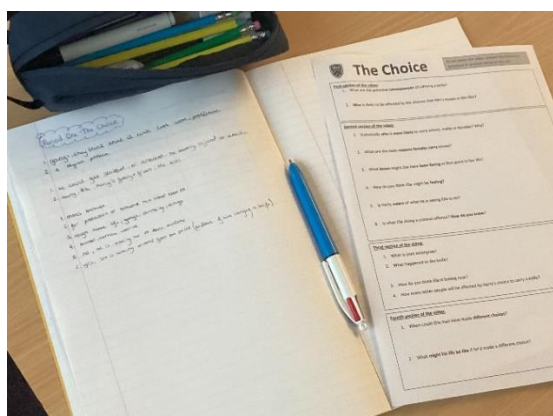
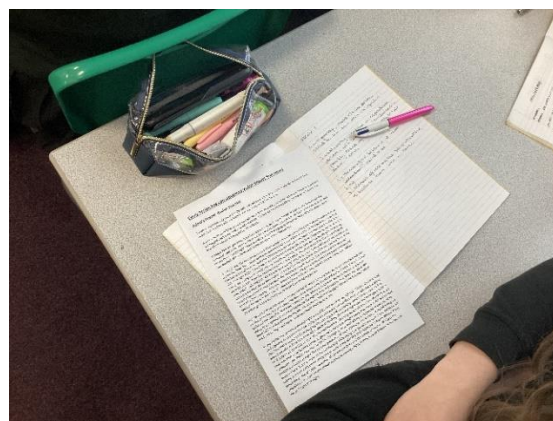
SHARE



**Murder:** the unlawful, premeditated killing of one human by another

**Manslaughter:** the crime of killing a person when the killer did not intend to do it or cannot be responsible for their actions.

**Extension:** What factors do you think causes someone to be willing to punch other people? Why did the boy punch Adam and brag about it after? Think about: his hobbies, his family, influences, etc



**By yourself, write down your answers to these questions:**

- Statistically who is more likely to carry knives, males or females? Why?
- What are the main reasons females carry knives?
- What issues might Zoe have been facing at that point in her life?



0  
Silence

### Year 10 – The Choice and One Punch Can Kill

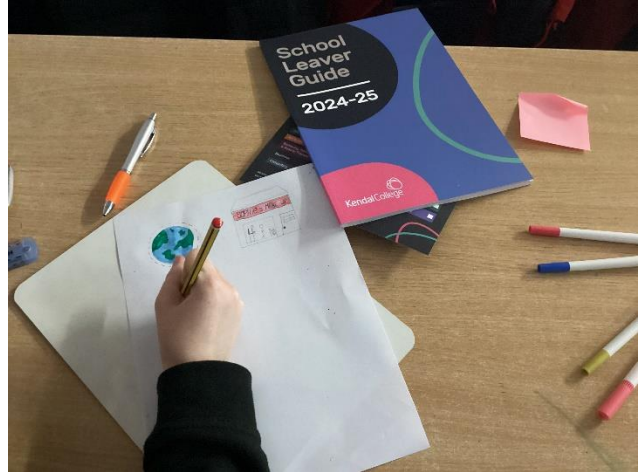
In their two PSHE-focused lessons, Year 10 explored knife crime in 'The Choice' and a real-life story of tragedy relating to violence in 'One Punch Can Kill.' The video resources from The Choice helped the students to understand why some people feel pressured to carry a knife and the many dangers this can lead to. The true story of Adam Rogers from the One Punch Can Kill lesson helped the students to understand that any act of violence, however seemingly small, can have very serious consequences.





## Year 10 – Finances with Nationwide

Members of Nationwide Building Society visited Year 10 to skill them up on some important areas of finance management. They spoke to the students about credit and debt, borrowing for mortgages, managing your credit score, and a wide range of other real-life skills our students need.

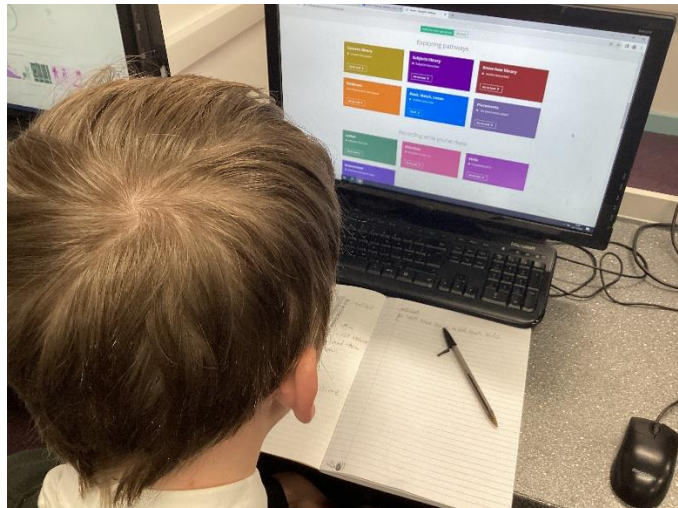


## Year 10 – Kendal College

Kendal College visited to help Year 10 explore their post-16 options in more detail. The students thought about their futures and about what the best way to get there would be, considering A-Levels, T-Levels and Apprenticeships in detail, as well as considering what Kendal College life is like.

## Year 10 – Work Experience Launch

Year 10 began the process of organising their work experience placement for Work Experience Week, which takes place on **Monday 24<sup>th</sup> June – Friday 28<sup>th</sup> June 2024**. The students used Unifrog to begin the process and were given a Student Help Sheet. You should have received an email about this too.



Over the year there will be several key deadlines for Work Experience, including the deadline of organising placements, which is 29<sup>th</sup> February 2024. We will regularly update our Careers page on the school website, adding all information that is given to students and parents/carers. There is also a list of the previous placements that have taken CHS students. You can find it at the link below.

## Work Experience

In the 2023/24 academic year, all of our **Year 10 students will be out on Work Experience Week from Monday 24<sup>th</sup> June to Friday 28<sup>th</sup> June 2024**.

Students need to organise their own Work Experience placements and are supported in doing this through our Unifrog platform, as well as lessons on organising placements, starting in November on Enrichment Day 1. The process involves:

- Students (with support from parents/carers) identify and make contact with potential employers
- Students enter the details of the employer that has agreed to take them on placement onto Unifrog
- Unifrog contact the employer to confirm that they have agreed to take the student and that the employer has relevant insurances in place
- Unifrog contacts the students' parent/carer to share the details of the placement and confirm that they agree to allow their child on the placement
- Unifrog contacts the school to confirm the placement once all the above confirmations have been received.



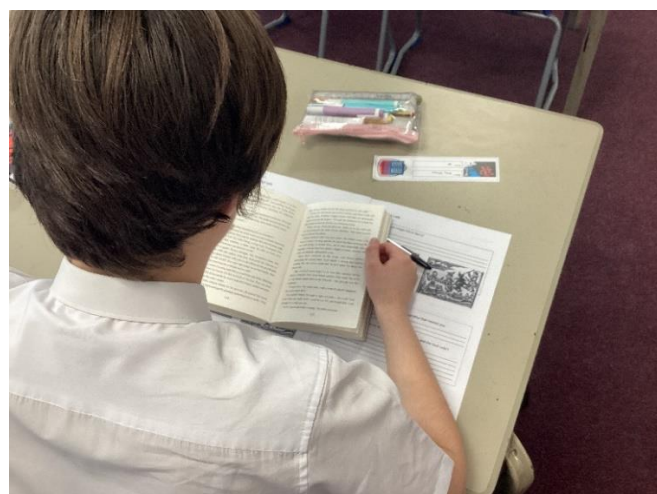
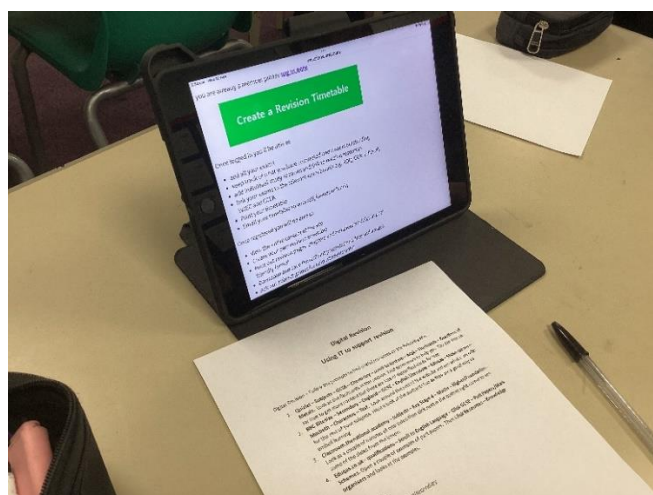
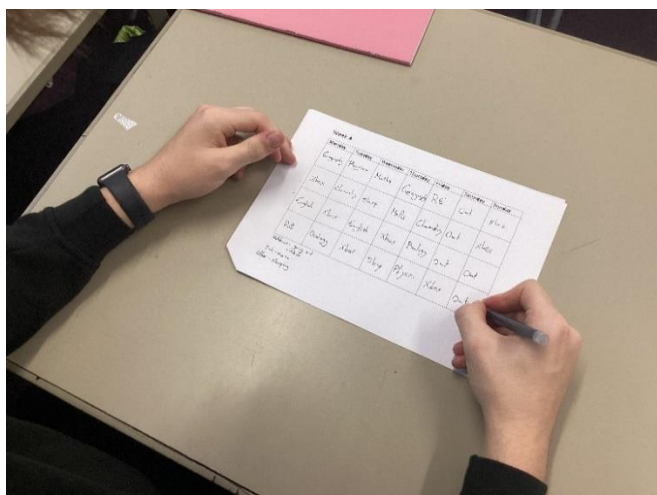
DOCUMENT NAME	DOCUMENT UPDATED	DOCUMENT TYPE
<a href="#">Work Experience Process – Parent Letter 1 (November 2023)</a>	22 Nov 2023	.pdf
<a href="#">Work Experience – Student Help Sheet 2023-2024</a>	22 Nov 2023	.pdf
<a href="#">Work Experience – Previous CHS Placements</a>	22 Nov 2023	.pdf

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

## Enrichment Day 1 – Year 11

Year 11 had five different sessions on the day. Here are the session titles and the students' feedback about their knowledge gains and enjoyment of the sessions:

Session	Knowledge	Enjoyment
Revision: Reflect and Replan	+0.7	2.5
Revision: Using IT	+0.5	2.9
Unifrog Session – Action Plans and CVs	+1.1	3.0
Lancaster & Morecambe College Session	+0.7	3.1
RISE Reading Lesson	+0.1	1.8



## Year 11 – Revision and RISE

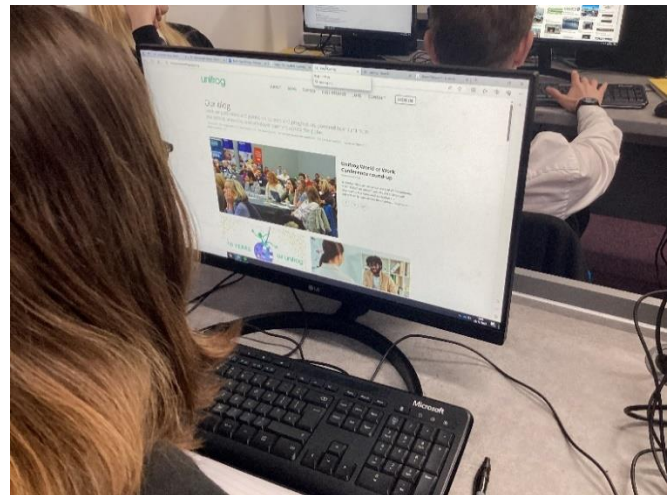
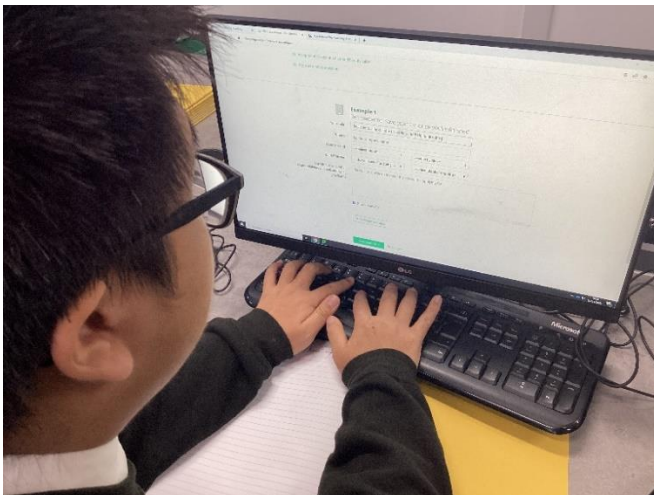
As we get closer every day to the Year 11 exams in the summer, it is important that our Year 11 students are as prepared as they can be. In their first revision-focused session the students created their own revision timetables to help them get ready for the next mocks in February and for their summer exams. In their second session they explored how online sites can help with revision.



Lancaster &  
Morecambe  
College

### Year 11 – Lancaster and Morecambe College

Lancaster and Morecambe College, which is the most popular college with CHS students, visited to help Year 11 explore their post-16 options in more detail. The students thought about their futures and about what the best way to get there would be, considering A-Levels, T-Levels, college courses and Apprenticeships in detail, as well as considering what Lancaster and Morecambe College life is like.



### Year 11 – Unifrog Session – Action Plans, Destinations and CVs

Following on from their recent Careers Advisor Interview, Year 11 **students were given their individualised Action Plans**. These have been uploaded to Unifrog, so students can access them at any time. One of the big pieces from Career North was that students didn't have CVs ready for applications to college, apprenticeships, weekend jobs, etc., so **students were given time to start creating their CVs** using Unifrog. They can access, update, download or print these at any time. Lastly, **students completed their initial 'Destinations' information**, letting us know where they are currently planning to go next year. Based on this information we can provide individualised support as the year goes on.

unifrog



## Netball

The Year 10 netball team played a fantastic friendly against Ripley on Thursday (23<sup>rd</sup> Nov).

The game was action packed and riveting to watch from start to finish. Carnforth were quick off the mark going 2-0 up from the first 2 centres. However, Ripley came back at the team solidly and scored 2 consecutive goals immediately. From here the battle commenced between the very evenly matched teams. The first quarter ended 9-6 in Ripley's favour with some fantastic goals scored by Dolly and Lottie. The second quarter was very similar with excellent play in the centre third by attackers Lily and Amy. The girls found the space and passed accurately to progress toward the goal, however the Ripley GD and GK were very strong and held us up from scoring. The second quarter ended 14-8 with Ripley extending their lead.

During the half time team talk new strategies were established and centre pass positioning was worked out, so when it came to the third quarter Carnforth were in a stronger position and continued to work hard to press on and score. There was some fantastic marking and interceptions made Hollie and Kayla, with the third quarter ending 17-11. Into the final quarter the girls were eager to close gap and attempt to gain more control of the game. Excellent decisions were made by Amy in the C position, Lena worked tirelessly to keep their GA from scoring and Ruby used impeccable GK marking skills to eliminate their GS from taking a shot, resulting in Ripley only managing to score twice in this quarter. The final score was 19-12 to Ripley.

Even though it was a loss this time the girls should be extremely proud of their relentless hard work; a solid performance by all.



## Football

The Year 7 girls football team attended the district Football Tournament at MBA on Wednesday (22<sup>nd</sup> Nov). The girls were up for a great night of football and really excited to get started. They played a total of 4 matches. The tournament was run in two separate pools and points totals were added to make up the overall positions. Firstly the team played Morecambe Bay Academy, which resulted in a 3-0 loss, next they played Lancaster Girls Grammar A Team which resulted in a 2-0 loss. The third game the girls fared much better, playing Ripley which resulted in a 0-0 draw. Finally the girls played their last match against Lancaster Grammar B team. This game was fantastic and one in which the girls scored their first goal of the tournament, after several shots that went wide and were missed, to make the final score a draw 1-1. All players gave it their all and played well. With a special mention to Lexi W and Ava for stepping in to play at the last minute, and to Amy for her relentless energy on the pitch supporting the defence, midfield and attackers with her drive and determination to gain possession and score goals. With a final special mention to Miya for scoring a fantastic goal for the team, Well Done! All the players also do deserve a mention for their commitment to the team in training and during the tournament. Jess, Mia, Miya, Amy, Darcey, Emily, Lexi, Lexi, Ava, Lola, and Sophia. Well done; a great effort by all, see you at training on Wednesday!



## Handball

The Year 9 and 8 boys all took part in a district handball tournament. The Year 9 boys won three games from three fixtures, to win their tournament. Player of the tournament Rob was in great form, scoring 8 of the 9 Carnforth goals. The first fixture was a 3-1 victory vs OLCC B, the second a 3-0 victory vs MBA and the final a 3-1 victory vs OLCC A. Dan scored the only other goal for Carnforth. It was a superb team performance from the boys, who defended with great discipline and then attacked ruthlessly on the counter time after time.

## Handball Continued

The Year 8 boys won one, drew two and lost one against strong competition at their tournament. The first game was a 2-1 defeat to Bay Leadership Academy, Keyan the goal scorer. The second game a 3-1 victory over Bay Leadership B with Jack, Harrison and George the scorers. The third game was a 2-2 draw, with a last second OLCC goal. Keyan with both the goals. The final game was a 4-1 defeat to tournament winners OLCC, Harrison the only goal scorer.



## Gymnastics 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!

## 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 December 2023**

	<u>LUNCH 12.45pm - 1.15pm</u>	<u>AFTERSCHOOL 3.30pm - 4.30pm</u>
<u>MONDAY</u>	<b>Girls Team Practice - Sports Hall (AB)</b>	<b>Y7 Girls Netball - Astro (AB)</b> <b>Y7-11 Girls Rugby - Field (BL)</b> Boys District Fixture Afternoon (JD)
<u>TUESDAY</u>	Y9-11 Dance - Dance Studio (AB)	<b>Y7-11 Girls Cricket - Sports Hall (LB)</b> <b>GCSE Dance - Dance Studio (AB)</b>
<u>WEDNESDAY</u>		Y7-11 Gym & Trampolining - SH (AB) <b>Y7-11 Girls Football - Astro (NS &amp; ST)</b> Y7-10 Table Tennis - Dance Studio (CC & JD)
<u>THURSDAY</u>	Y7-8 Dance - Dance Studio (AB)	<b>Y8-11 Girls Netball - Sports Hall (NS)</b> 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**