

# CHS Newsletter

"Pupils say that this is a happy school" – Ofsted 2021

2023/24 Issue 7: 18<sup>th</sup> December 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

This is the last newsletter of 2023, and I would like to take this opportunity to thank you for your continued support. I hope the Christmas period is one you all enjoy and that 2024 is your best year ever. I was delighted with the response to our annual foodbank collection and Christmas Fair. A lot of planning takes place to make them successful, and they really make a difference to our community. The incredible amount raised by Matthew reflects his character and what can be achieved. Merry Christmas and a Happy New Year.

### Important Upcoming Dates

**Tuesday 18<sup>th</sup> December:** Years 7 and 8 Christmas Dinner  
**Wednesday 19<sup>th</sup> December:** Years 9, 10 and 11 Christmas Dinners  
**Thursday 21<sup>st</sup> December:** Year 11 Christmas Carol Day  
**Friday 22<sup>nd</sup> December:** School Closes (Early) for Christmas Holiday  
**Monday 8<sup>th</sup> January:** School Re-Opens for All Students  
**Tuesday 16<sup>th</sup> January:** Year 9 and 11 Careers Fair

### What Timetable Week Is It?

W.B. 18/12/23 =  
WEEK A  
  
W.B. 8/1/23 =  
WEEK B

### Final Week of Term and Ready for New Year

As you can see above, there are quite a few events coming up this week, including our annual Christmas Dinners as well as continuing our Rewards events. In addition, we have the Year 11 Christmas Carol Day (the play, not the singing!) on Thursday, and an early finish on Friday.

Please remember to **ensure that your child(ren) is ready for their return to school on 8<sup>th</sup> January. In particular, this means having full and correct uniform, correct school footwear, a school bag and equipment needed for lessons.**

We look forward to welcoming students back for a fresh start in the new year!



## Carnforth Christmas Fair

On Saturday 9<sup>th</sup> December Carnforth High School held our Christmas Fair in order to raise money for future community projects. There were a wide range of stalls, including those selling 2024 calendars that the students in Years 7 and 8 created as part of their recent Enrichment Day. The money raised on the day was over £800, with more calendars still to be sold.

The pupils who supported were utterly amazing, and a true asset to the school. It was also lovely to meet so many pupils, parents and grandparents, from our school and local community.



## Christmas Foodbank Collection

Each year we hold a charity non-uniform day, where we ask students to contribute food items to help our local foodbank, Morecambe Bay Foodbank. As always, our students and their parents rose to the occasion, with 1,272 items donated – that's almost 2 items for every student in our school!

The foodbank came to collect the items on the morning of 9<sup>th</sup> December, and we filled the van! The collection team also kindly took the time to explain the value of the donations to our student volunteer team, who gave up their time to count, pack and load all the donations. A massive thanks to those volunteers and all the members of our community who donated and supported this important charity work.



## Student Fundraising

As you may recall from previous issues, one of Carnforth High School's Year 11 students, Matthew, has been growing his hair to raise money for charity with a head shaving event, which took place on 10<sup>th</sup> 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. Thanks to all the support he's received, Matthew has now reached his £10,000 target to support good causes. What an amazing young man!



# PLANS IN PLACE







## National Farmer Union Assembly

On Monday 4<sup>th</sup> December we were lucky to get a visit from the National Farmers Union to discuss careers within farming and how they are changing – including using drones to check on your herds! Amanda and Eden spoke to Year 10 and some interested Year 11s, and explained how they, as young farmers, began their careers and what they think the future of farming looks like.



## Upcoming Post-16 Application Deadlines

Please be aware that **students in Year 11 should be applying to colleges, Sixth Forms and apprenticeships now**. The deadline for local Sixth Forms can be seen below. The deadline for Ripley Thomas has passed, but they are still accepting applications.

	Institution	Deadline
	Morecambe Bay Academy Sixth Form	Friday 9 <sup>th</sup> February 2023
 Dallam School	Dallam School Sixth Form	Friday 9 <sup>th</sup> February 2024
	Queen Elizabeth School Sixth Form	Friday 2 <sup>nd</sup> February 2024
	Lancaster Girls' Grammar School	Thursday 25 <sup>th</sup> January 2024 (however, register/apply earlier if you want to attend the Taster Day)
	Lancaster Royal Grammar School	Wednesday 31 <sup>st</sup> January 2024 (however, apply earlier if you want to attend the Taster Day)
	Our Lady's Catholic College Sixth Form	Friday 1 <sup>st</sup> December

## Local Support and Activities

Over the next few pages, you can find some information about support in the local area over the winter/Christmas period, as well as information on some upcoming local activities and events.

**LANCASTER  
CITY COUNCIL**

*Promoting City, Coast & Countryside*

# Household Support Fund



**Do you need  
help with food,  
utility bills or  
other costs?**

**If you are.....**

- **Over 16 years old**
- **A resident of the Lancaster district**
- **Struggling to make ends meet**

**you may be eligible to apply for financial help  
from the Household Support Fund.**

**For more information and to apply, visit:  
[lancaster.gov.uk/hsf](http://lancaster.gov.uk/hsf) or call: 01524 582000  
(select option 7)**



**This support is funded by the  
Department for Work and Pensions**

# What's On?

November - December 2023

## Lune Park

Ryelands Park, Owen Road,  
Lancaster, LA1 2LN

### Monday:

Baby & You  
(0-pre walkers)  
10am - 11am

### Tuesday:

Infant Massage (B)  
10am - 11am 11am - 12pm

Chat, Play & Read  
(0 - Preschool)  
1pm - 2.30pm

### Wednesday:

Development Matters  
(0 - Preschool)  
9.30am - 10.30am

### Chill & Chat

10.30am - 11.30am

Colourful Footsteps  
(0 - 8 years)  
1pm - 2.30pm

### Thursday:

Teen Triple P Group  
9.30am - 11.30am

Parents to Be  
5.30pm - 7.30pm

### Friday:

Mini Move & Groove  
(0 - Preschool)  
9.30am - 11am

## Poulton Sensory Room

Poulton Sensory Room  
is available to use  
**free of charge**  
at  
Poulton Neighbourhood  
Centre.

Use of the Sensory  
Room is subjected  
to availability.

Do you want to  
know more information  
about the sessions,  
or have a  
general query about  
what else we offer?



Give us a call on  
**01524 581280**

The following sessions you  
need to book on to attend;

Infant Massage  
Triple P Courses  
Parents to Be Courses

Call 01524 581280 to book.



## Carnforth

Kellet Road, Carnforth, LA5 9LS

### Monday:

Development Matters  
(0 - Preschool)  
1pm - 2.30pm

Inside Out  
(8 - 11 years)

3.30pm - 4.45pm



## Westgate

Langridge Way, Westgate,  
Morecambe, LA4 4XF

### Monday:

Special Guardianship  
Stay & Play Group  
(Please note that this is only  
available for families with  
a SGO in place.)  
9.30am - 11am

### Tuesday:

Infant Massage  
10am - 11am

### Wednesday:

Parents to Be (B)  
5.30pm - 7.30pm

### Thursday:

Chat, Play & Read  
(0 - Preschool)  
9.30am - 11am

Special Guardianship Support Group  
(Please note that this is only available  
for families with a SGO in place.)  
3.30pm - 4.30pm

### Friday:

Development Matters  
(0 - Preschool)  
9.30am - 11am

## Poulton

Clark Street, Morecambe,  
LA4 5HR

### Monday:

Development Matters  
(0 - Preschool)  
9.30am - 11am

Infant Massage  
1pm - 2pm

### Wednesday:

Baby & You  
(0 - Pre walkers)  
9.30am - 10.30am

### Thursday:

Group Triple P (B)  
9.30am - 11.30am

### Friday:

FAB  
(Breastfeeding Support Group)  
10.30am - 12.30pm

## Morecambe Library

Central Drive, Morecambe, LA4 5DL

### Monday:

Move & Groove (8 - 11 years)  
3.30pm - 4.45pm

### Tuesday:

Young Parents to Be  
1pm - 3pm

Inside Out (8 - 11 years)  
3.30pm - 4.45pm



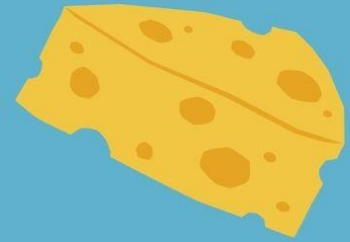
Lancaster and Morecambe Family Hub  
For more information contact us on 01524 581280



**FREE**

# Big Cook, Little Cook

For 5-8 years  
old and their  
grown up



**Starting Tuesday 9th January 2024**

**3.15pm to 4.30pm**

at

**Westgate Neighbourhood Centre**

**Langridge Way, Westgate, Morecambe, LA4 4XF**



Enjoy time together with your child, and involve them in  
the process of making their own food.

Learn how to prepare healthy family meals  
on a budget that you can recreate at home.

Free ingredients included.



LANCASHIRE  
**FAMILY  
HUBS**  
NETWORK  
LANCASTER

This course runs for 6 weeks.  
To book on call 01524 581280.

**Lancashire**  
County Council 



# INSIDE OUT

Children and Family  
**Wellbeing**  
Service

**Come and make friends and have fun!**

This group helps to support children who may be struggling to express and manage their emotions or are presenting with anxious behaviours and low self-confidence.  
(8-11 years - Key Stage 2)

In the sessions children will be able to:

- Explore wishes and feelings and understand worries.
- Look at ways to help manage strong emotions.
- Take part in creative and physical activities to encourage positive interaction with their peers.
- Build confidence and social skills.
- Meet new people and make new friends.
- Play games.

Most of all come along and have fun!!

**Every Thursday from 11th January 2024 at  
Lune Park Hub, Ryelands Park, Owen Road,  
Lancaster, LA1 2LN from 3.30pm to 4.30pm**

**FREE** to attend.

Just turn up or ring

**01524 581280**

for more information.



**Lancashire**

County  
Council



# HEALTHY RELATIONSHIPS

Children and Family  
Wellbeing  
Service

- Arguing about things like how to parent, money or household tasks?
- Sulking, silent treatment or walking away?
- Are you able to say sorry after an argument and move on?
- Are you using hurtful words, texts or social media against each other?
- Are you anxious or worried this is getting in the way of daily life?
- Are you worried about splitting up or have split up and struggling to agree?

Our Healthy Relationships Course can help. Learning about the stages of relationships, understanding each other and how to argue better.

Remember that when you stay calm, your child feels the benefit.

If you would like a place on our course starting Tuesday January 9<sup>th</sup> 2024 - 9:30-11:30 ring Lancaster Family Hub 01524 581280



# Small changes, big differences.



## TRIPLE P COURSES

(Up and coming dates)

Promoting a positive, caring relationship between you and your child.

Empowering you as a parent/carer to choose the skills and values you wish to promote

in your child and help them develop skills they need to tackle everyday situations.

Date	Course	Time	Centre
Wednesday 10 <sup>th</sup> Jan 2024	Group	17:30-19:30	On Teams
Wednesday 10 <sup>th</sup> Jan 2024	Teen	13:00-15:00	Westgate
Thursday 11 <sup>th</sup> Jan 2024	Group	9:30-11:30	Lune Park
Tuesday 16 <sup>th</sup> April 2024	Teen	17:30-19:30	On Teams
Thursday 18 <sup>th</sup> April 2024	Group	9.30-11.30	Poulton
Tuesday 7 <sup>th</sup> May 2024	Group	17:30-19:30	On Teams
Thursday 9 <sup>th</sup> May 2024	Group	9.30-11.30	Lune Park
Wednesday 11 <sup>th</sup> September 2024	Group	13:00-15:00	Westgate
Thursday 12 <sup>th</sup> September 2024	Group	9.30-11.30	Lune Park
Wednesday 30 <sup>th</sup> October 2024	Teen	17:30-19:30	On Teams
Thursday 31 <sup>st</sup> October 2024	Group	9.30-11.30	Poulton

For more information or to book a place please call - 01524 581280 or email [cfwlancastercommunity@lancashire.gov.uk](mailto:cfwlancastercommunity@lancashire.gov.uk).

[www.triplep-parenting.net](http://www.triplep-parenting.net)





## Results Round-Up!

U13 football tournament hosted by Morecambe Football Club. The U13 girls football team were outstanding in the tournament against 10 local secondary schools. The team were a mix of both year 7 and 8 players, so they have not played together before. Considering this the team were both encouraging and positive during their games.

The team played 4 games, lost one and won three. This left us with 10 pts drawing with OLCC. The result went on goal difference and unfortunately OLCC had scored one more goal than us. The team came joint second in their group and left the tournament with a medal. A massive well done to all the players with a standout performance from Faith who scored an unbelievable goal against Central. Also, Lacey was an outstanding captain and organised player positions and played brilliantly herself. Well done team!

The year 7 boys brought two handball teams to the district handball tournament at Our Lady's. The B team won the tournament drawing one game (against CHS B) and winning the three other games. The first game was a 1-1 draw between CHS A and CHS B. Joe the scorer for CHS A and Jack the scorer for CHS B. The A team then won the following three fixtures, a 1-0 win over Morecambe Bay Academy Red, Dan with the only goal. A 2-0 win over MBA Yellow, Dan again with both goals. The final game for the team was a big 5-2 win vs OLCC – Joe and Dan scoring two a piece, Oliver with the fifth. Well done boys. The B team drew three games and won one, in a superb performance. Jacob scored twice in a 2-0 win over OLCC. Jacob repeated these heroics with two more goals against MBA Red. The final game was a 1-1 draw with MBA Yellow, Xavier with the only goal. Well done boys, two superb teams producing excellent performances with very advanced positioning and tactics.



The year 9 B team took part in a football tournament at Bay Leadership Academy on Monday 4<sup>th</sup> December. The boys played four 6 games, vs BLA A and B and MBA. The boys finished the tournament with three draws, two wins and a draw. The boys showed excellent development throughout the game and played with a really positive attitude. The year 8 B and C teams took part in a football tournament the following Monday, also showing really positive attitudes in their six fixtures. The B team won the tournament on goal difference, with 12 points. The C team finished in third position. The standout moment was Owen scoring from the halfway line, chipping the goalkeeper from the kick off. Well done to all the boys who took part.



### Sports Leaders

Last week 12 of our year 8 sports leaders assisted the second primary athletics event held at CHS. Tim Fletcher the local school sport organiser commented on how amazing the leaders were and was impressed with their professionalism and confidence. A massive well done to the sports leaders.

L, E, A, D, E, R, S, H, I, P,

### Year 7 Netball

During this term I have been so impressed with the level of commitment and positive attitude displayed by the year 7 netballers. They turn up at lunch before fixtures to practice and have shown fantastic dedication to the department. On Tuesday 5<sup>th</sup> December we took three-year 7 netball terms to compete against Ripley in a friendly festival. It was freezing but that did not stop the teams from playing extremely well. All teams won at least one of their games which was outstanding. Some stand out performances from Amy who made some excellent interceptions along with Freya. Well done to all the players on a fantastic first term and I look forward to seeing how they get on in the district tournament next year!

## Year 9 Lancashire Cup Round 1

An early kick off on Wednesday 13<sup>th</sup> December saw the Year 9 footballers face a well drilled Blessed Trinity Team from Burnley. The first 20 minutes started brightly with a couple of long-range efforts from both sides. Adam B made some excellent saves, most notable from a 25-yard free kick that was going in the top corner. Blessed Trinity struck first following confusion in the Carnforth penalty box. The teams were even not long after as Noah scored an excellent goal from a difficult angle. Blessed Trinity went into half time 2-1 up following an excellent looping header.

Not long after the break, Carnforth equalised following a superb finish from Tom following a Noah assist. With 10 minutes to go, Carnforth continued to play a risky game in giving numerous free kicks away on the edge of their box. A Blessed Trinity man curled a free kick into the top left-hand corner - the keeper had no chance. Carnforth continued to work extremely hard, but as the half drew on, and the team over committed bodies, they were left exposed at the back. The 4<sup>th</sup> goal was a "sucker-punch" which knocked the wind out of the team's sails. It ended in a 4-2 loss.... but plenty of positives to take into the spring football season!



## Whistlers Girls Refereeing Course

On Thursday 14<sup>th</sup> December, 20 of our year 7-10 pupils took part in the young Whistlers football refereeing course. This was a fantastic opportunity for our pupils to gain an accredited qualification in football refereeing. Pupils all completed the course taking part in both theoretical and practical aspects with ease. We would like to thank Wes Kendal for coming into school and delivering this fantastic program with our students.

As always, the CHS students represented the school brilliantly and now have a Whistlers introduction to football refereeing qualification. Watch this space as student will then be using the skills, they have learnt to referee a futsal competition next year.

# WHISTLERS



BY ENGLAND FOOTBALL

## 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@carforthhigh.co.uk](mailto:cchambers@carforthhigh.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**