



## CONFIDENCE PURPOSE RESPECT

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### Headteacher's Message

This term is a short one and we have two weeks remaining before the half term. In assemblies this week we are focusing on safeguarding and I would like all parents to read the recent letter that has been sent. Your awareness and support is crucial regarding this matter. The response from Year 11 regarding the intervention sessions has been excellent, which hopefully will impact their forthcoming mock results. Tickets for the production are selling quickly; make sure you don't miss out!

### Important Upcoming Dates

**Friday 31<sup>st</sup> January:** Oxford University Visit  
**Monday 5<sup>th</sup> February:** Year 11 Mock Series 2 Begins  
**Friday 9<sup>th</sup> February:** School Closes for Half Term Holiday  
**Monday 19<sup>th</sup> February:** School Re-Opens for Half Term 4  
**Friday 23<sup>rd</sup> February:** Year 11 Mock Series 2 Ends  
**Tuesday 27<sup>th</sup> February:** Year 9 Parents' Evening

### What Timetable Week Is It?

W.B. 29/1/24 =  
WEEK A  
  
W.B. 5/2/24 =  
WEEK B

### Year 11 GCSE Mock Series 2

The second series of mock exams for Year 11 begins next week. This is the last 'trial run' of exams before the real exams begin in May. This is not far off! We've divided the last weeks of the Year 11 students' time with us here into three 'Phases' to help best prepare them:

- Phase 1: Preparing for Mock Series 2 and learning from the experience
- Phase 2: Preparing for the summer exams
- Phase 3: Support during the exams

If you are a Year 11 parent you will have received an email outlining all the intervention and revision/support sessions on offer in this first phase, but over the next two pages you can see what this first phase entails, the reward card we have designed to support and praise students and the full outline of all intervention sessions taking place in school. We'll be in touch before half term about the sessions that will be taking place during that holiday period.

**Exam revision  
student support**



## Intervention and Revision Phase 1

To support students in ‘chunking’ their revision, and in planning for their mock exams and summer exams, we’ve broken the remaining school weeks into three ‘phases.’ Each phase contains 6 school weeks and a holiday period, and each has a dedicated intervention and revision plan within school. Phase 1 began last week, with a focus on helping students successfully complete and reflect on their mock exam series 2. Phase 2 will follow on from that, starting on 7<sup>th</sup> March, and will take the students up until the start of the summer exams. Phase 3 will include the support offered during the summer exams. On the next page you can see the weekly timetable for Phase 1 intervention and revision.

WEEK BEGINNING	SCHOOL WEEK	HALF TERM WEEK	LETTER OF WEEK
22/01/2024	18	3	B
29/01/2024	19	4	A
05/02/2024 MOCK WEEK 1	20	5	B
HALF		TERM	
19/02/2024 MOCK WEEK 2	21	1	A
26/02/2024	22	2	B
04/03/2024	23	3	A

## Year 11 Intervention and Revision Loyalty Card

All students in Year 11 have been given an ‘Intervention and Revision Loyalty Card’ as a way to incentivise their attendance at support sessions in school. Students need to get their teacher to sign or stamp the card every time they attend an intervention or revision session in Phase 1. Each in school revision session (lunch time, after school or small group sessions) is worth 1 stamp in the card and each half term session is worth 2 stamps. Achieving enough stamps in the card will result in rewards for students, including gift cards, free meals and reduced prices on their tickets for the end of year prom. You can also look at their cards to see which sessions they have been attending.

**Intervention and Revision Loyalty Card**

Phase 1: 22<sup>nd</sup> January – 8<sup>th</sup> March 2024

NAME: \_\_\_\_\_

Get your teacher to sign or stamp your card every time you attend an intervention or revision session in Phase 1. Here's how it will look:

You need to add what subject it was for. No cheating – we do keep registers for each session!

Each in school revision session (lunch time, after school or small group sessions) is worth 1 stamp. Each half term session is worth 2 stamps.

WEEK BEGINNING	SCHOOL WEEK	HALF TERM WEEK	LETTER OF WEEK
22/01/2024	18	3	B
29/01/2024	19	4	A
05/02/2024 MOCK WEEK 1	20	5	B
HALF		TERM	
19/02/2024 MOCK WEEK 2	21	1	A
26/02/2024	22	2	B
04/03/2024	23	3	A

**Intervention and Revision Loyalty Card**

Phase 1: 22<sup>nd</sup> January – 8<sup>th</sup> March 2024

SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:
1	2	3	4	5
SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:
6	7	8	9	10
SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:
11	12	13	14	15
SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:
16	17	18	19	20
SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:
21	22	23	24	25

**Intervention and Revision Loyalty Card**

Phase 1: 22<sup>nd</sup> January – 8<sup>th</sup> March 2024

SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:
26	27	28	29
SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:
31	32	33	34
SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:
36	37	38	39
SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:
41	42	43	44
SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:
46	47	48	49
SUBJECT:	SUBJECT:	SUBJECT:	SUBJECT:
50			

**Year 11 Intervention and Revision Timetable**

Phase 1: 22<sup>nd</sup> January – 8<sup>th</sup> March 2024

Focus: Preparing for Mock Series 2 by building on Mock Series 1 and securing strong foundations in all subjects.

Monday	Tuesday	Wednesday	Thursday	Friday
Maths (10:00-11:00) English (11:00-12:00) Science (12:00-13:00) History (13:00-14:00) PE (14:00-15:00) Art (15:00-16:00) Music (16:00-17:00) Religion (17:00-18:00) PSHE (18:00-19:00)	Maths (10:00-11:00) English (11:00-12:00) Science (12:00-13:00) History (13:00-14:00) PE (14:00-15:00) Art (15:00-16:00) Music (16:00-17:00) Religion (17:00-18:00) PSHE (18:00-19:00)	Maths (10:00-11:00) English (11:00-12:00) Science (12:00-13:00) History (13:00-14:00) PE (14:00-15:00) Art (15:00-16:00) Music (16:00-17:00) Religion (17:00-18:00) PSHE (18:00-19:00)	Maths (10:00-11:00) English (11:00-12:00) Science (12:00-13:00) History (13:00-14:00) PE (14:00-15:00) Art (15:00-16:00) Music (16:00-17:00) Religion (17:00-18:00) PSHE (18:00-19:00)	Maths (10:00-11:00) English (11:00-12:00) Science (12:00-13:00) History (13:00-14:00) PE (14:00-15:00) Art (15:00-16:00) Music (16:00-17:00) Religion (17:00-18:00) PSHE (18:00-19:00)

## Year 11 Intervention and Revision Timetable

Phase 1: 22<sup>nd</sup> January – 8<sup>th</sup> March 2024



Carnforth  
High School

	Lunch (12.45pm-1.20pm)	After School (3.30pm-4.30pm)
<b>Monday</b>	<p><b>English</b> in E4 (Extended Writing)</p> <p><b>Maths</b> in M3 (Grade 7+ Master Class)</p> <p><b>Design Technology</b> in T2 (Support with NEA Practical Projects)</p> <p><b>Media</b> in IT3 (Coursework Catch Up)</p>	<p><b>Science</b> in L1-L5 (Paper 1 Content)</p> <p><b>Triple Science (Physics and Biology)</b> in L2 (Firm Foundations)</p> <p><b>Food Technology</b> in T4 (Coursework Support)</p>
<b>Tuesday</b>	<p><b>Science</b> in E4 (Exam Skills: Maths Skills for Science)</p> <p><b>Computer Science</b> in IT2 (Computer Systems &amp; Data Representation)</p> <p><b>Design Technology</b> in T2 (Support with NEA Practical Projects)</p>	
<b>Wednesday</b>	<p><b>English</b> in E1 (How Does the Writer...)</p> <p><b>History</b> in HI2 (Vietnam and Paper 3: Source &amp; Interpretation Skills)</p>	<p><b>English</b> in E1 and E4 (Literature: Macbeth and Poetry)</p> <p><b>History</b> in HI2 (Vietnam and Paper 3: Source &amp; Interpretation Skills)</p>
<b>Thursday</b>	<p><b>Maths</b> in M3 (Securing a Grade 5+)</p> <p><b>Art</b> in A1 (Project Work)</p> <p><b>Design Technology</b> in T2 (Support with NEA Practical Projects)</p> <p><b>Geography</b> in GG2 (Paper 2 Case Studies and Exam Technique)</p>	<p><b>Maths</b> in M6 (Practising Exam Papers)</p> <p><b>Art</b> in A1 (Project Work)</p> <p><b>Media</b> in IT3 (Coursework Catch Up)</p>
<b>Friday</b>	<p><b>English</b> in E1 (Extended Reading Questions)</p> <p><b>Maths</b> in M6 (Securing a Grade 5)</p> <p><b>Design Technology</b> in T2 (Support with NEA Practical Projects)</p> <p><b>Triple Science (Chemistry)</b> in E4 (High Demand Question Skills)</p>	<p><b>Geography</b> in GG1 (Paper 2 Case Studies and Exam Technique)</p> <p><b>PE</b> in SG (Unit by Unit Revision and Extended Answers)</p> <p><b>Design Technology</b> in T2 (Support with NEA Practical Projects)</p>

**Highlighted sessions** are invitation only. Invited students and their parents will be informed. Other sessions are open to any student who takes that subject.

## Important: Substance Awareness

As you are aware, we work closely with the Police to ensure that our pupils and members of the community are safe. The Police have recently shared information about some concerning incidents that have happened to young people within the local area.

The first involved a 16-year-old who smoked a joint, believing it to be cannabis, prior to school and immediately fell ill. This resulted in them requiring hospital treatment. The 'cannabis' was from a packet branded 'Zombie Madness' and depicts a gorilla (see image to the right). It is believed that the cannabis may be mixed with amphetamine, causing an adverse reaction.



The second incident involved two 15-year-old pupils who were admitted to hospital with breathing difficulties and loss of consciousness after inhaling from a vape which contained THC (the active ingredient of cannabis). The vape had been purchased from an unknown girl via Snapchat. There have since been a further number of cases of young people being hospitalised after vaping from these 'spiked' vapes in the local area. This has been reported by BBC News.

Thirdly a recent seizure of cannabis edibles from a school in Blackpool showed them to be packaged just like sweets and clearly aimed at young people (please see images below). These packets are not easily spotted amongst legitimate sweet packages, so is something for all parents to be vigilant about.



Lancashire Police have also released a statement regarding these concerns:

<https://www.lancashire.police.uk/news/2024/january/vape-warning-after-teenagers-taken-ill/>

At school, we will continue to be vigilant in ensuring that vapes and substances are not taken within the school setting, and raise awareness of the dangers associated with smoking, vaping and substance abuse. We will deliver a series of assemblies, in conjunction with the Police, over the coming week to highlight these dangers that are occurring locally. However, we need your support too. Please could you speak to your child about the dangers that these substances can bring, particularly when the substance being inhaled or consumed is not always what it is being sold as.

If you or your child has any information that could help the Police with their enquiries, please report to Lancashire Police on 101. If you have any concerns about your child and possible substance misuse, in the first instance, please reach out to their Year Leader at school for support.



## International Day of Education

Last week was International Day of Education, and it was great to visit a huge range of lessons and see the variety of learning that we have on offer. We saw coding, technical drawing, A Midsummer Night's Dream, historic castle drawing, revision and more in our wander around school. Thank you to our students for showing such commitment to their learning and to our staff for making this happen!



# International Day of Education

Thank you to all our staff and students!



## SEN Families Forum

SEN Families Forum: Wednesday 28<sup>th</sup> February [1.00 pm until 2.00pm].

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.

Emma Turver from Reachout Autism support will be attending this event to answer any questions that parents may have

If you wish to attend this event please email Ms L Carrington on [lcarrington@carforthhigh.co.uk](mailto:lcarrington@carforthhigh.co.uk).



Special Educational Needs  
& Disabilities

# COMPETITION

## Young Chef School Competition 2024

There is an external competition with Nigel Haworth (a top local chef) taking part within food technology, the details are as follows:

This is aimed at the YEAR 9 students. For the first Heat students need to submit an application form and write up a recipe including the following questions in 250 words and in teams of two.

To apply, in your team of two, first come and see Mrs Rowland in T4 at lunch either Thursday or Friday for an application form which needs to be completed and returned by Tuesday 6<sup>th</sup> February. Secondly, your team needs to answer the following questions:

- How would you create a healthy chicken dish which uses local produce and includes at least two fresh vegetables?
- Please include how and why you decided on your menu.
- Please also Include how you would reduce food waste and promote a sustainable and environmentally friendly approach to food.

The whole document needs to be 250 words max and can be either handwritten or typed then emailed to Mrs Rowland: [rowland@carnforthhigh.co.uk](mailto:rowland@carnforthhigh.co.uk) by the 6<sup>th</sup> February.

Please watch the video for more information <https://www.youtube.com/watch?v=h3TETA17nnY>



## FOOD TECHNOLOGY

Well done to students for their work! Year 9 students will have the chance to participate in a Young Chef Competition, see above for info.





### Hairdressing Competition

In addition to the Young Chef Competition, Mrs Rowald is also about to launch a Hairdressing Competition with the KS4 students. It's an external competition across the UK with Concept Hair Magazine, the theme is 'Carnival' and the students have to create a Carnival inspired mood board and a then style their chosen design on a manikin head. Photographs of their manikin will then be sent as part of their entry. More info here: <https://www.concepthairmag.co.uk/learner-of-the-year/>



### School Production 2024 – Tickets On Sale!

Tickets for this year's school production are now on sale! Please see the details above.



## Parental Support Virtual Drop-In

Please see the information below about a group running in collaboration with the Information and Advice team at LDCVS ( Lancaster District Community and Voluntary Solutions).

It's every week on Thursday at 1pm – to join see the Teams link on the poster below.

Here parents can find out more about what Children and Family Wellbeing offer parents, carers, children and teens - and also about what else is available to support them in the wider community.



# Virtual Drop-In *for Parents and Carers*

Every Thursday, 1-1.30pm

Advice for parents and carers as to what is available to support them from the Children and Family Wellbeing Service and the wider community.

We'll provide: a warm welcome & listening ear; informal advice; information about groups & CFW offer; signposting to local support groups... and much more!

Please contact us with any queries

[cfwlancastercommunity@lancashire.gov.uk](mailto:cfwlancastercommunity@lancashire.gov.uk)

[Click here to join the meeting](#)

Meeting ID: 362 226 377 186

Passcode: ySbzbJ





# PLANS IN PLACE

## Year 9 and 11 Careers Fair

At this time of year, we have a strong focus on supporting our Year 9 students through their Options Process and in ensuring that our Year 11 students have well-informed and aspirational plans in place for both post-16 and beyond. To facilitate this, we held our annual Careers Fair on 16th January. We welcomed 37 visitors to speak to all of Year 9 and 11, with a Careers Fair in our Sports Hall and talks taking place in our Main Hall. A massive thanks to all our visitors and well done to our students for engaging so proactively and respectfully with all the visitors.



Our visitors on the day included the NHS, Ripley St Thomas Sixth Form, Lancaster and Morecambe College, The British Army, Kendal College, Jo and Cass Hair and Beauty, Myerscough College, Lancaster University, EDF Energy, Ripley Initial teacher Training, Lancaster Training Services Ltd., Briscoe Construction, JTL Training, BAE Systems, The Queen Elizabeth School Sixth Form and the RAF.

**BAE SYSTEMS**







## Apprenticeship Information Evening at Kendal College

Many of our Year 11 students have shown an interest in apprenticeships this year, and students in Year 10 need to be looking ahead and considering this post-16 pathway too. To help students and their parents/carers understand more about this route, Kendal College are holding an information evening. Details can be found below and at this link: [Information Evening](#)



# APPRENTICESHIP INFORMATION EVENING

**Tuesday 6<sup>th</sup> February**

Join us at 6:30pm for a presentation &  
then meet our apprenticeship team!



**[kendal.ac.uk/visit](https://kendal.ac.uk/visit)**





## Year 8

The Year 8 girls netball team played well against Lancaster Girls Grammar School (LGGS). They worked hard to intercept the ball and keep possession. At times the team faced challenges from the Grammar, they were very quick with the ball and getting it to the target. Our girls never gave up or let their heads drop, which was a credit to themselves as it was a tough match for the first game back of the year. I encourage all players to attend training and motivate others to attend too, so we can improve our form and be ready to play LGGS at the District Netball Tournaments in March. The final score was 15-2, with the player of match for CHS being awarded to Eden.



## Year 9

The Year 9 girls match started at a very fast pace. LGGS had the first centre, but this was quickly overturned by CHS and from the first 3 passes that our Year 9 girls played they kept possession and scored from. This was a great start to the match, going 1-0 up in the first minute of the first quarter. This was a tense quarter with both teams battling for the ball during each pass and resulted in a score of 2-2 after the first quarter. The next three quarters were both energetic and great to watch. Unfortunately, as the game progressed LGGS found their stride and began to stretch their lead, however CHS continued to make good passing decisions, kept tight to their players and also increased their goal tally too. The match was great to observe, the play was dynamic from end to end, with all players on the pitch doing their best to mark their player, intercept the ball and premeditate the play. Well done to Lexi-Sky for gaining player of match, your defending of the goal was an incredible display. The final score was 12-4 to LGGS.

On Monday 22<sup>nd</sup> January the Year 9 boy footballers played in an 8 a side tournament against Morecambe Bay Academy A and B and two teams from Dallam. The round robin tournament was very competitive with some excellent football played by all the teams, even against the challenging winds of storm Isha.

## Year 10

On Monday 15<sup>th</sup> January the Year 10 boy footballers played in an 8 a side tournament against Morecambe Bay Academy A and B. The round robin tournament allowed two Carnforth teams to get some competitive match practice in place ahead of the upcoming football season. Well done to all the boys who battled the challenging weather conditions to represent school.



## Cross Country

On Saturday 13<sup>th</sup> January runners from Years 7, 8, 9 and 10 represented school at the annual district x-country event. The event was held at Ripley school on a cold but thankfully dry morning! There were some fantastic performances, with several of the Carnforth runners qualifying for the county round next month. In a competitive year 7 boys race Joe (4<sup>th</sup>) and Jacob (7<sup>th</sup>) finished inside the top 10. Well done also to Oliver, Daniel, Xavier, Lucas, Jack and Charlie.

Within the Year 8 girls competitors there was an outstanding performance from Ava who came 8<sup>th</sup> and qualified for the next round!

Year 8 and 9 boys and girls ran together in two races. Steven (7<sup>th</sup>) and Jack (9<sup>th</sup>) finished inside the top ten, with Sam finishing one place behind in 10<sup>th</sup>. Well done also to Owen and Kian. In the year 10 boys race Jayden (4<sup>th</sup>) and Charlie (5<sup>th</sup>) and George (7<sup>th</sup>) ran superbly.

Well done to all the students who ran and represented school. They were all an absolute credit to the school. A big thank you to parents who brought and supported their sons and daughters on the morning of the event.







# CROSS COUNTRY





## 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 January - February 2023**

	<u>LUNCH 12.45pm - 1.15pm</u>	<u>AFTERSCHOOL 3.30pm - 4.30pm</u>
<u>MONDAY</u>	Girls Team Practice - Sports Hall (AB)	All years Dance Club (AB) WC 22nd Jan Y7-11 Girls Rugby - Field (BL) Boys District Fixture Afternoon (JD)
<u>TUESDAY</u>	Y9-11 Dance - Dance Studio (AB)	GCSE Dance - Dance Studio (AB)
<u>WEDNESDAY</u>		LSDF Dance team (AB) Y7-11 Girls Football - Astro (NS & ST) Y7-10 Table Tennis - Dance Studio (CC & JD)
<u>THURSDAY</u>	Y7-8 Dance - Dance Studio (AB)	Y7-11 Girls Netball - Sports Hall (NS/AB) Boys District Fixture Afternoon (JD & CC)
<u>FRIDAY</u>	Y10-11 HRF - Fitness Suite (HW & JG)	GCSE Intervention—Sports Gallery (CC)

Boys & Girls Y7-11 if you are a regular team member, please look on the fixtures board for this half term's fixture list.

### Look out for Future Issues!

This year our school newsletter will be released **every two weeks** via Schoolcomms email and the school's website. Look out for future issues for all the latest information about what's going on in and around Carnforth High School and the local community.

**CONFIDENCE**

**PURPOSE**

**RESPECT**

**Carnforth High School Proudly Presents**



# The WIZARD of OZ

**Wednesday 13th and Thursday 14th March 2024**

**Adults: £4.00**

**Children: £3.00**

**Family ticket (4 tickets): £12.00**