



Friday 6th October 2023



Dear Parents/ Carers

Welcome to our weekly newsletter. If you are a Year 11 parent, you will see inside a summary document of all the dates for Post-16 Open Evenings in the local area. We also look forward to welcoming you to our Post-16 Evening on Thursday 12th October. This will commence at 6.00pm and will allow you to speak to all of our Post-16 institutions in one place. Inside you will also find our Year 11 mock timetable, as all students should now be commencing their revision.

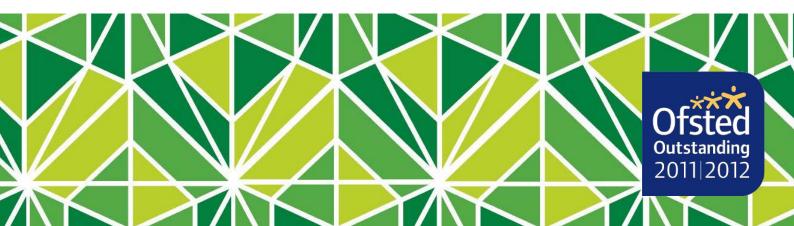
Lots of 'Wow Work' in this week's edition. Well done to all of those students included.

Finally, we have our Macmillan assembly by Form 9HC on Monday. After the excellent coffee morning, this will be an opportunity for the school to understand the work of MacMillan.

Have a nice weekend.

Yours faithfully

Julian Kirby Headteacher



NOTICEBOARD

HOT CHOC FRIDAY

Well done to the following students who have achieved a Hot Choc Friday award this week



HOW TO REPORT A CONCERN AT LUTTERWORTH HIGH SCHOOL



Tell a teacher, your tutor or go toKS3/KS4 Hubs to speak to a member of staff



ks3@lutterworthhigh.co.uk ks4@lutterworthhigh.co.uk

Forms outside KS3 and post in the letterbox



Tell your parents or a friend,

ere

Speak Out button on the school website www.lutterworthhigh.co.uk/student



POST-16 INFORMATION EVENING

THURSDAY 12[™] OCTOBER 2023 6.00-7.30PM

An informative evening for Year 11 students regarding further education.

A number of Post-16 providers will be available to discuss courses they offer.

W www.lutterworthhigh.co.uk T 01455 552710 E admin@lutterworthhigh.co.uk



Top House Points

Abby Keyworth 7HR (50)	Amelie Gibson 8HO (88)	Molly Baker 9LA (59)	Holly Clapton 8HO (72)
Alfie Millen 11HB (39)	Raimie Annandale 11HL	Greta Gladstone 10HB	Lianne Cooper 10HB (40)
Anya Barnwell 11LFD (39)	(62)	(47)	

NOTICEBOARD

Student Achievements

On Sunday September 17th, Lutterworth CC U13s Girls team played in the Leicestershire U13s county Cup softball cricket tournament and won!

The future is looking good for Girls Cricket!



Ocado

Do you shop with Ocado?

If you received one of these booklets as your free gift this month and no longer want it, the food department will find them very useful.

Please give them to Mrs Hornbuckle or Mrs Tebbatt.



Has your child achieved something their proud of?

Feature in our newsletter by emailing orobinson@lutterworthhigh.co.uk

eport Remove has been developed the NSPCC and the Internet Watch yundation (IWF). The IWF is a UK varity that aims to minimise the online ailability of images that meet the lega finition of child sexual abuse material

How to use **Report Remove**

Direct the young person to childline.org.uk/remove so they can use Report Remove. You can support them to follow these steps.

Confirm their age. They may be asked if they want to prove their age using ID.

2 Log into or create a Childline account.

Submit image/video to IWF for review.

Childline will send updates on the outcome of their report and provide further support where needed.

What can be reported to the tool?

What can be reported to the too More information on what constitutes a nud image or video can be found on the Report Remove webpage. Report Remove cannot take down images or videos that have only been shared through apps that use end-to-end encryption, such as WhatsApp or Snapchat. If the young person has the image or video, they should still be encouraged to make a report as the IWF will work to make sure that if the image is publicly shared online, it can be removed quickly.



What support is available to young people?

Young people can access support from the NSPCC through their Childline service. Childline's confidentiality promise also applies to users of the Report Remove tool. This means that most of the time, no one will know that a young person has submitted a report.

Using Report Remove within your organisation

Within your organisation Report Remove can be an effective tool to include in your organisation's safeguarding and child protection procedures but shouldn't replace any steps in your safeguarding process You should always respond to incidents of nud image sharing in line with your organisation's procedures and national guidance. You can find out more about how to write and audit your safeguarding procedures and how to support young people with incidents of nude sharing by visiting NSPCC Learning.

When supporting a young person to use Report Remove, it's important to reassure them that they've done the right thing by telling someone.

For more information visit nspcc.org.uk/report-remove



If you are worried about a child Call 0808 800 5000 Email help@nspcc.org.uk

NSPCC Learning

Report Remove

Report remove is tool for under 18s to report nude or sexual images or videos of themselves that have been shared online, to see if they can be removed from the internet.



NOTICEBOARD

felt like things couldn't get BETTER

Whatever you're feeling, Childline can help. We're free, confidential

and available anytime for advice and support.

childline

ONLINE, ON THE PHONE, ANYTIME childline.org.uk | 0800 1111

Childline is a service provided by the NSPCC . «National Society for the Prevention of Cruelty to Children (NSPCC) 2023. Registered charity England and Wales 216401 Scotland SC037717 and Jersey 384. Illustration by Rosie McKie. J20230101

Book of the Month October

The Marvellers by Dhonielle Clayton

This is a magical school adventure jam-packed with marvellous details both familiar and unique.

The Conjuror world is particularly enticing, with its animal companions (Ella's mother has an alligator!).

The story of a new girl who doesn't quite fit in is given an unusual twist, and the more perceptive reader will see parallels with how Marvellers treat Conjurors and race relations throughout the world.

This is the first in a new series, suitable for keen readers and lovers of intricate fantasy worlds.

DHONIELLE CLAYTON



NEW YORK TIMES-DESTSELLING AUTHOR

Sequel coming soon!

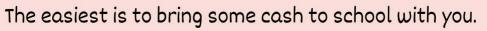
HUB What We're Reading

The Book Fair is here!

Until Lunch time on Tuesday 10th October, you'll be able to browse and buy from the Scholastic Book Fair in school.

MSCHOLASTIC

How do we buy from the book fair? There are several ways to buy books during the book fair.



You can also fill in an order form to take home so that payment can be made online.

There are also gift vouchers you can buy from Scholastic and spend at the fair, but change cannot be given.

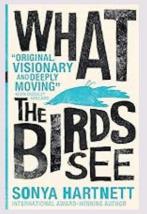
For every £1 spent we earn 40p to buy new books for our library!

Rapid Reviews by students, for students



Florence Smith 7LC The Girl From the Sea

"This is probably one of the best books I have ever read! It was very good."



Julia Melville 10LT What the Birds See "Absolutely amazing. It's a book set in the times when mental health wasn't recognised and through the eyes of a boy, all is revealed."

🖰 HOUSE READING CHALLENGE 🏫 🏠

Earn House Points by borrowing and reading books!

- 1.Borrow a book
- 2. Return it with a Rapid Review slip

3. Get a token for your house

Each half-term the house with the most tokens will win 100 house points and one lucky reader will win a prize.

> 2nd place = 75 points 3rd place = 50 points 4th place = 25 points

CUNNINGHAM ARE CURRENTLY IN THE LEAD



Wow Work

Cell Models - Homework

The student below received a distinction and the other three models got a merit chosen by the class.



PSHE wow work

Tz Seperation	NAVA'I	13 Stress, Anxiety + Depression
Meanings of	WOULD	Types of Stress, Anxiety · depression:
· Separation = hi	then things come apart, a division, losing something/one important experiance of losing someone important g you feel when things me lost, sorrow.	= Acute stress = Chronic stress
· Loss = Absence	, losing something/one	> Physical stress = Episodic acute stress
· Bereavement	experiance of losing someone important	Physical stress Episodic acute stress Psychological stress Episodic acute stress
· arie = A feelin	g you feel when things are lost,	
intense	Feelings!	Signs.
Exampleso	Everyone rends dillementing	· Il someone withdraws it may be poppering (lealing
mmm	0	It someone withdraws, it may be depression (belling led up, sleep issues, change in interest too) e 11, someone is working / being slightly paramoid, it
The separation	of my parents was upsetting.	· If someone is working / being slightly paranoid, it
The loss of	my toy was traumatising as a child.	may be anxiety (may be OCO-medically)
I bereaved h	of my parents was upsetting. my tay was traumatising as a child. my Grandma when i was 5. when my favourite team lost.	May be anxiety (may be OCO mericity) If someone is angsty, shorting and comprising, if may be stress (can pub off on others)
the gird	when my province team lost.	• If someones wited and scared at the same time,
How to help?	1 3 words:	it may be ankiety (acute stress)
m		~ ~
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Revisionance, be	the same (normality), humor	presthing from doing everyday things) - can be
	the are Creining), Normer	Talking penetic, ongoing stress or personali
	1	Music pator, (can lead to misuse of subsan
PAR	5	Nifting Strees, analisty and depression/ Ages 14:35 yrs
	n of stress which demands the mediate	Meditation Use this resource for the Take 20 Activity choice
	nt or demand. It is not always A can even ople r-coaster in the form of fear. S 2d as the ues.	+ Hot bath Relax after Kelax
	ing situation can cause mental DI lems like t for	Relax ation 11 think therapy would be a good step Submining to improve his methal-health. Perhaps
ost-traumatic stress disorder of	acute stress disorder.	· Priving they in persibe him with rediction.
		Reading

MATHS WOW WORK

Great work in maths with the Cuisenaire rods looking at mental calculation methods.



Year 9 took to the field to work on bearings. A great example of using a mobile phone sensibly.



Year 10 hard at work!











Year 8's excellent book work

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MATHS WOW WORK

Year 10 statisticians analysing data on a spreadsheet to find anomalies in the data.



Year 11's working very hard to improve their surds in the Friday 'higher' intervention.



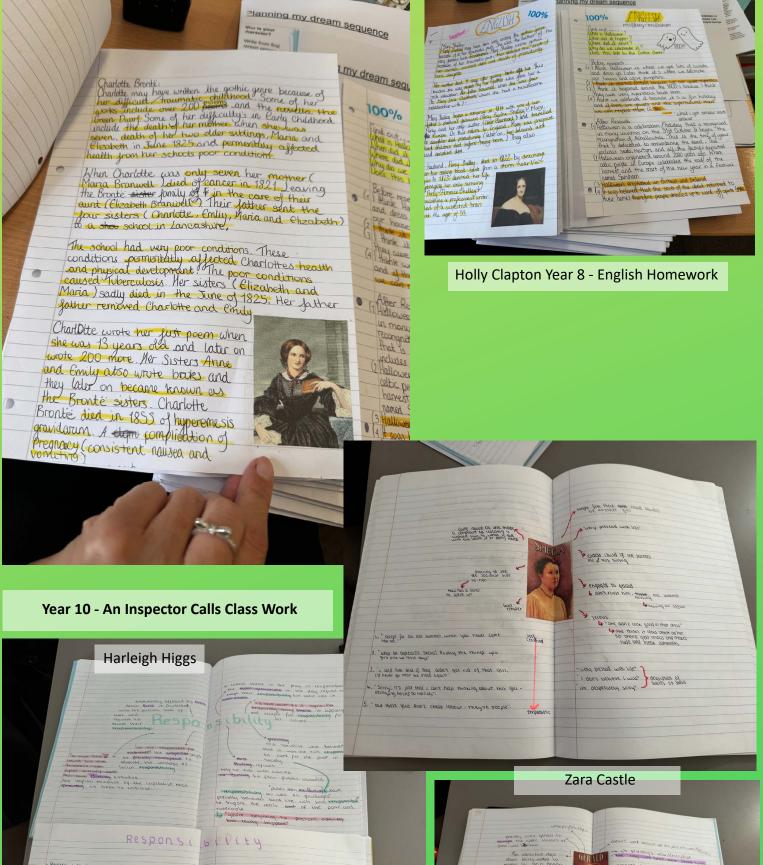
Year 7 multiplying decimals!











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Zara Castle

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CHARITY CORNER

Next week, 9HC will be presenting to the divisional assemblies about who Macmillan are, what they do and how they will be raising awareness during the week. They feel very strongly about the charity and have personal connections to the cause.



On Tuesday lunchtime, the students will be running a treasure hunt quiz for students in all years to participate in. During this, they will learn more about the charity and how they support those living with or caring for someone with cancer. Remember to bring your 50p to take part!

MACMILLAN CANCER SUPPORT

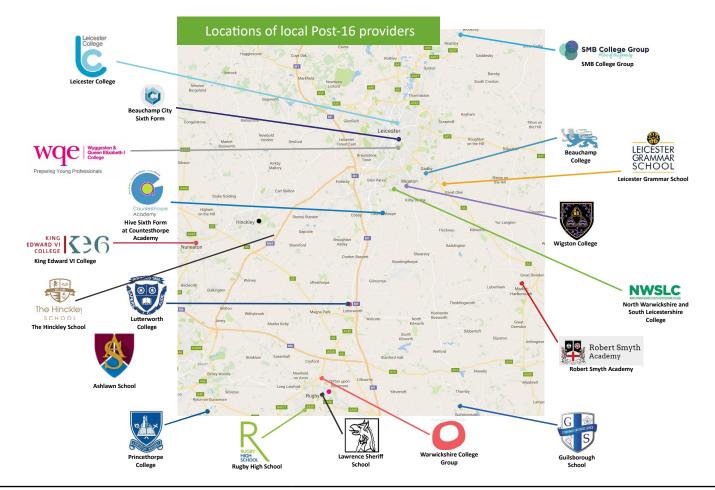


DISTINCTION AWARDS

Well done to the following students who have achieved distinction awards this week.

George Aldridge 7LM Erin Aldridge 10HE Iris Archer 7LH Lucas Ashman 7HA Molly Baker 9LA Henry Barber-Riley 9HO Oliver Barber-Riley 11HJ Isla Blockley 7HR Thomas Bodman 11LFC Fletcher Broadbent 9LB Sammy Burgess 8LE **Chris Burnett 9HC** Alexander Burnett 7HH Emma Burns-Kent 7LH Bazsi Butosi 8HS Jude Carter 9HO **Daniel Cave 8HO** Holly Clapton 8HO Izzy Clarke 9LB Lyla Clarke 7LM Connie Clelland 11LFC Jayden Coleman 9HC Effie Cooke 9HC Ebany Cope 7HA Tait Cottom 11HB **Elizabeth Cowles 9LB Emily Dand 7LH** Hollie Davies 8LE Nathan Dew 7LH Sophie Donovan 11LSD George East 10LK Asma Faizi 8LM Ava Farrelly 11HH **Elizabeth Fletcher 10HE** Jamie Forman 9LB Eva George 11LSD Amelie Gibson 8HO Maisie Goodman 11HB Poppee Govier-Smith 8HG Belle Green 7LH Lucy Hammond 11HL Theo Hancock 10HE Toby Harris 8LM **Delsey Hart 11HH** Marc Hawkins 11HH Isabella Heneghan 9HO Ethan Hetherington 9HM Emily Hill 8HS Alfie Hill 7LC Holly Hinton 10LT Freya Holyoak 11LSD Herbie Hopkins 8HO Lulu Hornbuckle 8LE

Felix Hubbard 11LSD Josh Jacques 8HS Abby Keyworth 7HR Emily Keyworth 7HA Jake Kilby 9LB Maisie Kinnaird 11HB Izzy Kirby 11HH Em Klapot 7LM Kieran Kudlicka 8HO Mandi Madziba 7HH Mariana Magalhaes 8LE Sophie Marsden 9LA Joel Matthews 10HE Lucy McClements 7HA **George Mears 10HL** Jack Meehan 11LSD Julia Melville 10LT Lexie Miller 8LM Fleur Moult 11LFC **Oscar Murphy 7HR Ben Nicholls 8LM** Shaelyn O'Farrell 9HC Jack Osborne 11LSD Grace Page-Brown 9HM **Charlie Pateman 9HC** Iris Pateman 9HC Kacie Peters 8HG **Elsie Pickering 7HH** Jake Porter 7HA Tisya Rana 7LM Alfie Richmond 10LT Sophia Rochelle 11HJ Will Rogers 9HC Jude Rymell 7LC Mani Samrai 8LM Erin Sandland 9HM Lucas Serban 7LH Thomas Sibson 8LE **Ollie Silvester 10LT** Florence Smith 7LC Antonio Soare 7HA Ava Spibey 7LH Jamie Styring 9LN Jessie Thomas 7LM Adam Thomas 10LK Sophie Underwood 11HW Alice Vigrass 7HR Anastasia Walden 7HA



Post-16 Providers - Open Days/Evenings		
Ashlawn School	Thursday 23rd November Times TBC	
Beauchamp City Sixth Form	Saturday 4th November 2023 10.00am Book <u>here</u>	
Beauchamp College	Saturday 4th November 10.00am-1.00pm	
SMB College Group	Saturday, 28th October 2023 9.00am 4.00pm Brooksby Campus Saturday, 4th November 2023 10.00am -1.00pm Stephenson Campus	
Guilsborough Academy	Thursday 2nd November 6.00-8.00pm	
Hive Sixth Form at Countesthorpe Academy	Thursday 2nd November 5.00-8.00pm	
The Hinckley School	Thurday 9th November 5.00-8.00pm	
King Edward VI	Thursday 16th November 3.30 pm - 8.00 pm Saturday 18th November 18 9.30 am - 12.30 pm	
Leicester College	Thursday 26th October 4.00-7.30pm Saturday 25th November 10.00am-2.00pm	
Leicester Grammar School	Thursday 2nd November 5.30-8.00pm Book here	
North Warwickshire and South Leicestershire College	Wigston Campus - Monday 23rd October 5.00-8.00pm Hinckley Campus - Monday 23rd October 5.00-8.00pm Nuneaton Campus - Thursdsay 26th October 5.00-8.00pm Register on their site.	
Princethorpe College	Wednesday 18th October 6.30-9.00pm Book here	
Robert Smyth Academy	Wednesday 15th November 6.00-8.00pm	
Rugby High School	Thursday 16th November, 5.30pm - 8.30pm	
Warwickshire College Group	Royal Leamington Spa College - Wednesday 11 October, 5.30- 8.00pm Warwick Trident College - Thursday 12 October, 5.30-8.00pm Moreton Morrell College - Saturday 14 October, 10am -1.00pm Rugby College - Tuesday 17 October, 5.30-8.00pm Evesham New College - Thursday 19 October, 5.30-8.00pm Pershore College - Saturday 21 October, 10.00am - 1.00pm	
Wigston College	Wednesday 8th November 5.00-7.30pm	
Wyggeston and QE1 College	Saturday 4th November 2023 from 9am – 3pm Book <u>here</u>	

Career Days - Community Notice

Students can visit <u>www.careerdays.co.uk</u> to join a session in their field of interest and will receive a certificate at the end of the day confirming their work experience.

Where Learning Comes First

Y11 Mock Exams Nov - Dec 2023

	ART MOCK		Wednesday 22 ⁿ	^d November	Thursday	23 rd November	Frid	ay 24 th November
			English Walking T Period			lking Talking Mock eriod 1-2	English	Walking Talking Mock Period 1-2
	nday 20 th November (Class 11D sday 21 st November (Class 11E		Maths Walking T Period	alking Mock	Science Wa	lking Talking Mock eriod 3-4	Geograp	hy Walking Talking Mock Period 5-6
	Monday 27 th November	Tuesday 2	8 th November	Wednesday 29	th November	Thursday 30 th Nove	mber	Friday 1 st December
P1 –2	English Language Paper 1 1hr 45m	Science - I Separate s Combined	science 1hr 45m	History Paper 1 2hrs		Science – CHEMIST Separate science 1h Combined 1h		English Language Paper 2 1hr 45m
Break								
P3-4								
Lunch								
P5-6	Maths Non-Calculator Paper 1hr 30m	Geograph Paper 1 1hr 30m	У	Enterprise & M 1hr 15m Dance 1hr 30m	arketing	Maths Calculator Paper 1hr 30m		History Paper 2 1hr

	Monday 4 th December	Tuesday 5 th December	Wednesday 6 th December	Thursday 7 th December	Friday 8 th December
P1 –3	RE 1hr 45m	Design Technology 2hr Food and Nutrition 1hr 45m	Science – PHYSICS Separate science 1hr 45m Combined 1hr 15m	French Reading/writing Spanish Reading/writing Foundation R=45 mins /W=1 hr Higher R=1hr/W=1h15m	Business1hr 45mDrama1hr 45mCatch up session 2
Break	Periods 1,2,3 then break		1		I.
P4		Catch up session 1			
Lunch	Normal lunch				
P5-6 1:30pm start	Geography Paper 2 1hr 15m	French Listening Foundation 35min Higher 45mins	Spanish Listening Foundation 35min Higher 45mins	Creative imedia1hr 30mComputer Science1hr 30mPE1 hrMusic1hr 15m	

50 TIE

Our 50 Tie is awarded to students who have participated in over 50 competitive fixtures. This is a fantastic achievement. Next stop, the 100 tie! Well done to the below students.







Geography Leicester Visit

Year 10 GCSE Geography students paid a visit to Leicester city centre on Thursday to learn more about the city's character and heritage.

Taking in a walk around areas of the city including the railway station, market, Jubilee Square and Castle Gardens, they learned about important changes to the city including recent regeneration and transport projects to support their case study for their GCSE work.

They also visited the Leicester Stories gallery to learn more about the impact of migration on the population of the city, and understand the story of the city's modern narrative.









Pembroke College Cambridge KS4 Open Day

On Tuesday, ten students from Year 11 travelled to Cambridge for the KS4 Open Day at Pembroke College. The day consisted of an introduction to the University of Cambridge, a Post-16 choices session about choosing A-levels, a subject taster into Classics ('how the gossip surrounding Julius Ceasar relates to modern day politics'!) and a lovely lunch. We also had a tour around the college with a current student and were able to ask her loads of questions. Please read below what the students thought of this event:

I enjoyed my experience at Pembroke college as it was useful and informative for my future. It gave me an insight to what my future could be like at Cambridge University and has encouraged me to aim high. The atmosphere at Pembroke was very welcoming and calm, with beautiful views from every angle. There were nice students and staff who were happy to help out and answer questions. The food was very nice and the facilities were lovely. Sophie Underwood

On the trip to Pembroke college I was very surprised to discover that going to a university such as Cambridge was more achievable than I originally thought. Thanks to talks from members of the Cambridge admissions team I was given advice on the A-Levels that I would need to choose in order to get onto specific courses and a short talk from a student about Julius Caesar inspired me to do research on the bus trip home on what options and entrance exams I would need to complete and the grades I would need in order to go to Cambridge for an economics degree. Isaac Davies

The trip was an eye opener to what I would experience once I was to finish my A-levels and how different it would be. The trip also displayed the quality of Cambridge University; specifically Pembroke College, which motivated me to start researching my potential route to get there. The day consisted of an ice breaking activity followed by an insightful Q&A session with some undergraduates studying a variety of subjects. After lunch we were given a taster lecture on the character of Julius Caesar, Emperor of the Roman Empire. Finally, we were given information about possible Post-16 options and the best subject choices for the course you want to take at university. We took a longer route to get back to our bus, which allowed us to walk through the beautiful city. Overall, I think it was a trip that should be hosted every year by the school for children that aim to go to a university such as Cambridge, as it shows you the quality of the institution as well as useful information on how to get there- which could motivate students to become higher achievers.



ACTIVITY OVERVIEW - TERM I

Days	Lunch 12.30-1.15pm	After School 3.00pm 3.00-4.00pm/4.15pm/4.30pm
Monday		Bugsy Malone Prop Making KS4 Art Club Netball 10 Netball 11 Netball 7 Netball 8 Netball 9 Rugby 7 Sport Leader Table Tennis Comp Science7
Tuesday	Minecraft Club Lego Club	Dance Club 9-11 Football 7 Football 8 Football 9 House Football - Year 7 House Football - Year 8 KS4 Art Club Rugby 8 Rugby 9/10 Miniatures and Tabletop Games Silver DofE
Wednesday	Pride Club	Bronze DofE Bugsy Malone Band Football 10 Football 11 House Football - Year 9 House Football 10 KS4 Art Club Textiles Art Club STEM Club Cross Country Club Arts in the Terrace Performer - Wednesday 4th October
Thursday	Minecraft Club Choir	Dance Club 7-8 The Games Card Games KS3 Art Club KS4 Art Club Rugby 11 Further Maths

THE EMERALD WAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
THE EMERALD WAY	AFTER SCH 15:00-16		THE EMERALD WAY
Boys Rugby Yr.7 (MHO)	Boys Rugby Yr.9 + 10 (JJO)	Boys Rugby Yr.8 (TWH)	Boys Rugby Yr.11 (TWH)
Netball All Years (ZTU)	Netball Yr.7-9 Games (ZTU)	Netball Yr10/11 Games (ZTU)	
	Football Yr.7-9 (AMT.GMC.TNU)	Football Yr.10-11 (AMT.CBR)	
	Dance Yr.9-11 (KBA)		Dance Yr.7-8 (KBA)
		Mixed XC Yr.7-11 (MNA)	The Games Invite Only (STO)

COMMUNITY NOTICES

UNEATO

Open Events

Thursday 16 November 3:30pm - 8:00pm Saturday 18 November 9:30am - 12:30pm



ROYAL LEAMINGTON SPA

Book now www.ke6n.ac.uk



EVESHAM NEW COLLEGE O PERSHORE COLLEGE

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ac.uk

WARWICK TRIDENT

EDWARD VI COLLEGE

Better Futures Coventry

O RUGBY COLLEGE

O MORETON MORRELL COLLEGE

From A Levels to BTECs, T Levels to Apprenticeships and more, come and explore what WCG has to offer at an

OPEN EVENT

SUBJECTS AVAILABLE INCLUDE:

- Art & Design
- Building Services
- Countryside Management
 Digital & Creative Technologies
- Early Years & Childcare
- Engineering
- Equine
- Hair, Beauty & Barbering
- Hospitality
 Motor Vehicle
- Sport
- Supported Learning ...and more!

To find out more and book your ticket go to: wcg.ac.uk/openevents



Thursday 26th October 2023 6.00pm - 8.30pm

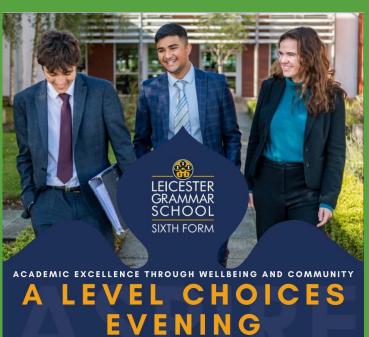
- 🕳 Take a tour of Higham Lane Sixth Form
- 💳 Explore our courses and visit Higher Education Stalls
- Meet our Head of Sixth Form Presentations at 6pm and 7pm
- 🥶 Hear from our students about life at the Sixth Form
- Find out how we can give you the EDGE

Higham Lane Sixth Form Shanklin Drive Nuneaton CV10 0BJ

sixthform@highamlaneschool.co.uk 02476388123 www.highamlanesixthform.co.uk



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THURSDAY 2 NOVEMBER 5.30-8.00PM TO BOOK SEE WWW.LGS-SENIOR.ORG.UK/SIXTHFORM

COMMUNITY NOTICES



What is the Sixth Form at Princethorpe really all about? Academic achievement, exploring your passions, preparing for the future? Yes, and much more... Find out at our Sixth Form Open Evening on Wednesday 18 October 2023, 6.30pm to 9.00pm.



To book your place visit our website princethorpe.co.uk/visit or scan the QR code.





October 2023

Hive Sixth Form Open Evening –Thursday 2nd November 2023 from 5.00pm to 8.00pm

I would like to take this opportunity to extend an invitation to Year 11 students and parents to join us for our Hive Sixth Form Open Evening on Thursday 2²⁴ November from 5:00pm – 8:00pm. The evening will provide you with valuable information about your young person's future and our fantastic Post 16 offer from Hive Sixth Form at Countesthorpe Academy. Please book your place <u>HERE</u>

During the evening you will be provided with an overview of Sixth Form in the Countesthorpe Theatre at 5:15pm and repeated again at 6pm.

The evening will also provide you with the opportunity to speak with subject specialists to find out more about the subjects we have on offer and to ask any questions about the subject specifications. Whether your son or daughter is considering a traditional academic route or one which is more vocational, our Subject Staff will be available to answer any queries that you may have.

In addition, we are also hosting a session on supporting the most able students with our tailored programme at 7:00pm in Hive Study and a presentation describing what Sixth Form life is really like hosted by our Sixth Form Leadership Team also in Hive Study at 5:45pm. Additionally, we have representatives from our Careers Team will be in attendance to share how they support your child in making those important next steps decisions.

Finally, the evening will also provide you with the opportunity to take a look at our Sixth Form facilities in The Hive Centre, Hive Study and Hive Fuel Bar as well as finding out more about transport options on our Hive Minibus.

In addition to this informative session, we can also offer your child the opportunity to take part in one of our subject courses during our Taster Evening on Tuesday 14th November 3-5pm. This option MUST be prebooked <u>HERE</u>

If you have any questions please contact me by email kchallinor@clcc.college

We look forward to seeing you on Thursday 2nd November.

Yours sincerely

K. Challing

Assistant Headteacher and Director of Sixth Form

Winchester Road | Countesthorpe | Leicestershire | LE8 5PR T0116 2771555 | W countesthorpe.org.uk | E admin@countesthorpe.org.uk Headleacher. Mrs. C. Alcheson | Head of Skihl Farm, Mrs. K. Challinor Realistera (In Expland and Wales | Compare Initiated by augmantee No 7992438 | Realistered challfy



PHYSICAL ACTIVITY

hysical activity

To maintain a basic level of health, the Chief Medical Officer recommends children and young people aged 5 to 18 should take part in an average of at least 60 minutes of physical activity per day.

Taking part in Physical Activity has many benefits for children and young people, including; improving fitness, increasing concentration, building a stronger heart, bones and healthier muscles. Being regularly physically active improves self-esteem, lowers stress and encourages a better nights sleep. The NHS has further information **here**.



OCTOBER 2023

Did you know?

Exercise leads to improved motor skills, better thinking and problem-solving. It's a **BRAIN BOOSTER**!



TRY SOMETHING NEW TODAY!

Now is a great time to try a new sport! Joining a team or trying out a new physical activity gives children the opportunity to meet new friends, develop their confidence, learn how to play by the rules, stay focused, be consistent, and work hard towards their goals. It also gives them a taste of competition and teaches them that there's always room for improvement.



CLICK HERE TO FIND LOCAL SPORTS CLUBS IN YOUR AREA!

2) ACTIVE TRAVEL MONTH

This year's Active Travel Month takes place throughout October and we want as many pupils as possible to get involved! Actively travelling to school is a great way to boost a child's physical and mental health. It helps them feel alert and ready for the day. Pupils can actively travel by walking, cycling or scooting to school this month.

Last year 8,185 pupils took part in Active Travel month, can we beat that this year?

'I really enjoyed walking to school and helping the environment.'

Key October dotes

International Walk to School

• World Teachers Day- 5th

World Food Day-16th

• World Mental Health Day-10th

Black History Month

Month





STAY ACTIVE FOR LESS!

Click here to find helpful resources and information for your family to SPORT

NAJ HIUOS

stay active for less. Look out for our SC guide to local walking routes and beautiful green spaces South Leicestershire has to offer.

LET'S GET SOCIAL



BYOD' Bring Your Own Device

We invite all students to bring in their own devices to connect to our school WiFi. This includes mobile phones, laptops, tablets and iPads.

If your child would like to take advantage of our 'BYOD' provision, please ensure you sign the 'ICT Acceptable Use Policy' letter and also fill out the 'New Technologies' consent form, both of which can be found at Student Reception.

Please hand back in to Student Reception upon completion in order to start using your devices.

Edulink

The EduLink App provides a convenient and accessible way for us to communicate with parents on some of the main aspects of daily school life.

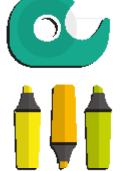
It's easy to use and is accessible from a smart phone, tablet or PC. You can use the app to report an absence easily and also book appointments for your child's Parents' Evening.

If you haven't already been issued with login details, please contact the Edulink team on the below email address <u>edulinkapp@lutterworthhigh.co.uk</u> If you need to register, click here.

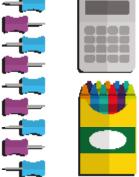
NEED LIEUP? If you have any queries or need IT assistance, do not hesitate to email <u>eservices@lutterworthhigh.co.uk</u>

OFFICE 365 – STUDENT ADVANTAGE & TEAMS

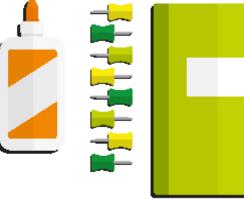
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Stock up for academic success with free Office.

Students get a complete version of the latest Microsoft Office for free to use for as long as they're students!

Visit our the website and go to Menu - Students - Student Zone

NO, FEAR	
NOVEMBER PLAN.	
2 DECEMBER NNER	12
3 3 5 SUN	4

AUTUMN TERM 2023	FROM THE MORNING OF:	UNTIL THE END OF:
Autumn 1st half term	Tuesday 29 th August 2023	Friday 13 th October 2023
Mid-term break	Monday 16th October 2023	Friday 20th October 2023
Autumn 2nd half term	Monday 23 rd October 2023	Friday 22 nd December 2023

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SPRING TERM 2024	FROM THE MORNING OF:	UNTIL THE END OF:
Spring 1st half-term	Tuesday 9 th January 2024	Friday 16 th February 2024
Mid-term break	Monday 19th February 2024	Friday 23rd February 2024
Spring 2nd half-term	Monday 26 th February 2024	Friday 22 nd March 2024

SUMMER TERM 2024	FROM THE MORNING OF:	UNTIL THE END OF:
Summer 1st half-term	Monday 8 th April 2024	Friday 24 th May 2024
May Day	Monday 6th May 2024	Monday 6th May 2024
Mid-term break	Monday 27th May 2024	Friday 31st May 2024
Summer 2nd half-term	Monday 3 rd June 2024	Wednesday 10 th July 2024