



@LuttHigh



LuttHigh



Lutterworth High School Academy Trust

Friday 3rd November 2023



Dear Parents/ Carers

Welcome to our weekly newsletter. I walked around the school at the end of the day yesterday. My first stop was the after school revision lesson for science. The turnout was superb and Miss Niemeijer was expertly dissecting a question from one of the examination papers. My next stop was the art club where there were a large number of KS3 students carefully cutting out their stencils. My final stop was the music room where I had the pleasure of hearing the band play a song from the Buggy Malone musical. Even at the end of the normal school day there are many activities across the school and students contributing to their Emerald Way.

Well done to our students who participated in the Chemistry challenge who are named inside and there is an exciting new spelling challenge in MFL.

I look forward to welcoming many of you to our Assessment and Reading Information Evening next Thursday. This is always popular, especially if your child has joined the school this year and you want a greater understanding of how we will assess your child.

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 to KS3/KS4 Hubs to speak to a member of staff



Tell your parents or a friend, who can report on your behalf



Forms outside KS3 and post in the letterbox



Self report to
ks3@lutterworthhigh.co.uk
ks4@lutterworthhigh.co.uk



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

Student Achievement

This Year 8 student pictured right has just finished competing in his first season of kayak slalom.

The last competition of the season was this weekend and on Saturday he won division Div 4 K1M (Division 4, Kayak Men) completing the course faster than everyone else in the division and earning himself promotion up to the next division. This means when the season restarts early next year he'll now be competing in Div3 K1M (Division 3).

Due to the commitment he shows to his sport he also now has his own kayak to train and compete in.

This is fantastic, congratulations!



STARBOOKS
Cosy Reading Club

Thursdays 3-4pm from November 9th
Learning Hub

Runs until February half-term.
Juice and biscuits provided.
Independent reading followed by
a group discussion.
Sign up on SOCS

Top House Points

Jovina Joshi 7HH (51)	Asma Faizi 8LM (59)	Hollie Castledine 8LE (55)	Toby Allen 7LC (80)
Freya Holyoak 11LSD (46)	Raimie Annandale 11HL (32)	Charlotte Wells 11HJ (48)	Oscar Campbell 10HB (28)

NOTICEBOARD

Assessment and Reading Information Evening

Please confirm your attendance using the Edulink form 'Assessment and Reading Information Evening'.



ASSESSMENT AND READING INFORMATION EVENING THURSDAY 9TH NOVEMBER 6.00-7.00PM

An opportunity for parents to understand the Lutterworth High School assessment system for both KS3 and KS4.

- Find out about the 1-9 GCSE grading system.
- Know how to identify if your son or daughter is 'on track'.
- Learn about how the school supports your child's development with the explicit teaching of Reading, Oracy and Writing (ROW)

W www.lutterworthhigh.co.uk

T 01455 552710

E admin@lutterworthhigh.co.uk

FOR PARENTS OF YEAR 7



Cross country race 2 at Manor High School

We went to Manor High School on the minibus with Mrs Tomlinson to take part in the second mid-week cross country race. It is a nice, friendly race where everyone is encouraged no matter how much running you do. You run three loops around a big field so the course is not very exciting. However, it is relatively flat so it's a good beginners race. The weather was perfect, the sun was out and the air was cool and crisp. I came 7th out of about 70 people but there was a short, steep hill leading up to the finish! It was a good experience.

Jamie Styring – 9LN





HAPPY Diwali

TUESDAY 14 NOVEMBER

Mains

Hyderabadi Chicken Biryani/ Hyderabadi Quorn Biryani

Vegetable Samosa

Poppadoms

Hot Deli

Lamb Seekh Kebab, Flat bread, salad & mint dressing

Grab & Go

Chicken Tikka Flat bread

Desserts

Selections of Homemade cakes/ cookies



FRENCH SPELLING BEE

Calling all Year 7's!

Join in this year's French Spelling Bee Competition!

Thursday lunchtimes, Room 15 at 12.30pm

Start date: Thursday 9th November

Final: Thursday 14th December

See Miss Carletti for a lunch pass if necessary.

- Certificate for every entrant
- Spot prizes on the way!
- Amazon vouchers for the winner and runners-up!

Prizes awarded on Thursday 14th December!

You have to join in from the first week.

Sign up on SOCS

Give it a go! 🍷





THE LHS DANCE-A-THON



RAISING FUNDS FOR CHILDREN IN NEED

THURSDAY 16TH
NOVEMBER

9.00AM-3.00PM

SIGN UP ON SOCS



MINIMUM

£5

SPONSOR FEE

PRIZE FOR MOST
MONEY RAISED

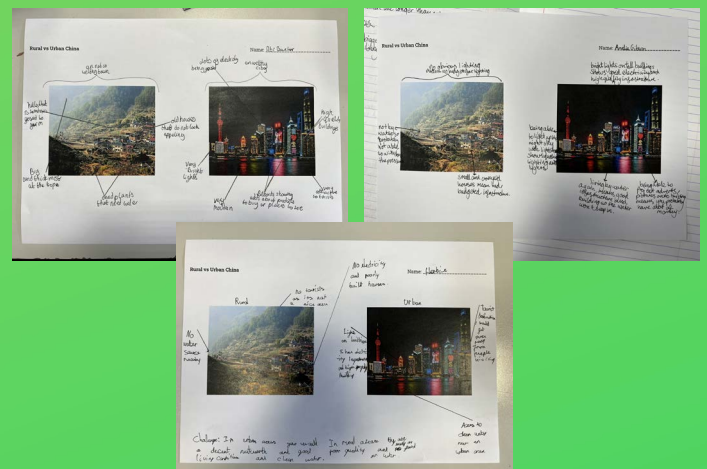
Wow Work

Year 8 made samosas with sweet potato and pumpkin as a seasonal twist! Don't they look delicious! Well done!



It was homework hand in day for Year 8. Look at these high-quality research pages about Indian cuisine. Mrs Tebbatt said "I can see lots of merit and distinction worthy pieces of work! I'm looking forward to marking them!"

Some fabulous annotated photos by members of 8HO who have been using them to identify differences between life in rural and urban China in Geography.



Year 7 Geography students planning routes using local Ordnance Survey maps, to apply understanding of map skills learned last term, in preparation for an assessment next week.



Top of the Bench Chemistry Challenge

18 students from Years' 9, 10 and 11 took part in the first round of the Top of the Bench chemistry quiz organised by the RSC. It's designed to challenge and interest budding chemists and the students worked tremendously well together to complete it.

Well done to:

Year 9

Izzy Clarke
Jess Ford
Nicolas Wride
Marcus Knight
Milena Lopata
Will Demery
Molly Baker
Trinity Barnes

Year 10

Adam Thomas
Theo Hancock
Will Bundock
Olivia Green
Julia Melville

Year 11

Dan Baum
Violet McKenzie
Connie Clelland
Hatim Faizi
Sophie Donovan





THE EMERALD WAY

CHARITY CORNER

Please find below a detailed plan of the chosen charities of Year 9. Students will be doing a variety of activities, raising awareness as well as funds, throughout their week for their chosen charity. Make sure to get involved in any way you can.

W/C 4th December - 9LA - [Cancer Research UK](#)

W/C 12th February - 9LN - [Teenage Cancer Research](#)

W/C 4th March - 9LB - [SSAFA, The Armed Forces Charity](#)

W/C 7th May - 9HM - [Young Minds](#)

W/C 10th June - 9HO - [Dementia UK](#)



CHARITY

POPPY APPEAL

Merchandise for the Poppy Appeal will be on sale next week so students may want to bring in cash to make purchases.

We will be holding our Remembrance Assembly next Friday and holding a 2 minute silence.

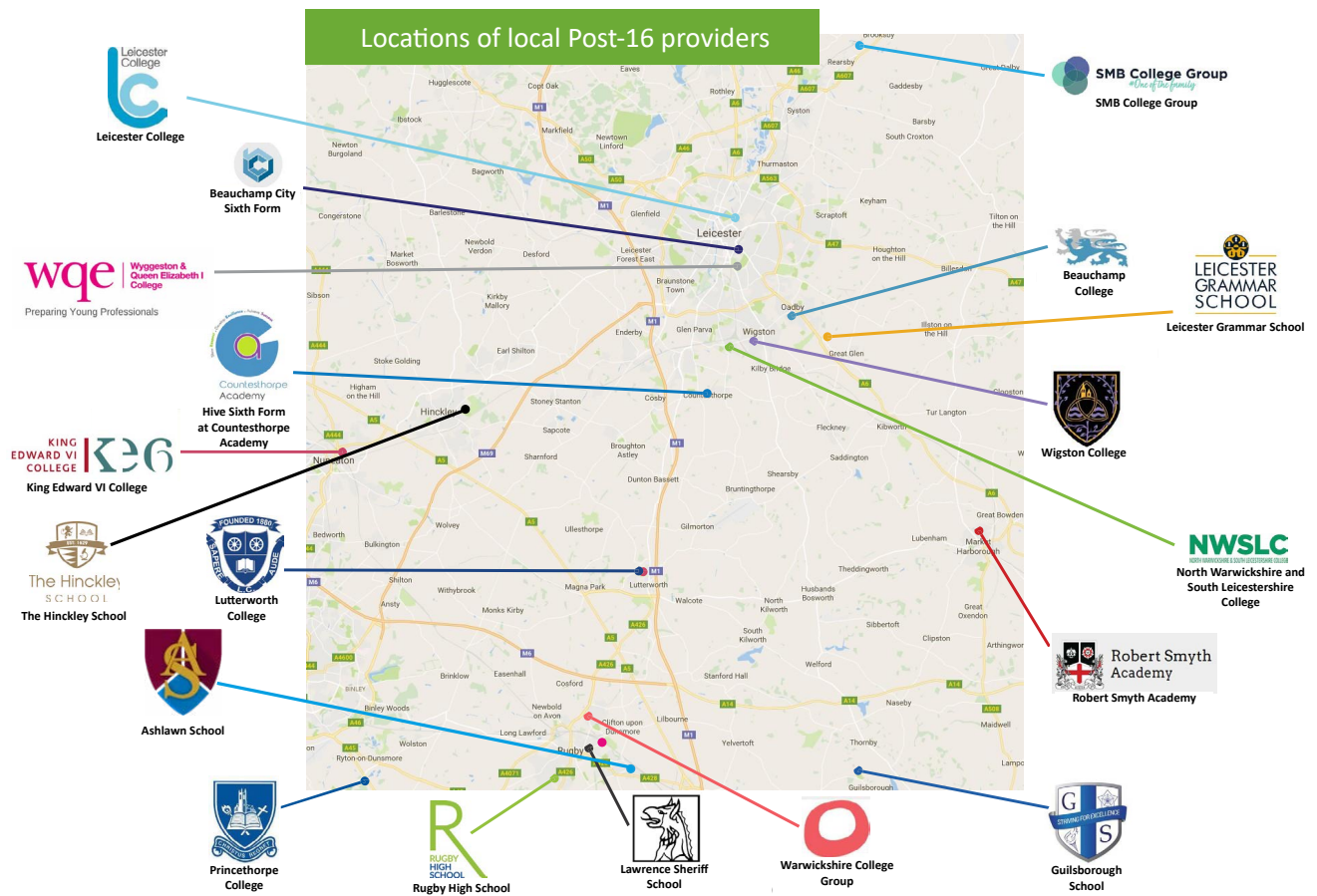
TEDDER PUMPKIN COMPETITION

This week, our staff submitted some fantastic entries to our annual pumpkin carving competition.

The attention to detail was fantastic and they made for an eye-catching display in our foyer!

Winners below!





Post-16 Providers - Open Days/Evenings	
Ashlawn School	Thursday 23rd November Times TBC
Beauchamp City Sixth Form	Saturday 4th November 2023 10.00am Book here
Beauchamp College	Saturday 4th November 10.00am-1.00pm
SMB College Group	Saturday, 4th November 2023 10.00am -1.00pm Stephenson Campus
The Hinckley School	Thursday 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	Saturday 25th November 10.00am-2.00pm
Robert Smyth Academy	Wednesday 15th November 6.00-8.00pm
Rugby High School	Thursday 16th November, 5.30pm - 8.30pm
Wigston College	Wednesday 8th November 5.00-7.30pm
Wyggeston and QE1 College	Saturday 4th November 2023 from 9am – 3pm Book here

Career Days - Community Notice

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

Revision Block 1

Monday 23rd October to Friday 24th November

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school 8am - 8.30am		Biography* - Rm16 6 mark questions 8.15-8.30am	Chemistry* - Rm16 6 mark questions 8.15-8.30am	Physics* - Rm16 6 mark questions 8.15-8.30am	
Lunchtime		Creative Media	PE - D3a 12.50-1.10pm		DT - D5 12.45-1.15pm
After School 3.05 – 3.50pm	Maths F & H Art - Drop in	DT - D5 Art - Drop in	English Art - Drop in Art - Targeted Support	Music (Comp) Science F - rm16 Spanish H - rm15 French H - rm14 History - Invite Only Art - Drop in Art - Targeted Support	History - Rm9 Geography - Rm7/8 (2 group – 1 invite only 2 limited to 30)
After School 3.50pm – 4.30pm	Art - Drop in Business Studies	Art - Drop in	RE Art - Drop in Art - Targeted Support	Science H - rm16 Spanish H - rm15 French H - rm14 Art - Drop in Art - Targeted Support	Food - D3

*Science 6 Mark Mornings—See SOCS for further details

ART MOCK	Wednesday 22 nd November	Thursday 23 rd November	Friday 24 th November
Monday 20 th November (Class 11D)	English Walking Talking Mock Period 1-2	History Walking Talking Mock Period 1-2	English Walking Talking Mock Period 1-2
Tuesday 21 st November (Class 11E)	Maths Walking Talking Mock Period 3-4	Science Walking Talking Mock Period 3-4	Geography Walking Talking Mock Period 5-6



	Monday 27 th November	Tuesday 28 th November	Wednesday 29 th November	Thursday 30 th November	Friday 1 st December
P1 –2	English Language Paper 1 1hr 45m	Science - BIOLOGY Separate science 1hr 45m Combined 1hr 15m	History Paper 1 2hrs	Science – CHEMISTRY Separate science 1hr 45m Combined 1hr 15m	English Language Paper 2 1hr 45m
Break					
P3-4					
Lunch					
P5-6	Maths Non-Calculator Paper 1hr 30m	Geography Paper 1 1hr 30m	Enterprise & Marketing 1hr 15m Dance 1hr 30m	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	Business 1hr 45m Drama 1hr 45m Catch up session 2
Break	Periods 1,2,3 then break				
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 imedia 1hr 30m Computer Science 1hr 30m PE 1 hr --- Music 1hr 15m	

ACTIVITY OVERVIEW - TERM 2

Days	Lunch 12.30-1.15pm	After School 3.00pm 3.00-4.00pm/4.15pm/4.30pm
Monday	12:30-13:15 Christian Union 12:45-13:00 Prom Committee	15:00-16:30 Basketball 10 15:00-16:30 Buggy Malone Prop Making 15:00-16:30 Buggy Malone School Production 15:00-16:30 House Dodgeball - Year 7 15:00-16:30 KS4 Art Club 15:00-16:30 Netball 10 15:00-16:30 Netball 11 15:00-16:30 Netball 7 15:00-16:30 Netball 8 15:00-16:30 Netball 9 15:00-16:30 Rugby 7 15:10-16:00 Science7
Tuesday	12:30-13:15 Minecraft Club 12:45-13:15 Lego Club	15:00-16:00 Dance Club 9-11 15:00-16:15 Girls Rugby 15:00-16:15 Rugby 9/10 15:00-16:30 Baking Club 15:00-16:30 Basketball 8 15:00-16:30 House Dodgeball - Year 8 15:00-16:30 Rugby 8 15:00-16:30 Textiles Workshop 15:00-17:00 Miniatures and Tabletop Games 15:05-16:00 Silver DofE
Wednesday	12:30-13:10 Pride Club	15:00-16:00 Bronze DofE 15:00-16:30 Basketball 7 15:00-16:30 Buggy Malone School Production 15:00-16:30 House Dodgeball - Year 9 15:10-16:00 Textiles Art Club 15:10-16:10 STEM Club 15:15-16:35 Cross Country Club
Thursday	12:30-13:15 Language Leadership Award 12:30-13:15 Minecraft Club 12:40-13:10 Choir	15:00-16:00 Dance Club 7-8 15:00-16:00 Starbooks Cosy Reading Club 15:00-16:15 The Games 15:00-16:30 Art Drop in Session 4 15:00-16:30 Buggy Malone Band 15:00-16:30 Card Games 15:00-16:30 House Dodgeball - Year 10/11 15:00-16:30 KS3 Art Club 15:00-16:30 Rugby 11 15:00-16:30 Textiles Workshop
Friday	12:45-13:15 Debate Society	

THE
EMERALD
WAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<div>  <div> AFTER SCHOOL 15:00-16:30 </div>  </div>			
Boys Rugby Yr.7 (MHO)	Boys Rugby Yr.9 + 10 (JJO)	Boys Rugby Yr.8 (TWH)	Boys Rugby Yr.11 (TWH)
Mixed Basketball Yr.10 (AMT)	Mixed Basketball Yr.8 (AMT)	Mixed Basketball Yr.7 (MHO)	
Netball All Years (ZTU)	Girls Rugby Yr.7-11 (TWH)		
	Dance Yr.9-11 (KBA)		Dance Yr.7-8 (KBA)
		Mixed XC Yr.7-11 (MNA)	The Games Invite Only (STO)

Stress Awareness

NEWSLETTER

NOVEMBER 2023

WHAT IS STRESS?

Stress is a common feeling we get when we feel under pressure. A small amount can be good and motivates us to meet our goals. But too much stress, when things feel out of control, can impact our mood, our well-being and our relationships with people around us.

Ref: The Children's Society



Did you know?

Stress is controlled by your nervous system. When we are faced with danger, our central nervous systems switch into "**fight or flight**" mode. Our heart rates increase, blood vessels become narrower, and we become more mentally alert.



SIGNS & SYMPTOMS OF STRESS!

You might feel;

- Irritable, aggressive, impatient or wound up
- Over-burdened
- Anxious, nervous or afraid
- Racing thoughts that you can't switch off
- Unable to enjoy yourself
- Depressed
- Uninterested in life
- Like you've lost your sense of humour
- A sense of dread
- Worried about your health
- Neglected or lonely



Mind, the mental health charity, has lots of tips and support on managing stress and building resilience, including looking after your mental wellbeing.

FIND OUT MORE HERE

TIPS TO MANAGE STRESS

Recognise triggers: begin to track times where you have felt stressed and look for patterns in how you reacted. What was happening when you felt stressed? What did you think/feel/do just before you felt stressed?

Awareness: once you are aware of difficulties that are likely to make you feel stressed you can take steps to prevent stress or deal with it quickly.

Self-care: Be kind to yourself – stress is a human experience. Try to connect with friends and talk about how you are feeling.

Exercise, relaxation and meditation: some people find that exercise and activities such as meditation, breathing exercises and deep muscle relaxation are helpful.

Eat well and sleep: the better rested you are, the more able you are to cope with pressure.

Professional Help: if you are finding it difficult to cope, consider meeting with someone trained to help – this might include your GP or a therapist. **Ref:** The Children's Society



Key November dates

- National Stress Awareness day- 1st
- Anti-Bullying Week -13-17th
- World Kindness Day- 13th
- Self Care Week- 13th-19th
- Road Safety Week (Brake) - 19th-25th

COSMIC YOGA HAVE LOTS OF FAB MINDFULNESS VIDEOS, CHECK THEM OUT [HERE!](#)

ANTI-BULLYING WEEK

Anti-Bullying Week 2023 will take place from Monday 13th – Friday 17th November.

The theme is Make A Noise About Bullying. You will find everything you need to help make a noise to stop bullying this Anti-Bullying Week

[here](#)



LET'S GET SOCIAL



COMMUNITY NOTICES



WIGSTON COLLEGE
Sixth Form

STUDENTS FIRST

OPEN EVENING
2023

We would love to meet you!
Talk to our subject specialists
Meet our students
Find out what makes Wigston College unique!

 @wigstoncollege

Station Road, Wigston,
Leicestershire LE18 2DS
Tel. 0116 288 1611





Wednesday 8th November 2023
5.00pm - 7.30pm



To book please visit: www.wigstoncollege.org
For enquiries please email apply@wigstoncollege.org

LUTTER★WORTH

CHEERLEADING CLUB

HALL PARK THEATRE , LUTTERWORTH, LE17 4LN

TEXT LISA TO REGISTER 07469 650 438

ALL ABILITIES WELCOME, MAKE NEW FRIENDS, LEARN NEW ROUTINES

AGE 11+

WE ARE ACCEPTING NEW MEMBERS

SUNDAY'S 10:30AM UNTIL 12PM

COMMUNITY NOTICES

PRIVATE

FOSTERING

INFORMATION FOR PARENTS AND CARERS



Is your child living with someone who isn't a close relative?
Or are you caring for someone else's child and you're not their close relative?
Is this a private arrangement?

If so, this could be considered a private fostering arrangement.

If you don't tell your local children's social care service about the child's living arrangements you will be breaking the law, and you could be putting their safety and well-being at risk.

Get in touch

If you live in
Leicestershire

Please email childrensduty@leics.gov.uk
or call the First Response Team on
0116 305 0005



If you live in
Rutland

Please email
childrensreferrals@rutland.gov.uk
or call **01572 758407**



If you live in
Leicester City

Please call the Duty and Advice Team
on **0116 454 1004**
or email das.team@leicester.gov.uk



Leicester
Safeguarding
Children Partnership Board
WORKING TOGETHER
TO KEEP CHILDREN SAFE



Safeguarding
Children Partnership
LEICESTERSHIRE & RUTLAND

e-SERVICES

KEEPING US CONNECTED

'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.

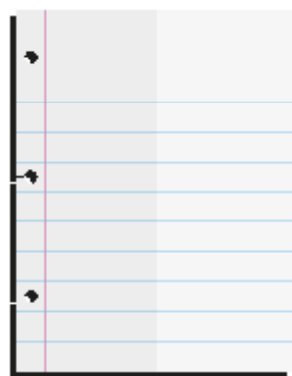
If you haven't already been issued with login details, please contact the EduLink team on the below email address edulinkapp@lutterworthhigh.co.uk If you need to register, click here.

NEED HELP?

If you have any queries or need IT assistance, do not hesitate to email eservices@lutterworthhigh.co.uk



OFFICE 365 - STUDENT ADVANTAGE & TEAMS



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



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 16 th October 2023	Friday 20 th October 2023
Autumn 2nd half term	Monday 23 rd October 2023	Friday 22 nd December 2023

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 19 th February 2024	Friday 23 rd 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 6 th May 2024	Monday 6 th May 2024
Mid-term break	Monday 27 th May 2024	Friday 31 st May 2024
Summer 2nd half-term	Monday 3 rd June 2024	Wednesday 10 th July 2024