



 @LuttHigh

 LuttHigh

 Lutterworth High School Academy Trust

Friday 10th November 2023



Dear Parents/ Carers

Welcome to our weekly newsletter. At 11.00am today we held the Act of Remembrance with the whole school on the tennis courts. This was preceded with an assembly for Year 7, where we focused on the impact of both World Wars on the people of Lutterworth. A special thank you to all the students (named inside) who contributed to the Act of Remembrance through musical performances, readings and an excellent Year 10 drama performance.

There is a strong theme of charity in this week's newsletter. We'd be very grateful if your child could support the shoebox appeal. This is an excellent cause to support Samaritan's Purse. We also have the return of the LHS dance-a-thon, which was such a success last year. Your child will also receive accreditation for the charity aspect of the Emerald Way if they participate in either of the events. We are also staging our traditional wreath making evening, which this year will support funds for the SEND department.

We are getting good attendance to our after school revision sessions but we'd like more students to be there. Attending these revision sessions will really help support students to be successful in their mock examinations.

Sunday is also the Hindu festival of Diwali. To celebrate Diwali we have an exciting menu next Tuesday. Please see inside for details.

Yours faithfully

Julian Kirby  
Headteacher



 Ofsted  
Outstanding  
2011|2012

# REMEMBRANCE DAY



## The Act of Remembrance

Thank you to all students who supported the Act of Remembrance today:

## The Last Post and Reveille

Emily Hollingworth

## The Exhortation and Kohima Epitaph

Sophia Rochelle

William Winterton

## Piano performances - Year 7 Assembly

Harriet Ellis

Lewis Atchison

## The laying of wreaths

Alfie Dorrington

Oliver Hawkins

Rin Coleman

Violet Mackenzie

Dominika Lopata

## Year 10 Drama Performance

Ruthie Bown

Alfie Cook

Lily Donovan

Dan Faulkner

Madison Finney

Elizabeth Fletcher

Lee Hawthorne

Florrie Hopkins

Beth Keenan

Rhys Lenton

William Mears

Brendan Pollock

Bethany Richards-Gunter

Alfie Richmond

Alfie Simons

Tilly Stapleton

Harriet Sykes

Isaac Thompson-Lydon

Livvy Walvin



# REMEMBRANCE DAY



# 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

## Year 7 French Spelling Bee

Congratulations to Ariana, Maia, Chloe, Alfie, Nathan, Tilly, Lottie, Emily B, Emily D, Edie and Antonio who have made it through to the next round of the French Spelling Bee. They had clearly prepared for this round and their knowledge and pronunciation were both great. Well done and good luck for the next round!

## Top House Points

Nicholas Wride 9LA (57)	Izzy Clarke 9LB (85)	Lucy Eales 9LN (50) Teagan Raynor 9LN (50)	Jess Ford 9LN (74)
Poppy Lane 10LT (39)	Henry Golding 10LT (49)	Olivia Green 10LT (59)	Will Bundock 10HL (53)



### HOW YOU CAN HELP

Before the end of Sept please collect and donate any shoe boxes you have at home. (drop off to D4 with your name on it – to be registered on SOCs)

2nd Oct -6th Oct -Volunteer to help wrap and decorate the boxes – D4 Lunchtimes (Mrs Cochrane will register on SOCs)

9th Oct – 3rd Nov – Decide as a tutor group or as an individual collect items to fill a box for a specific age group. Wrapped boxes will be allocated (Tutors will register on SOCs)

Drop off Boxes to D4 for delivery before the 13h Nov

## Samaritan's Purse - Operation Christmas Child 2023

LHS will be supporting the Shoebox appeal again this year. Samaritan's Purse is a Christian charity and aid workers, providing international relief to areas of conflict, natural disasters and improving living standards in struggling regions.

### The Amazing Journey of a Simple Shoebox Gift Begins With You

A simple shoebox gift packed with love and fuelled by prayer can have a huge impact! [Watch](#) how Operation Christmas Child brings great joy and the Good News of Jesus Christ to children around the world. Watch how to pack a box [here](#).

### What goes into the boxes...



**DO NOT INCLUDE**  
Toothpaste, sweets, lotions and liquids; used or damaged items; war-related items; seeds, gum, chocolate or food items; religious or political literature; medicines, aerosol cans, sharp or fragile items.



**Toys**  
A football and pump, cuddly toys, dolls, toy cars, small musical instruments, yo-yos, skipping ropes, balls, small puzzles etc.



**School Supplies**  
Pens, pencils & sharpeners, crayons or felt pens, stamps & ink pad sets, writing pads or notebooks, solar calculators, colouring & picture books etc.

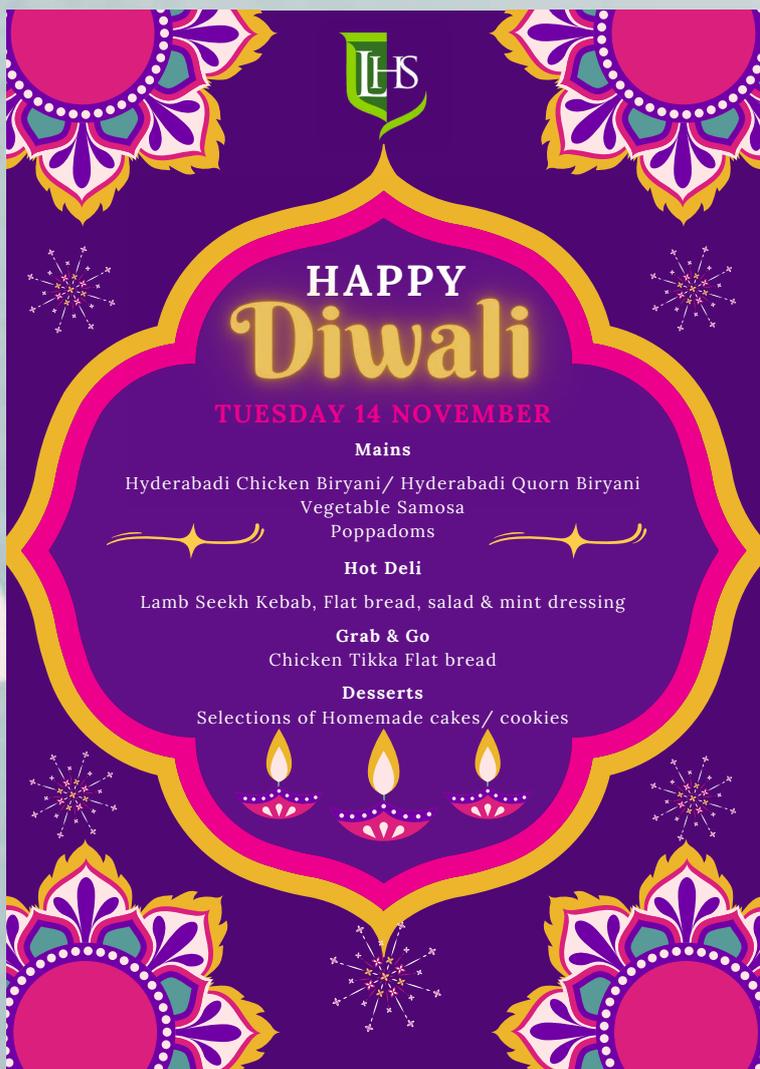


**Hygiene Items**  
Toothbrush, bars of wrapped soap, comb or hairbrush, flannel etc.



**Other Items**  
Hat, gloves, scarf, sunglasses, cap, socks, T-shirt, flip-flops, hair accessories, jewellery set, watch, wind-up torch etc.

# NOTICEBOARD



**LHS**

## 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



## 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

## Revision Block 1

Monday 23<sup>rd</sup> October to Friday 24<sup>th</sup> November

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

\*Science 6 Mark Mornings—See SOCS for further details

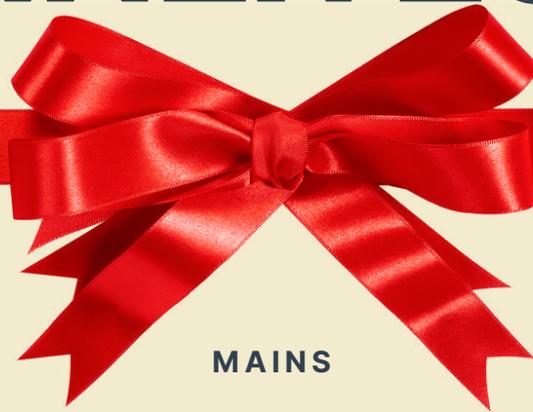
# CHRISTMAS

19



DEC

# DINNER 2023



## MAINS

ROASTED TURKEY BREAST, TRADITIONAL ROAST POTATO, CUMBERLAND PIGS IN BLANKETS, HONEY-GLAZED PARSNIPS, CARROT, BUTTON SPROUTS, SAGE AND ONION STUFFING, YORKSHIRE PUDDING & GRAVY

OR

VEGAN SWEET POTATO & CHICKPEA LOAF, TRADITIONAL ROAST POTATO, HONEY-GLAZED PARSNIPS, CARROT, BUTTON SPROUTS, SAGE AND ONION STUFFING, YORKSHIRE PUDDING & GRAVY

## DESSERTS

FESTIVE MARS CAKE/ CUPCAKES  
FRESH FRUIT POT

## DRINKS

RADNOR FRUITS OR SMALL WATER

£5





**£25 PER PERSON**

PROCEEDS TO THE SEND DEPARTMENT

# LHS WREATH EVENING 2023

**WEDNESDAY 6TH DECEMBER 2023  
6.30PM - 8.30PM**

**LUTTERWORTH HIGH SCHOOL,  
WOODWAY ROAD, LUTTERWORTH, LE17 4QH**

All materials provided by a professional florist including refreshments and a mince pie!

**Please bring your own gloves and secateurs.**

**Tickets to be purchased via Scopay online or from  
Main Reception.**

*Contact Jackie Hurr on [jhurrelutterworthhigh.co.uk](http://jhurrelutterworthhigh.co.uk)  
/01455 552710 to purchase tickets.*

# DISTINCTION AWARDS

Lucas Ashman 7HA  
Lewis Atchison 10LM  
Stevie Bailey 10HL  
Molly Baker 9LA  
Trinity Barnes 9HO  
Joshua Bodman 8HG  
Emily Bradley 7HH  
Zane Brown 7HA  
Holly Clapton 8HO  
Izzy Clarke 9LB  
Harrison Clarke 9HC  
Aidan Connor 9HO  
Max Connor 10HB  
Lianne Cooper 10HB  
Ebany Cope 7HA  
Daisy Crosskey 9LN  
Lisa Danilova 7LH  
Lila Dimblebee 9LB  
Elizabeth Fletcher 10HE  
Amelie Gibson 8HO  
Sam Glastonbury 10LT  
Olivia Green 10LT  
Lucy Hammond 11HL  
Theo Hancock 10HE  
Jacob Harris 10LK  
Sammy Hennessy 8HO  
Toby Hopkins 9LB  
Florrie Hopkins 10LM  
Ollie Jacques 9LB  
Grace Jesson 10HE  
Abby Keyworth 7HR  
Kieran Kudlicka 8HO  
Hannah Lane 9LN  
Lucy McClements 7HA  
George Mears 10HL  
Liv Moore 8HO  
Zainab Nasrallah 10HB  
Ben Nicholls 8LM  
Filip Ochal 10LM  
Sienna Perkins 7LH  
Charlotte Pollock 8HO  
Bethany Richards-Gunter 10HB  
Charlie Rowley 10LK  
Charlie Simons 8LE  
Amy Thomas 8HO  
Megan Thomas 8HO  
Anastasia Walden 7HA  
Ollie Walsh 9HM  
Thomas Wride 9LB  
Nicholas Wride 9LA  
Kyle Yip 8HG

# Wow Work

Distinction work produced by year 7's for Black History Month.

## ANNIE EASLEY



**MATHS**  
8  $\sqrt{\quad}$   
2X  
= 5 +  
MATICIAN

**References**  
(1) Wikipedia (2023) Annie Easley. Available at [https://en.m.wikipedia.org/annie\\_easley](https://en.m.wikipedia.org/annie_easley). (Accessed: 11 October 2023)  
(2) NASA (2017) Annie Easley Computer Scientist and Mathematician. Available at [https://www.nasa.gov/general/annie\\_easley-computer-scientist/](https://www.nasa.gov/general/annie_easley-computer-scientist/). (Accessed 11 October 2023)  
(3) Hartin, S. (2021) Annie Easley Biography For Kids. Available at <https://www.lottie.com/blogs/strong-women/annie-easley-biography-for-kids>. (Accessed 11 October 2023)

D+1

LuRe Green

## ANNIE EASLEY COMPUTER SCIENTIST



**SCIENCE**  
In 1955 Annie Easley started her career in NASA in NASA. Her first role was as a 'human computer' where she performed complex mathematical calculations.<sup>(1)</sup>

**SCIENCE**  
When human computers were replaced with machines Annie kept on using her knowledge to help create the battery used in the Centaur upper staged rocket. (This battery is similar to the one we use in hybrid cars today. After a lot of hard work Annie implemented the code she created into the rocket.)<sup>(2)</sup>

**CAREER**  
Annie was an American computer scientist, mathematician and rocket scientist. It was extremely hard for her to achieve her goal of working for NASA. Not only did she fight her dream but she also made it possible for other black women to be able to work for NASA.<sup>(1)</sup>

**EARLY LIFE**  
Easley was brought up by a single mom who encouraged her by telling her 'as long as she worked for anything she could do it'. She had a brother who was 6 years older than her.<sup>(3)</sup>

**References are located on the back.**

zaha brown

Lucy McClements 7HA

**Chien-Shiung Wu**

Chien-Shiung Wu was born in China just north of Shanghai on May 31 1912 and died on February 16 1997. She was a Chinese-American particle and experimental physicist who worked in the fields of nuclear and particle physics.

She studied in the University of California in Berkeley USA.

She is famous for the Wu Experiment which challenged the fundamental laws of physics in 1956 and the Manhattan project during WW2.

Wu was the first scientist to confirm the quantum results about a pair of entangled photons in the Einstein-Podolsky-Rosen paradox.

She became renowned for her steadfast promotion of teaching STEM subjects to all students regardless of gender or any other discriminating cause.

Wu's ashes were buried in the courtyard of the Ming De School that her father had founded that she attended as a girl.

She had an older brother, Chien-Ying, and a younger brother, Chien-Hao. Wu and her father Wu Zhong-Yi were extremely close, and he encouraged her interests passionately.

She was overlooked by the Nobel prize committee in 1957 when it was awarded to her colleagues Tsung-Dao Lee and Chen-Ning Yang.

"Dare to dream of possibilities beyond the confines of the known"

Wu would become a US citizen in 1954.

"In the world of assumptions question everything to uncover the truth"

$s = \frac{1}{2}at^2$

$n \times g \times h$

**BRIEF BIOGRAPHY**

Mamie Phipps Clark was born on October 18, 1917 and died August 11, 1983 aged 65. She was raised in Hot Springs, Arkansas, an African-American social psychologist who focused on the development of self-consciousness in Black preschool children.

Her work won the Supreme Court case Brown v. Education.

**STOP Segregation**

**CIVIL RIGHTS ACTIVIST**

**PSYCHOLOGIST**

**MAMIE PHIPPS CLARK**

**BEST KNOWN FOR**

Mamie Phipps Clark was best known for her research on race self-esteem and child development. Her work focused on the psychological effects of segregation on Black children.

Her doll test and colouring test proved that segregation hurts children.

**EQUAL RIGHTS**

**Psychologist Mamie Phipps Clark**

Mamie Phipps Clark is a noted female psychologist, she was the first Black woman to earn a doctorate in psychology from Columbia University.<sup>(1)</sup>

Mamie Phipps Clark played an important role in the civil rights movement. She wanted black people to have the rights for education.

**References:**

1) Psychologist Mamie Phipps Clark biography verywellmind.com  
2) Clark, K. Band Clark, M.P. the development of consciousness of self and the emergence of racial identification in Negro preschool children.

**The Clark Doll Test**

There was an interesting experiment that Clark did, when she showed black people two dolls which were exactly the same but one was white and the other was black. More people said the black one was the bad one. The experiment played an important role in the Brown vs the Board of education case by demonstrating the harmful effects of

**EYE**

**PATRICIA BATH**  
AMERICAN HUMANITARIAN OPHTHALMOLOGIST

**EARLY LIFE**  
Born in Harlem, New York City, U.S.A on 4<sup>th</sup> November 1942. Throughout her childhood, Bath was often told by her parents to "Never settle for less than her best".

**INVENTION**  
She invented a new technique and device for cataract surgery known as the LASERPHACO PROBE in 1981....

**ACHIEVEMENTS**  
She was the first African American woman to attend the University of California Jules Stein Eye Institute.  
First African American female doctor to receive a Medical Patent.

**IMPACT ON THE WORLD**  
Recovering vision for people who had been blind or vision impaired for years.

**FAVOURITE QUOTE**  
"My love of humanity and passion for helping others inspired me to become a physician."

**Reference**  
[1] Google Patent search 1988. [2] Bath was the holder of 5 patents. | Sienna Perkins. 174

# Wow Work

**MARYAM**  $+x^2 \times 3$

Mirzakhani



Maryam Mirzakhani was born in Tehran, Iran, on the 2<sup>nd</sup> of May 1977. She was raised in the same place as she was born - Tehran. Maryam attended Tehran Farzaneh school, part of the National Organisation for Development of exceptional Talents.

**Maryam's Achievements**

- She was the first woman to win the Fields Medal - the most prestigious award in mathematics.
- The Fields Award is awarded every 4 years for mathematicians under the age of 40 who have made significant contributions to the field of mathematics.
- She was also rewarded with the Clay research award in 2014 for her contributions to mathematics.

**Teichmüller theory**

It is her expanding manifold to this unique feature of mathematics. The primary focus of surfaces of finite topological type, thus surfaces with handles, punctures, and  $n$  holes, for some triple  $(g, m, n)$ .

**46 Years old**

What is hyperbolic geometry?

The study of hyperbolic geometry, a non-Euclidean geometry characterised by constant negative curvature, was fundamental to her ground breaking research. Her work brought about significant strides in understanding the dynamics of simple closed geodesics on hyperbolic surfaces.

**WHAT DID SHE STUDY?**

Maryam was a mathematician - Professor of mathematics at Stanford University. Her research topics included Teichmüller theory, hyperbolic geometry, ergodic theory and symplectic geometry.

**WHAT WAS SHE KNOWN FOR?**

She was known as an Iranian mathematician who was the first Iranian woman to be awarded the Fields Medal.

Unfortunatly, Maryam died on 14<sup>th</sup> July 2017. She died by breast cancer. Although she has passed away, her contributions to mathematics have not been forgotten as she has inspired many young mathematicians across the globe.

ironian pattern → 

Phiemann type, thus surfaces with handles, punctures, and  $n$  holes, for some triple  $(g, m, n)$ .

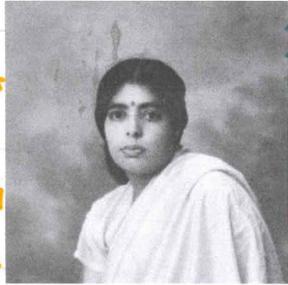
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**Regerence: Wikapeadia, Famous people smithsonian magazine.**

**Beggining**  
Janaki Ammal was born and raised in Tellichery (now known as Kerala.) She lived with her mother Devi Kuruvay and her father Diwan Bahadour. As she grew older she never got married or had any children.

**Success**  
Being the first woman Botanist (Who mainly works on sugarcans and eggplant) helped save the Silent Valley National Park in Kerala from becoming a hydroelectric plan.

**Facts**  
Janaki ammal was born on 4th November 1897 and died on 7th February 1984 from natural causes. She died at the age of 87 and kept expanding her Science Knowledge for 60 years of her life.



**Training**  
To get to the point she was at, she got a scholarship to Michaiigan University. While studying at Michaiigan University she was made a fellow of the Indian Academy of sciences in 1935 and also was elected as a fellow of the Indian nation Science Academy in 1937.

**Janaki Ammal**  
E. K. Janaki Ammal  
2007, 2001, 1972, 1961, 1952, 1946

**What she did for Science**  
After alot of traing she became famous for being a botanist who are speacalised botanists who study the life of any plant.

Ebany Cope

## NSCL Fest

NSCL Fest showcases all opportunities including Apprenticeships, Further and Higher Education, entry level roles, and general employment, offering LHS students the chance to engage with England's top Employers, Colleges, Universities and Training Providers in a face-to-face, interactive environment.



## Children In Need

Friday 17th November



Guess what Pudsey is reading for  
50p - £5 amazon voucher to be won!

Bake sale 50p per item.

Puzzles, colouring and crafts for free!

All proceeds will go towards the school's  
total for Children in Need.

Lianne Cooper 10HB

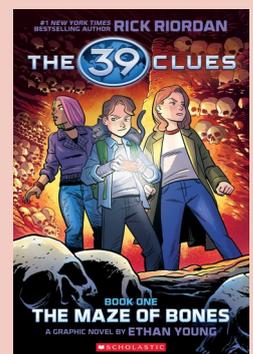
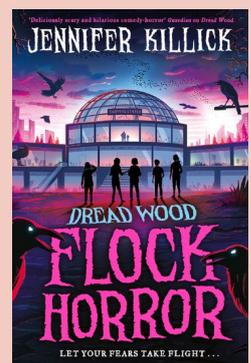
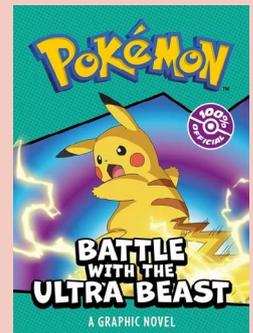


"The world-building is vivid, immersing readers in a richly detailed realm where magic comes with its own set of rules and consequences. The protagonist, Kellen, is a refreshingly relatable character whose struggles with identity and societal expectations make him compelling and endearing. The novel's strength lies in its character development, with Kellen's growth and self-discovery at the forefront."

(This is only part of Lianne's brilliant review.)



Coming soon!



## 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 AND MONTY ARE CURRENTLY IN JOINT LEAD**



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.

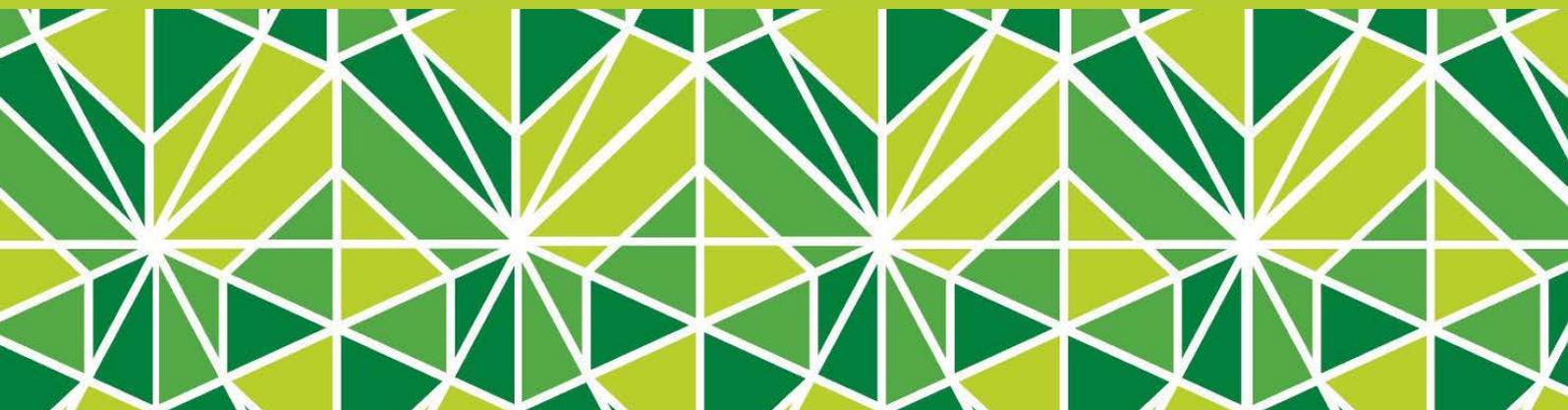
W/C 4th December - 9LA - [Cancer Research UK](#)

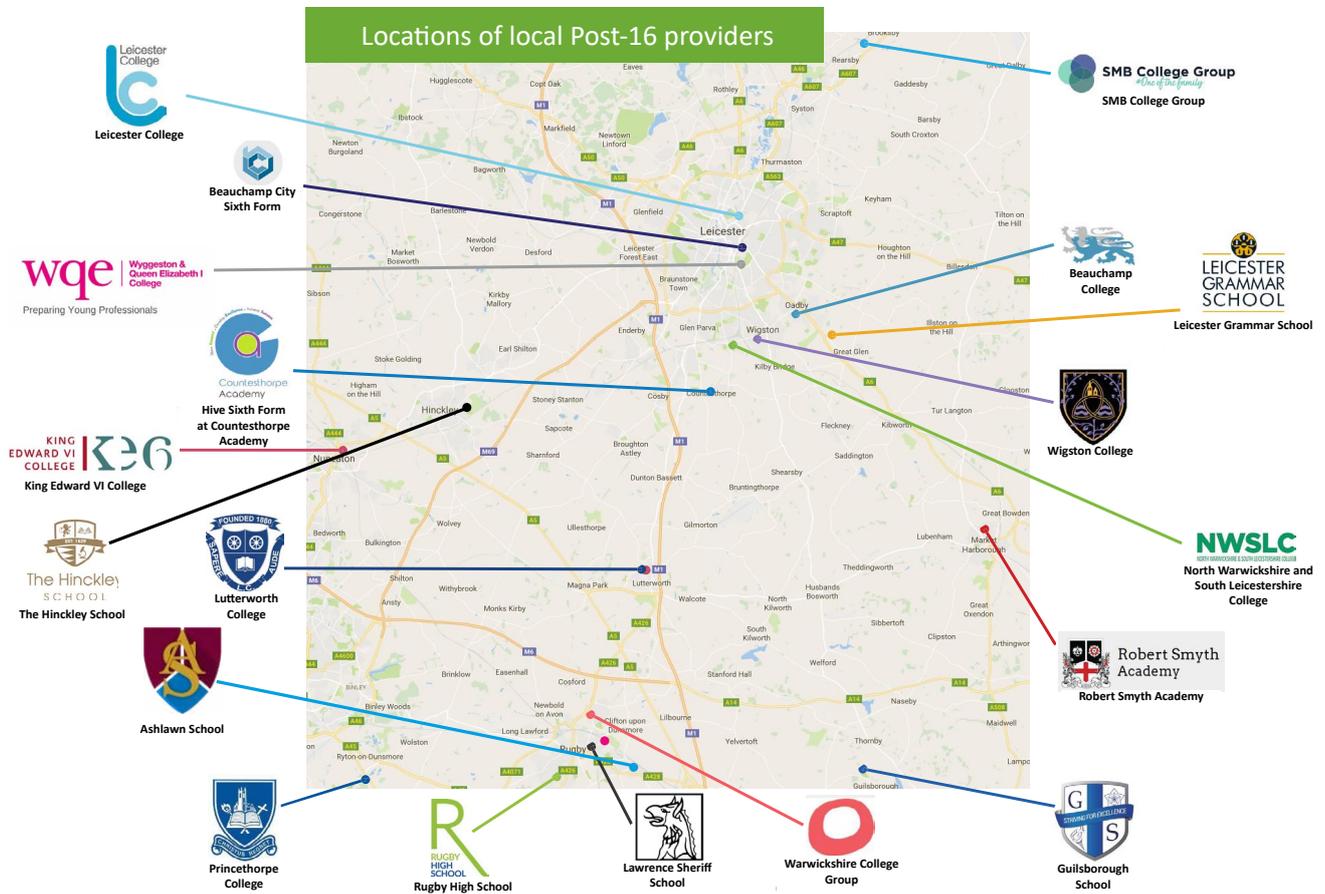
W/C 12th February - 9LN - [Teenage Cancer Research](#)

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

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

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





## Post-16 Providers - Open Days/Evenings

<a href="#">Ashlawn School</a>	Thursday 23rd November Times TBC
<a href="#">King Edward VI</a>	Thursday 16th November 3.30 pm - 8.00 pm Saturday 18th November 18 9.30 am - 12.30 pm
<a href="#">Leicester College</a>	Saturday 25th November 10.00am-2.00pm
<a href="#">Robert Smyth Academy</a>	Wednesday 15th November 6.00-8.00pm
<a href="#">Rugby High School</a>	Thursday 16th November, 5.30pm - 8.30pm
<a href="#">Wigston College</a>	Wednesday 8th November 5.00-7.30pm
<a href="#">Wyggeston and QE1 College</a>	Saturday 4th November 2023 from 9am – 3pm Book <a href="#">here</a>

### Career Days - Community Notice

Students can visit [www.careerdays.co.uk](http://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.

ART MOCK
Monday 20 <sup>th</sup> November (Class 11D) Tuesday 21 <sup>st</sup> November (Class 11E)

Wednesday 22 <sup>nd</sup> November	Thursday 23 <sup>rd</sup> November	Friday 24 <sup>th</sup> November
English Walking Talking Mock Period 1-2	History Walking Talking Mock Period 1-2	English Walking Talking Mock Period 1-2
Maths Walking Talking Mock Period 3-4	Science Walking Talking Mock Period 3-4	Geography Walking Talking Mock Period 5-6

	Monday 27 <sup>th</sup> November	Tuesday 28 <sup>th</sup> November	Wednesday 29 <sup>th</sup> November	Thursday 30 <sup>th</sup> November	Friday 1 <sup>st</sup> 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 <sup>th</sup> December	Tuesday 5 <sup>th</sup> December	Wednesday 6 <sup>th</sup> December	Thursday 7 <sup>th</sup> December	Friday 8 <sup>th</sup> 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	

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**



THE  
EMERALD  
WAY

**AFTER SCHOOL**  
**15:00-16:30**



THE  
EMERALD  
WAY

**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

## Have you ever wanted to give back and make a real difference to someones life?

We're actively recruiting for part-time Care Specialists to join our team, supporting clients within Harborough and the surrounding areas.

Whether you're looking to embark on a new career, a role which will fit around your family, additional hours alongside your current employment or retired/semi-retired looking for a way to give back, we have the role for you!

As a Care Specialist you'll be apart of a team that genuinely cares and not only puts their clients first but puts their colleagues first as well.

To become a Care Specialists at Bridgewater you don't necessarily need previous experience within Care. We look for genuine, caring people who want to learn, give back and make a difference within their community.

### What do you need to become a Care Specialist?

- Passion and a desire to help.
- Friendly with a good sense of humor
- A driving licence and access to a vehicle
- Commit to specific recurring days and times. With availability for some evenings and alternate weekends .

Scan the QR code or contact us to apply

**Bridgewater**  
Home Care  
We go above and beyond

Harborough@Bridgewaterhomecare.co.uk

015858 414331

53 Harborough Innovation Centre,  
Airfield Business Park, Market Harborough,  
LE16 7WB



# 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.

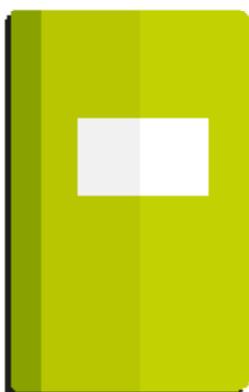
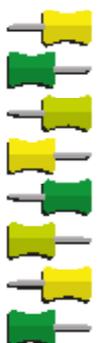
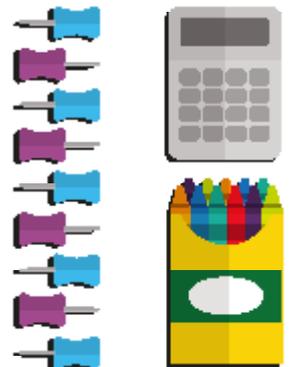
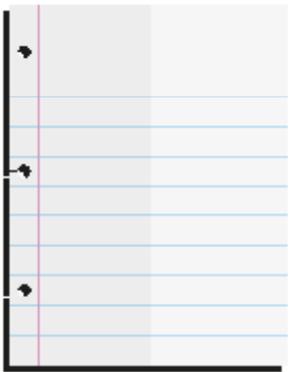
If you haven't already been issued with login details, please contact the EduLink team on the below email address [edulinkapp@lutterworthhigh.co.uk](mailto:edulinkapp@lutterworthhigh.co.uk) If you need to register, click here.

### NEED HELP?

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



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

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

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