

Friday 9th February 2024



Dear Parents/ Carers

Welcome to our weekly newsletter. As you are aware, this week we have had an Ofsted section 5 inspection over the course of two days. I would like to thank you for sharing your thoughts on the school through the parent view. Our students were an absolute credit to the school and I am so proud of our students and our very tired staff.

Our prom committee are being very proactive in raising funds for their prom and are holding a raffle. If you have any unwanted gifts can you please pop them into the main reception.

We look forward to welcoming our Year 9 parents and students next Thursday 15th February for the Options Evening.

Well done to Montgomery House who raised £620.83 for the Mind charity this week. Thank you to parents/carers for donating.

Have a great weekend.

Yours faithfully

Julian Kirby Headteacher







Don't leave school without one! You only have one chance to order yours. Only one print run will be done.



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Tell your parents or a friend,

who can report on your behalf

Speak Out button on

the school website

www.lutterworthhigh.co.uk/student

HOT CHOC FRIDAY

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



LEARNING HUB SHOP

Scientific Calculators and Art Sketchbooks can be ordered on Scopay. All other items are cash only.

STATIONERY AND EQUIPMENT	10p
Blue pen Red pen	10p
Red per	10'p
Purple pen	15p
Pencil	5p
Eraser	
Sharpener	10p
15cm ruler	10p
Compass + pencil Protractor	30p
Post-it notes (smallx100)	30n
Revision flash cards	50p £1
	2p
A4 ring binder	80p
A4 folder dividers x5	50p
A4 folder dividers x10	75p
small notebook	30'p
Pastel highlighters Scientific Calculator	20'p_
Scientific Calculator	10.75

ART SUPPLIES

A3 sketchbook portrait £6.60 A3 sketchbook landscape £6.60 A3+ clear carry folder with handles £2.10 A3 display book 70p Black fine liner 80p Black broad liner 80p

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

House Points

Self report to

Tell a teacher, your tutor or go toKS3/KS4 Hubs to

speak to a member of staff

KS3	Yasmin Ismail	Emily Dand	Nathan Dew	Ben Nicholls
	8HG (38)	7LH (36)	7LH (55)	8LM (56)
KS4	Michael Josiah	Henry Golding	Daniel Faulkner	Harvey Corcoran
	10HB (52)	10LT (32)	10LM (37)	11LFC (34)

Forms outside KS3 and post in the letterbox

HOW TO REPORT A CONCERN AT

LUTTERWORTH HIGH SCHOOL



TICKETS ON SALE VIA SCOPAY OR MAIN RECEPTION





YEAR 9 OPTIONS EVENING

THURSDAY 15[™] FEBRUARY 2024 5.30-8.00PM

Students will have the chance to find out about our wide range of exciting GCSE options and meet our specialist subject teachers.

There will be two talks by the headteacher, one at 5.45pm and the other at 6.30pm. These talks are the same, so you only need attend one.

> www.lutterworthhigh.co.uk 01455 552710 dmin@lutterworthhig<u>h.co.uk</u>

NOTICEBOARD





Prom Committee Raffle

The prom committee will be holding a raffle to raise funds for their prom. If you have any unwanted gifts you would like to donate for prizes, please bring in to Main Reception for the attention of Olivia Robinson.

Thank you to the students, staff and parents who have donated so far.

Wednesday 20th March 2024 6.00-7.00pm

Year 9 MFL Trip

On Tuesday, a group of Year 9 students went on a trip to the University of Leicester to find out about studying languages at University. The trip included 'A day in the life of a student' talk, Q and A sessions with current third year students, a tour of the campus, options and future pathways discussion, a Spanish session and a talk on what studying languages at university entails and what options and career paths languages open up for students beyond GCSE. The day was fantastic, it was informative, exciting and included lots of different aspects of university life. The students enjoyed it immensely and were a credit to our school with their polite, respectful, impeccable attitudes and behaviour.



Valentine's CARD & POEM COMPETITION

Design a Valentine's Day card and write your very own poem inside!

Two prizes on offer! -One for a poem in the style of a sonnet -One for a poem in a style of your choice

Entries need to be given to Mrs Dovey in El by Monday 12th February.

Winners will be announced on Valentine's Day.



MENU Thursday 15th February

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Sweet and sour chicken curry Sweet and sour Quorn curry

Vegetable fried rice

Mini vegetable spring rolls Prawn crackers

DANCAKE DAY TUESDAY 13TH FEBRUARY 2024

Served at breaktime in the Canteen

WITH MAPLE SYRUP & ICING SUGAR



BOOK Of the Month February

<text>

You can find other LGBTQ+ books in the Learning Hub by looking out for the Pride Heart stickers!



All the Invisible Things by Orlagh Collins

This authentic YA page-turner about making sense of the whirlwind that is growing-up fizzes with heart, humanity and honest true-to-life experiences.

For the past few years Vetty, her dad and little sister Ariel have been living with her aunt, trying to get themselves back on track after the death of her mum. On top of this, Vetty is struggling with her sexuality, trying to make sense of the fact that she's attracted to boys and girls.





LGBT+ HISTORY MONTH

Just a few of our favourite LGBT+ authors whose books are available in the Learning Hub!





Simon James Green

Erik J. Brown



Akwaeke Emezi



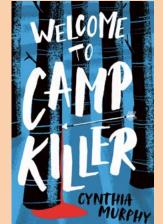
Alice Oseman



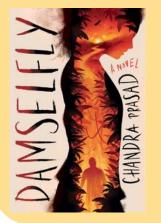
Florence Smith Year 7 7/10

FANON YRO

"A minor horror; quite scary, but very enjoyable"



Miss Chapman Librarian 'Damselfly' by Chandra Prasad



I listened to this as an audiobook on the free BorrowBox library app. It follows a group of boarding school students stranded on an inhospitable tropical island after their plane crashes. If you've read or heard of 'Lord of the Flies', it's very similar, but it also touches on issues of race, gender and social class, and the characters are realistically flawed and relateble teenagers.

合合 HOUSE READING CHALLENGE **合合**

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

CUNNINGHAM IS CURRENTLY IN THE LEAD 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

5 WAYS TO WELL-BEING Place2Be's CHILDREN'S MENTAL HEALTH WEEK

This Children's Mental Health Week, we've been thinking about the ways we can look after our own mental health.

Connect

We spend a lot of time on our phones, but are we really connecting in a valuable way? Set aside some time when you put your phone away and have a conversation with someone.

Be Active

You don't have to run a marathon to be active. Just getting your body moving can relieve enough stress and tension to brighten your mood.

Take Notice

Take time on your own, preferably outside, and take in your surroundings. Watch a dog play on the park, or a bird hopping along a fence. It might sound too simple but it works!

Give

One of the easiest ways to give is to compliment someone. It seems simple but it has the power to change their day.

Keep Learning

You might only associate learning with school, but we are constantly learning. The key is to be aware of it so that you can appreciate the satisfaction of knowing you've made progress.

DISTINCTION AWARDS

Erin Aldridge 10HE Louie Bailess 9LA **Trinity Barnes 9HO** Lois Barnett 7LC Anya Barnwell 11LFD **Emma-Mollie Bayliss 9LA** Angel Bell 8HS **Elliott Braithwaite 8HS** Ava Butcher 8HG Bazsi Butosi 8HS **Paige Callow 9LB** Jude Carter 9HO Sophie Chapman 11LFD **Phoebe Clelland 9LB Rin Coleman 11HL Daisy Crosskey 9LN** Harry Dale 10HB Nathan Dew 7LH Joseph Dewes 10HE Aiden Dressler 8LM Asma Faizi 8LM **Daniel Faulkner 10LM** Madison Finney 10LM **Elizabeth Fletcher 10HE** Jess Ford 9LN Henry Golding 10LT Joseph Gray 9LA Luke Green 7LH Olivia Green 10LT Harry Gregson 8LE Jacob Harris 10LK Isabella Heneghan 9HO **Ethan Hetherington 9HM Rebekah Hollingworth 9HO Cosmo Hubbard 9HM** Jesse Izzard-Snape 9LN **Bronwen Jenkins 10LT** Megan Johnson 8HG Abby Keyworth 7HR

Izzy Kirby 11HH Vivien Kudlicka 10LT Sophia Lefley 8LE **Rhys Lenton 10HE** Indi Lockwood 9HM Milena Lopata 9HC **Evie Mann 11LSD** Sophie Marsden 9LA **Neave McGanley 8LM** George Mears 10HL William Mears 10HE **Botond Mecs 11HW** Julia Melville 10LT Millie Moore 9LA Fleur Moult 11LFC Zainab Nasrallah 10HB Lili Oliver 11HL Nancy Owen 9LA Isla Palmer 10HE Maya Patel 9LN **Bethany Richards-Gunter 10HB Evie Roberson 9HM Ollie Robinson 9LN** Sophia Rochelle 11HJ Jude Rymell 7LC Ella Schofield 10HE **Berin Shipley 7HR Phoebe-Mae Sieling 9LB** Lewis Simmons 10HL **Charlie Simons 8LE** Alfie Simons 10LK Ella Sutton 9HC Megan Thomas 8HO Adam Thomas 10LK Megan Weston 8HS Alex Winterton 9HC Summer Wood 8HS Ava Woodward 9HO

WOW WORK HISTORY





Well done to these Year 7 students for their Doom paintings in History.

Lots of creativity skills and hard work represented in these pieces of work.







E M E R A L D 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 12th February - 9LN - <u>Teenage Cancer Research</u> W/C 4th March - 9LB - <u>SSAFA, The Armed Forces Charity</u> W/C 7th May - 9HM - <u>Young Minds</u> W/C 10th June - 9HO - <u>Dementia UK</u>



Revision Block 2

Monday 22nd January to Friday 8th March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school 8am - 8.30am	French - Rm15 8.30-8.50am Spanish - Rm14 8.30-8.50am	Biology - Rm16 6 mark questions 8.15-8.30am French - Rm15 8.30-8.50am Spanish - Rm14 8.30-8.50am	Chemistry - Rm16 6 mark questions 8.15-8.30am French - Rm15 8.30-8.50am Spanish - Rm14 8.30-8.50am	Physics - Rm16 6 mark questions 8.15-8.30am French - Rm15 8.30-8.50am Spanish - Rm14 8.30-8.50am	
Lunchtime	Computer Science - Rm13 (Invite Only) DT revision - D5	DT revision - D5	PE GCSE - E7 12.45-1.10pm	DT revision - D5	
After School 3.05 – 3.50pm	Maths F - Rm5 H - Rm1 Dance (Studio) Art - Drop in	Geography - Rm8 (Invite Only) Business Studies - D3 Food NEA - Rm17 DT NEA - D5 Art - Drop in	English - E2 DT NEA - D5	*Science F - Rm17 History - Rm11 Art - Drop in **Perfectionism - Drop in - Rm19 (29th Feb - 1 session)	Business Studies - D3 Geography - Rm7 History - Rm9 (Conflict & Tension)
After School 3.50pm – 4.30pm	Music - Rm18 Dance (Studio) Art - Drop in	Food NEA - Rm17 DT NEA - D5 Art - Drop in	RE - Rm10 DT NEA - D5	*Science H - Rm17 Art - Drop in	Food - Rm17 (Exam Revision)

*Science F and H sessions to run parallel from 3.05-3.50 during Week 1 and 2 due to parents' evenings

** Perfectionism drop in. Drop in for a chat about what perfectionism is and how you might deal with it, in the lead up to the next mock exams.



Miss N Science @MissN_LHS · Feb 7

Always a favourite with our XC runners - the country park! A figure of eight run around the park, team sprints, a game of manhunt and then a team challenge before we headed back to school! @LuttHigh

Year 8 today using tuning forks to investigate how sound travels. Fantastic

engagement from all. Well done 8LE! 🎉 🎼 @LuttHigh



ZODScience @zodscience · 3h





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Mrs Bown @Bown1Mrs

A VERY successful day at @teentechevent @MTI_Tweets for our STEM students with @KeatmanMrs

The students thoroughly enjoyed it and there is more to come! See next weeks newsletter! @LuttHigh







Mrs Gupta @MrsAGupta · 20h

Our wonderful Year 10 students were treated to a special Space class today! hydrogen-powered rockets!..thanks a lot Emily for the wonderful experience @LuttHigh @UKSpaceAcademy



Mrs Tomlinson @MrsTomlinsonLHS · 14h

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@HeadofPELutt Well done girls for coming 3rd in the Level 3 Trampoline Competition at Robert Smyth Academy.



FOLLOW US @LUTT

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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)

ACTIVITY OVERVIEW - TERM 3

Days	Lunch	After School 3.00pm
	12.30-1.15pm	3.00-4.00pm/4.15pm/4.30pm
		15:00-16:30 Netball 10
	12:30-13:15 Christian Union	15:00-16:30 Netball 11
	12:30-13:15 Library Helper	15:00-16:30 Netball 9
D. Consider a	12:45-13:15 Prom Committee	15:00-16:30 Rugby 7+8
Monday	12:30-13.15 Library helpers	15:05-16:30 Dance
		15:10-16:00 Science7
		15:00-16:15 Girls Rugby
		15:00-16:15 Rugby 9/10
	12:30-13:15 Library helpers	15:00-16:00 Dance Club 9-11
Tuesday		15:00-16:30 Netball 7
Tuesday		15:00-16:30 Netball 8
		15:05-16:00 Silver DofE
		15:00-15:45 Orchestra
	12.30-13.10 Boccia	15:00-16:00 Bronze DofE
	12.30-13:10 Pride Club	15:10-16:10 STEM Club
Wednesday	12:30-13:15 Library helpers	15:15-16:35 Cross Country Club
weunesuay		15:10-16:15 Textiles Club
		15.00-16.00 Further Maths
	12:30-13:15 Language Leadership Award	15:00-15:45 Starbooks Cosy Reading Club
	12:40-13:10 Choir	15:00-16:30 Dance Club 7-8
	12:45-13:15 Debate Society	15:00-16:30 Rugby 11
Thursday	13:30-15:00 Y7 Scholars Programme	
Thursday	12:30-13:15 Library helpers	

THE EMERALD WAY



COMMUNITY NOTICES



COMMUNITY NOTICES

Coming Soon...

Lutterworth Community Fridge Volunteers Needed

Can you spare 2-3 hours a week?

Volunteers required to help support various roles in running our new community fridge.

If you care about the environment & dislike food waste, call Sam on 0116 3052229 for more information or visit:

https://www.leicestershire.gov.uk/jobs-andvolunteering/volunteering/volunteer-withthe-children-and-family-wellbeing-service

Training will be provided, different roles and sessions available

Leicestershire County Council

MAKE YOUR HOME A FIZZ FREE ZONE Forget fizzy drinks this February







How much do you know about sugar?

How many calories are in one teaspoon or cube (4g) of sugar? 10 calories 4 calories 40 calories 16 calories	What's the maximum daily amount of sugar a 4 - 6 year old should have?10 cubes (39g)13 cubes (51g) 5 cubes (20g)
What is the most common cause of hospital admission in 5 - 9 year olds? Tooth extractions Broken bones Cuts and grazes Cold and flu	The label of a cereal bar says it has 35g of sugar per 100g. Is it high or low in sugar?
Which of these isn't a type of sugar? Sucrose Molasses Gluten Treacle	When is the best time to eat dried fruits such as raisins? During a meal or as a snack?
Which of the following are high sources of sugar in children's diets?	What can too much sugar do to a child's body? Cause tooth decay Create a build-up of harmful fat Develop type 2 diabetes Heart disease

A LITTLE TRIP TO THE DENTIST



WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices. Mental health is important at every stage of life, from childhood and adolescence through to adulthood.



FEBRUARY 2024



Did you know?

One in **five** children aged 5 to 16 were identified as having a probable mental health disorder in 2023. That's **6** children in every classroom! Source; Mental Health of Children and Young People Survey, NHS 2023)

SIGNS TO LOOK OUT FOR

There are lots of different ways that poor mental health in young people can present.

This includes;

- Crying more than usual or persistent sadness
- Disrupted sleep patterns
- Difficulty in concentrating
- Losing interest in friends and other things they like doing
- Being reluctant to talk
- Irritability and aggression, particularly if this includes unprompted outbursts.
- Changes in appetite or rapid weight loss or weight gain.



THE NHS HAS MORE INFORMATION ON SIGNS TO LOOK OUT FOR <u>HERE</u>

ADVICE AND SUPPORT

YOUNGMINDS

Mental Health Foundation

There are a number of services and charities that can offer advice and support on all areas of mental health in young people. Click on the logos to head straight to their website!

NSPCC



FIND LOCAL MENTAL HEALTH SUPPORT HERE



The Place2Be's Children's Mental Health Week takes place from the 5-11th February and aims to shine a spotlight on the importance of children and young people's mental health. Now in its ninth year, they hope to encourage more people than ever to get involved, spread the word, and raise vital funds for children's mental health. Find out more about how you can get involved here!

LET'S GET SOCIAL

TIME TO TALK DAY, FIND OUT MORE HERE!

Key February dates

Children's Mental Health Week-

Eating Disorders Awareness

Week- 25th-2nd March

• Time to Talk day - 1st

Safer Internet day- 6th

5-11th



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.

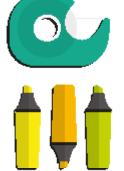
It's easy to use and is accessible from a smart phone, tablet or PC. You can use the app to report an absence easily and also book appointments for your child's Parents' Evening.

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 UELP? 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

DATES FOR YOUR DIARY

Thursday 15th February 2024 - Year 9 Options Evening Thursday 7th March - Plan, Prepare, Achieve (Year 11) Thursday 25th April - Year 11 Parents' Evening Thursday 9th May - Year 7 Parents' Evening Thursday 23rd May - Year 10 Parents' Evening Tuesday 25th June - Summer Concert Wednesday 26th June 2024 - Year 11 Prom Thursday 27th June - New Parents' Information Evening

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 12.30pm
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

AUGUST TERM 2024	FROM THE MORNING OF:	UNTIL THE END OF:
Autumn 1st half term	Tuesday 27th August 2024	Friday 18th October 2024
Mid-term break	Monday 21st October 2024	Friday 25th October 2024
Autumn 2nd half term	Monday 28th October 2024	Friday 20th December 2024
SPRING TERM 2025	FROM THE MORNING OF:	UNTIL THE END OF:
SPRING TERM 2025 Spring 1st half-term	FROM THE MORNING OF: Tuesday 7th January 2025	UNTIL THE END OF: Friday 14th February 2025
SPRING TERM 2025 Spring 1st half-term Mid-term break		

SUMMER TERM 2025	FROM THE MORNING OF:	UNTIL THE END OF:
Summer 1st half-term	Monday 28th April 2025	Friday 23rd May 2025
May Day	Monday 5th May 2025	Monday 5th May 2025
Mid-term break	Monday 26th May 2025	Friday 30th May 2025
Summer 2nd half-term	Monday 2nd June 2025	Wednesday 9th July 2025

NOVEN