



@LuttHigh



LuttHigh



Lutterworth High School Academy Trust

Friday 15th March 2024



Dear Parents/ Carers

Welcome to our weekly newsletter. Separate to this newsletter, I have written to you this afternoon regarding the outcomes of our recent Ofsted inspection.

We have become county champions in two sports this week! Year 7 girls are the county basketball champions and our Year 9 team have won the rugby county cup. Well done to all who played. Further details are inside.

I'd like to thank all parents who have volunteered to support our Year 10 mock interviews next week. We really appreciate you giving up your time to support this important aspect of our careers programme.

Have a nice weekend.

Yours faithfully

Julian Kirby
Headteacher



NOTICEBOARD



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

Revision Guides

Click [here](#) to download our order form.

Orders for revision guides can be placed by filling in and returning an order form. These can be collected from the Learning Hub.

Orders placed next week may not be available until after Easter.

Deadlines for orders this academic year:

year 11 – Friday 15th March

year 10 – Friday 24th May



House Points

KS3	Grace Page-Brown 9HM (42)	Hannah Lane 9LN (41)	Ethan Styring 9LA (43)	Sophie Gregory 8LM (39)
KS4	Joel Matthews 10HE (31) Poppy Lane 10LT (31)	Julia Melville 10LT (63)	Finn McGuigan Clayton 11HJ (48)	Lianne Cooper 10HB (35)

HOT CHOC FRIDAY


Well done to the following students who achieved Hot Choc Friday and a special Row Monday Hot Choc Friday respectively.



ROW MONDAY HOT CHOC FRIDAY





 Celebrating National Science Week

LHS FAMILY SCIENCE QUIZ

WITH RAFFLE

THURSDAY 21ST MARCH 2024, 6.30-8.00PM
BRING A BOTTLE

£5

PER TEAM
(5 PEOPLE MAX)

TICKETS AVAILABLE ON SCOPAY & VIA MAIN RECEPTION

Raising funds to enable us to purchase new electrical equipment to deliver our physics curriculum.

 LOST IN LUXURY

YEAR 11 PROM

RAFFLE FUNDRAISER

£1
PER STRIP
PURCHASE FROM MAIN RECEPTION

PRIZES ON OFFER

- SIGNED RUGBY BALL FROM THE MATT HAMPTON FOUNDATION
- BEAUTY AND PERFUME PRODUCTS
- CHILDRENS BOOKS AND GAMES
- HOUSE DECOR ITEMS

& MANY MORE!

TICKET

312268

DISTINCTION AWARDS

Toby Allen 7LC
Lucy Allen 11LFC
Feddie Altuccini 7HA
Lewis Ames 9HO
Lucas Ashman 7HA
George Astbury 8HS
Molly Baker 9LA
Trinity Barnes 9HO
Emma-Mollie Bayliss 9LA
Niamh Bell 11LFD
Wilson Benford 9LN
Noah Boot 11HJ
Jack Broadbent 11HW
Ella Brown 9HO
Zane Brown 7HA
Layla Bubb 9LA
Chris Burnett 9HC
Freya Candlish 11HL
India Chandler 11LSD
Izzy Clarke 9LB
Lyla Clarke 7LM
Phoebe Clelland 9LB
Connie Clelland 11LFC
Jayden Coleman 9HC
Freddie Cooke 9LA
Jacob Cross 7HA
Daisy Crosskey 9LN
Harry Dale 10HB
Amelia Deacon 11LFC
Harley Diffey 11HW
Lila Dimblebee 9LB
Eddie Dimblebee 11HJ
Lyle Dobson 8LE
Aaron Doore 11HW
George Draper 10HL
Lucy Eales 9LN
Ava El-Ashrafi 7HA
Edward Elliott 9HM
Harriet Ellis 10LK
Lily Evans 9HO
Asma Faizi 8LM
Umme-Salama Faizi 7LC
Evan Farrelly 8HG
Jess Ford 9LN
Jamie Forman 9LB
Olivia Gagin 10HE
Darcey Gamble 9LB
Eva George 11LSD
Amelie Gibson 8HO
Noah Goddard 7LM
Luke Green 7LH
Amelie Hall 7HA
Elijah Hall 7HA
Lucy Hammond 11HL
Ethan Hancock 11HH
Toby Hardwick 10LK
Hayden Harwood 10HB
Rupert Hawkins 8LM
Marc Hawkins 11HH
Emily Hill 8HS
Ellis Hodges 7LC
Florrie Hopkins 10LM
Alfie Jones 11HW

Ethan Keech 8LE
Emily Keyworth 7HA
Izzy Kirby 11HH
Joel Knight 9HM
Ben Laxton 8HS
Imi Leary 11HJ
Alfie Lennon 9LN
Indi Lockwood 9HM
Izzy MacSwiney 11LFD
Sophie Marsden 9LA
Lucy McClements 7HA
Finn McGuigan Clayton 11HJ
Botond Mecs 11HW
Jack Meehan 11LSD
Julia Melville 10LT
Elsa Montgomery 11LSD
River Newton 7LC
Lillia Oliveti 9LB
Nancy Owen 9LA
Gabriel Painter 11HB
Evan Palmer 8HG
Maya Patel 9LN
Charlie Pateman 9HC
Mimi Peterson 9HO
Lucas Potter 7LH
Angelika Puto 11LFC
James Quinn 8HG
Tisya Rana 7LM
Izzi Richardson 11HJ
Jacob Riley 11HL
Sophia Rochelle 11HJ
Monty Rose 9LN
Jack Rose 10LM
Mani Samrai 8LM
Isabel Sandells 11LFD
Erin Sandland 9HM
Jake Schofield 9HO
Berin Shipley 7HR
Thomas Sibson 8LE
Phoebe-Mae Sieling 9LB
Charlie Simons 8LE
Alfie Simons 10LK
Poppy Smith 11LSD
NJ Smith 10HE
Antonio Soare 7HA
Issy Spibey 11LSD
Jonah Spinner 10HL
Josh Taylor 10LT
Megan Thomas 8HO
Jessie Thomas 7LM
Harry Tilbrook 9HM
Ben Turner 9HC
Alice Vigrass 7HR
Ollie Walsh 9HM
Charlotte Ward 11HJ
Charlotte Wells 11HJ
Jack White 11HL
Alex Williams 9LB
Ant Wilson 8LE
Alex Winterton 9HC
Poppy Wood 9HC
Ava Woodward 9HO

Book of the Month March



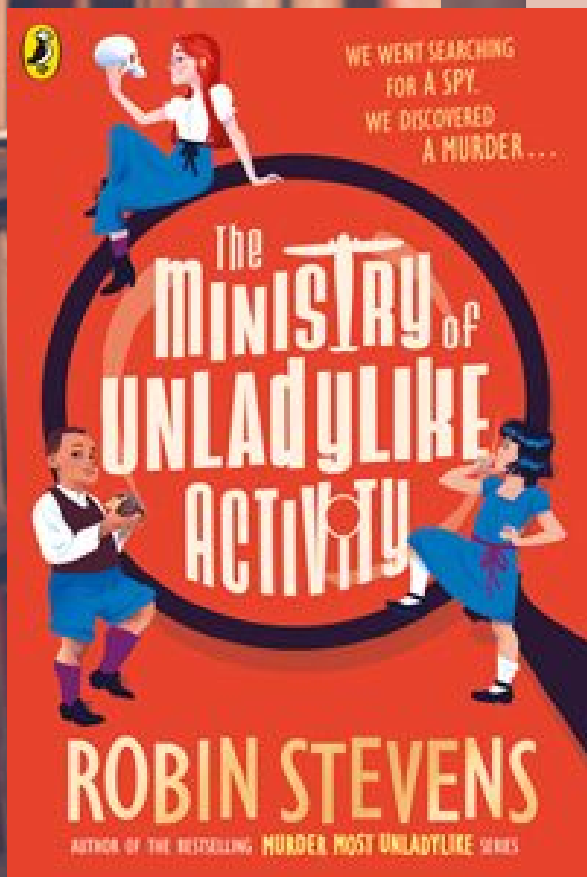
The Ministry of Unladylike Activity by Robin Stevens

1940. Britain is at war, and a secret arm of the British government called the Ministry of Unladylike Activity is training up spies.

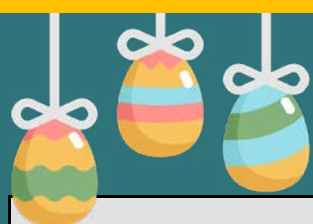
When May and her friend Eric are turned away by the Ministry, they take matters into their own hands. Masquerading as evacuees, they travel to Elysium Hall, home to the wealthy Verey family. They suspect that one of the Vereys is passing information to Germany. If they can prove it, the Ministry will have to take them on.

But there are more secrets at Elysium Hall than May or Eric could ever have imagined.

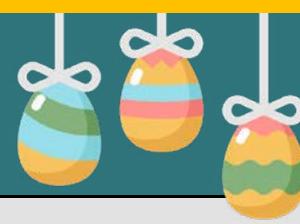
And then someone is murdered...



	Monday	Tuesday	Wednesday	Thursday	Friday
Before school 8.00 - 8.30am		Biology - 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 12.45 - 1.15pm	Computer Science - Rm13 DT revision - D5		PE GCSE - Rm13	DT - D5 (exam technique)	
After School 3.05 – 3.50pm	Maths F - Rm4 H - Rm1 & 2 French - Rm15 Spanish - Rm14	Geography - Rm8 Business Studies - D3	English - E2	Science F - Rm17 History - Rm11	Business Studies - D3 Geography - Rm7 History - Rm9
After School 3.50 – 4.30pm	Music (Comp) Rm18 Dance (Studio) French - Rm15 Spanish - Rm14		Food - Rm17 RE - Rm10	Science H - Rm17	



Easter Revision



	Morning Session 10am-12pm	Afternoon Session 1pm-3pm
Monday 25th March	History - Hall Food - Rm17	Dance - D3a PE - D3 Food - Rm17
Tuesday 26th March	Science H - Hall (Working Scientifically)	Science F (Hall or online tbc) (Working Scientifically)
Wednesday 27th March	Business Studies - Hall	
Thursday 28th March		
Easter Weekend		
Tuesday 2nd April	History - Hall Drama - Drama Studio (External Exam Rehearsal)	History - Hall Drama - Drama Studio (External Exam Rehearsal)
Wednesday 3rd April	DT Section B - D3	
Thursday 4th April	Maths (F) - Hall	Maths (H) - Hall
Friday 5th April	French F - D3a Spanish F - D3	French H - D3a Spanish H - D3

Year 10 MOCK EXAMS

	Monday 15 th April	Tuesday 16 th April	Wednesday 17 th April	Thursday 18 th April	Friday 19 th April
P1 –2	Year 11 only GCSE ART EXAM	Year 11 only GCSE ART EXAM WTM English Literature	Year 11 only GCSE ART EXAM WTM Geography	Year 11 only Geography pre-release day	Year 11 only GCSE ART EXAM
Break					
P3-4					WTM Maths
Lunch					
P5-6		WTM Science Biology Chemistry Physics	WTM History		

	Monday 22 nd April	Tuesday 23 rd April	Wednesday 24 th April	Thursday 25 th April	Friday 26 th April
P1 –3	English Literature Macbeth Jekyll and Hyde 1hr 45m	Science – Combined Biology 1hr 15m Biology 1hr 45m	Maths 1hr 30m	Science – Combined Physics 1hr 15m Physics 1hr 45m	History 2hr
Break	Periods 1,2,3 then break				
P4					
Lunch					
P5-6	Geography 1 1hr 30m	Statistics PE Music - Listening 1hr	Dance 1hr30m Drama 1hr45m	Comp Science 1h 30m	Food 1hr Design Tech 1hr 30m

	Monday 29 th April	Tuesday 30 th April	Wednesday 1 st May	Thursday 2 nd May	Friday 3 rd May
P1 –3	Science – Combined Chemistry 1hr15m Chemistry 1hr 45m	Business 1hr 45m RE 1hr 45m	ART (All day – Group 1) French Listening 45m Reading 45m (F) 1hr (H)	ART (All day – Group 2) Creative Media NEA (All day – Group 1) Spanish Listening 45m Reading 45m (F) 1hr (H)	Creative Media NEA (All day – Group 2)
Break	Periods 1,2,3 then break				
P4					
Lunch	Normal lunch				
P5-6 1:30pm start	French/Spanish Writing 1 hr(F) 1hr 15m (H)	English Literature An Inspector Calls 50m	CATCH UP	CATCH UP	



THE
EMERALD
WAY

CHARITY CORNER

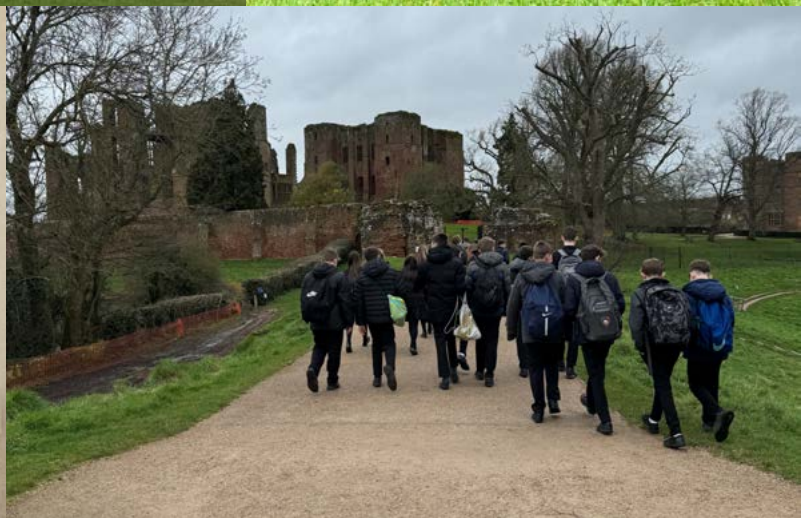
Please find below a detailed plan of the chosen charities of Year 9. Students will be doing a variety of activities, raising awareness as well as funds, throughout their week for their chosen charity. Make sure to get involved in any way you can.

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

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

Year 8 Kenilworth Castle

Year 8 students had an informative visit to Kenilworth castle on Wednesday. Students had time to explore the grounds and complete some fieldwork sketches in the morning, followed by a guided tour around the grounds.



Biology Photo competition

Thank you so much to everyone who took part in the Biology photo competition that took place last term. We had some fantastic entries and it was very difficult to come to a decision but the winning entries are as follows:

1st place – Sophie Gregory 8LM

2nd place – Florence Smith 7LC

3rd place – Olivia Green 10LT

Certificates and prizes will be presented in assemblies next week.

1ST



2ND



3RD



The Language Leadership Award

Another successful visit to Wycliffe Primary School for our Y9 & Y10 Language Leaders who taught KS2 'the time and school activities' in French/Spanish. One more visit in June and they will pass their language leadership Award. Well done to all! They were a credit to the school and the MFL department

Mrs Anderson

Curriculum leader of MFL



SPORTS HIGHLIGHTS

Netball

**Monday 11th March - Y10 A+B Squads South
Leicestershire Tournament at Leicester Grammar
School**

A Squad results

Match 1 v Robert Smyth won 4-1
Match 2 v Welland Park won 6-3
Match 3 v Thomas Estley won 6-2
Match 4 v Hinckley won 4-1
Match 5 v St Martins lost 2-7
Match 6 v Lutterworth College won 5-0
Match 7 v Leicester Grammar won 8-5

Second place overall, well done!
Coaches' player of the tournament: Zara Castle

B Squad results

Match 1 v Wigston won 5-1
Match 2 v Leicester Grammar B drew 1-1
Match 3 v Thomas Estley lost 0-3
Match 4 v Leicester Grammar D won 5-0
Match 5 v Leicester Grammar C won 2-1

Third place overall, well done!
Coaches' player of the tournament: Olivia Green

Basketball

Year 7 Girls Basketball - County Champions

The year 7 girls headed to the Mattioli Arena, the home of the Leicester Riders to play the County final against Catmose College on Monday. We got off to a flyer and were leading 20-7 at half time with the girls putting into practise our pre-match plan. It was a tense second half with our opponents coming back strong, but we managed to hold them off to win 22-19 to become County Champions. Well done girls!



Rugby



On Thursday the U14 rugby team faced Ratcliffe College in the Rugby U14 County Cup final. It was a physical game and Ratcliffe were tough opposition. However, the lads played to their strengths as we had practised in training. The game finished with Lutterworth 17-12 winners. It was very rewarding to watch them win the Cup.



Futsal

Year 9 Futsal

The girls were meant to be playing a tournament but other schools pulling out meaning we had a fixture against Kibworth. It was a very close game with the final score 6-5 to Kibworth, but the result could've gone either way with Kibworth's keeper keeping them in the game at times.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	AFTER SCHOOL 15:00-16:30		
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 4

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 12:45-13:15 Prom Committee	15:00-16:15 Rugby Sevens 7/8 15:00-16:30 KS4 Art Club 15:00-16:30 Netball 10 15:00-16:30 Netball 9 15:05-16:30 Dance
Tuesday	12:30-13:15 Minecraft Club	15:00-16:15 Dance Club 15:00-16:15 Rugby 9/10 15:00-16:30 Netball 7 15:00-16:30 Netball 8 15:00-17:00 Miniatures and Tabletop Games 15:05-16:00 Silver DofE
Wednesday	12:30-13:00 MiniBridge 12:30-13:10 Boccia 12:30-13:10 Pride Club	15:00-15:45 Orchestra 15:00-16:00 Bronze DofE 15:00-16:15 Rugby Sevens 9-11 15:00-16:30 Basketball 7 15:10-16:10 STEM Club 15:10-16:15 Textiles Art Club 15:15-16:35 Cross Country Club
Thursday	12:30-13:00 Show & Tell 12:30-13:15 Language Leadership Award 12:30-13:15 Minecraft Club 12:40-13:10 Choir	15:00-16:15 Girls Football 15:00-16:15 KS3 Art Club 15:00-16:15 The Games
Friday	12:30-13:00 Bilingual Book Club 12:45-13:15 Prom Committee	

THE
EMERALD
WAY



eServices

KEEPING US CONNECTED

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.

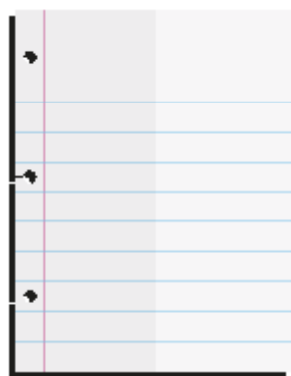
If you haven't already been issued with login details, please contact the EduLink team on the below email address edulinkapp@lutterworthhigh.co.uk.

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

COMMUNITY NOTICES



EASTER NETBALL

£20 A SESSION



LGS
STONEYGATE

RUN BY COACH

**Claire
Adams**

YEARS 4, 5 & 6
10.00 AM - 3.00 PM

**25TH
MARCH**

YEARS 7, 8 & 9
10.00 AM - 3.00 PM

**26TH
MARCH**

TO BOOK YOUR PLACE EMAIL
netballcampharborough@gmail.com

LGS Stoneygate
6 London Road, Great Glen, Leicestershire, LE8 9DJ

COMMUNITY NOTICES

www.rlperformersacademy.co.uk

THE WEST END & BROADWAY HIT MUSICAL

hairspray

**SUNDAY 2ND JUNE
LUTTERWORTH WYCLIFFE
ROOMS**

12.30-2PM

LIMITED SPACES AVAILABLE!

RESERVE YOUR PLACE WITH 50% DEPOSIT TODAY!!

*Book
Now!*

£18

COMMUNITY NOTICES



MORETON MORRELL
COLLEGE

LAMBING & ANIMALS WEEKEND at Moreton Morrell College

Saturday 20 & Sunday 21 April 2024

10.30am – 4pm (last entry on each day is 3pm)

FREE PARKING ONSITE

Come and see the baby lambs at Nethermorton Farm. Meet Farmer Dan, climb up on a tractor and hopefully see a lamb being born. It's a great day out for all the family.

Attractions include:

- **Animal Centre** with a large variety of exotic animals including meerkats, porcupines, coatis and llamas
- **Sit on a tractor** – the perfect photo opportunity
- **Visit our Farmer's Market** – featuring our Pershore Plant Centre, juice, cider and other locally grown produce
- **and much more!**

Tickets - buy online and SAVE £1 per ticket:

Family Ticket (2 adults & 2 children (under 16)): £18

Adult Ticket: £7

Child Ticket (under 16): £4

Concession (OAP): £5

Under 3s go FREE

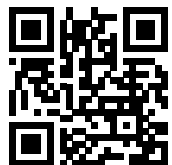
Find out more and book now: wcg.ac.uk/lambing

Please note that expectant mothers should not come into contact with sheep and other livestock during the lambing season. Cash will be needed for stalls and refreshments.

WIN
a hamper from
Pershore Press!
(worth £50)
PLUS a canvas of the winning picture
Post a picture with #MMLambs and we'll pick the best!



Scan me to
book tickets



Powered by
WCG

Hello!

DMU have launched the [**DMU Inspire Easter programme 2024.**](#)

This is a free (lunch is provided), exciting, immersive, one, two or three day experience, at the De Montfort University (DMU) campus. The experience is open all year 10 and year 11 students.

This experience will be run **during the Easter holiday** where students will join DMU academics and experts in their specialist areas, to develop skills that will help with future education progression and with college/sixth form and university personal statements.

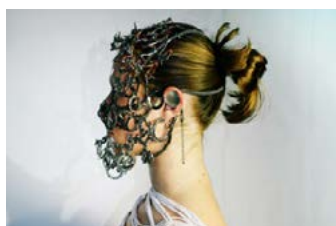
There are 11 schools/streams available below. Students can apply for one stream.

Each day will run between, 9am till 3 or 4pm.



Paramedic Science School – Monday 25 March

Learn what it takes to be a paramedic – get hands-on practical experience using our state-of-the-art simulation equipment, learn what it takes to provide first aid to non-responders and more.



Creative Fashion and Textiles – Monday 25 March

Join our creative Fashion and Textiles team in hands-on, creative workshops



Engineering and Technology School – Monday 25 March

Explore innovative developments and take part in exciting workshops and demos in our Engineering and Technology experience.



Creative Writing School – Tuesday 26 March

Learn to think (and play) creatively through interrelated sessions led by writers from DMU's Creative Writing degree programme.



Devising Drama School – Monday 25 & Tuesday 26 March

Work with expert staff from the Drama and Performance team at DMU to explore new techniques that will give learners a toolkit for devising your own work.



CSI Leicester school – Tuesday 26 March

This practical and hands-on experience will take you through the crime scene to court process.



Young Entrepreneurs - Business School – Tuesday 26 March

This session is designed to give students the basic tools and ideas for thinking about and shaping new business ideas.



Magic, Manipulation, and messing with your mind (English Language) School – Wednesday 27 March

Ever wondered why we talk about 'spelling'? Over the course of this stream, you'll learn something about the history of magic and magical languages, deception, manipulation, and more...



Creative Design School - Wednesday 27 March

Join the Creative Design team for day of artistic exploration with real-world outcomes, immerse yourself in contemporary design and immersing technologies through a series of workshops.



Film and Media School – Thursday 28 March

Join members of the Film Studies team for a day of film-related activities intended to get you thinking about how and why the media works.



Law School – Date TBC

This one-day experience is a fantastic opportunity to learn about criminal law, how to win an argument and how our human rights are infringed, not only at home but on an international scale.

Students can apply via the [online application form](#). It's only short. But useful for students, when applying to note, the most important part of the form is the 'Statement of Interest'

section. This is their opportunity to clearly demonstrate to us their passion and enthusiasm for the stream or subject area, and tell us more about any relevant experiences they've had.

DMU Inspire online application forms can also be found here:



As this is during the Easter holidays, you will need to ensure your son/daughter is dropped off at DMU campus for the start time, and picked up at the end time.

Place available for each school/stream are limited, to secure a space, we recommend students apply as early as possible.

Once your son or daughter applies and has successfully gained a place, more joining information will follow.

We're really looking forward to welcoming your son/daughter onto campus.

If you have any questions, please don't hesitate to contact schoolsoutreach@dmu.ac.uk

Best wishes,

The DMU Widening Participation Team

DE MONTFORT UNIVERSITY

dmu.ac.uk/wp



[@dmu.wp](https://www.instagram.com/dmu.wp)



Exam Anxiety

NEWSLETTER

MARCH 2024

WHAT IS ANXIETY?

Anxiety is when you feel scared, worried or panicked about something. It's a normal, human feeling and your body's natural response to stress or danger. Anyone can experience anxiety, regardless of age, gender, race, culture or faith.

We all feel anxious from time to time. Day-to-day things like friendship, money, exams or work can cause anxiety. Or certain situations, such as travelling home at night, starting a new school or giving a presentation. But the feeling usually passes once we feel safe or solve the problem we had. **Source: YoungMinds**



Did you know?

One in **five** children aged 5 to 16 were identified as having a probable mental health problem in 2023. That's **6** children in every classroom!

Source; Mental Health of Children and Young People Survey, NHS 2023)



CHECK OUT THIS VIDEO TO SUPPORT
YOUNG PEOPLE WITH EXAM STRESS [HERE](#)



YOUNGMINDS

BBC
BITESIZE

SAMARITANS

EXAM ANXIETY

Tests and exams can be a challenging part of school life for children and young people and their parents or carers. It's normal to feel worried about exams, but sometimes the anxiety and stress can become overwhelming and it might start to affect your sleeping or eating habits.

Don't feel alone, there's lots of help and support available online, click on the logos to head straight there!

TIPS TO MANAGE EXAM ANXIETY

- **Make time for things you enjoy.** Find ways to release stress and celebrate progress. You could listen to music, draw, cook, go for a walk, play a sport or visit the cinema.
- **Talk to others about how you feel.** Connect with other people, especially your peers who are also taking exams and might be feeling anxious too.
- **Try to find balance.** Take regular breaks and be realistic about what you can do in a day. Keep things in perspective and remember that exams won't last forever.
- **Take care of your physical health.** Make sure you get enough sleep, food, water and exercise. If you take regular medication, keep up with your routine.
- **Focus on yourself.** Try not to compare yourself to others. Think of things you like about yourself and what you're good at.
- **Ask for help** Talk through your concerns with your teacher/tutor who can let you know what support your school or college can offer you.



IS BACK FOR 2024!

Move it March is our biggest ever physical activity programme! The project aims to encourage children and young people, across South Leicestershire, to become more physically active and increase the number of children achieving the recommended guidelines of at least 60 minutes of exercise every day.

Last year, **12,651** participants in South Leicestershire took part and moved for a total of **3,739,500** active minutes!

How many active minutes can you achieve this March? Whether it is a walk, a game of tennis or dancing, it all counts!

For more information, click [here!](#)

#MOVEITMARCH2024

RELAXATION

Click [here](#) to learn some new relaxation techniques.

Key March dates

- International Women's Day- 8th
- Nutrition & Hydration Week- 11th-17th
- World Sleep day-15th
- World Oral Health Day -20th



LET'S GET SOCIAL



DATES FOR YOUR DIARY

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 16 th October 2023	Friday 20 th 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 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

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

SPRING TERM 2025	FROM THE MORNING OF:	UNTIL THE END OF:
Spring 1st half-term	Tuesday 7 th January 2025	Friday 14 th February 2025
Mid-term break	Monday 17 th February 2025	Friday 21 st February 2025
Spring 2nd half-term	Monday 24 th February 2025	Friday 11 th April 2025

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