



@LuttHigh



LuttHigh



Lutterworth High School Academy Trust

Friday 26th April 2024



Dear Parents/ Carers

Welcome to our weekly newsletter. We've enjoyed the better weather today as students have finally got onto the field!

Our Year 10 students have been amazing in their mock examinations. Their attendance this week has been a superb 98%! We've also welcomed our Year 11 parents for their final Parents' Evening yesterday. Our students continue to work very hard and it was nice to give out such positive messages.

We have undertaken a small internal re-structure at school and I am pleased to announce that Natalie Tebbatt has been promoted to the position of Deputy Headteacher overseeing the quality of education. She joins Amy Hunter as the two Deputy Headteachers at Lutterworth High School. Finally, we are advertising the position of LSA at the school if you are interested or know anybody who may want to join the excellent team. Further details are inside.

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

Orders for revision guides can be placed by filling in and returning an order form.

These can be collected from the Learning Hub.

Deadlines for orders this academic year:
Year 10 – Friday 24th May

Please note Year 11s can no longer order revision guides from school as they will not be delivered in time for their exams.

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



House Points

KS3	Noah Gibson 7LH (29)	Asma Faizi 8LM (50)	Alfie Lennon 9LN (41) Molly Baker 9LA (41)	Lily Reynolds 9LN (32)
KS4	Skye Castle 11HJ (54)	Connie Clelland 11LFC (46)	Imi Leary 11HJ (46)	Poppy Smith 11LSD (43)

We are hiring!

We are looking to appoint an enthusiastic Learning Support Assistant to join our established and dedicated Curriculum Support team. To find out more and to apply, click [here](#).

WE ARE
HIRING



APPLY NOW

Exam Kits

£1.75

These can be collected from the E4 at lunchtimes or Student Reception.



HOT CHOC FRIDAY

Well done to the following students who achieved Hot Choc Friday.



Activity Week Residential Meetings

Lake District – Monday 3rd June, 5.00pm (Gym) – Miss Niemeijer

Snowdonia – Wednesday 5th June, 5.00pm (Terrace) – Mr Nutt

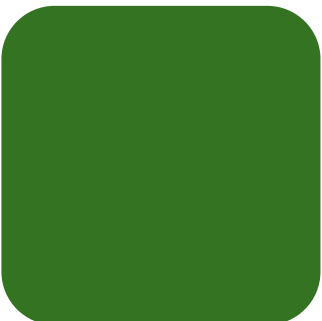
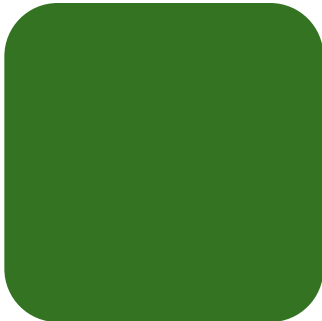
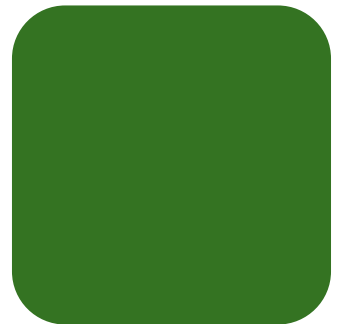
Berlin – Thursday 6th June, 5.30pm (Gym) – Mr Allen

Seville - Monday 10th June, 6.00pm (Terrace) – Mrs Jarmulewski

Geneva – Tuesday 11th June, 5.30pm (Gym) – Mrs Keatman

Paris - Thursday 13th June, 5.30pm (Gym) – Mrs Anderson

London – Thursday 13th June, 5.30pm (Terrace) – Mr Bowden



NOTICEBOARD



YEAR BOOKS!

Our Leavers' Yearbooks are about to go into production.
Don't leave school without one!
You only have one chance to order yours. Only one print run will be done.

To make sure that you get one, please speak to:



Miss Robinson



PLACE YOUR ORDER NOW!

FIZZ
YEARBOOKS

Sorry - after this date: **Monday 6th May** it's just too late!

2024 LEAVERS' HOODIES!

Our Leavers' Hoodies are about to be ordered!

To make sure that you get yours, please speak to:



Miss Robinson

They cost: **£25**

PLACE YOUR ORDER NOW!



FIZZ
HOODIES

Sorry - after this date: it's just too late!

Monday 6th May

HOUSE FOOTBALL & NETBALL



SIGN UP ON SOCS TO REPRESENT YOUR HOUSE

DATES:

YEAR 7 – TUESDAY 7TH MAY

YEAR 8 – WEDNESDAY 8TH MAY

YEAR 9 – THURSDAY 9TH MAY

YEAR 10/11 – MONDAY 13TH MAY

Please note that no co-curricular sessions will be on the week of the house football and netball. Planned fixtures will still go ahead.

DISTINCTION AWARDS

Erin Aldridge 10HE
Ariana Asghar 7LM
Molly Baker 9LA
Lois Barnett 7LC
Layla Bubb 9LA
Kieran Burton 10LK
William Clarke 10HE
Jack Coleburne 7LC
Rin Coleman 11HL
Charlie Court 9LB
Elizabeth Cowles 9LB
Daisy Crosskey 9LN
Keira Davies 9LA
Will Demery 9LA
Harry Dew 10HB
Jared Draisey 10HL
Jess Ford 9LN
Alice Foster 9LA
Emily Griffiths 9LN
Lucy Hammond 11HL
Elena Haynes 8LM
Rebekah Hollingworth 9HO
Arjan Kang 7HH
Ben Laxton 8HS
Alfie Lennon 9LN
Sophie Marsden 9LA
Lucy McClements 7HA
Millie Moore 9LA
Rosa Newbury 8HS
Carla Painter 9LA
Zofia Papierz 8HS
Oli Price 11LFC
Elliot Retmanski 9LA
Izzi Richardson 11HJ
Charlie Rowley 10LK
Jude Rymell 7LC
Ella Schofield 10HE
Phoebe-Mae Sieling 9LB
Charlie Simons 8LE
Blake Snow 10LM
Bobby Stenhouse 9LA
Henry Taylor 10HL
Charlie Theobald 10LK
Harrison Wicks 9LB
Lottie Willdig 9HC
Alex Williamson 11HW
Ant Wilson 8LE
Ava Woodward 9HO
Thomas Wride 9LB
Nicholas Wride 9LA

Book of the Month May

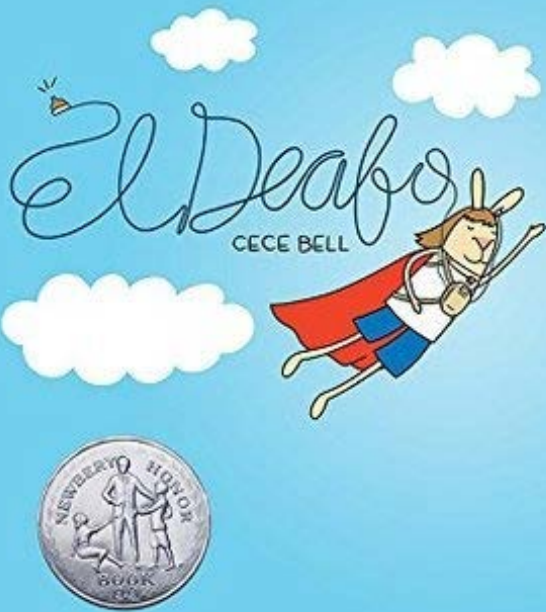


El Deafo by Cece Bell

Deaf Awareness Week
6-12 May 2024

Starting at a new school is scary, even more so with a giant hearing aid strapped to your chest! At her old school, everyone in Cece's class was deaf. Here she is different.

Then Cece makes a startling discovery. With the Phonic Ear she can hear her teacher not just in the classroom, but anywhere her teacher is in school — in the hallway... in the teacher's lounge... in the bathroom! This is power. Maybe even superpower! Cece is on her way to becoming El Deafo, Listener for All!



"I love El Deafo! It's everything you could want in a book: funny and touching and oh so smart."
— R. J. Palacio, author of Wonder

You can borrow this from the Pop-up Library in E4 on Mondays and Fridays while the Learning Hub is closed for mocks.



IN THE POST!

A creative challenge from the English team.

£10 Amazon gift cards to be won!

Year 7

Design and write a postcard from a real or imaginary day out.

Year 8

Design a formal invitation to a ball.

Year 9

Write a letter home from war.

Closing date: Mon 13th May



POP-UP LIBRARY E4

The Learning Hub will be closed for Year 10 mocks from Mon 15th - Fri 26th April.

The Pop-Up Library will work differently this time. Please read this carefully so that you know when you can and can't use it.

Mondays - Swap books and quiet reading

Tuesdays - Year 10 study and revision

Wednesdays - wellbeing games and colouring

Thursdays - Year 11 study and revision

Fridays - swap books and quiet reading

Anyone can come along but as it is a classroom there is limited space so it will be first come, first served (that includes for librarians, library helpers and pass holders).

HOUSE READING CHALLENGE

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

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

RESULTS FOR LAST HALF TERM



Revision Block 3

Monday 8th April to Friday 3rd May – Four weeks

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school 8.00 - 8.30am	Maths - Rm1 5-a-day 8 - 8.30am (need not attend full session)	Maths - Rm1 5-a-day 8 - 8.30am (need not attend full session)	Maths - Rm1 5-a-day 8 - 8.30am (need not attend full session)	Maths - Rm1 5-a-day 8 - 8.30am (need not attend full session)	Maths - Rm1 5-a-day 8 - 8.30am (need not attend full session)
		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	



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 10 MOCK EXAMS

	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	

Attendance

Table of Attendance

Year	% This Week	% Year to Date
7	95.64	93.42
8	93.49	93.35
9	90.93	92.53
10	98	92.90
11	88.06	89.75
Whole School	93.14	92.38

MOMENTS
MATTER,
ATTENDANCE
COUNTS.

SPORTS HIGHLIGHTS

Inclusive sport games



This week our inclusive games team represented the school in a local competition for South Leicestershire. The day involved students throwing an indoor javelin, playing boccia and participating in wheelchair rugby to name a few events. Our students were excellent and competed well across the day. We were crowned champions and left with the winners trophy!



Sports Leaders

Our Level 1 Sport Leaders supported the event. Throughout the day they organised, timed and supported all students at the event. Our Leaders received so much positive praise, with a big mention to the student pictured left (right handside) who was picked out by a few staff on the day as being superb.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<div>  <div> AFTER SCHOOL 15:00-16:30 </div>  </div>			
Athletics All Years (All PE staff)	Rounders All Years (ZTU)	Team Tennis Invite Only All Years (SLO)	Tennis All Years (TWH)
			Dance Yr.7-8 (KBA)
		Mixed XC Yr.7-11 (MNA)	The Games Invite Only 3pm-4pm (STO)

ACTIVITY OVERVIEW - TERM 5

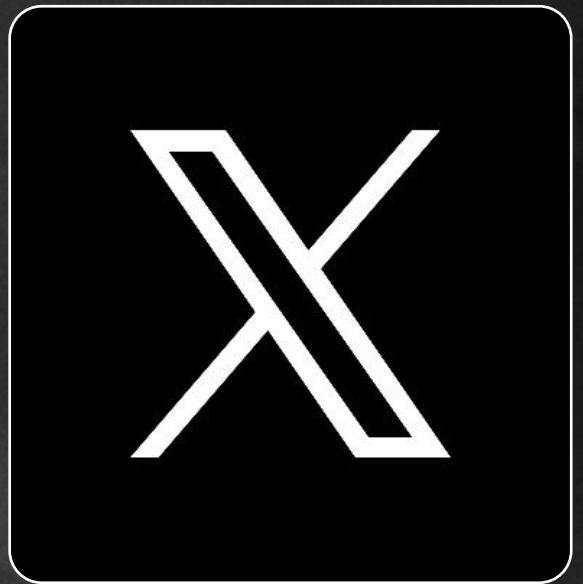
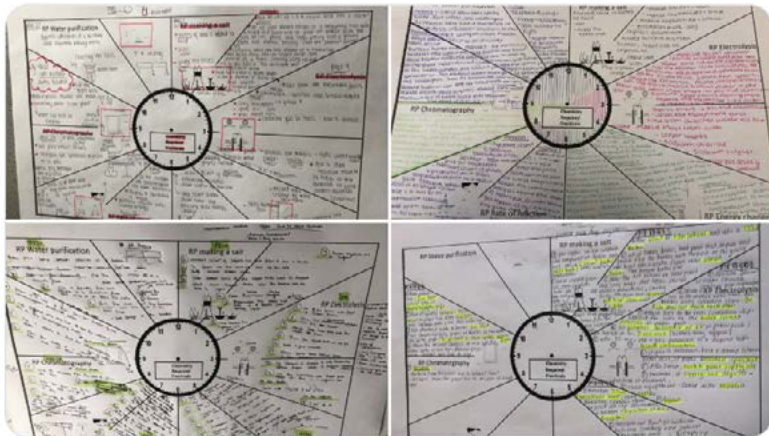
Days	Lunch 12.30-1.15pm	After School 3.00pm 3.00-4.00pm/4.15pm/4.30pm
Monday	2:30-13:15 Christian Union 12:30-13:15 Library Helper 12:30-13:15 Student Librarians	15:00-16:30 Athletics 15:00-16:30 House Netball 10/11 15:30-16:30 House Football 10/11 15:50-16:30 Dance
Tuesday		15:00-16:30 House Football - Year 7 15:00-16:30 Rounders - All Years 15:05-16:00 Silver DofE 15:30-16:30 House Netball 7
Wednesday	12:30-13:00 MiniBridge 12:30-13:10 Pride Club	15:00-15:45 Orchestra 15:00-16:00 Bronze DofE 15:00-16:30 House Football - Year 8 15:00-16:00 Further Maths 15:00-16:30 House Netball 8 15:00-16:30 Tennis - Teams 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 12:40-13:10 Choir	15:00-16:15 Dance Club 15:00-16:15 KS3 Art Club 15:00-16:15 The Games 15:00-16:30 House Football - Year 9 15:00-16:30 House Netball 9 15:00-16:30 Tennis - Recreational
Friday	12:30-12:45 Prom Committee 12:30-13:00 Bilingual Book Club	

THE
EMERALD
WAY



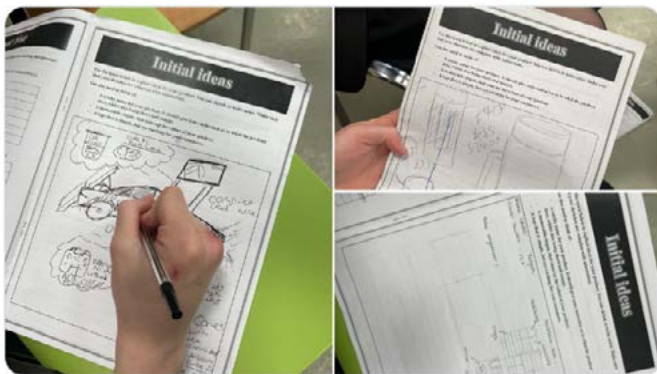
Miss N Science @MissN_LHS · 13m

Some excellent revision clocks about the Chemistry required practicals, produced by the Year 11 students this week! @LuttHigh #reachforthestars



Miss R Chalmers @MissRChalmers · Apr 24

9LB have started creating their products/businesses that they will using their acting skills to pitch to me at the end of the unit @LuttHigh



Mrs N Tebbatt @MrsTebbatt Food · 19h

Great to see our sports leaders developing skills and supporting the Loughborough festival @LuttHigh



Mrs Tomlinson @MrsTomlinsonLHS · 19h

@HeadofPELutt Fantastic feedback for the excellent job the young sports leaders are doing at the Loughborough Paralympic Festival.



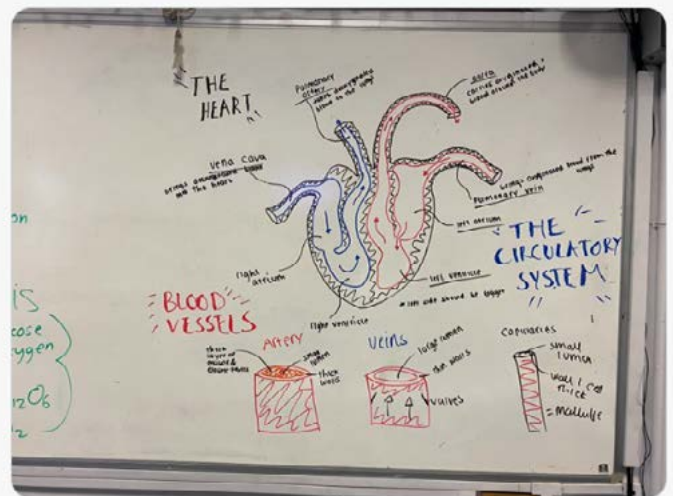
Mr Wheatcroft @MrWheatcroft · Apr 24

The boys can be proud of today. The Year 8 sevens team attended the Regional Finals day at Northampton Saints. Great exposure to top school boy rugby. Finishing the day losing in the plate group stage. @HeadofPELutt @LuttHigh



ZODScience @zodscience · Apr 22

Fantastic 20 minutes of revision from a year 10 student!! @LuttHigh



Follow us on X

<https://twitter.com/LuttHigh>

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.

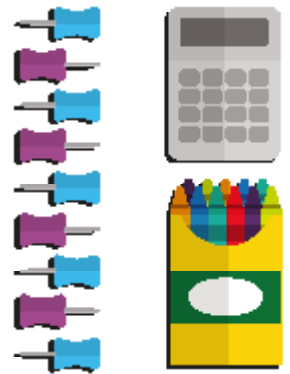
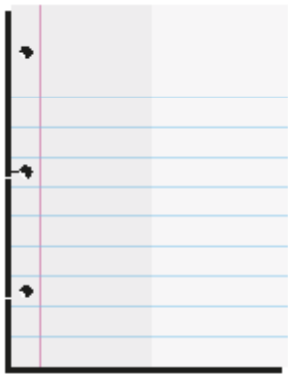
If you haven't already been issued with login details, please contact the EduLink team on the below email address edulinkapp@lutterworthhigh.co.uk.

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



May 2024
Newsletter



The CPD Standards Office
CPD PROVIDER: 33646
2024-2025

CPD training for anyone who works with children or teenagers.
National Standards CPD accredited sessions
All sessions booked & delivered online via facefamilyadvice.co.uk

Thursday
2 May

19:00 - 21:00
£24



Anxiety Explained

Anxiety, especially in our young is rising. This session explains what it is, why it happens and how you can help.

Monday
13 May

19:00 - 21:00
£24



Autism: Improving Communication

Small changes can lead to huge improvements with your ability to communicate with someone on the spectrum.

Monday
20 May

19:00 - 21:00
£24



Understanding the Teenage Brain

Improve your understanding and communication with your teen. Why they think, feel and behave very differently from adults.

Tuesday
21 May

19:00 - 21:00
£24



Raising Self-Esteem

How to support healthy self-esteem in your children and yourself. Easy to apply interventions shared.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

COMMUNITY NOTICES

Anxiety Explained

Do you, or your children (especially your teens) suffer from anxiety?
Would you like to know what anxiety is and gain some
understanding on how to manage it?



A two-hour online talk delivered by
Jane Keyworth, Lead Facilitator at **FACE**
THURSDAY 2nd MAY 7-9PM £24
Available to book now facefamilyadvice.co.uk

Supporting a Child with ADHD Thursday 25th April



Join Jane Keyworth, Lead Facilitator at FACE for an online session
that explores this topic and challenges stereotypes.

facefamilyadvice.co.uk

(7pm to 9pm) £24

Book now via the website



Body Image

NEWSLETTER

APRIL 2024

WHAT DOES BODY IMAGE MEAN?

Body image is a term that can be used to describe how we think and feel about our bodies, positively, negatively or both. Body image can relate to a person's body size or shape, height, skin colour, appearance, physical disabilities or differences.

A negative body image can influence a child or young person in many different ways. This can include:

- Lower self-esteem
- Lower levels in confidence
- Increased anxiety
- Depression or low mood
- Social isolation or withdrawal
- Self-harming or restricted eating

Source: Mental Health Foundation



Did you know?

Research has shown that for young children, attitudes about body shape and size may start as early as three or four years old.

Source: Mental Health Foundation



MENTALLY HEALTHY SCHOOLS

For further information & support, visit the **Mentally Healthy schools** website [here!](#)

POOR BODY IMAGE- SPOT THE SIGNS!

It is normal for children and young people to compare themselves to others, especially as they get older. However there are signs to be aware of which could indicate that they have an unhealthy view of their body, which is negatively affecting how they feel about themselves. This could include;

- Feeling overly worried about how they look.
- Wanting to cover up parts of their body.
- Not wanting to change for PE or take part.
- Refusing types of food because 'it makes me fat'.
- Changes in mood.
- Control of eating.
- Changes in their social functioning or interaction.

Source: Mentally Healthy Schools

IF YOU'RE WORRIED, **YOUNGMINDS** HAS LOTS OF ADVICE **HERE!**

EATING DISORDERS

In some cases, a negative body image can lead to an eating disorder. Disordered eating can present in different ways;

- Severely limiting the amount of food eaten
- Eating very large quantities of food at once
- Making yourself sick after eating and/or by misusing laxatives
- Fasting
- Undertaking excessive exercise
- Or a combination of behaviours



Did you know?

More than a third of British teenagers (35%) have stopped eating at some point or restricted their diets due to worrying about their body image.

Source: Mental Health Foundation



ADVICE & SUPPORT

If you are concerned that your child may be showing signs that they have an eating disorder, there is lots of help and support available.

Key April dates

- World Autism Awareness day-8th
- Earth day- 22nd
- Stress Awareness month



The NHS has tips and advice, alongside helplines and services available to you for support **here**



The Beat Eating disorders has support and advice including Beat's learning platforms for those supporting a loved one with an eating disorder. Find out more **here**



YoungMinds have a series of real stories of young people that have recovered from Eating Disorders. Check them out **here**



LET'S GET SOCIAL



EXAM ANXIETY

Simple ideas to help manage stress and anxiety

Make time for the things you enjoy

Find ways to release stress and celebrate your progress. You could listen to music, draw, cook, go for a walk, play a sport or enjoy a treat like a cinema trip!



Take regular breaks

Make sure you take regular breaks, as your brain cannot concentrate for hours at a time. Breaks from revision can boost your energy and motivation



Talk to others about how you feel

Connect with other people, especially your classmates who are also taking exams as they might be feeling anxious too.



Focus on yourself

Try not to compare yourself to others. Remind yourself what you like about yourself and what your good at.



Create a timetable

Create a simple revision timetable and make sure you are realistic about what you can achieve each day.

Take care of your physical health



Make sure you get enough sleep, food, water and exercise. A good diet and the right amount of sleep can help increase your energy and improve your concentration, focus, and memory.

Ask for help

Talk through your concerns with your teacher/tutor who can let you know what support your school can offer you. Let your family and friends know if you are struggling so they can support you too.



Keep things in perspective

Remember, you are more than your exam results. Exams are only a small part of the picture and don't define you.

SUPPORT

If you do feel stressed or anxious, don't feel alone, there is lots of help and support available.

Click on the logos to find out more:



Health | Well-being | School Sport | PE | Physical Activity
Supporting South Leicestershire Schools to provide opportunities for all young people

KNOW THE SIGNS OF STRESS:

- Feeling Irritable, angry, impatient or wound up.
- You might experience anxiety, feel nervous or afraid.
- Unable to enjoy yourself
- Depressed
- Uninterested in life
- A sense of dread
- Worried or tense
- Loss of appetite
- Neglected or lonely

You might experience physical signs such as

- Headaches
- Blurred vision
- Feeling sick
- Trembling
- Feeling more tired than usual
- Clammy or sweaty palms
- Dizziness
- Racing heartbeat

YOUNG MINDS HAVE MORE INFORMATION HERE

DATES FOR YOUR DIARY

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