



Lutterworth High School Academy Trust

Friday 3rd May 2024



Dear Parents/ Carers

Welcome to our weekly newsletter. Firstly, I'd like to say how well the Year 10 students have approached their mock examinations. It is clear that they have worked hard and been prepared. Their conduct and approach to the examinations was exceptional.

We have two Parents' Evenings left for this half-term. We look forward to welcoming our Year 7 parents on Thursday 9th May and our Year 10 parents on Thursday 23rd May.

Year 9 students took advantage of the good weather yesterday to enjoy their trip to Dovedale. Please see inside for photos.

I'd also like to congratulate our Years 8 and 9 girls' rugby team on winning their tournament.

Have a nice weekend.

Yours faithfully

Julian Kirby Headteacher





HOW TO REPORT A CONCERN AT LUTTERWORTH HIGH SCHOOL



Tell a teacher, your tutor or go toKS3/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



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 <u>here</u> to download our order form.





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

House Points

KS3	Chloe Hurst 7LM (46)	Lyla Clarke 7LM (51)	Emily Bradley 7HH (52)	Toby Allen 7LC (59)
KS4	Marc Hawkins 11HH (63)	Izzy Kirby 11HH (41)	Fleur Moult 11LFC (51)	Megan Sands 11HL (35)

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.







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

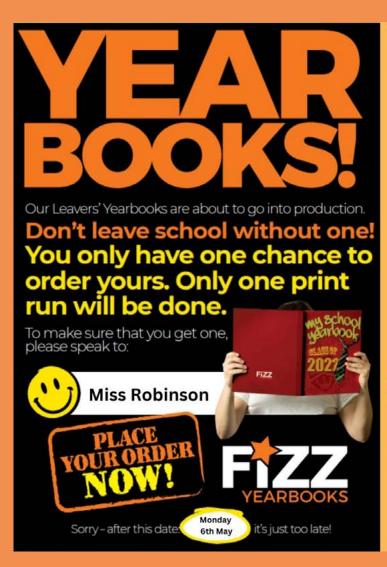
Seville - Monday 10th June, 6.00pm (Terrace) - Mrs Jarmulewski

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

Last chance to order - Deadline Monday 6th May!





Midsummer Concert



THURSDAY 20TH JUNE 6-8PM





PROUD TO BE A MUSIC MARK SCHOOL



Children up to 16

DISTINCTION AWARDS

Erin Aldridge 10HE Toby Allen 7LC

Hubert Antoniewicz 10HB

Giovanni Backus 7LM

Trinity Barnes 9HO

Lois Barnett 7LC

Ruby Blockley 9HC

Zane Brown 7HA

Joseph Bruton 8HO

Kieran Burton 10LK

Zara Chechlacz 10HL

Pippa Clarke 7LM

William Clarke 10HE

Jack Coleburne 7LC

Charlie Court 9LB

Jacob Cross 7HA

Keira Davies 9LA

Will Demery 9LA

Jared Draisey 10HL

Umme-Salama Faizi 7LC

Patrick Findley 11HH

Jess Ford 9LN

Jamie Forman 9LB

Alice Foster 9LA

Kaitlen Gambrell 8HS

Alastair Gilbert 10LT

Sylvia-Mae Gray 7LM

Lucy Hammond 11HL

Oliver Hawkins 11LFC

Alfie Hill 7LC

Rebekah Hollingworth 9HO

Chloe Hurst 7LM

Josh Jacques 8HS

Arjan Kang 7HH

Ralph King 11HH

Edie Lacey 7LM

Ben Laxton 8HS

Imi Leary 11HJ Alfie Lennon 9LN

Declan Leo 9LN

Oliver Lewis 7LC

Milena Lopata 9HC

Millie Moore 9LA

Liv Moore 8HO

Noah Morris 7LM

Rosa Newbury 8HS

Carla Painter 9LA

Isla Palmer 10HE Cameron Parker 9HC

Iris Pateman 9HC

Oli Price 11LFC

Tisya Rana 7LM

Elliot Retmanski 9LA

Bobby Richardson 9HC

Izzi Richardson 11HJ

Evie Roberson 9HM

Sophia Rochelle 11HJ

Charlie Rowley 10LK

Jude Rymell 7LC

Ella Schofield 10HE

William Selby 8HG Alfie Simons 10LK

Blake Snow 10LM

Bobby Stenhouse 9LA

Henry Taylor 10HL

Jessie Thomas 7LM

Ben Turner 9HC

Alex Williamson 11HW

Jack Williamson 10LT **Alex Winterton 9HC**

Ava Woodward 9HO

Joe Woodward 11LFD Nicholas Wride 9LA

Book of the Month ROW HEADNING

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 EI Deafot 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.

HUB What We're Reading with Success





Follow us!

While the Learning Hub is closed, Miss Chapman will be posting regular book recommendations on social media. Make sure you follow to stay in the loop!



@lutthighlibrary



POP-UP LIBRARY E4

The Learning Hub will remain closed for Y11 GCSE exams until Friday 21st June.

The Pop-Up Library will continue with some changes. Please read this carefully so that you know when you can and can't use it.

Mondays - All years - swap books and quiet reading

Tuesdays - Year 11 - study and revision Wednesdays - All years well-being games - swap books

Thursdays - Year 11 - study and revision Fridays - All years - swap books and quiet reading

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

HOUSE READING CHALLENGE

Results 2023/2024

Autumn 1: Aug-Oct Cunningham

Montgomery Tedder

Churchill

Spring 2: Feb-Easter Churchill Cunningham Montgomery Tedder

Autumn 2: Oct-Christmas

Montgomery Cunningham Churchill Tedder

> Spring 1: Jan-Feb Cunningham Montgomery Churchill Tedder

Summer 1: Easter-May Churchill

> Cunningham Montgomery Tedder

Cunningham 425 Montgomery 350 Churchill 325





Total points earned: Tedder 150





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 - <u>Young Minds</u> W/C 10th June - 9HO - <u>Dementia UK</u>



Attendance

Table of Attendance

Year	% This Week	% Year to Date
7	92.58	93.39
8	91.64	93.30
9	93.66	92.56
10	93.74	92.93
11	87.87	89.70
Whole School	91.93	92.37





SPORTS HIGHLIGHTS

Girls' Rugby

The Years 8 and 9 girls' rugby team travelled to Market Bosworth Rugby Club for a mini festival. The girls beat Lutterworth College, Market Bosworth High School and drew against Market Bosworth Academy. Due to other results the girls won the tournament. Some stand out performances by Kacie, Erin, Mollie.



Tennis

It was the beginning of the tennis season on Wednesday evening for Lutterworth High School, with the Under 13's boys B team making their debut away at Manor High School.

All four players were making their competitive tennis debuts for the school on the artificial red clay at Carisbrooke Tennis Club. They took to the task really well, playing some excellent tennis and displaying great teamwork in accomplishing a brilliant 5-1 match win!

Well done to all players involved!



SPORTS HIGHLIGHTS

Year 10 sports trip

On Thursday this week some of our Year 10 Sports students visited Nottingham Trent University to experience what sport at university could look like. Students worked in the laboratory and the movement analysis room, before exploring the sports facilities and listening to students experiences who were at the University.











AFTER SCHOOL 15:00-16:30



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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
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





Aaron Mehta @merlin_spitfire · 21h

Pretty much last full year 11 business lesson. This lot have been great over two years and are working hard to nail the grade they deserve. @LuttHigh







ZODScience @zodscience · Apr 30 Year 9 enjoying the sunshine! ★ @LuttHigh







 $\label{lem:mass} \begin{tabular}{ll} Mrs N Tebbatt @Mrs Tebbatt_Food \cdot May 2 \\ Amazing creativity and cooking skill on show in the year 8 'follow a recipe' assessment today. Well done everyone! @LuttHigh \\ \end{tabular}$





Mr Mather @MrMatherPE · Apr 30
Congratulations to the two ex @LuttHigh students here &

Fantastic achievement by our U21 Academy as Ava Baker scored twice in today's 3-0 win over Charlton ₩



Follow us on X

https://twitter.com/LuttHigh

eServicesKEEPING 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

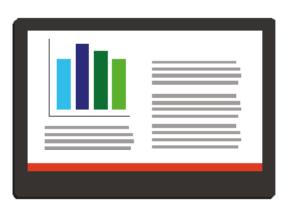


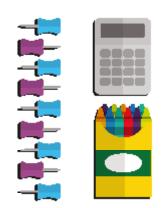
OFFICE 365 - STUDENT ADVANTAGE & TEAMS









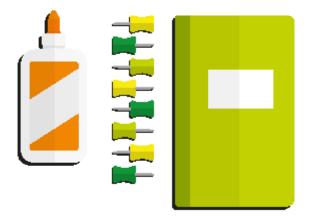












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Visit our the website and go to Menu - Students - Student Zone



SUPPORTING YOUR CHILD WITH EBSA



EMOTIONALLY BASED SCHOOL ABSENCE GUIDANCE FOR PARENTS

WHAT IS EBSA?

Emotionally Based School

Absence/Avoidance/Anxiety (EBSA) is a broad term that is used to describe children and young people who have terrible difficulty attending school and may have long periods of absence caused by emotional distress.

EBSA is commonly associated with emotional and physical distress and an inability to attend school, which can then lead to further anxiety about school. It is not the same as truanting which is not usually linked to an emotional cause like anxiety.

EBSA isn't a new problem, but young people feeling anxious about going to school regularly, has increased significantly since the pandemic and lockdown.

PUSH AND PULL FACTORS

There are a range of factors that feed into EBSA. These factors can either increase a child's ability to attend school or reduce it, which means they will be more likely to stay at home.

These factors are referred to as PUSH and PULL factors.

Push and pull factors feed into a child's EBSA and can affect both children and parents. They are broken down into different overall areas: environmental, school and personcentred.

EBSA is usually the result of a combination of these factors. Some examples of PUSH and PULL factors for both children and parents are below:



ENVIRONMENTAL

CHILD-CENTRED

SCHOOL



Encouragement from adults at home to go to school

Good awareness of feelings and triggers Motivated to attend to achieve goals Positive transition to school PULL

(Reduces attendance)

Games/activities at home.
Liking the safety/flexibility of

Negative thought cycles. Under-developed selfregulation and awareness

Friendship difficulties



SIGNS OF EBSA

Your chi;Id might complain of anxiety symptoms, butterflies in the tummy or nausea and pins and needles.

They child might complain that they have abdominal pain, a headache or a sore throat often, with no physical signs of illness.

You will notice that these symptoms are less at weekends and holidays but worse on Sunday evenings and weekday mornings.

REMEMBER! Anxiety is a NORMAL human feeling. It doesn't feel very nice, but avoiding it makes it worse, not better.

The most common way to manage anxiety is avoidance as this gives us immediate relief. As parents, we can sometimes think it's 'kinder' to allow them to avoid the situation. Unfortunately, it also increases anxiety the next time they are faced with similar situations in the future.

dizzy lightheaded mind racing disorientated strange/blurry vision restless sweating shivering possible sleep disturbance difficulty in swallowing feeling breathless heart racing/palpitations

WHAT CAN I DO TO HELP?

Communicate with the school as soon as possible. Your child's school should work in partnership with you to address the issue and make a plan to support your child in attending school

The approach you take needs to be something that all adults agree to and stick with, taking into account the child's specific needs. The approach will need to be both firm and consistent. All parties need to maintain consistency and be a positive united front for your child.

One of the key ways you can support your child is by calmly listening to them and acknowledging their fears because those fears are real to them. It is also important to reassure them that you and the school will work with them to make school a happier place for them

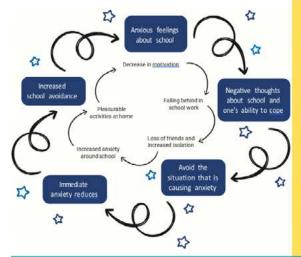
Helping your child to understand that some anxiety is normal, how to recognise anxiety, how to cope with the uncomfortable feelings without avoiding it, and teaching them ways

It can be really hard to see your child unhappy. It's important that you have someone you can talk to about this - it could be a friend, family member or professional.



nausea/lack of appetite

WHAT MAKES IT WORSE?











There are 2 Local Authority EBSA Engagement Officers that schools can contact to work with them to put further support in place for you and your child. They can provide resources and offer you support in managing your child's anxiety to help them attend school. Please speak to your school about this.

COMMUNITY NOTICES

RECRUITING NOW!

SCHOOL YEAR 10-13 AGE GRADES, U16, U18

#GIRLSRUGBY

Wednesdays, from 7pm (sunday games)

"sessions are focused on fitness fun and learning new physical, leadership and teamwork skills

GET IN TOUCH TO FINE OUR MORE, OR COME ALONG & JOIN IN!





07970433452

@LUTTSRFCGIRLS







ASHBY LANE, BITTESWELL LEIT 4LW



Internet Safety

NEWSLETTER

POSITIVES OF THE INTERNET

Being online is an integral part of life today.

The internet can be a great resource for young people. It offers a wealth of information and helps build on their knowledge and understanding.

Playing fun games can support young people's learning skills, concentration, creativity, problem solving and memory.

Screen time allows young people to connect with friends and maintain a social connection.

Increasingly, homework is now online based, so it's important that young people are confident in using computers and have the skills to allow them to access information.



MAY 2024



Did you know?

Young people between the ages of 7 and 16 spend an average of 3hrs and 48 minutes online each day. That's an average of over **26 hours each week!**

Source: Childwise via BBC website

STAYING SAFE ONLINE

It's important to understand what young people are doing online.

Agree rules and boundaries, be clear on what your child can and can't do online. Agree times that they can go online during the week.

Stay involved, start a conversation by asking them about the sites, apps and games they use regularly. It helps you to identify any potential risks.

Encourage your child to use their device in a communal area to allow you to keep an eye on what they are accessing. Set parental controls to filter, restrict, monitor and report.

CLICK THE LOGOS FOR MORE TIPS & ADVICE ON STAYING SAFE ONLINE!

NSPCC

(i) UK Safer Internet Centre

internet matters.org

IINTERNETMATTERS.OR9 HAVE LOTS OF TIPS TO STAY SAFE <u>HERE!</u>

SOCIAL MEDIA

Children and young people use lots of different social media apps. The most popular being TikTok, Snapchat and Instagram. There are lots of benefits to social networking. It helps to keep young people connected to friends and family. They can also learn things from making slime, learning dance routines and gaming tips. However, there are risks associated with social media use that you should be aware of to ensure your child is safe whilst using it.



· Oversharing; Children and young people can sometimes feel pressure to overshare online

- · Sharing their location
- · Talking to people they don't know
- Sending or receiving inappropriate content
- Unrealistic sense of body image or reality
- · Obsessive focus on likes and comments
- · Cyber bullying

? Did you know?

According to a 2022 study, 51% of young people in the UK used TikTok, making the short-video sharing platform the most popular social media among users aged between 4 and 18 years.

Source:Statista.com

Key Mary dates

- National Walking Month
- Screen Free Week

6-12th May

- National Children's Day
 - 12th May
- Mental Health Awareness Week- 13-19 May

ONLINE ADDICTION

Spending time on social media and playing video games are a normal part of life for young people, but for some there is a risk of spending too much time online which can lead to an unhealthy addiction. Signs to be aware of include:

- Showing little or no interest in other activities outside of the house
- · Becoming tired and irritable
- Showing signs of anxiety or depression
- Falling behind at school or failing to complete homework
- Not spending as much time with friends
- Not paying attention to things such as personal hygiene and eating proper meals

IF YOU HAVE ANY CONCERNS AND WOULD LIKE SOME GUIDANCE OR ADVICE ON HOW YOU CAN SUPPORT YOUR CHILD, CLICK THE LOGOS FOR INFORMATION.













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!



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.



of 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:





<mark>Young</mark>minds









 $\label{lem:health} \textbf{Health} \ | \ \textbf{Well-being} \ | \ \textbf{School Sport} \ | \ \textbf{PE} \ | \ \textbf{Physical Activity} \\ \textbf{Supporting South Leicestershire Schools to provide opportunities for all young people} \\$

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



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.

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 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

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 1st half-term	Tuesday 7th January 2025	Friday 14th February 2025
Mid-term break	Monday 17th February 2025	Friday 21st February 2025
Spring 2nd half-term	Monday 24th February 2025	Friday 11th April 2025
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

Monday 2nd June 2025

Summer 2nd half-term

Wednesday 9th July 2025