



 @LuttHigh

 LuttHigh

 Lutterworth High School Academy Trust

Friday 17th May 2024



Dear Parents / Carers

Welcome to our weekly newsletter. We are at the point of ending the first full week of examinations. I hope for our Year 11 parents that the week has run smoothly at home. If your child is struggling please do not hesitate to contact us. In school the Year 11 students have been fantastic. Their attitude and preparedness for the examination is exemplary.

You will notice inside our newsletter the attendance figures for the school. Prior to the pandemic we were routinely above 96%. Our current attendance is 92.81%. Good attendance throughout the school years is the key factor in doing well in the GCSE examinations, as well as all the social and emotional benefits attendance confers. A quick look on Edulink will tell you your child's attendance. If your child is struggling and we are not already working with you, please do get in touch.

I hope our Year 9 students are looking forward to their Lion King trip next week. This has become a big tradition at Lutterworth High School, with visits since it first opened in 1999.

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](mailto:ks3@lutterworthhigh.co.uk)  
[ks4@lutterworthhigh.co.uk](mailto:ks4@lutterworthhigh.co.uk)

**Speak Out button on the school website**  
[www.lutterworthhigh.co.uk/student](http://www.lutterworthhigh.co.uk/student)

**LOST IN LUXURY**

YEAR 11 PROM

**SHEARSBY BATH**

**26 JUNE 2024**

**7.30 - 11.00PM**

ARRIVALS FROM 7PM

## House Points

KS3	Tisya Rana 7LM (37)	Lyla Clarke 7LM (37)	Nathan Dew 7LH (33)	Arjan Kang 7HH (34)
KS4	Keeley Ware 10HL (38)	Zara Chechlacz 10HL (32)	Oliver Withers 11HW (26) Vivien Kudlicka 10LT (26)	Charlotte Allen 10LM (42)

## HOT CHOC FRIDAY

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



Year 10 PSHE Wow Work - Viv Kudlicka

**Thursday 25th April Safe Sex**  
 To understand different forms of contraception

**Forms of Contraception**

- Contraceptive Pill
- Contraceptive Implant
- Contraceptive Injection
- Contraceptive Patch
- Contraceptive IUD
- Contraceptive Ring
- Contraceptive Diaphragm
- Contraceptive Condom
- Contraceptive Cervical Cap
- Contraceptive Spermicide
- Contraceptive Withdrawal
- Contraceptive Lactation
- Contraceptive Abstinence

**Female**

- Condom
- Contraceptive pill
- Contraceptive implant
- Contraceptive injection
- Female sterilisation
- Patch
- IUD

**Male**

- Condom
- Male sterilisation
- Pulling out

**Boys**

- Abstinence
- Pulling out

**Thursday 16th May Cancer Prevention**  
 To understand what cancer is and how to prevent it

**Breast Cancer**

**Lung Cancer**

**Prostate Cancer**

**Bowel Cancer**

**Skin Cancer**

**Exam Kits**

£1.75

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

**THE LEARNING HUB**

## Student Achievement

Congratulations to the student pictured right who has just been re-signed by Coventry City Football Academy for a further 2 years. He has worked hard, dealt with pressure well, faced some difficult challenges, and made many sacrifices to be there, his family are super proud of him!



Lutterworth High School  
presents



**SCHOOL EDITION**

**15-17TH JAN 2025 | £8/£5**

Concessions

*Tickets can be purchased via Scopay or Main Reception.*

Book, Music, and Lyrics by Jim Jacobs and Warren Casey

“GREASE School Edition” is presented through special arrangement with and all authorised performance materials are supplied by Theatrical Rights Worldwide (TRW),  
[www.theatricalrights.co.uk](http://www.theatricalrights.co.uk)



# Cast Announcement!

## Grease 2025 Principal Cast

Danny - Daniel Faulkner

Sandy - Poppy Lane

Kenickie - Theo Hancock

Rizzo - Alexa Skidmore

Doody - Ollie Walsh

Frenchie - Florrie Hopkins

Sonny - Alfie Richmond

Marty - Lily Donovan

Rodger - Rhys Lenton

Jan - Lee Hawthorne

Patty - Elizabeth Fletcher

Eugene - Harry O'Donnell

Miss Lynch - Lily Reynolds

Cha Cha (Dance Captain) - Beth Keenan

Vince Fontaine - Jake Schofield

Teen Angel - Mason Evans

The Casinos - Beth Richards-Gunter, Ruthie  
Bown, Phoebe Clelland

# Grease is the word!

# DISTINCTION AWARDS

George Aldridge 7LM  
Ariana Asghar 7LM  
Lucas Ashman 7HA  
Emily Atchison 7HH  
Stevie Bailey 10HL  
Molly Baker 9LA  
Trinity Barnes 9HO  
Elliott Braithwaite 8HS  
Zara Chechlacz 10HL  
Freddie Cooke 9LA  
Elizabeth Cowles 9LB  
Hannah Cross 10HL  
George Davis 10LK  
Will Demery 9LA  
Lily Donovan 10HB  
Alice Foster 9LA  
Jacob Fradley 8LM  
Lilly Gardner 7HH  
Harvey Grant 8LM  
Sylvia-Mae Gray 7LM  
Amelie Hall 7HA  
Toby Harris 8LM  
Isabella Heneghan 9HO  
Chloe Hurst 7LM  
Ethan Ingram 7HA  
Yasmin Ismail 8HG  
Jovina Joshi 7HH  
Arjan Kang 7HH  
Ethan Keech 8LE  
Edie Lacey 7LM  
Poppy Lane 10LT  
Joshua Lebeau 8HO  
Milena Lopata 9HC  
Mandi Madziba 7HH  
Luca Marston 7HH  
Ayla Mellon 8LE  
Lexie Miller 8LM  
Jacob Murty 7HA  
Jackson Nelmes 9HM  
Carla Painter 9LA  
Elsie Pickering 7HH  
Breanna Reece 9HC  
Ella-Mai Reynolds 7LH  
Antonio Soare 7HA  
Megan Thomas 8HO  
Ezequiel Vieira 7HH  
Ollie Walsh 9HM  
Poppy White 7HH  
Harrison Wicks 9LB  
Alex Williams 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.



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

## Attendance

Table of Attendance

Year	% This Week	% Year to Date
7	92.75	93.38
8	94.83	93.38
9	94.07	92.57
10	91.55	92.94
11	91.12	89.82
Whole School	92.81	92.41

**MOMENTS  
MATTER,**

**ATTENDANCE  
COUNTS.**

# SPORTS HIGHLIGHTS

## Tennis

On Tuesday afternoon we welcomed Leicester Grammar School for three tennis fixtures, at U13 boys, U15 girls and U15 boys level. It was fantastic to have so much tennis on, with 18 matches contested in total and lots of parents and students in attendance to support!

The U13 boys came up with an excellent 6-0 win, the U15 girls fought bravely in losing 4-2, as did the U15 boys in their 5-1 defeat. Both matches could easily have gone the other way! Well done to all players involved - tennis at LHS is thriving!

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**



THE  
EMERALD  
WAY

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



THE  
EMERALD  
WAY

**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)



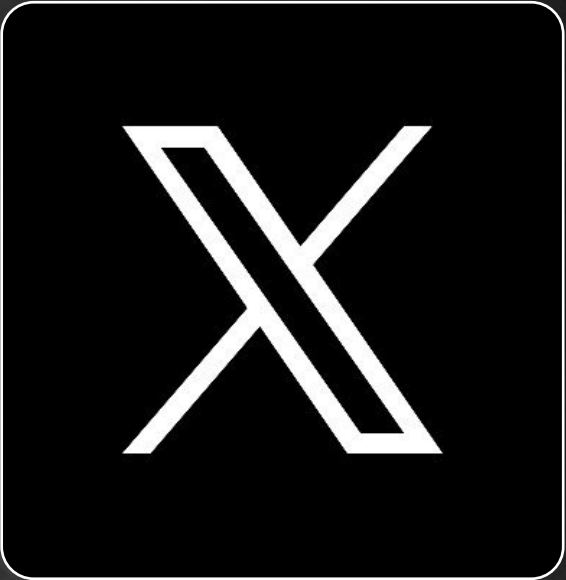
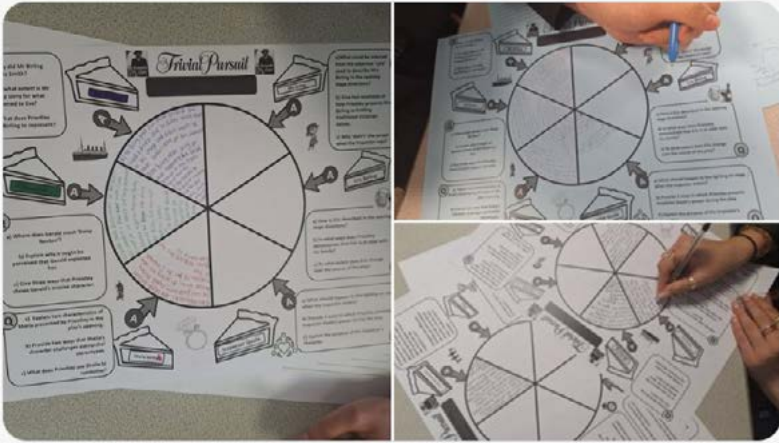
# ACTIVITY OVERVIEW - TERM 5

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



Mrs B @MrsBarnacle · May 15  
 11EN2 played Trivial Pursuit to revise An Inspector Calls today! The race was on to fill their wheels with answers! @LuttHigh @EnglishatLhs



KS3 Hub / DofE @MissARonald · May 15  
 @LuttHigh Here's some wonderful photos from our bespoke food lesson, practising presentations



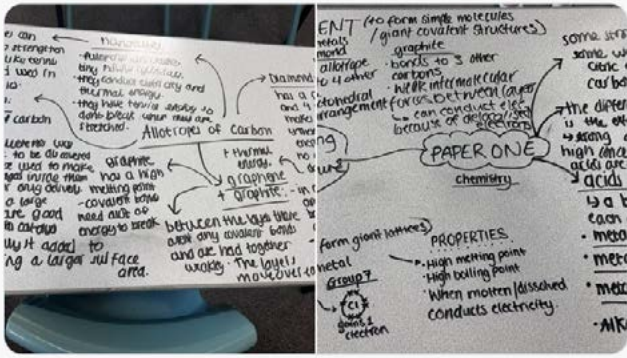
Miss R Chalmers @MissRChalmers · May 13  
 Ready for Lit Paper 1! Booster session is very focused this morning! Be "brave" like Macbeth in Act 1, Year 11! @LuttHigh @EnglishatLhs



KS3 Hub / DofE @MissARonald · May 12  
 @LuttHigh Bronze DofE day 2, all students up breakfast completed, packed up ready to walk



Miss B Sumpter @MissSumpterSci · May 15  
 Excellent revision blurring for Chemistry from Year 11 this afternoon @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.

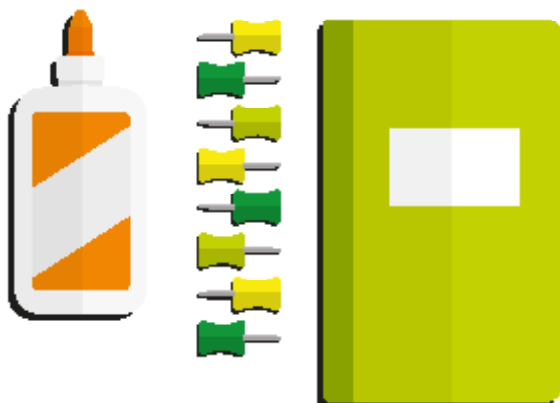
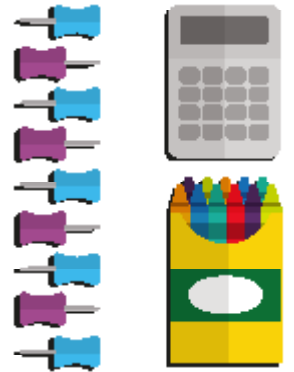
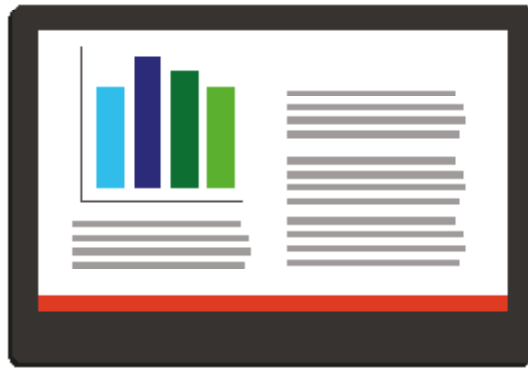
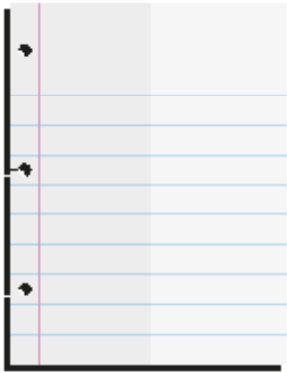
If you haven't already been issued with login details, please contact the EduLink team on the below email address [edulinkapp@lutterworthhigh.co.uk](mailto:edulinkapp@lutterworthhigh.co.uk).

### NEED HELP?

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



### OFFICE 365 - STUDENT ADVANTAGE & TEAMS



Stock up for academic success with free Office.

Students get a complete version of the latest Microsoft Office for free to use for as long as they're students!

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

# COMMUNITY NOTICES

## Lucy Cavendish College Cambridge – Competitions

Lucy Cavendish is organising the following competitions that KS4 students can take part in, Year 11 students might want to give this a go after the exams have finished.

### Year 10 and 11

#### Discover Economics – Young Economist of the Year

This competition invites students to analyse current economic issues through a written article, video, or podcast. Students can enter as an individual or a group of up to 5 and choose from a list of questions. The winning entry will be featured in the Financial Times.

Deadline: 12 July

Open to: Year 10-13 (S3-6 – Scotland/Y11-14 – N.I.) students attending UK schools

[Find out more here](#)

### Year 11

#### King's Entrepreneurship Lab Essay Competition

This competition aims to encourage students to pursue entrepreneurial aspirations. Students choose between three essay questions exploring the importance of entrepreneurship and the challenges that businesspeople face.

Deadline: 12 July

Open to: Year 11-12 (S4-5 – Scotland, Y12-13 – N.I.) students attending UK schools

[Find out more here](#)

# COMMUNITY NOTICES



**BRIGHT  
SPARKS  
STEM FAIR**



**SATURDAY 15 JUNE 2024**

**10:00 AM - 3:00 PM**

**LEICESTER GRAMMAR SCHOOL**

**LONDON ROAD, GREAT GLEN LE8 9FL**



**REGISTER AT [WWW.LGS-SENIOR.ORG.UK/BRIGHT-SPARKS](http://WWW.LGS-SENIOR.ORG.UK/BRIGHT-SPARKS)**

## **FAMILY FESTIVAL DAY**

**1pm - 5.30pm, Sunday 9th June 2024**

**Middle Street Resource Centre, Beeston NG9 2AR**

Lullaby  
Bank

Cake and  
punch stall

Drumming  
workshop

Music in  
the  
garden

Family  
Sing

# Internet Safety

NEWSLETTER

MAY 2024

## 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.



## 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**

 UK Safer Internet Centre

**internet matters.org**

INTERNETMATTERS.ORG HAVE LOTS OF TIPS TO STAY SAFE [HERE!](#)

# 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 May 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



**YOUNG MINDS**  
fighting for young people's mental health

internet  
matters.org

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!



## 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:



## 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



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

**YOUNG MINDS HAVE MORE INFORMATION HERE**



# DATES FOR YOUR DIARY

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 <sup>th</sup> August 2023	Friday 13 <sup>th</sup> October 2023
Mid-term break	Monday 16 <sup>th</sup> October 2023	Friday 20 <sup>th</sup> October 2023
Autumn 2nd half term	Monday 23 <sup>rd</sup> October 2023	Friday 22 <sup>nd</sup> December 2023 12.30pm

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

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

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

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

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