



 @LuttHigh

 LuttHigh

 Lutterworth High School Academy Trust

Friday 14th June 2024



Dear Parents/ Carers

Welcome to our weekly newsletter. Firstly, I'd like to give more context to yesterday afternoon's lockdown. Thank you to the large number of parents who sent in messages of support. Unfortunately, I cannot reply to all of the individual e-mails received yesterday, so I hope this newsletter provides clarification.

As reported by the police to the BBC, a teacher was assaulted. That teacher was me and I came to no harm. We had a distressed student who we had managed to calm and he was located in a classroom. We had re-roomed lessons from the corridor and staff were located at strategic points.

We were alerted to social media posts saying there was a knife. Up to this point, we had no concern about a knife and this only originated from the social media posts. However, I will not take any risks with students safety so ordered a full lockdown. This means that students stay in their classrooms with their teacher and doors are locked and closed. This means that we have no staff and students on corridors.

We notified parents as soon as possible as we were dealing with a 'live' incident. Unfortunately, we are not able to meet the speed of social media.

I hope that we are never in this position again and I am very proud of how the students were very calm, sensible and a credit to the school. Please be aware that in the future if we ever have to lockdown, we cannot grant parental requests for you to pick up your child as the school is in lockdown and it is imperative that students and staff are not walking the corridors.

We are back to business as usual, so please have a look inside.

Once again, thank you for all of your support and understanding.

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

Student Achievement

Thank you to our Year 8 MFL chefs who shared their current project homework with us in class. Everything was delicious - we will watch out for you on Masterchef in years to come! Merci.

Mrs Carletti
Teacher of MFL



House Points

KS3	Bazsi Butosi 8HS (31)	Lily Johnson 7LC (48)	Ben Turner 9HC (35)	Toby Allen 7LC (53)
KS4	April Wheatley 10HB (18) Charlie Rowley 10LK (18)	Lewis Atchison 10LM (43)	Theo Hancock 10HE (34)	Elizabeth Fletcher 10HE (15) Kaylen Townsend 10HE (15)

HOT CHOC FRIDAY

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



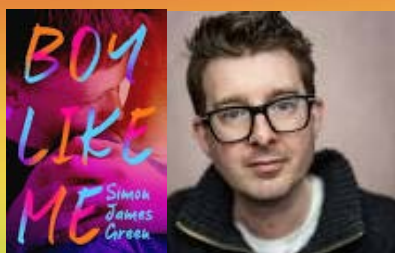
DISTINCTION AWARDS

Abdullah Ahmed Kamel 7HA
Ariana Asghar 7LM
Molly Baker 9LA
Ruthie Bown 10LM
Will Chapman 10LM
Daisy Crosskey 9LN
Lucy Eales 9LN
Theo Hancock 10HE
Chloe Hurst 7LM
Ollie Jacques 9LB
Kieran Kudlicka 8HO
Joshua Lebeau 8HO
George Mears 10HL
Maria O'Connor 9LB

HAPPY PRIDE MONTH

READ WITH PRIDE

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



Simon James Green



Erik J. Brown



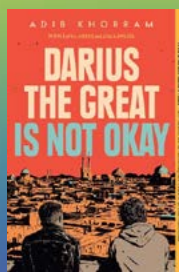
Akwaeke Emezi



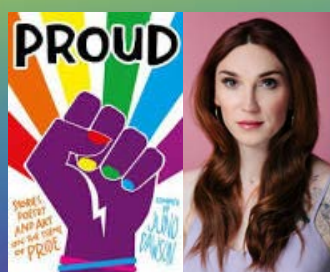
Alice Oseman



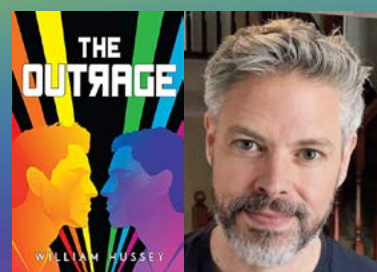
Kacen Callender



Adib Khorram



Juno Dawson



William Hussey

STUDENT LIBRARIANS

If you are interested in becoming a student librarian next year, please complete this Google Form.

<https://forms.gle/N8QmRtAHBa5Q7vaZA>

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

Summer 1: Easter-May

Churchill

Cunningham

Montgomery

Tedder



Spring 1: Jan-Feb

Cunningham

Montgomery

Churchill

Tedder



Total points earned:

Cunningham 425

Montgomery 350

Churchill 325

Tedder 150

POP-UP LIBRARY E4

The Learning Hub will remain closed for Y11 GCSE exams and will reopen on Monday 24th June

The pop-up library will be open in E4 next Monday, Wednesday and Friday.

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).



THE
EMERALD
WAY

CHARITY CORNER

This week, 9HO raised awareness and funds for their chosen charity, Alzheimer's Society. The students produced slides and posters to raise awareness of the disease that were shared with all tutor groups during the week. On Thursday, the students organised a three-legged race at lunchtime with tickets sold to raise funds.

Thank you to 9HO for their brilliant efforts and for supporting the charity.



WOW WORK

7HH's excellent work of moon phases using biscuits!



Spanish

A huge well done to the student pictured right who spent hours producing a booklet for her Spanish homework.

Not only was the work detailed and of high quality but she had used her creativity skills to illustrate it too.

Fantastic!



Attendance

Table of Attendance

Year	% This Week	% Year to Date
7	92.92	93.36
8	91.63	93.35
9	93.43	92.52
10	92.71	92.90

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

BBC Good Food Show

Yesterday students visited the BBC Good Food Show. The students had a fantastic time exploring the stalls and trying lots of samples.



Year 10 Mock Interviews

The Year 10 students did their job interviews this week. This was a great opportunity for them to practise their oracy skills. Everybody did tremendously well, and they would all be hired if this was for real! Well done to all students.



Year 10 fieldwork in Hunstanton for GCSE Geography

Yesterday, Year 10 geographers visited Hunstanton, Norfolk for their fieldwork. The day consisted of two pieces of fieldwork to investigate tourism along the promenade and the effectiveness of the coastal defences. Students enjoyed fish and chips for lunch and ice creams during their day at the seaside.



UKBC Biology Challenge

On May 9th, our Year 10 Biologists took part in the UKBC Biology Challenge. The challenge is comprised of two online tests and has a large emphasis on the natural world .

We had our best year yet with four students achieving a gold award, two got silver awards and five got bronze awards. This is an amazing achievement.



ACTIVITY OVERVIEW - TERM 6

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	
Tuesday		15:00-16:30 Rounders - All Years 15:00-16:30 Rugby 9/10 Pre-Season
Wednesday	12:30-13:00 MiniBridge 12:30-13:10 Pride Club	15:00-15:45 Orchestra 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 Tennis - Recreational
Friday		



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.

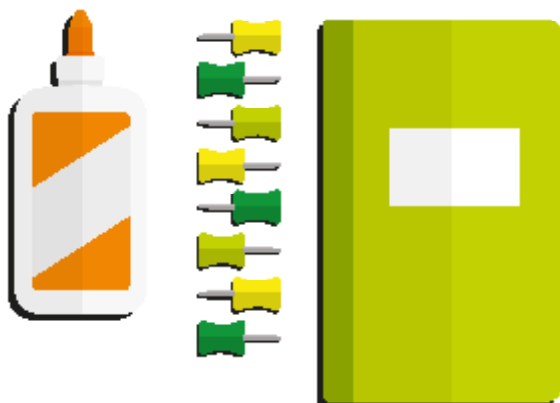
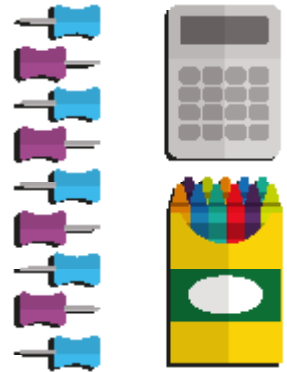
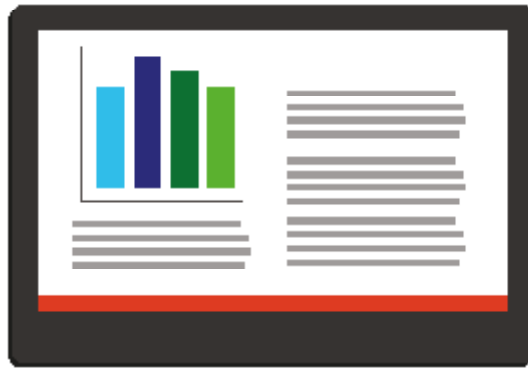
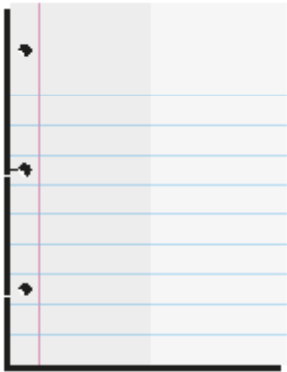
If you haven't already been issued with login details, please contact the EduLink team on the below email address edulinkapp@lutterworthhigh.co.uk.

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

ST MARY'S C OF E PRIMARY SCHOOL BITTESWELL SUMMER FAIR

SATURDAY 15TH JUNE 2024

1PM - 4PM

LOTS OF FUN FOR THE WHOLE FAMILY

GAMES

BBQ

TOMBOLA

MUSIC

RAFFLE

FACE PAINTING

REFRESHMENTS

PLUS LOTS MORE

£1 FOR ADULTS (ENTERED INTO A PRIZE DRAW) FREE FOR CHILDREN

BRING YOUR PICNIC RUGS / DECK CHAIRS AND ENJOY THE AFTERNOON

WE ARE ALSO PLEASED TO BE JOINED BY

MY LIVING RETAIL

LUTTERWORTH LEISURE CENTRE

MEGAN MAKES

LOUISE SLATER COSMETICS

PAPER BUNNY DESIGNS

USBORNE BOOKS

LANES PLANTS

CREATIVE SUBLIME

BRAIDS AND GLITTER BY POPPY

VALLEYWELL HANDMADE

MARIAS HANDMADE BITS AND BOBS

SWEET LITTLE MOMENTS

BELL TENTS BY GARDEN GETAWAYS

THE BARN BEAUTY FROLESWORTH

CONNECT TO CALM

CALM SPACE WITH JEMMA

PENCILS BY CARLA

SERENDIPITY WAX MELTS

LUBBY ROOS

CALYPSO CANAL CRAFTS



COMMUNITY NOTICES

Science competition - Help gibbons survive! Click for more info.

Build THE Change

How will you help these agile apes survive in fragmented forests?



Brought to you by The LEGO Group and New Scientist

Save the gibbons competition

Many different animals have seen their habitats broken up by roads, cities and farms, making it harder for them to survive. These include the agile apes known as gibbons, [many species of which are at risk of going extinct](#) in east and south east Asia as their forest habitats are carved up.

In Malaysia, for instance, the forests of white-handed gibbons have been criss-crossed by roads, which the primates are unable to cross safely.

Skywalker hoolock gibbons in southwest China separated by farms are too far apart to hear each other's songs.

The forests of the Hainan gibbon - the world's rarest ape - have been replaced by tree plantations that lack the fruit trees they need to survive.

We want you to come up with an idea to help gibbons like these navigate their fragmented homes.

Your idea could solve any of the issues the gibbons are facing, but to help you get started, we have homed in on three particular problems they are up against.



Summer Holiday Support

JUNE 2024

NEWSLETTER

STAYING ACTIVE FOR LESS

We all know the benefits of being physically active for both your body and mind. However, the current cost of living crisis has meant that household budgets have been squeezed and many families are struggling to pay for costly clubs and activities to keep children and young people active, happy and healthy. Our Stay Active for Less page has tonnes of physical activity ideas and games that don't cost a thing and are suitable for the whole family to enjoy. Check it out [HERE!](#)



Did you know?

You use **200** muscles every time you take a step! Light exercise, such as walking, is scientifically proven to make us feel **happier!** 😊

HELP & SUPPORT DIRECTORY

- **Childline** (information and advice for young people) : **0800 1111**
- **FRANK** (confidential support and advice about drugs): Phone: **0300 123 6600** Textline: **82111**
- **MENCAP** (Learning Disability Helpling): **0808 808 111**
- **The Mix** (Crisis messenger service): Text THEMIX to **85258**
- **Samaritans** (open 24/7 for young people and adults to talk about troubles): **116 123**
- **SHOUT** (Confidential text support with people struggling to cope): **85258**
- **Anxiety UK** (Advice and support for people experiencing anxiety): Phone **03444 775 774** Textline: **07537 416 905**
- **BEAT** (helpline and webchat for young people experiencing eating problems): Phone **0808 801 0677**
Website: beateatingdisorders.co.uk
- **Papyrus HOPELINEUK** (Support and advice for under 35s experiencing suicidal thoughts): Phone **0800 068**
Textline: **07860 039967**
- **Refuge** (Help and support for women, children and young people experiencing domestic abuse): **0808 200 0247**

LGBTQ+ Support

- **Mermaids UK** (support for transgender, nonbinary and gender diverse people up to 18 years old): **0808 801 0400**
- **The Proud Trust** (support for LGBTQIA+): Phone **0161 660 3347** Webchat theproudtrust.org
- **Stonewall** (LGBTQIA+ information and support about coming out) **0800 050 2020**

Grief Support

- **Child Bereavement UK** (Help for children, young people and parents): **0800 028 8840**
- **Hope Again** (Support when losing someone close): **0808 808 1677**

ENCOURAGING HEALTHY EATING HABITS

The summer holidays can often lead to additional stresses for parents. With constant requests for snacks, especially on a budget, it can be difficult to ensure children and young people are eating a healthy and balanced diet.

The NHS Healthier families website has lots of quick and easy DIY snacks you can make [here](#). Research has shown that allowing children to get involved with food preparation encourages them to eat a wider variety of foods. It's also fun and a great activity to do together!

Money saving expert Martin Lewis has a comprehensive list of restaurants and cafes who are offering discounts or kids eat free incentives over the summer holidays, find out more [here!](#) Tesco Food has lots of fantastic budget friendly family recipes to try [here](#)

Change4Life have lots of information on healthy food swaps to help cut down on the amount of sugar consumed. Check it out [here!](#)



THE TRUSSELL TRUST RUNS THE LARGEST NETWORK OF FOOD BANKS IN THE UK, GIVING EMERGENCY FOOD AND SUPPORT TO PEOPLE IN CRISIS. FIND LOCAL SUPPORT AND INFORMATION [HERE](#)

WELL-BEING SUPPORT

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

Key June dates

- **Pride Month** 🏳️‍🌈
- **Bike Week** 10-16th June
- **BNF Healthy Eating Week** 10-14th June
- **Men's Health Week** 10-16th June
- **Learning Disability Week** 17-23rd June



Changing childhoods. Changing lives.



Click [here](#) to find information about services across Leicester, Leicestershire & Rutland that provide support for your mental health and wellbeing.

Did you know?
 1 in 6 children aged 5-16 are likely to have a mental health problem.
 Source The Children's Society

THE JOY APP HAS A HOST OF ACTIVITIES AND SUPPORT WITHIN YOUR LOCAL COMMUNITY.

CLICK [HERE](#) TO FIND OUT MORE!



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 20th June - Summer Concert
 Wednesday 26th June 2024 - Year 11 Prom
 Thursday 27th June - New Parents' Information Evening
 Monday 1st July - Friday 5th July - Activity Week
 Monday 8th July - Years' 7-8 Awards Evening
 Tuesday 9th July - Years' 9-10 Awards 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