



LuttHigh



Lutterworth High School Academy Trust



Friday 7th March 2025

Dear Parents/ Carers

Welcome to our weekly newsletter. We look forward to welcoming Year 11 parents and students to our Plan, Prepare and Achieve meeting next Thursday. This is a very important evening which will detail what parents and students need to know for their examinations as well as how we will support revision.

Please look inside for details of the family science quiz and baking competition. We had a very well attended inaugural quiz last year so we are hoping lots of you get involved for what will be a fun and interesting evening.

Well done to all of our students who have participated in sport this week. Some excellent matches and results.

We look forward next week to our dance show. The quality of dancing last year was superb and there will be more of the same this year. The students have been working very hard.

Have a nice weekend.

Kind regards

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



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

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

Attendance Data	
Year	Percentage
Year 7	95.7%
Year 8	94.7%
Year 9	91.5%
Year 10	93.6%
Year 11	93.2%

## Distinction Awards

Well done to the following students who achieved distinction awards this week.

Evelyn Austin 9LM	Oskar Mankert 9LM
Bea Bailey 7HH	Luca Marston 8HH
Abi Baxter 9HO	Lucy McClements 8HA
Joshua Bodman 9HG	Sienna Mistry 7HH
Bazsi Butosi 9HS	Jesse Nelmes 7HB
Lyla Clarke 8LM	Rosa Newbury 9HS
Jess Cook 7HH	Ella-Mai Reynolds 8LH
Harry Gagin 8LM	Eloise Richards 10HM
Thomas Gilbert 7LA	Henry Rosier 8HH
John Goddard 7HH	Jake Schofield 10HO
Amelie Hall 8HA	William Selby 9HG
Elijah Hall 8HA	Thomas Sibson 9LE
Toby Harris 9LM	Lewis Slater 9LE
Rupert Hawkins 9LM	Jessica Sykes 9HS
Ethan Hetherington 10HM	Charlie Thompson 10HM
Theodore Hunter 7HH	Daniel Topham 9HS
Chloe Hurst 8LM	Anastasia Walden 8HA
Arjan Kang 8HH	Cody White 7HH
Sophia Lefley 9LE	Bea Whitmore 7LS
Milena Lopata 10HC	

## House Points

	Churchill	Cunningham	Montgomery	Tedder
KS3	Tisya Rana 8LM (62)	Lily Cartwright 7HW (52) Rudi Defreitas 7HW (52)	Lucy McClements 8HA (45) Luke Green 8LH (45)	Arjan Kang 8HH (69)
KS4	Beth Keenan 11HH (55)	Lila Dimplebee 10LB (76)	Alfie Lennon 10LN (72)	Charlie Court 10LB (59)



# NOTICEBOARD



## PLAN, PREPARE, ACHIEVE YEAR 11 REVISION EVENING

**THURSDAY 13TH MARCH**  
**6.00PM-8.00PM**  
Arrival from 5.45pm

Students will receive a personalised pack which will include relevant revision information as well as an exam timetable and subject revision programmes.

There will be two talks by the headteacher, one at 6.00pm and the other at 6.45pm. These talks are the same, so you only need attend one.

W [www.lutterworthhigh.co.uk](http://www.lutterworthhigh.co.uk)

T 01455 552710

E [admin@lutterworthhigh.co.uk](mailto:admin@lutterworthhigh.co.uk)



Please book tickets on Edulink

## Hot Choc Friday

Well done to the following students who have achieved a Hot Choc Friday this week for completion of 'The Scholars Programme'. Students demonstrated outstanding knowledge, skills and ambition well above their key stage. All students achieved either a first or 2:1! A fantastic achievement.





Tickets on sale from Monday!



Celebrating National Science Week

# LHS FAMILY SCIENCE QUIZ

WITH RAFFLE

THURSDAY 10TH APRIL 2025, 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 equipment to deliver our curriculum.





7-16 March 2025



# SCIENCE WEEK BAKING COMPETITION

For British Science Week, the Science department are running a baking competition with the theme of **'Change and adapt'**.

## To enter:

- Bake something that fits the theme, e.g. an ecosystem with animals
- Drop your baked goods to the Learning Hub for judging on 14th March
- Sign up on SOCS!



# FRENCH SPELLING BEE



**Calling all Year 8s!**

Join in this year's French Spelling Bee Competition!

**Thursday lunchtimes, Room D2 at 12.30pm**

**Start date: Thursday 13th March 2025**

See Miss Carletti for a lunch pass if necessary.

- Certificate for every entrant
- Prizes for winners

You have to join in from the first week.

**Sign up on SOCS**

Give it a go! 😊



## The Benefits of Listening to Audiobooks

Last year the The National Literacy Trust spoke with 37, 000 children and young people about listening to audiobooks. They found that despite reading for enjoyment levels dropping, children are still enjoying and being inspired by listening to audiobooks.

### Here are some of the key findings from the survey -

- 2 out of 5 children enjoyed listening to audiobooks in their free time.
- 2 out of 5 children found that listening to an audiobook had sparked their interest in reading.
- Half of the children asked said that listening to audiobooks enabled them to better understand a story or a subject they were learning about or interested in.
- Half of the of children asked said that they felt they used their imaginations more when listening to an audiobook compared with watching a video.
- Half of the children asked said that listening to an audiobook helped them to relax and feel calm when they were feeling stressed or anxious.

At a time when reading for enjoyment levels are at an all time low, findings suggest that listening to audio formats has the potential to support learning, well-being and reading engagement in many children and young people.

You can find more information on children's reading habits at [litracetrust.org.uk](http://litracetrust.org.uk)

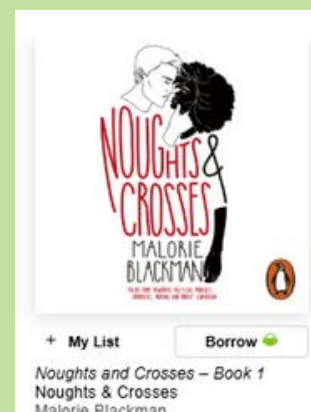
## Interested in Listening to Audiobooks for free?

If you're interested in trying out audiobooks for the first time, or if you're already an avid listener, did you know that you can listen to audiobooks for free via your local Leicestershire Library?

By signing up to become a member of Leicestershire Libraries, not only will you gain access to an amazing selection of books and services, you will also be able to access their collection of audiobooks through **BorrowBox** - All for free!

Simply find out where your nearest Leicestershire Library is located (there are Libraries in Lutterworth, Market Harborough and Broughton Astley), and once you've signed up you will be able to login to **BorrowBox** with your Leicestershire Libraries login. There you will be able to find a huge selection of fiction and non-fiction audiobooks to choose from.

(You will need an adult with you if you are under 16).





# SPORTS HIGHLIGHTS

## **Y9 South Leicestershire netball tournament at Leicester Grammar school - Thursday 6th March**

We took two teams to this event. The standard was very high in the A squads cup competition. Unfortunately, it took the LHS girls by surprise a little. The eight minute match format does not allow much time for a comeback. The A squad were able to win their final match however, finishing on a high!

The B squad faired much better in their competition. The standard was high in this event also, but the girls took some early leads in matches and held on to them. The B squad team gained 3rd place overall.

Well done the both teams!

### A squad

Match 1 v Hastings lost 0 - 5  
Players' player: Sophie Walvin

Match 2 v St Martins lost 1 - 6  
Players' player: Sophie Walvin

Match 3 v Robert Smyth lost 3 - 5  
Player player: Sophie Walvin

Match 4 7th + 8th place playoff against Wigston Academy won 7 - 2  
Players' player: Meg Western

### B Squad

Match 1 v Leicester Grammar won 2 - 1  
Players' player: Lena Kuczynska

Match 2 v St Martins lost 0 - 11  
Players' player: Lena Kuczynska

Match 3 v Welland Park won 3 - 0  
Players' player: Sophia Lefley

Match 4 3rd and 4th place playoff - won 3 - 2  
Players' player: Darcey Beard





# SPORTS HIGHLIGHTS

## Years' 8,9 and 10 girls rugby

Our girls' sevens teams travelled to Oakham for a sevens competition on Sunday. The girls were outstanding throughout and thoroughly enjoyed the experience, playing against teams like Stamford, Oakham, and Rugby School. A special congratulations to our Year 10 team for their impressive victory over Rugby School.



## Sevens Boys - UI5A

The year 10's were exposed to their first sevens tournament on Monday at Loughborough Grammar School. They scored some excellent tries and worked really well for one another. Stand out players were Cameron and Alfie.



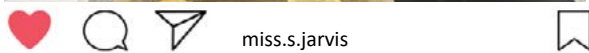
## Rugby - Boys UI2A

An excellent game of rugby in the sun with Lutterworth beating WPA 7 tries to 4. The boys enjoyed playing at home with the school coming out to watch after 3pm. Some excellent tackles made by Jack and strong runs by Josh. Overall a very pleasing game to watch as the team continue to progress.





# SNAPS OF THE WEEK



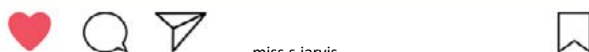
miss.s.jarvis

Year 9 experimenting with chemical raising agents this week. We made scones with no raising agent, baking powder, bicarbonate of soda and cream of tartar and measured the results. Students were able to identify the correct recipe!



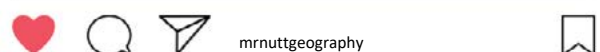
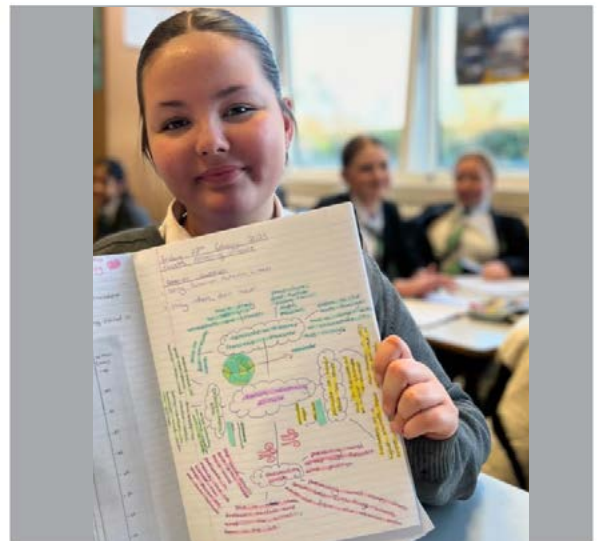
missrchalmers

Team World Book Day! 🇬🇧



miss.s.jarvis

Why do we cook foods a certain way? To create the best texture, taste and appearance we apply heat in different ways. These are the results of what happens when you cook the same food in a variety of different ways! Believe it or not, these are fairy cakes! Baked, steamed, fried, grilled, boiled and roasted! Surprisingly, students thought the steamed caked were delicious and light.



mrnutgeography

So proud of this Year 8 student's work today, which was immaculately presented, beautifully illustrated and included comprehensive information about factors influencing the UK's climate. A fantastic, merit-worthy mind map.



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**



**THE  
EMERALD  
WAY**

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



**THE  
EMERALD  
WAY**

**Rugby Sevens**  
Yr.7 + 8  
(TWH + MHO)

**Netball**  
Yr.9 + 10 + 11  
(ZOD)

**Rugby Sevens**  
Yr.9-11  
(TWH + JJO)

**Girls Rugby**  
Yr.11  
(TWH)

**Netball**  
Yr.7 + 8  
(ZTU + STO)

**Cross Country**  
Yr.7-11  
(MNA)

**The Games**  
Invite Only  
(STO)

**Lunchtime Boccia**  
All Years  
(STO)

**Volleyball**  
All Years  
(AMA)

# 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 Buddy Club Lunchtime 12:30-13:15 Christian Union 12:30-13:15 Library Helper 12:30-13:15 Student Librarians 12:30-13:15 Taskmaster Club	15:00-16:00 Silver DofE 15:00-16:15 Craft Club 15:00-16:15 Rugby Sevens 7/8
Tuesday	12:30-12:45 Prom Committee 12:30-13:15 Buddy Club Lunchtime 12:30-13:15 French Cinema Club 12:30-13:15 Library Helper 12:30-13:15 Student Librarians	15:00-16:00 Afterschool Homework Club 15:00-16:00 Y8 Jewellery Club 15:00-16:15 KS3 Art Club 16:00-16:45 Art Drop in Tuesday Session
Wednesday	12:30-13:10 Boccia 12:30-13:15 Buddy Club Lunchtime 12:30-13:15 Library Helper 12:30-13:15 Spanish Film Club 12:30-13:15 Student Librarians 12:45-13:15 Computer Science Revision 12:45-13:15 Drama Revision	15:00-16:00 Bronze DofE 15:00-16:00 Further Maths 15:00-16:15 Rugby Sevens 9-11 15:05-16:00 STEM Club 15:10-16:15 Advanced Textiles 15:15-16:15 Bollywood Dance 15:15-16:35 Cross Country Club
Thursday	12:30-13:10 Pride Club 12:30-13:15 Buddy Club Lunchtime 12:30-13:15 Library Helper 12:30-13:15 Student Librarians 12:40-13:15 Choir/Singing Club 12:45-13:15 MISAC Biology	15:00-15:45 Orchestra 15:00-16:00 Games Club 15:00-16:15 Girls Rugby 15:00-16:15 Volleyball 15:00-16:15 Young Artists 16:00-16:45 Art Drop in Thursday Session
Friday	12:30-13:10 Language Leadership 12:30-13:15 Buddy Club Lunchtime 12:30-13:15 Language Leadership Award 12:30-13:15 Library Helper 12:30-13:15 Student Librarians 12:30 - 13:15 Ramadan Club	15:15-16:00 Dance Club



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.

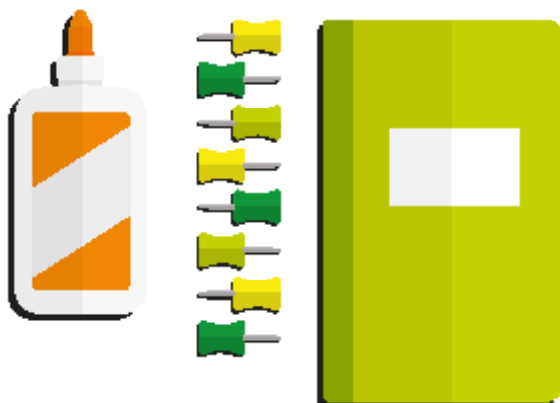
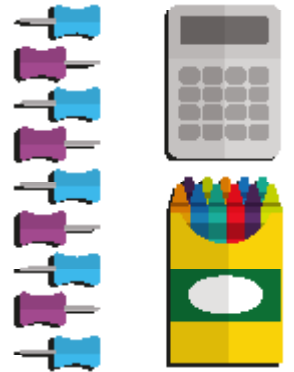
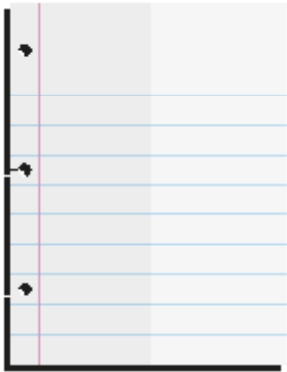
If you haven't already been issued with login details, please contact the EduLink team on the below email address [edulinkapp@lutterworthhigh.co.uk](mailto:edulinkapp@lutterworthhigh.co.uk).

### 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

LUTTERWORTH TOWN TEAM PRESENTS



## SPRING ART

### COMPETITION AND EXHIBITION

FOR 0 - 4, 5-11 AND 12 -18 YEAR OLDS



**STEP 1**  
CREATE A  
PIECE OF  
SPRING  
THEMED  
ARTWORK  
(2D OR 3D  
UP TO A3 IN  
SIZE)



**STEP 4**  
EACH SHOP  
WILL CHOOSE  
THE  
ARTWORK  
THEY WISH  
TO DISPLAY  
AND OVERALL  
WINNERS  
WILL BE  
CONTACTED



**STEP 2**  
CLEARLY  
WRITE ON THE  
BACK OF  
YOUR ART  
WORK, YOUNG  
PERSONS  
NAME,  
AGE, CONTACT  
NUMBER



**STEP 5**  
COME AND  
FIND YOUR  
ENTRY IN  
ONE OF THE  
SHOP  
WINDOWS  
FROM 12TH  
TO 26TH  
APRIL



**STEP 3**  
TAKE YOUR  
ARTWORK TO  
E&R TEAROOM,  
ON 5TH, 6TH  
OR 7TH APRIL  
AND COLLECT  
YOUR  
PARTICIPATION  
PRIZE



**STEP 6**  
COLLECT  
YOUR  
ARTWORK  
BETWEEN  
30TH APRIL  
AND 4TH  
MAY FROM  
E&R  
TEAROOM

By entering the competition you are consenting for your artwork to be displayed in a participating shop window or shop display



# COMMUNITY NOTICES



## JUNIOR BAKE OFF

JOIN THE CLASS OF 2025!

## JUNIOR BAKE OFF

... IS LOOKING FOR BRILLIANT BAKERS, AGES 9-15 FOR THE NEXT NEW AND EXCITING SERIES!

IF YOU'RE BONKERS ABOUT BREAD OR HAVE A PASSION FOR PASTRY, THEN YOU COULD BE BAKING IN THE FAMOUS WHITE TENT IN 2025! 🍞

APPLICATIONS CLOSE  
SUNDAY 23RD MARCH

[APPLYFORJUNIORBAKEOFF.CO.UK](https://www.applyforjuniorbakeoff.co.uk)



If your child applies, we would love to hear about it! Let us know by completing the form on EduLink.

## LIVE SAFE

### Parents/Carers Workshop – Keeping Young People Safe from Knife-related harm

📅 Mon 24 Mar 2025 12:30 PM - 1:30 PM GMT 📍 Online, MS Teams

This virtual workshop provides parents and carers with awareness around knife-related harm and how to keep children and young people safe.

This workshop is being by the Violence Reduction Network and covers the following topics:

- Understanding knife-related harm in Leicester, Leicestershire, and Rutland.
- The impact of knife-related harm on individuals, families, and communities.
- The reasons why young people are vulnerable to knife-related harm.
- Approaches to preventing knife-related harm.
- How parents and carers can keep their children safe.
- Help and support.

There will be an opportunity for questions and answers during the workshop. Parents and carers can remain anonymous if preferred. There is no requirement to use your cameras

[Register here](#)

SHARE THIS EVENT



NEED HELP?

[Manage tickets](#)

# COMMUNITY NOTICES



## Florence Bridal & Prom



Rugby's  
largest prom  
stockist  
with over 200  
dresses in  
stock.

Only one dress the same to each school.  
Sizes 0 - 24. Off the peg dresses & dresses to order.



VEILS • JEWELLERY • SHOES • LARGE SELECTION OF PROM WEAR

[www.florencebridal.co.uk](http://www.florencebridal.co.uk)

44 Railway Terrace, Rugby CV21 3EX Tel: 01788 877430 Email: [florencebridal@aol.com](mailto:florencebridal@aol.com)

[florencebridal](#) [florencebridal](#) [florencebridal](#)



# COMMUNITY NOTICES

 Leicester, Leicestershire and Rutland Health and Wellbeing Partnership

 NHS

## Hey, how are you feeling?...

There are lots of things you can do to keep yourself well and feeling good, like:

- Getting a good night's sleep
- Doing something you enjoy like playing games
- Spending time with friends and family
- Exercising and eating well to look after your body
- Learning a new skill or taking on a challenge
- Helping other people
- Spending time outside in nature

**... I feel great! I am happy and healthy**



**... I'm okay, but I sometimes feel a bit worried or sad**

It's normal to feel this way. We all experience lots of emotions and these can change over time.

Try some of the things in the box above and talk to someone about how you're feeling. This could be your friends, a parent or carer - or a teacher or adult at school.



If you're struggling, it's important to speak to someone. People want to help you. If you need it, you or your parents or carer can support you to get professional help. A good place to start is by talking to a mental health and wellbeing lead or trusted adult at school, or your GP.

You can also find free and safe support on these websites:

- Kooth: [www.kooth.com](http://www.kooth.com)
- Health for Teens: [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

**... I am struggling and need some help**



**... I am so upset or overwhelmed that I need help now**

If you need to speak to someone urgently, you or a parent or carer can call the Mental Health Central Access Point on **0808 800 3302** or **NHS 111**. The lines are open 24/7.

If there is an immediate or life-threatening emergency, call 999 or attend A&E. People are there and ready to help you now.



 For more advice about mental health support for young people in Leicester, Leicestershire and Rutland, scan the QR code.

 NHS  HEALTH:TEENS

## Mental Health Support in Leicestershire

### GUIDE FOR YOUNG PEOPLE

In this guide you will find information, advice and support on your feelings and mental health, from these Leicester, Leicestershire and Rutland services:

**Health for Teens** – [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

**ChatHealth** – [www.chathealth.nhs.uk/start-a-chat](http://www.chathealth.nhs.uk/start-a-chat)

**Tellmi** – [www.tellmi.help](http://www.tellmi.help)

**My Self Referral** – [www.myselfreferral-llr.nhs.uk](http://www.myselfreferral-llr.nhs.uk)

**Leicestershire Educational Psychology Service** – [www.bit.ly/3XxsrqF](http://www.bit.ly/3XxsrqF)

**ALWAYS REMEMBER:**

**IT'S OKAY NOT TO BE OKAY, AND YOU ARE NOT ALONE.**

# COMMUNITY NOTICES

**HIVE** Sixth Form

Countesthorpe  
Academy



# ESPORTS TASTER EVENT

Are you a Year 11 student? Thinking about Esports?

Come and visit our Esports Arena and see where a career in Esports can take you.

Thursday 13th March at Countesthorpe Academy,  
LE8 5PR

Registration from 3:40pm in Hive Centre – our fantastic  
Sixth Form Centre. Esports Taster Session 4-5pm

Find out more about this exciting new qualification and spend time in our  
incredible Esports Arena!

Hive Sixth Form at Countesthorpe Academy is pleased to offer this  
incredible opportunity to complete an Esports Qualification alongside two  
other Level 3 qualifications.

Book your place to find out more:



# 'FIVE A DAY'

## YOUR TIPS FOR A HEALTHIER SCREEN TIME



*'How much is too much  
screen time for children?'*

'Studies have shown a clear link between **excessive screen time** and issues such as **delayed speech and language development, communication difficulties, reduced concentration spans, poor sleep and mental health problems.**'



**HEALTH PROFESSIONALS FOR SAFER SCREENS**



SCAN ME





# 11 to 17 years

‘Studies show there is a clear link between **excessive social media** and screen use and **difficulties with concentration, sleep and mental health**. There may also be distinct **physical changes** in the **developing brain**.’



No screens

M	T	W	T	F	S	S
Up to 2hrs/day				Up to 2-3 hrs /day		



Stay active. More green time, less screen time



Screen-free time together



No screens at least 1 hour before bedtime



Be careful of violent or frightening content especially before bed.

## RECOMMENDATIONS:

### 1

**WAKING UP WITHOUT screens**  
It is recommended that social media/screens are **not used for the first hour of the day**.

### 2

**SCREEN TIME** As a general rule, it is suggested that screen time **should not exceed 1-2 hours per day** in the week and not more than **3 hours on weekends**.



Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

### 3

**STAY ACTIVE** Encourage physical activity for at least **an hour per day**.

### 4

**SCREEN-FREE time together**  
Children will often mimic behaviours of the adults around them. **Consider your own social media usage**.

### 5

**Phones, tablets and computers should not be in a bedroom overnight**.

# DATES FOR YOUR DIARY

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
Summer 2nd half-term	Monday 2nd June 2025	Wednesday 9th July 2025 at 12.30pm
AUTUMN TERM 2025		
	FROM THE MORNING OF:	UNTIL THE END OF:
Autumn 1st half-term	Tuesday 26th August 2025	Friday 17th October 2025
Mid-term break	Monday 20th October 2025	Friday 24th October 2025
Autumn 2nd half-term	Monday 27th October 2025	Friday 19th December 2025 at 12.30pm
SPRING TERM 2026		
	FROM THE MORNING OF:	UNTIL THE END OF:
Spring 1st half-term	Monday 5th January 2026	Friday 13th February 2026
Mid-term break	Monday 16th February 2026	Friday 20th February 2026
Spring 2nd half-term	Monday 23rd February 2026	Friday 27th March 2026
SUMMER TERM 2026		
	FROM THE MORNING OF:	UNTIL THE END OF:
Summer 1st half-term	Monday 13th April 2026	Friday 22nd May 2026
Mid-term break	Monday 25th May 2026	Friday 29th May 2026
Summer 2nd half-term	Monday 1st June 2026	Tuesday 7th July 2026 at 3pm

## Bank Holidays

Monday 25th August 2025  
 Thursday 25th December 2025  
 Friday 26th December 2025  
 Thursday 1st January 2026  
 Friday 3rd April 2026  
 Monday 6th April 2026  
 Monday 4th May 2026  
 Monday 25th May 2026