



LuttHigh



Lutterworth High School Academy Trust



Friday 1st May 2026

Dear Parent/ Carer

Welcome to our weekly newsletter. I have just walked around the school and the working atmosphere is excellent. Our Year 11 are working incredibly hard in their final few weeks of revision. Inside you will see the Exam and Revision timetable. This is an essential part of our examination preparation as we do not have study leave. This has worked very well over the last nine years as we target revision alongside their upcoming examinations. We also have our morning 'boost' revision sessions which are incredibly popular and set up the students for their morning examinations.

Our rugby players have had an excellent season and I would like to thank all of the staff who make our rugby programme a success. The students have also thoroughly enjoyed their opportunity to play at Rosslyn Park. On Wednesday we celebrated teams and individual successes.

We also had our annual cross-country race on Monday. Students enjoyed the lovely weather. This is a longstanding tradition of the school.

Have a nice bank-holiday 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



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)

### Attendance

Year 7	95.7%
Year 8	94.1%
Year 9	93.3%
Year 10	92.5%
Year 11	93.1%
Whole School	93.8%

### House Points

KS3	Poppy Greenhalgh 8HW	Theo Barnes 7LJ (58)	Isabelle Wilkinson 7HM (59)	Elsie Baldwin 7LA (69)
KS4	Ziggy Hubbard 11HM (57)	Jamie Styring 11HN (75)	Joseph Gray 11HM (72)	Milena Lopata 11SP (65)

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

George Aldridge 9LM	Taylen Milbourne 7LA
Sienna Ames 7HE	Seb Miners 7LL
Gabriella Anderson 10LK	Rian Mistry 8LS
Bea Bailey 8HH	Karena Ng 7HH
Elsie Baldwin 7LA	Joe Nicholls 7LJ
Evie Burns 8LA	Arthur North 7LA
Zara Butcher 8HB	Harry O'Donnell 11HM
Ava Butcher 10LT	Amelia Parsons 7LA
Joel Carter 7HM	Summer Rewcastle 8HB
Harry Chapman 9HH	Ollie Robinson 11HN
Jack Coleburne 9LC	Marnie Rolfe 7HH
Darcey Cooke 8HB	Monty Rose 11HN
Alexander Costa 8LB	Diana Santos 8LS
Alisha Cropper 9HH	Tammi Scott 7HE
Chloe Fradley 7LA	Evie Simpkin 9HR
Lilly Gardner 9HH	Amelie Thomas 8LS
Lori Garton 9LM	Annalise Thomas 7LJ
Luke Green 9LH	Dylan Thompson 7HH
Jesse Izzard-Snape 11HN	Isabella Van Allen 9HR
Josh Kendrick 9LC	Oscar Van Der Willik 9LH
Abby Keyworth 9HR	Charlie Ware 8LS
Erin King 9HR	Jack Wells 8HH
Harrison Lee 7HH	Poppy White 9HH
Pavan Marwaha 7LA	Isabelle Wilkinson 7HM

# NOTICEBOARD

## Hot Choc Friday

Well done to the following students who have achieved a Hot Choc Friday this week.



## Staff Achievement

Congratulations to Miss Jardine who successfully completed the London Marathon last Sunday in the very warm weather and has so far raised over £1000 for The Samaritans charity.



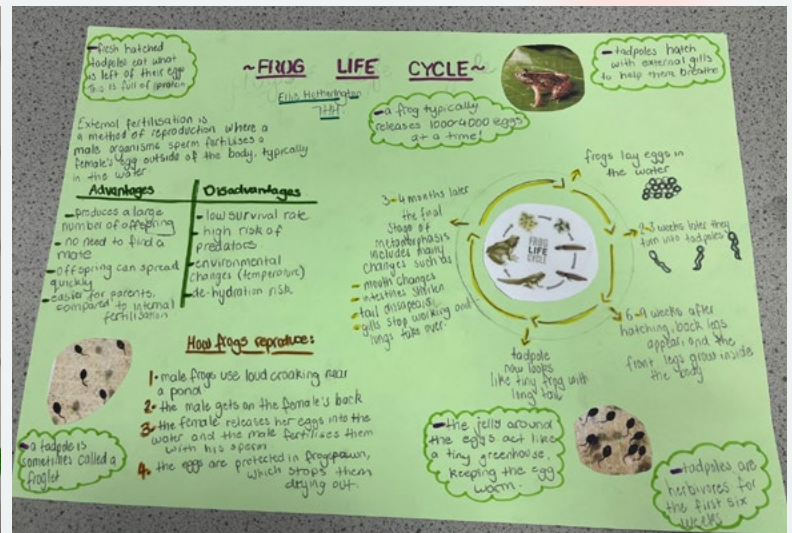
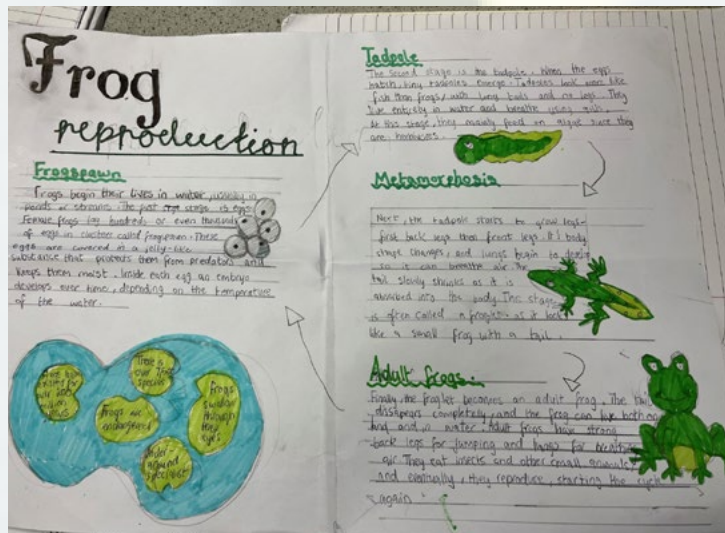
## Year 11 Exam and Revision Timetable 2026

Please find the link [here](#).

## Year 11 Exam & Revision Timetable 2026

## WOW Work

Year 7 did a piece of homework on the life cycle of the frog, and these two pieces got an exceptional homework award. Well done to Lily Head and Ellie Hetherington.



# NOTICEBOARD

## What to eat before an exam (and what to skip)

Mrs Tebbatt wanted to share some great advice for our year 11 students as they approach the GCSE exam summer series. Eat your way to a boost in your performance with these top tips from the BBC. Click [here](#) to read the full article and what to avoid! *Source: BBC Food Articles*

### What to eat before an exam (and what to skip)



GETTY IMAGES

Dr Alex Richardson

22 April 2026

Ever been told to **eat fish fingers** before an exam? Well, that weird life hack might be onto something. What you eat and drink before a test can affect your focus, memory and energy levels.

But, luckily for you if you're studying or supporting someone who is, there's no need for expensive, so-called 'superfoods'.

It's more about nailing the basics of your [study food survival kit](#)...

### Best foods and drinks before an exam (a quick guide)

- Slow-release carbs (for steady energy)
- Protein (to help you stay full)
- Omega-3s (linked to concentration)
- Water (to stay hydrated)
- Limit sugar and caffeine (to avoid crashes)

### Best breakfast before an exam

Research tells us that students who eat breakfast **perform better in exams**. So, what's the optimum **exam-day breakfast**?

Carbohydrates like **porridge** or **whole grain bread** provide slow-release energy. Add a protein, such as **yoghurt** or **eggs** and it will help you feel fuller for longer.

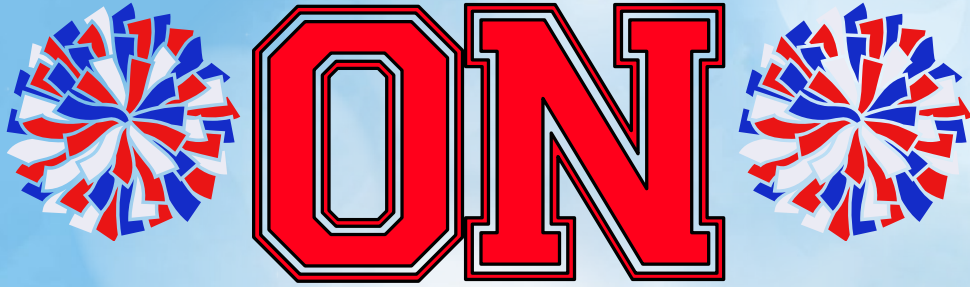
Include some **smoked salmon** and you could also tap into the benefits of its **omega-3 content** – more on that later.

## Revision Block 3

Monday 13th April to Friday 8th May 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Before school 8.15am - 8.30am</b>	English	Biology - Rm16 6 mark questions	Physics - Rm16 6 mark questions	Chemistry Rm16 6 mark questions	English
<b>Lunchtime</b>		DT - NEA		Geography - Rm7 (selected students only)  Computer Science Rm13	
<b>After School 3.15 – 4pm</b>	Maths F Rm5 H Rm1  Drama drop in Drama studio Spanish Rm14 French Rm15 Sports Studies Rm 13	English - 4/5 RmE2 English 7+ RM E4 Business - Invite only  Dance	GCSE PE Rm13  Drama drop in - Drama studio  RE	Science F Rm17  History Terrace, JKl	Geography Rm8 RLE
<b>After School 4pm – 4.45pm</b>		DT Revision Business D3	Food D3	Science H LH	

# BRING IT



## THE MUSICAL



### Bring It On 2027 - Cast List

Campbell – Rosa Newbury  
Danielle – Ella-Mai Reynolds  
Eva – Tisya Rana  
Bridget – Alice Vigrass  
Randall – Megan Thomas  
Skylar - Sylvia-Mae Gray  
Kylar – Isabella Van-Allen  
Nautica – Emily Keyworth  
La Cienega – Ariana Asghar  
Steven – Alfie Deas  
Cameron – Matthew Button  
Twig – Bea Cooke

Campbell (Understudy) – Sylvia-Mae Gray  
Skylar (Understudy) – Emily Dand

# SPORTS HIGHLIGHTS

## Football Success

A huge congratulations to the Lutterworth Town Under 16s Boys on being crowned Division 7 champions in the Leicestershire Youth League.

The team have enjoyed a fantastic season, finishing top of the table with an impressive record of 14 wins, 1 draw and just 1 defeat. Their success is a reflection of the hard work, commitment and teamwork shown by all players and coaches throughout the campaign.

Well done to everyone involved on a brilliant achievement and a season to remember.



## Cross Country

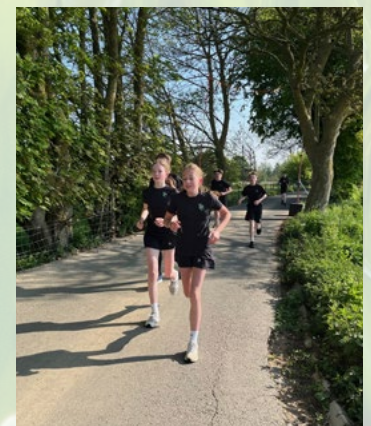
We had our annual Cross Country race on Monday. Congratulations to all who took part.

## Overall Results

1st Place - Tedder

2nd Place - Churchill & Cunningham

3rd Place - Montgomery



# SPORTS HIGHLIGHTS

## Annual Rugby Dinner

On Wednesday we held our annual Rugby Dinner and Awards night. This year we held the event at Kilworth Springs Golf Club for the first time and it was a great success. We had 80 students in attendance, who all had a great time and enjoyed fantastic food, whilst the end of season awards were given out. Mr. Howgate introduced the evening by talking about how we have now established a rich rugby history and tradition at LHS, as the rugby programme has now completed its ninth season. We then went on to present the following worthy winners with their awards:

### Year 7 Most Improved Player

Will Murphy

### Year 7 Coach's Player

Joe Milnes

### Year 7 Players' Player

Harry Butterworth

### Year 8 Most Improved Player

Edward Vesty

### Year 8 Coach's Player

Josh Parker

### Year 8 Players' Player

Jack Wells

### Year 9 Most Improved Player

Jack Coleburne

### Year 9 Coach's Player

Elijah Hall

### Year 9 Players' Player

Quinn McMullan

### KS3 Girls Players' Player

Tilly Coleman

### KS4 Girls Coach's Player

Erin Peters

### KS4 Girls Players' Player

Molly Baker

### KS4 Boys Most Improved Player

Charlie Angrave

### KS4 Boys Coach's Player

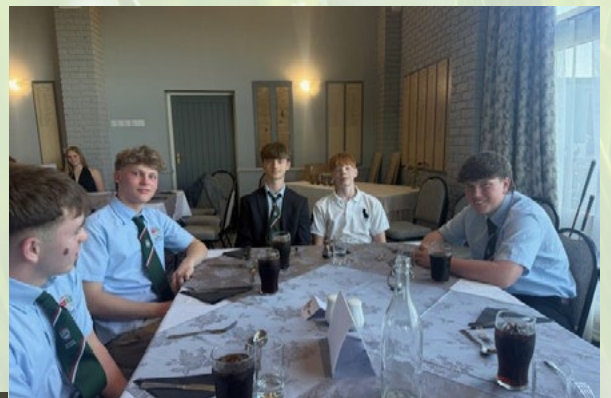
Harry Atkinson

### KS4 Boys Players' Player

Charlie Wheeler

### Rugby Ethos Award

Cameron Parker



# COMMUNITY NOTICES

## Do you have a teen aged 16–18 who is interested in a career in healthcare or medicine?

Get them to join us this summer at Hospice School, a unique and inspiring two day free course at the LOROS Centre for Excellence!

Whether they're considering a future as a doctor, nurse, physio or healthcare worker, this course offers hands-on experience, real-world insight, and the chance to learn from our amazing team here at LOROS.

Dates: Tuesday 5th and 6th August 2026

Location: LOROS Hospice, Centre for Excellence

Cost: Absolutely FREE!

Over the two days, students will:

- ☑ Learn clinical and communication skills
- ☑ Take part in interactive tasks
- ☑ Explore leadership, self-care, and the vital role of palliative care
- ☑ Receive a certificate of completion – great for CV or university applications!

Here's what Matt, an A-Level student from Beauchamp City Sixth Form, had to say: “The skills we developed was the main thing that stood out for me. We learnt a lot about leadership and communication and I feel that is really important for me heading off to University and then going on to a job in healthcare as a pharmacist.”

“All the staff are really nice – I was a little bit nervous about coming in to the hospice environment but all of the staff make you feel really welcome and it felt comfortable very quickly. I would definitely recommend Hospice School to anyone of my age who is looking for a career in health care. It was amazing.”

To register interest please email us at [placements@loros.co.uk](mailto:placements@loros.co.uk) by 11th May 2026 with:

1. A short blurb (no more than 100 words) about ‘Why I would like to attend the LOROS Hospice School’.
2. The FULL NAME of the student. Please note: **They MUST be at least 16 years of age by 5th August 2026 in order to attend.**

# COMMUNITY NOTICES

## Mental health and wellbeing support

To view the brochure, click [here](#).



**Mental health and wellbeing support**

Information about services across Leicester, Leicestershire and Rutland that provide support for your mental health and wellbeing.

Alex found their anchor

Dedicated help which eased their anxiety

Find local support & activities

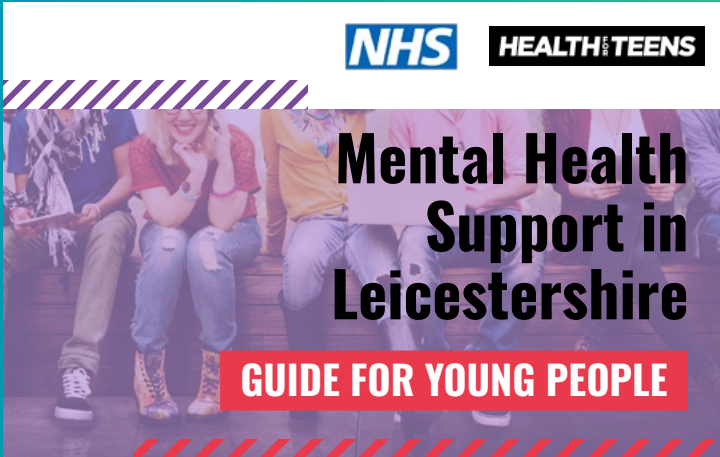
Find what matters to you at

VT SEPTEMBER 2025

Better Mental Health for all

Leicester, Leicestershire and Rutland Health and Wellbeing Partnership

NHS



NHS HEALTH FOR 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.**

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

NHS  
Leicestershire Partnership  
NHS Trust

There are lots of things you can do to keep yourself feeling well:

- Getting a good night's sleep
- Spending time with friends and family
- Playing games or getting outside
- Exercising and eating well to look after your body
- Learning a new skill or taking on a challenge
- Helping other people

... 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:

- Tellmi: [www.tellmi.app/landing](http://www.tellmi.app/landing)
- Health for Teens: [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

... I am struggling and need some help

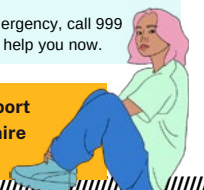
... I am so upset or overwhelmed that I need help now

If you need to speak to someone urgently, you or a parent can call NHS 111, selecting option 2 for mental health. This is a 24/7 service.

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.



# COMMUNITY NOTICES

LOUGHBOROUGH COLLEGE GROUP


## Subject Areas

At Loughborough College we offer a range of courses at different levels.

NEXT EVENT - OPEN DAY

**Saturday 9th May 2026**

**9:30am - 13:00pm**

[Book Tickets](#) 

[View other dates](#)

[A Levels](#) >

[BTEC & Vocational](#) >

[T Levels](#) >

[Apprenticeships](#) >

[University Level](#) >

[Access to Higher Education](#) >

[Blended Learning Professional Qualifications](#) >

# COMMUNITY NOTICES



## Picnic in the Park An Inclusive Celebration Event

Thursday 28th May 2026 1.30-3pm

The Pavilion, Leicestershire County Council,  
Leicester Road, Glenfield LE3 8RA

This is a FREE event with a range of fun 'have a go' activities together with the usual stallholders that attend Local Offer Roadshows. Please feel free to bring a picnic for you and your family. We can't wait to see you...

This event requires adult supervision at all times.

Come and join us to celebrate the Children and Young People of Leicestershire.

Scan here  
to book tickets



To find out more about the SEND  
Local Offer in Leicestershire please visit:

[leicestershire.gov.uk/send](https://leicestershire.gov.uk/send)

# 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.

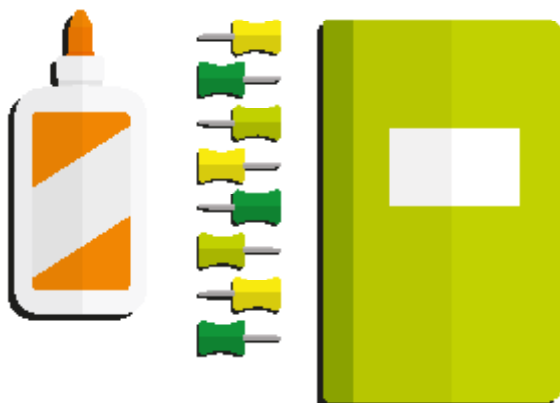
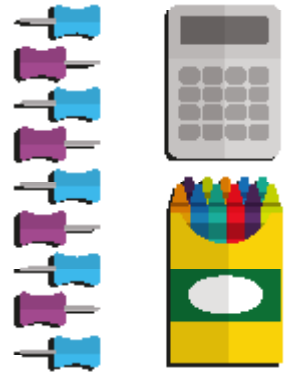
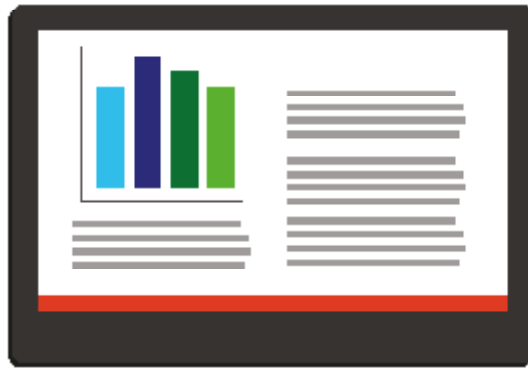
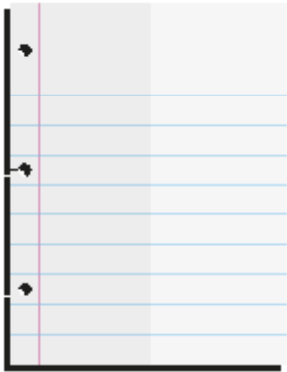
If you haven't already been issued with login details, please contact the EduLink team on the below email address [edulinkapp@lutterworthhigh.co.uk](mailto:edulinkapp@lutterworthhigh.co.uk).

### 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

# DATES FOR YOUR DIARY

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
May Day	Monday 4th May 2026	Monday 4th 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

AUTUMN TERM 2026	FROM THE MORNING OF:	UNTIL THE END OF:
Autumn 1st half-term	Monday 24th August 2026	Friday 16th October 2026
Mid-term break	Monday 19th October 2026	Friday 23rd October 2026
Autumn 2nd half-term	Monday 26th October 2026	Friday 18th December 2026 at 12.30pm

# DATES FOR YOUR DIARY

SPRING TERM 2027	FROM THE MORNING OF:	UNTIL THE END OF:
Spring 1st half-term	Tuesday 5th January 2027	Friday 12th February 2027
Mid -term break	Monday 15th February 2027	Friday 19th February 2027
Spring 2nd half-term	Monday 22nd February 2027	Friday 19th March 2027
Easter Holidays	Monday 22nd March 2027	Friday 2nd April 2027

SUMMER TERM 2027	FROM THE MORNING OF:	UNTIL THE END OF:
Summer 1st half-term	Monday 5th April 2027	Friday 28th May 2027
Mid -term break	Monday 31st May 2027	Friday 4th June 2027
Summer 2nd half-term	Monday 7th June 2027	Wednesday 7th July 2027 at 3pm

## Bank Holidays

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  
Monday 31st August 2026  
Friday 25th December 2026  
Monday 28th December 2026  
Friday 1st January 2027  
Friday 26th March 2027  
Monday 29th March 2027  
Monday 3rd May 2027  
Monday 31st May 2027

16

17

24