



LuttHigh



Lutterworth High School Academy Trust



Friday 12th June 2026

Dear Parent/ Carer

I'd like to thank you for all of your feedback regarding the four branded uniform items. The four branded items in the proposal – blazer, tie, optional jumper and PE top have proved very popular with parents, staff and students. I am looking closely at your feedback and working with the student council to further refine some of the wording in the accompanying guidance. Please be aware that all of the uniform that you have currently bought for your child will be acceptable next year. Our uniform provider will continue to provide LHS branded items and also items that are now unbranded.

As well as provisions on uniform, the Children's Wellbeing and Schools Act 2026 has also made it statutory that schools are phone free. I will be sending out a consultation shortly so we can begin to gauge parent, staff and student views about how we work towards making the school a phone free environment.

Tickets are now available for our next show 'Bring it On.' This is always a sell-out so I would recommend getting in early. The last few tickets for our summer concert are still available.

Have a nice weekend.

Kind regards

Julian Kirby
Headteacher



NOTICEBOARD



How to report a concern at Lutterworth High School



Tell a Teacher, Tutor, your Trusted Adult 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 or KS4

ks3hub@lutterworthhigh.co.uk
ks4hub@lutterworthhigh.co.uk



Speak Out button on the school website

www.lutterworthhigh.co.uk/student

Attendance

Year 7	95.5%
Year 8	94.1%
Year 9	93.3%
Year 10	92.0%
Year 11	90.8%
Whole School	93.2%

House Points

KS3	Poppy Greenhalgh 8HW	Lucas 8LB (56)	Hollie Hart 8LA (52)	Alfie Deas 8LA (60)
KS4	Katie Mills 10LK (30)	Rosa Newbury 10LT (48)	Thomas Sibson 10LK (58)	Megan Thomas 10HO (50)

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

Bea Bailey 8HH	Sophia Lefley 10LK
Theo Barnes 7LJ	Jake Lord 9HA
Abi Baxter 10HO	Lauchlan Mackenzie 10LS
Maxwell Bean 7HH	Mariana Magalhaes 10LT
Joshua Bodman 10HG	Elodie Marston 7LL
Cara Brittain 8LB	Neave McGanley 10HM
Kieran Brookes 10LK	Harry Meadwell-Ludlow 10LK
Zara Butcher 8HB	Josh Merry 7LJ
Bea Cooke 8LB	Sienna Mistry 8HH
Harry Daffern 8LB	Eehab Mohamad Nazri 8HW
Alfie Deas 8LA	Muneni Mukombo 8HH
Lilly Elvidge 7LL	Alfie Murphy 7LL
Henry Evans 7HE	Jayden Mytych Semedo 8LS
Yasmine Fisher 10HM	Jesse Nelmes 8HB
Eloise Floyd 7HH	Rosa Newbury 10LT
Felix Ford 8HW	Archie Paterson 7LJ
Kaitlen Gambrell 10LS	Iris Peake 8HW
Sam Garness 10LK	Toby Read 10LT
Zac Gibson 8LS	Joseph Rowntree 7HM
Amelie Gibson 10HO	Mani Samrai 10HM
Lillie-Mae Grant 8LA	Thomas Sibson 10LK
Poppy Greenhalgh 8HW	Lucas 8LB
Anabelle Gregson 7LL	Eleanor Taken 8HB
Alfie Guy 8HB	Amy Thomas 10HO
Toby Harris 10HM	Megan Thomas 10HO
Rupert Hawkins 10HM	Jayden Thompson 8HB
Lottie Hodges 8HW	Cody White 8HH
Ella Hodgkinson 8HH	Bea Whitmore 8LS
Henry Hughes 7HE	Ethan Wilkinson 8HH
Chloe Hurst 9LM	Emma Willars 8LB
Sophie Illston 10LT	George Wilson 10HM
Chloe-May Kilbourne 8LB	Elsa Worsley 7LJ
Eddie Lacey 9LC	Sophia Wosman 7HH
Tamara Lawrence 7LL	Kyle Yip 10LK

NOTICEBOARD

Hot Choc Friday

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



Student Achievement

The student pictured below has taken part in LeicsConnect music programme and at the weekend he performed at the Riverside Festival. He is going on to study music full time and we wish him all the best!



NOTICEBOARD

Limited tickets left!



LHS

SUMMER SOUNDS

Tuesday 16th June 2026, 6pm-8pm

£5 Adult
Children up to 16 **FREE**

Tickets can be purchased via Scopay or Main Reception.
All proceeds will support the Music Department.



No booking required

YEAR 7 OPEN EVENING

THURSDAY 24TH SEPTEMBER
2026
5.45pm-8.00pm

Doors open at 5.30pm.

The evening begins at 5.45pm, at which point you may choose to tour the school or attend the first Headteacher's talk.

A second Headteacher's talk will take place at 6.30pm.

We invite you to see and experience our school, speak to our talented and committed staff and meet our friendly students.

Find out more about our exceptional enrichment opportunities and outstanding facilities.

 www.lutterworthhigh.co.uk

 01455 552710

 admin@lutterworthhigh.co.uk

Tickets still on sale!

GOLDEN HOUR

PROM

THURSDAY
25TH JUNE 2026

7.30-11PM
ARRIVAL FROM 7PM

SHEARSBY BATH

Lutterworth High School proudly presents

BRING IT ON

THE MUSICAL



Libretto by JEFF WHITTY **Music by** TOM KITT & LIN-MANUEL MIRANDA **Lyrics by** AMANDA GREEN & LIN-MANUEL MIRANDA

Inspired by the Motion Picture Bring It On Written by Jessica Bendinger. This amateur production is presented by arrangement with Music Theatre International All authorised performance materials are also supplied by MTI www.mtishows.co.uk

21 | 22 JAN 2027



Tickets on sale now until 1st December!

NOTICEBOARD

Performing Arts Social

On Tuesday, we held our first ever Performing Arts Social for all students who have been involved in our performances throughout the year. There was a quiz, amazing food and lots of singing and dancing. Thank you to The Piano Rooms for hosting us for the night - we had so much fun!



Big Bang Fair trip - Wednesday 10th June

On Wednesday 10th June, Year 8 students visited The Big Bang Fair at the NEC, Birmingham. The event brings science and engineering careers to life with hands-on activities and shows. Young inventors and experimenters, future game-changers and lifesavers all develop and shine in The Big Bang Competition. It inspires the next generation with experiments and workshops. The students had a great morning out, engaging with the different stalls and even got to experience a mini planetarium.



SPORTS HIGHLIGHTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



**THE
EMERALD
WAY**

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



**THE
EMERALD
WAY**

Sign up on SOCS

Tennis

**Cricket
Nets**

Boccia

Athletics

**Games
Club**

**Sports Photography / Sports
Journalist**

Feature in the school newsletter

ACTIVITY OVERVIEW - TERM 5

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 12:30-13:15 Christian Union 12:30-13:15 LHS Podcast	15:00-15:45 Orchestra 15:00-16:00 Silver DofE 15:00-16:15 KS3 Art Club 15:00-16:15 Tennis 15:10-16:00 Science7
Tuesday	12:30-13:10 French Cinema Club 12:30-13:15 Buddy Club (Lunchtime)	15:00-16:00 Bring It On 2027 15:00-16:30 Cricket Nets - All Years 15:00-16:00 Debate Society
Wednesday	12:30-13:15 Boccia 12:30-13:15 Buddy Club	15:00-16:00 Bronze DofE 15:00-16:00 STEM and Crest Award 15:00-16:00 Summer Concert Auditions 15:00-16:15 Textile & Craft Club
Thursday	12:30-13:00 Show & Tell 12:30-13:00 Year 9 MFL Quiz 12:30-13:15 Buddy Club (Lunchtime) 12:40-13:05 Geography - Lunchtime 12:40-13:10 Choir	15:00-16:00 Games Club 15:00-16:15 Young Artists 15:00-16:30 Athletics
Friday	12:30-13:10 Pride Club 12:30-13:15 Buddy Club 12:45-13:10 Creative Writing Support Session	

THE
EMERALD
WAY

COMMUNITY NOTICES

**Aged 16-18? We're recruiting a new
Youth Advisory Board for
the Department for Education
for you to share your experiences and
views on AI in education.**



Department
for Education

 **CHILDREN'S
COMMISSIONER**

Apply:



smartsurvey.co.uk/s/AlinEducation

COMMUNITY NOTICES

Leicestershire Local Offer
Special Educational Needs
and Disabilities Roadshow



**Wednesday
24th June**

10.00am - 13.00pm

**Leicester University, Gilbert Murray
Hall, Stamford Court. LE2 2LH**

**Come along and find out about
Local SEND services and support
in your area.**

The Roadshow brings together information and services which support families of children and young people with special educational needs and disabilities (SEND) all in one place.

A chance to meet and chat with representatives from Leicestershire County Council and its partners.

Please book your FREE tickets via:
leicestershire.gov.uk/local-offer-roadshows

Scan here
to book tickets



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

leicestershire.gov.uk/send

COMMUNITY NOTICES

The logo for Rugby College Fest features a central pink circle containing the text 'RUGBY COLLEGE' in white, bold, sans-serif font. Below this, the word 'FEST' is written in large, bold, yellow letters with a blue outline and a white drop shadow. The entire logo is set against a background of colorful paint splatters in purple, blue, and yellow, with a white circular shape behind the text.

**RUGBY
COLLEGE**

TUE 23 JUNE 2026

**An interactive evening of cookery
demos, engineering tasters
& live theatre performances.**

BODY IMAGE Newsletter

JUNE 2026



Funded by
UK Government

What does body image mean?

Body image is a term used to describe how we think and feel about our bodies – whether those feelings are positive, negative, or a mix of both. It can relate to aspects such as body size and shape, height, skin colour, overall appearance, and any physical disabilities or differences.

It is normal for children and young people to compare themselves to others, especially as they get older. However, there are signs to be aware of which could indicate that they have an unhealthy view of their body, which is negatively affecting how they feel about themselves.

Some of the signs to look out for include:

Emotional effects

- Low self-esteem and lack of confidence
- Anxiety or depression
- Feeling ashamed, embarrassed, or “not good enough”
- Constant comparison with others

Social effects

- Avoiding social situations (e.g., swimming, sports, parties)
- Withdrawal from friends or activities they once enjoyed
- Being more vulnerable to bullying – or being deeply affected by it

Behavioural and physical effects

- Unhealthy dieting or extreme exercise
- Disordered eating or eating disorders
- Wearing certain clothes to hide their body
- Frequently checking mirrors – or avoiding them completely



DID YOU KNOW?



In the UK, **52%** of children aged 11–16 worry about their appearance, with body image issues affecting children as young as 3–6 years old. Nearly 1 in 3 teenagers (**31%**) feel ashamed of their body image.

Source: Mental Health Foundation

Supporting young people experiencing poor body image

childline

ONLINE, ON THE PHONE, ANYTIME



Parent
Talk

YOUNG MINDS

be body



positive

NHS

Eating Disorders

An eating disorder is a mental health condition where a person has unhealthy thoughts, emotions, and behaviours related to food, eating, body weight, or body shape. These patterns can affect someone's physical health, emotional wellbeing, and daily life.

Eating disorders often involve:

- Extreme restriction of food, overeating, or cycles of both
- Intense worry about body weight or shape
- Feeling out of control around food
- Using harmful behaviors (like vomiting, excessive exercise, or laxatives) to try to control weight

Common types

Some well-known eating disorders include:

- Anorexia nervosa – severe restriction of food and an intense fear of gaining weight
- Bulimia nervosa – cycles of binge eating followed by purging (vomiting, laxatives, extreme exercise)
- Binge-eating disorder – frequent episodes of eating large amounts of food with a feeling of loss of control



Eating Disorders support

Many individuals are currently facing the challenge of eating disorders, often made more difficult by social pressures. Eating around others can trigger feelings of judgment or anxiety, while social media can reinforce unrealistic standards and comparisons. These influences can affect a person's relationship with food, highlighting the need for greater understanding and support. If you're concerned about eating disorders or are supporting a loved one who might be experiencing one, it's important to seek professional help and offer compassionate, non-judgmental support. There are a number of organisations that can provide advice and support, but it's important to speak to a GP in the first instance.

KEY DATES

- Volunteers' Week - 1st - 7th June
- Great Big Green Week - 6th - 14th June
- Bike Week - 9th - 15th June
- Learning Disability Week - 15th - 21st June
- National Clean Air Day - 19th June

Click the logos to find out more!



Advice for parents



LET'S GET SOCIAL!



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



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

South Leicestershire Community Board

☀️ Anti-Social Behaviour (ASB) Awareness Week, 29 June – 4 July

Summer is a time for young people to relax, spend time with friends, and enjoy being outdoors and we absolutely want them to make the most of it. Alongside this, we're encouraging families to have a quick conversation at home about the importance of being respectful, considerate, and mindful of others in the local community.

If you or your family experience anti-social behaviour, there is support available:

Oadby & Wigston Borough Council

☎️ 0116 2888 961

🌐 [Report online](#)

Leicestershire Police

☎️ 101 (non-emergency)

🌐 [Report online](#)



The Cube have free summer events for young people aged 11-16, on Tuesday afternoons (21st, 28th July, 4th 11th and 18th August) 1-4 pm.

There will be activities such as crafts, water games and cooking. To find out more, email youthwork@thecubeyouth.uk

Did you know...
The school nursing service is available during every school holiday to support you and your child?

How to get in touch

ChatHealth
Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-11 in Leicestershire and Rutland, which enables you to get professional health advice and support.
07520 615 382
Available Monday to Friday 9am - 5pm, excluding bank holidays

Healthy Together Helpline
Leicestershire Partnership NHS Trust runs the Healthy Together Helpline for parents and carers in Leicestershire, Leicestershire and Rutland. The Helpline's qualified health and administrative professionals offer easy to access, safe and free advice, support and signposting.
0300 300 3001
Calls are answered from 9am - 4.30pm on weekdays, excluding bank holidays.

Active Blaby
Supporting you across Blaby, Oadby & Wigston

TAI-CHI
A GENTLE EXERCISE CLASS TO IMPROVE MOBILITY, REDUCE STRESS AND SUPPORT YOUR HEALTH AND WELLBEING.
SUITABLE FOR ALL AGES AND ABILITIES.

JOIN OUR FRENDLY ACTIVITY
Blaby Scout Hut
Skippers Close
LE8 4JD
THURSDAYS 2PM - 3PM
No previous experience necessary

www.activeblaby.org.uk
0116 272 7703 info@activeblaby.org.uk

LET'S GET MOVING

teen health
11-19 service

Moving On Up!
A guide to help you feel confident about the transition.

Active Blaby
Supporting you across Blaby, Oadby & Wigston

LADIES SOFTBALL CRICKET

JOIN OUR FRENDLY ACTIVITY
Beauchamp College
Ridgeway
Oadby
LE2 5TP
THURSDAYS 6PM - 7PM
No previous experience necessary

www.activeblaby.org.uk
0116 272 7703 info@activeblaby.org.uk

LET'S GET MOVING

Starting secondary school soon?

The Moving On Up! guide from Teen Health is packed with tips, activities and advice from young people to help you feel confident about the transition. Download the booklet [here!](#)



Viral Trend Risks Causing Severe Burns to Children

Microwaving NEEDOH Toys and Squishies

Parents and Carers Guide

WHAT YOU NEED TO KNOW

A viral trend is encouraging children to microwave squishy silicone toys, known as NEEDOH toys or squishies, among other names (Jelly Cubes, Nice Cubes) in order to make them softer and more pliable. Often, the packaging warns against this, but children are ignoring it because online videos and trends on TikTok, Instagram and YouTube encourage them to do the opposite. The toy feels cool to the touch after microwaving, but bursts when squeezed, spraying boiling material on hands, neck and face. A child in Bristol was seriously hurt on 4th May 2026 and children in America have experienced significant burns and injuries. This has happened to children as young as seven.

Please note - Your child does not need to have searched for this. The algorithm shows it to children based on other content they have watched.



IF YOUR CHILD HAS ONE OF THESE TOYS

It is natural to feel concerned, but the most important thing is to remain calm. Children are far more likely to talk to you, now and in the future, if they know they will be met with a steady response rather than alarm.

This is also a valuable opportunity. What your child sees online, from friends or from trends, does not always show the full picture or the consequences. Safety conversations are not about restricting their fun, they are about making sure they understand how to protect themselves and others.



STARTING THE CONVERSATION

You do not need to be an expert. A relaxed, open and honest conversation is enough. A few things that can help:

- Use the toy as a natural conversation point rather than sitting them down for a formal talk.
- Tell them simply that children their age have been seriously hurt following this trend. Reality carries more weight than a rule.
- Avoid taking the toy away without explaining why as providing a reason builds trust. Removing it without understanding may lead a child to hide things from you.
- If the toy feels too firm, the manufacturer's recommendation to soften it is to knead it with your hands for a few minutes. Encourage them, or help them, to do this instead.
- If they have already seen the videos, remain calm. The algorithm does its job quietly. What matters is the conversation that follows.



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

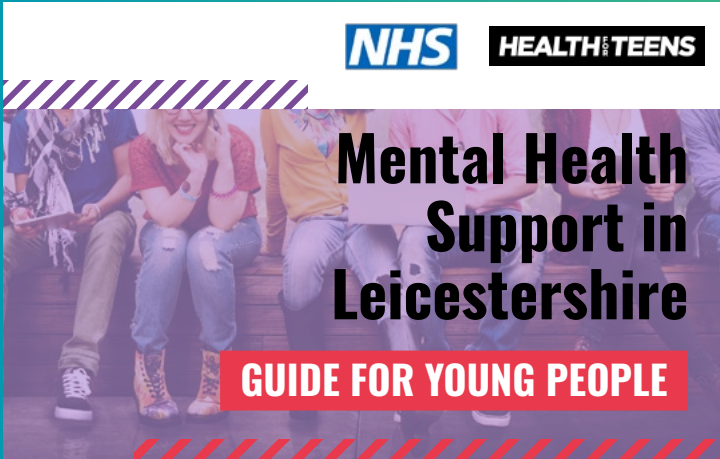
Find what matters to you at

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

ChatHealth – www.chathealth.nhs.uk/start-a-chat

Tellmi – www.tellmi.help

My Self Referral – www.myselfreferral-llr.nhs.uk

Leicestershire Educational Psychology Service – 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
- Health for Teens: www.healthforteens.co.uk

... I am struggling and need some help

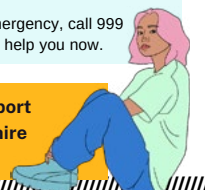
... I am so upset or overwhelmed that I need help now

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.



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.

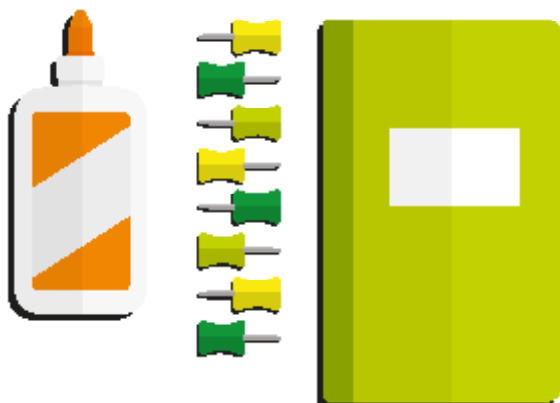
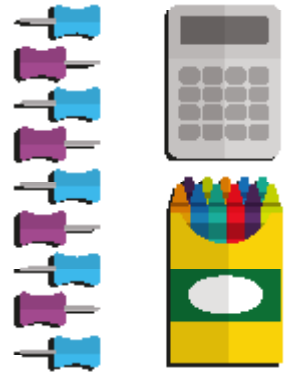
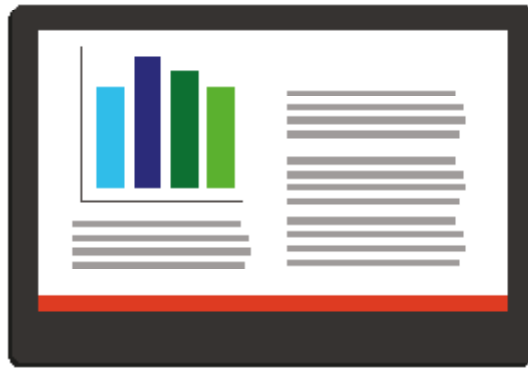
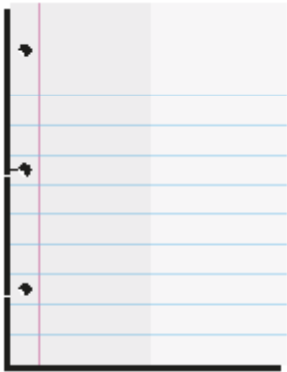
If you haven't already been issued with login details, please contact the EduLink team on the below email address edulinkapp@lutterworthhigh.co.uk.

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

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