

**COVER STORY: CELEBRATING AT YEAR 11
ACHIEVEMENT EVENING**

**Pupil of the Year
Hazra Suleman**

PAGE 8

**Autumn
2016**

focus

Lancaster High School
Pupil of the Year
2016
Hazra Suleman



PAGE 7

**We are so DIVERSE
in every way!**



PAGE 7

**Year 7 Team Building
at Ingleton**



**Central Lancaster
High School**

**NEW LOOK
CENTRAL**

PAGE 2

It gives me great delight to be writing my first introduction to the CLHS Focus magazine at the end of my first term here. There have been so many highlights it is difficult to pick what makes it to the final edition! If you are a seasoned reader of Focus you will notice straight away our bright, fresh new image. The introduction of the logo has been the subject of much intrigue and rumour amongst our student body; not least about our uniform. There are a few facts in this issue about the logo and the uniform to set the record straight about how we are planning to use it!

We are really keen at school to keep raising our profile within our community and as part of this work we are continually developing our online presence. This version of Focus will also be converted to an online issue; our new website will be coming soon; we have a range of Twitter feeds and I encourage you to like our school Facebook page and our Sixth Form Facebook page to keep up with students' activities on a daily basis, it's amazing to see the range of work that happens across our great school on a weekly basis.

I would like to take this opportunity to wish all of our students, parents, business and community partners a very happy Christmas and everyone at Team Central looks forward to working with you all again in the New Year.

Thank you to you all for your warm welcome to Central!

NICOLA HALL Headteacher



The staff and students at CLHS are deeply saddened to learn of the passing of former pupil Neil Marshall who died recently aged 31 after a battle with cancer.

Neil is fondly remembered by all the staff who had the pleasure of teaching him.

He was a wonderful, hard-working student who was a team player in every sense and a true inspiration to our pupils. The school wishes to offer its condolences to his wife, two children, his family and friends.

Grizedale forest

Year 10 Art and Photography students had a wonderful day in the beautiful surroundings of Grizedale Forest. They explored their coursework theme of 'natural forms' and 'journeys'. After what seemed the longest journey ever, due to the windy roads, we finally reached Grizedale.

In the morning we followed the sculpture trails in search of different sculptures. Mr Nesbitt took us on a shortcut which resulted in being a very long shortcut! In the afternoon we created sculptures in the forest with found sticks and leaves, and we made drawings observing the landscape, we also took photographs of the surrounding environment. After all our hard work we treated ourselves to a leaf fight!

It was a fantastic day which I'm sure will have a really positive impact on our art and photography work.



Peace Poster

Year 7 pupils designed a poster based on the theme of 'A Celebration of Peace'. They explored imagery based on the theme and created a design which was the judged by the 'Lion's international organisation'.

The winners were:
1st Place- Humairah Patel
2nd Place- Ella Brown

Achievement Evening Exhibition

The Visual Arts Department have been busy displaying artwork in our new reception area with work from previous year 11 Art, Photography and Textile students. Mrs Hall described the grand reveal on Achievement Evening as a 'simply stunning gallery', which left students surprised and delighted to see their brilliant artwork showcased in this way. This space will be ever-changing and will include work from other departments so that we can keep it looking amazing at all times.

Animation Club

The start of a new school year saw the start of an animation club! Students have created story boards and are currently working with modelling clay to practise stop motion animation. Pupils are positioning their figures repeatedly to take photos that will be merged together to create a short film. Well done to the pupils who regularly attend. Your commitment to the club shows the amazing enthusiasm Central students have... Central students shine!

VISUAL ARTS

News



SUMMER SCHOOL 2016

No sooner was school out for summer than Central Lancaster High School opened its doors for "Summer School 2016"; a week's worth of Olympic and Paralympic-related activities in which 150 pupils from 22 different schools took part.

Pupils from Years 5 and 6 were organised into groups and were able to complete a school trail activity which enabled the students to familiarise themselves with the school building and check out all the displays featuring the many school trips, foreign holidays, shows, performances and weekly activities that take place during the normal school year. Break brought welcome refreshments - there were offerings of fresh fruit, cereal bars and crisps as well as bottled water (plenty of bottled water!) and juice.

Lunch went down a treat on a daily basis: platters of sandwiches, fresh fruit and juice were soon demolished before the fun and games began again!

Each day the pupils were treated to a variety of activities which included numerous sports, making full use of our amazing Sports Hall; arts and craft, ICT, dance in the studio and much, much more. Giant Jenga, super scrabble, the drainpipe game involving hand/eye coordination and communication skills, croquet, ball-sort and plank-walking formed the carousel of activities on the final day - the staff were determined to tire out all the students. Working together in teams, helping and guiding each other, the pupils formed strong bonds over the course of the five days.

On the final day it was lovely to welcome friends and family to the school in the afternoon, to watch the "Olympic Closing Ceremony" and a wealth of photographs showing what the pupils had been up to over the past week in their team groups.

Pupils and parents alike had a great week - the students met new friends, worked well in teams, enjoyed delicious snacks and lunches as well as learning new skills in a variety of different areas; similarly parents enjoyed the peace and quiet. Many wrote on their feedback sheets that they were sad the Summer School was only running for one week. Many also appreciated the free transport service offered from Ryelands, Dallas Road and Bowerham.

An amazing week in which many memories were created! A massive thank you has to be given to all the staff involved who worked tirelessly and with such energy for the five days preparing and supervising many exciting activities; Mark who helped out on site; Mr Walker and Mr Howarth in ICT who provided the technical support; Mr Theobald in AVR who produced all the certificates; but also to the phenomenal support of our CLHS students who volunteered their time to help out; top marks!

Miss T - the Summer School Coordinator said, "Each year just seems to go from strength to strength. It's been a pleasure to welcome so many students from across the Lancaster and Morecambe District; to enable them to make new friends, take part in exciting activities and opportunities and the staff thoroughly enjoy working with pupils from the primaries. It offers them time to become acclimatised to the geography of the school and get to know more familiar faces amongst the staff. It affords them peace of mind over the summer so they are excited about coming back in September feeling reassured. For the Year 5 students who are yet to make choices they are able to experience the school's friendly, welcoming staff and the fantastic facilities that CLHS has to offer in all areas of the curriculum. The feedback from the pupils and parents has been superb; we are already planning next year's adventure. A massive thanks to all who were in any way connected to the Summer School - it was a blast!"

Miss Timperley
Summer School 2015 Coordinator



New Look Central!

We are delighted to share our new branding for CLHS in this edition of Focus. We will be replacing the "tick" logo with the new logo featured here. The aim of this work is to modernise and refresh our school image. Look out over the next few weeks for our new signage at school, our new website and new style school stationary. Feedback has been very positive so far. A couple of key questions are answered here for you:

Q: Are we getting a new school uniform?

A: There are no plans for a new uniform. When you replace your blazers because they are either too small or worn out, the new ones will have the new logo on them. There will be no expectation for you to buy a new blazer. Jumpers will remain exactly the same.

Q: Are we getting a new tie?

A: Not at the moment, if we decided to change it we would make the change at the end of summer so that new year 7s would have the new one and they would then be available for other year groups to buy. At the moment, no changes are planned.

Q: What about school skirts?

A: I would be keen from next September to introduce a standard school skirt. We are currently looking at options, will consult with students and consider affordability as a key point. Our students have responded very well to our requests to look smart and standard skirts would help reflect our high expectations.

dates FOR DIARIES

Term starts:	Monday 9th January
Half term:	Friday 10th February - Monday 20th February
Term ends:	Friday 31st March - Tuesday 18th April

(Easter dates- Good Friday 14th April,
Easter Sunday 16th April
and Easter Monday 17th April)

Sixth Form Open Evening:	Thursday 19th January
Year 9 Parents' Evening:	Tuesday 24th January
Year 11 Parents' Evening:	Tuesday 31st January
Year 9 Options Evening:	Wednesday 8th February
Sixth Form Parents' Evening:	Tuesday 7th March
Spotlight:	Tuesday 28th and Wednesday 29th March

maths Appy

Well done to all of the year 10 and 11 pupils for their interest and efforts with the launch of the new PiXL Maths APP. The launch of this brilliant revision and assessment aid to all key stage 4 pupils was on Monday 14th November. It has been fantastic to see how many have already logged in and started using the fabulous resources available. If you haven't, then download now and see how good it is! A competition for pupils making the best use of the APP will be launched very soon so watch this space!

Maths Joke
Q: Why did I divide sin by tan?
A: Just cos.



“What an experience”

Gold Duke of Edinburgh:

Within the Duke of Edinburgh course, you get to discover new places, meet new people and, most importantly, understand more about yourself. As well as this, you are able to add it to your CV for future jobs which is a bonus.

During my expedition the weather was an on and off situation; nevertheless we pushed on through the rain and discovered some fascinating areas within the lakeside which I never thought would be something I would come across during the expedition.

For the first 2 days, we visited some iconic places within the Lake District such as Keswick and along Derwent Water (lake). However, the weather was extremely hot throughout these days which allowed us to see the valleys perfectly and see just how far we had walked.

But, this all changed for us on the third day where the weather turned into a storm and caused our group to be cautious during our walks through the day. This was probably the worst part about the expedition as all our gear got soaked and we were all drenched before we even started the walk up one side of a valley. However, our spirits and friendship allowed us to forget about the weather and focus more on the positives such as the views as we got at the top of the valley.

Now that I have completed my award, I am excited to be able to go and collect my award from Buckingham Palace early next year. Overall, my experience of the gold D of E was amazing and I enjoyed every minute of it; I would recommend it to anyone who is intrigued about doing the gold Duke of Edinburgh.



Callum Bleasdale
Gold Duke of Edinburgh Participant



WHAT WE HAVE DONE FOR ECO CLUB SO FAR... Hello! My name is Faith Hodgson and I am a member of the 2016 eco club!

We have been busy making and creating in Eco Club. The first thing we did was research where to put something we would make the next week... bird boxes! We found out the best place to put the bird boxes was high up, so nothing could knock it down (including the occasional animal or student!)

Secondly, we built our bird boxes. Mr Lebaldi gave us wood, screws and screwdrivers. We put the bird boxes together by placing the parts in the right spots and then screwing them together.

Our most recent meeting was about painting them. We were given paint brushes and rollers. We were painting them so that they would be camouflaged and it would protect the wood so that it would last a long time. It took a while to paint them but it was certainly worth it!

I believe our next activity will be to put up the bird boxes with the help of Mr Dempsey! In total we have made 7 bird boxes. With the help of other people we could make many more so why not come and join us in Eco Club?

UPDATE!

ECO SCHOOLS

Hello, my name is Lydia Thomas and I am part of Eco Club 2016.

We have been making bird boxes to help the local bird population get ready for winter. First of all we researched where the best to put the bird boxes is and this is what I discovered.

It's best to put up bird boxes in the autumn, and to prevent predators getting in it is a good idea to put copper around the entrance.

We have painted them brown to make them camouflaged and protect the wood (this makes the bird boxes last longer too).

We are going to hang them up very high so that nobody knocks them down; this also helps to protect the birds from predators. The types of birds that are going to live in the boxes will hopefully be small species such as grey tits and blue tits, with potentially the chance of thrushes and black birds also using them.



Our Macmillan coffee morning took place on 9th October Staff and Sixth Form students baked some yummy cakes. **We raised £349.11**

Coffee and Cake for Charity



BOOK REVIEW...

As part of the Class Book Review programme run by the Times Education Supplement (TES) our students were asked to review "Lady Night" by Cassandra Clare. 'Cassandra Clare's novels are the first to go from our library shelves. They are like hot-cakes. Everyone wants one and devours them in the quickest way imaginable, savouring their taste as they burn feverishly on the tongue' says Miss Newsham.



Three of our Year 11 pupils: Dellen Drake, Mo Duncan and Fuhaira Chaudhary have had their reviews publicised online at:

<https://www.tes.com/news/school-news/breaking-views/class-book-review-lady-midnight-cassandra-clare>

We are so proud of their writing ability; producing such informative reviews for others to read and be inspired by!

Fuhaira has also had her review published in the TES magazine which goes out to its thousands of subscribers every Friday.

Well done all of you for taking part!

TRAMPOLINE CLUB

Our very popular Girls' Trampoline club has taken off with a bounce this term. Our Thursday night sessions are fun, engaging and create a great atmosphere. If you desire, you could be the next Olympic Trampolinist or perhaps you just want to come along and have fun with our other bouncers? We have a new full-size trampoline and welcome girls of all years and abilities. Look out for our boys' club coming soon - keep an eye on our Twitter page for more details @CLHSPE.



GIRLS ONLY FITNESS #thisgirlcan

Lots of girls have been joining us this term to "sweat now and feel good after" in our popular Girls Only Fitness club on a Thursday night! Work at your own speed and level with other girls. Grab a friend to come down and join us this Thursday!

GIRLS DO THEMSELVES PROUD!

Eight year 7 and 8 girls travelled to the Globe Arena (Morecambe Football Club) and were entered in the National Football League Girls' Cup. The girls have the opportunity to travel all the way to Wembley if they are successful in the area and regional finals.

It was a cold Wednesday morning but the girls came ready and prepared to play the game in the correct way, whole hearted and with a smile on their face. Our first match saw us against Carnforth. It was a very close game with the momentum shifting from side to side but it was Central who took the lead when Ellie Parkinson scored the first goal of the game. The lead never lasted long, as Carnforth, came back and scored an equaliser. The girls never went into their shells. They instead grabbed the game by the scruff of the neck and went and scored and took the lead for the second time in the match. The goal scorer was Emily Armstrong. The game was tense and Central were leading 2-1 with only 2 minutes left on the clock. Stunning play for Carnforth saw them score to make the game a Desmond 2-2.

Our next match saw us come up against a young but enthusiastic Morecambe High team. With confidence from the first game Central controlled this game and won the game a convincing 3-1 winner, with goals coming from the class of Ellie Parkinson, endeavour from Chloe Baker and enthusiastic and clinical Emily Armstrong. Our third league game saw Central play against their Achilles heel of a side, Ripley St Thomas. The game was end to end with the defences coming out strong on both sides. Central particularly had Chloe "Safehands" Seacy in goal who was unstoppable, but had the helping hand of 2 fierce defenders in front of her, Naomi "not getting past me" Wilkinson and Megan "Robotic" Robinson were crucial in stopping Ripley St Thomas scoring. However in the dying moments of the game Ripley St Thomas scored a wonder goal which any keeper in the world would have struggled to keep out. Sadly we lost 1-0.

Our final group game saw us needing a win to qualify for the semi-finals. Mrs Edge pulled Mr Clark to one side and told him that he needed to freshen things up. Sadly Mrs Edge was on about Mr Clark's fashion, not the team. However with the pressure on scoring goals: cometh the match, cometh the team. Courtney McCallig and Matilda Bulman were immense during this game. Their energy and tough tackling stopped Morecambe High Reds in their path. A team full of experience, could not handle the intensity that the 2 girls brought to the match. These 2 girls allowed Ellie Parkinson the opportunity to score a stunning hat trick. With this win the team finished 2nd in the league.

After a quick dinner break, the opportunity arrived for the girls to "SHINE". The semi-final draw saw us drawn against our nemesis, Ripley St Thomas. The only team to beat Central so far on the day. They were ready, 15 minutes away from playing in front of 2,500 fans at half time when Morecambe entertain Cheltenham FC on the 7th of December 2016. The game began. It was very cagey start from both teams. They were more interested in not losing the game rather than winning. You could smell the anxiety on the pitch, the pressure not to make a mistake, the glory of scoring the winning goal. 7 minutes in though, Ripley broke the deadlock. Central left the back door open and Ripley took their opportunity. Central shoulders never slumped. They rose, along with their spirits. They were knocking on the door of Ripley's net, but their keeper was having the game of her life. However she couldn't stop the thunder bolt that Chloe Baker sent her way, arrowing into the bottom corner of the goal. 1-1 with 3 minutes remaining. The game really opened up with both keepers and defences being busy but being strong and not allowing any goals to go in. In the last minute Ripley St Thomas scored. They won the contest 2-1 and they go into the final against Carnforth High School.

The girls played with great honour and pride throughout the day. Considering it was some of the girls first time playing football and their first time playing together as a group just shows how successful of a day it was, one minute from entering the final in front of 2,500 fans. Well done girls you should be proud of yourselves.



NETBALL

The netball season is well under way and pupils from years 7-10 have been playing local schools both at home and away. More matches are organised this term with the district tournaments in the new year. Netball practice is being held at lunchtime 1pm-1.20pm Monday - Wednesday and Tuesday evenings after school 'til 4.30pm. Ask your PE teacher for more details and to get involved!

Follow us on Twitter for match results- @CLHSPE.



Diversity Week is a chance for all the students in school to get a taste and an opportunity to experience new activities that they may have never done before. This gives the PE Department a chance to think 'outside of the box' and look at new and interesting sports that will ignite a passion among the students as they play.

The Sixth formers are offered an opportunity to get involved which fits perfectly alongside our sports leadership.

We sat in lesson and wondered what to do. Ideas and thoughts shot across the room as Miss Grimshaw furiously scribbled down the ideas. 10 weeks later with lots of planning and practice we finally had a perfect plan.

The week started with a bang. 67 year 7 students turned up to participate in our blind football penalty shootout. The students entered the sports hall, excited and eager to learn.

There was lots of smiles and laughter as they missed the goals by a large margin; however they soon got better and better coping without their sight. By the end almost every shot was flying into the top corners agonisingly out of the reach of the keepers. A huge congratulations to all

The editor apologises for the incorrect printing of the following article in the previous edition of FOCUS; this article is the correct one:

Year 11 District Cup Winners

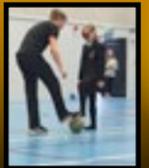
It was a fantastic afternoon at the Globe Arena as the Central Year 11 team beat Our Ladies to secure the district cup. The lads played very well and had the character to come back from a goal down and win the game. It topped off a superb 5 years' football under the guidance of Mr Wiggins who said, "These are the best set of lads I have ever worked with. They showed true grit and determination and came out as deserved winners." Good luck in the future to everyone involved in Year 11 football.

the pupils who participated; you were a pleasure to run the activity for. Well done to Emily Armstrong and Theo Callender who won the prize for most goals scored!

The week continued and we became more confident in our leading. We had huge numbers for each event. Year 8's activity was seated volleyball and the feedback sheets provided a positive insight to the pupils' feelings. 'A great event, but it should be run for longer!' 'The leaders made sure you were always playing' '9/10'.

Friday crept closer and closer. With just one session left we realised we had thoroughly enjoyed ourselves as much as the pupils had. Our skills had improved and our aims were met; everyone could relax. On behalf of the Sixth Form PE students I would like to thank every student who came to our events. The main thing is the pupils had the opportunity to try something new. Oh, and the fact that we all passed with a Distinction grade for our event.

By Callum Davidson



SPORTS NEWS

WHERE ARE THEY NOW?



The 3 handsome men picture above attended out Careers Information Evening to give really helpful advice to students and parents about routes into work and apprenticeship schemes.

It was wonderful to welcome them back and we really appreciate their help. They were so busy on the evening but we managed to find time to quiz one of them about what they been up to...

Ryan Howard (pictured on the right) reminded us that he left in 2015 and that his form tutor was Mrs Stephenson.

He went on to say that 'Mrs Cottam inspired me as she was my Motor Vehicles tutor and was always pushing me and supporting me to do my best. As did Mrs Stephenson for supporting me in becoming a decent young man!' Ryan said that 'I went to Lancaster Training Services on an apprenticeship following my two year light vehicles course provided by the school. Then I went on to get a job at Travellers Choice as a coach mechanic/driver. I got a level 2 in motor vehicle inspection through the school and I am currently working towards my level 3 in heavy vehicle mechanics'.

He shared with us that 'my aim for the future is to finish my apprenticeship and go into the Royal Air Force as a mechanic fixing anything from cars up to the aircraft themselves'. We asked him what would he advise young people in school and he said, 'do not to give up on what you want to do with your life, sometimes it's hard work to get what you want but if you work your hardest you will get there in the end and all the work will pay off as you will be enjoying your career getting the most out of it.' Thank you Ryan for your pearls of wisdom!

SPORTS IN DIVERSITY WEEK



Project

Over the past few months 8S have been involved in a project with 'The Young'Uns' folk group. We have visited Lancaster Castle, researched the Pendle Witches and with the help of 'The Young'Uns' we have written a folk song. We have recorded our song and it will be part of a CD with many other schools from the local area. In March we will be performing our song at the Guild Hall in Preston. Our favourite part was rehearsing our song and recording with professional musicians and recording equipment.

Delta Carruthers and Natasha Taylor

DREAMFLIGHT

On the 12th June 2016 along with my dad and friend Maisie Richardson, I completed a mile long zipwire challenge over an old slate quarry in Bangor, Wales for the charity Dreamflight. Dreamflight is a charity that sends 192 children with either a disability or serious illness on a holiday of a lifetime to Florida. I was privileged to be chosen to take part on the 10 day trip in October 2013. I was partnered with a boy called Will who was fighting cancer. Sadly Will lost his battle with leukaemia months after but we had agreed together to do the sponsored zipwire in 2014 to give something back to Dreamflight.



After Will died I didn't feel up to taking part in this challenge. But last year at the Dreamflight 30 year reunion in the House of Commons in London, I agreed I would take up the challenge this year in memory of Will.

It costs Dreamflight roughly £3500 to send one child on a holiday of a lifetime and up to now between us we have raised over £3700, which is fantastic!



Diversity!

This year's theme for Diversity Week was Lesbian Gay Bisexual and Transgender (LGBT) education, and teachers did an excellent job of creating interesting and engaging lessons that explored this topic including:

- In Visual Arts students created an incredible piece of work based on the artist Keith Haring, which has been used for our school Christmas/ Seasons Greetings card
- In Maths students focussed on mathematician Alan Turing
- In MFL pupils learnt LGBT key words in foreign languages!

Diversity Week was launched with International Food Tasting. Amazing food was served from countries all over the world including Irish sourdough bread, Mauritian vegetable curry and French pastries! As always, workshops took place over lunch time including:

- henna designs
- traditional English games
- foreign film club

Year 12 students also helped out by holding different sporting events in the sports hall, such as, Blind Football Shoot Out and Seated Volley Ball. Diversity Week saw the launch of our Sixth Form LGBT ambassadors who are here to support students and raise awareness about different issues affecting the LGBT community!

A massive thank you to all staff who helped out during this fantastic week and an even bigger thank you to the students who took advantage of all of the brilliant events taking place in school!

Author event

On October 21st Billy Bob Buttons came to school to give a presentation on creative writing to year 7. Billy gave a presentation followed by a Q and A session and then pupils had the opportunity to buy a book and get it signed. There was a very long queue for book signing and we just about got through the queue in time for break.

"Hilarious, and inspiring. He gave a fair amount of advice on how to write books." Gwyneth Pates-Everill (Year 7)

"I enjoyed Billy Bob Buttons coming to school because he helped me develop my understanding of authors." Thomas Gudgeon (Year 7)

"I really enjoyed Billy Bob Buttons' visit and he was very active and informative and I love his books." Emily Armstrong (Year 7)

Accelerated Reader

Accelerated Reader has got off to a really good start. We have already got 2 pupils on the Honours list, Ashanti and Louis in year 8, more than 100 book quiz points in one marking period. We have also got our first 2 word millionaires, Ashanti Dunsheath (Year 8) and Anna Rigby (Year 7). These are huge achievements, well done to everyone who has got their name on the reading board and all those who have achieved 100% in their book quizzes.

Home Connect

Renaissance Home Connect is a tool that connects the school and home to keep parents informed of their child's progress towards Accelerated Reader. More details can be found on page 22 of your child's planner and on the school website.

To log in to Renaissance Home Connect go to: <https://ukhosted3.renlearn.co.uk2209448/HomeConnect> You need to use your child's username and password to log in; these can be found on page 21 of your child's planner.

Pupils can also take book quizzes at home by going on the school website and selecting Accelerated Reader from the student drop down menu. A link to Home Connect can be found on the Parent drop down menu.

Year 7 Ingleton Trip 2016

Four weeks into the new academic year and just as Year 7 are getting their feet firmly under the tables we tell them to pack their overnight bags and we whisk them off to the great outdoors... all the way to Ingleton in North Yorkshire. As part of the continuing transition and team-building process that occurs in Year 7, the students enjoy a couple of days away from school, getting to know each other as well as their pastoral team.

Huge thanks must go to the staff who supervised this visit: Miss Bartlett, Miss Warburton, Miss Grimshaw, Mrs Topping, Miss Everett, Mr Nesbitt, Miss Wolstenholme, Mr Libaldi and Mr Roodenburg.

It all seems like a distant memory now... Students had an opportunity to develop their orienteering skills on arrival. This activity was held in the grounds of Ingleton Youth Hostel which provided the most comfortable accommodation during the students' stay!

Thanks also to the staff in the office who always support with the behind-the-scenes organisation, Miss Sowerby and Miss Thompson in particular.

Abseiling, rock-climbing and caving were some of the more extreme options which the pupils took part in and Miss T was overwhelmed by the courage and team spirit that were shown throughout the week by the students and the staff! "It's really rewarding to watch pupils who have only known each other for a few school days encourage, support and praise each other in really challenging situations. Students demonstrate their leadership qualities; working together in situations which are totally unfamiliar to them and helping their team mates complete each activity successfully.

Miss T (Transition Leader) said, "Ingleton Residential trip is superb as it provides the children with an opportunity of experiencing life away from home for one evening; making new friends as they are mixing with pupils who have come from different primaries; and in some cases trying new activities. It's great fun seeing the pupils working together, building new friendships and getting to know their form tutors so well, away from the routine of the school day. The pupils were fabulous and the staff were all really generous with their time. We have created so many memories this week. It's been brilliant!"

Here's to next year... but someone please remember to order the sunshine!

The evening activities included more team-building games by torchlight outside and writing postcards in the warmth of inside. Throughout the week we were visited by Mrs Hall, Mrs O'Farrell, Mrs Redhead and Miss Brown - at tea time no less - they must have heard that fish and chips were on the menu! They all loved catching up with us and hearing what we had all been getting up to. A fun-filled adventure which will be remembered forever by all who took part.



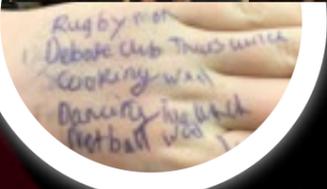
NHS SKILLS Course

Recently, nine students from Year 9 were lucky enough to be given the opportunity to attend a 6 week programme based at the Royal Lancaster Infirmary. This NHS course was run by Health Care professionals and offered to students interested in a possible career in this field. The students had to apply and commit to the full course before it started; and the competition for places was fierce.

Each Thursday, for an hour and a half, the students attended workshops at the hospital on a range of topics: from alcohol and drug awareness; to emergency care and professional responsibility in the work place. We joined Ripley St Thomas students each week and soon established firm friendships.

On the final session, the students met a selection of professionals from the Infirmary. Doctors, surgeons, janitors, nurses, psychologists... all giving up their time to inspire the next generation of Health Care trainees. Our students made the most of this amazing advantage and some have even guaranteed work experience at the hospital next year!

We would like to thank the wonderful ladies who facilitated the course, our site staff who were kind enough to drive us all down there each week; and the students themselves for giving up so much of their own time to further their future careers. Well done to all!



CLUBS GALORE!

Year 7 had a wonderful time at Freshers' Fair. There were so many clubs to sign up for including juggling, cooking, trampolining, rugby, ukele to name but a few. Each student managed to sign up for at least 1 club but many joined at so busy in their free time!





ACHIEVEMENT AWARDS



2016 Year 11



Editor - Victoria O'Farrell Assistant Headteacher / Director of Arts College
 victoria.ofarrell@lancasterhigh.lancs.sch.uk



Central Lancaster High School