

COVER STORY

aleX

MEETS THE ENGLAND RUGBY TEAM AT TWICKENHAM



PAGE 3...

Maths Intensive Week ALL ADDS UP!

PAGE 4...

A Midsummer Night's Dream



WORLD BOOK DAY

PAGE 3...

Spring 2016

CENTRAL LANCASTER HIGH SCHOOL

CBRE



I am delighted to present to you our latest edition of

Focus...

We have been very busy this term with lots of curricular and extra-curricular activities. In the next few pages you will read many reports and articles about successful events such as the Year 11 Practice Interviews, the wonderful performance of "A Midsummer Night's Dream", the Duke of Edinburgh visit to London to meet the Duke himself and our visit to Twickenham to meet the England rugby team and watch them play against Ireland (being married into an Irish family, I was torn about which team to support!).

I hope you enjoy reading this packed Spring FOCUS, appreciating the hard work and commitment of our super pupils and wonderful staff team, without whom, there would not be great events to report on - I'm sure that I share your gratitude towards them in making so many opportunities possible for our young people!

I wish you a happy spring break and look forward to sharing more Central successes next term!

Victoria O'Farrell
Acting Deputy Headteacher
Editor of FOCUS

dates for Diaries

Summer Term starts	Monday 25th April
Year 7 Parents' evening	Tuesday 26th April
Bank holiday	Monday 3rd May
LUDUS Youth Dance Festival	Friday 6th May
Year 8 Parents' Evening	Tuesday 17th May
Mama Mia trip	Friday 19th May
Half term	Monday 30th May - Monday 6th June
Year 10 Parents' Evening	Tuesday 7th June
Sixth Form Transition	Friday 28th June
Year 12 Work Experience	Monday 4th July - Friday 8th July
Sports Week	Monday 4th July - Friday 8th July
Year 11 Prom	Friday 8th July
Year 10 Work Experience	Monday 11th July - Friday 15th July
Arts Week Monday	Monday 11th July - Friday 15th July
Term Ends	Friday 22nd July

Year 11 Study Skills

Year 11 students attended workshops to help them with their revision skills. As they gear up towards the examination period, they feel more prepared and ready to do their best. We wish them the best of luck



Summer Term starts	Monday 25th April
Year 7 Parents' evening	Tuesday 26th April
Bank holiday	Monday 3rd May
LUDUS Youth Dance Festival	Friday 6th May
Year 8 Parents' Evening	Tuesday 17th May
Mama Mia trip	Friday 19th May
Half term	Monday 30th May - Monday 6th June
Year 10 Parents' Evening	Tuesday 7th June
Sixth Form Transition	Friday 28th June
Year 12 Work Experience	Monday 4th July - Friday 8th July
Sports Week	Monday 4th July - Friday 8th July
Year 11 Prom	Friday 8th July
Year 10 Work Experience	Monday 11th July - Friday 15th July
Arts Week Monday	Monday 11th July - Friday 15th July
Term Ends	Friday 22nd July

maths week



Maths + Roadshow = Fun

Over 250 pupils from Years 7 to 10 took part in the Roadshow 2016. Thanks go to the fantastic team of Sixth Form helpers who supported and encouraged the pupils.

Maths Week was bigger and better this year including...

- Magic Maths with our resident mathamagician Mr Holmes
- Origami with Miss Price
- Race game and brain training with Mrs Buyers
- Problem solving Maths Roadshow in the hall.



Maths Joke
What kind of tree could a Maths teacher climb?
Geometry

JUST THE JOB



Practice interviews are such a landmark event in the annual calendar so the anticipation since September has been huge. For many Year 11 students the idea of sitting across a table from local business people, being grilled as to the contents of their CVs and the cover letters they'd been preparing for months, was somewhat nerve-wracking; but everything came together so wonderfully and it gave them a valuable experience that will no doubt help and encourage. The whole process will also have lessened the burden of the scary prospect of entering the world of work in the future.



The interview process itself ran so smoothly, and we were all prepped and made to feel so comfortable that the 20 minutes flew by in a conversational blur of qualities, aspirations and experiences. We'd all really like to thank everyone that helped make the day come together so perfectly - all of the interviewers for willingly giving up their time, Mrs Bonney for her support and most of all Ms Cottam for slaving away to make sure the day ran so smoothly, and giving us all the priceless experience of having coped in a formal interview situation.



SPORTS NEWS

SPORTS RELIEF 2016

Sport Relief took place during 14th March to 18th March at CLHS. It was a great week here the children raised a lot of money to help people in need, nationally and internationally. In curriculum activities in child worked to their maximum for 20 minutes to cycle, run, cross trainer and even rowed to see the total distance they could cover in 20 minutes. All the children tried their best and placed great energy and enthusiasm into the activity but showed great empathy in supporting sport relief. The winners from each group were:

- Year 7 - 7P who travelled an average of 9.8 km
- Year 8 - 8A who travelled an average of 12.1 km
- Year 9 - 9S who travelled an average of 12.5 km
- Year 10 - 10 U3 who travelled an average of 13.4 km
- Year 11 - 11U5 who travelled an average of 11.6 km

Friday was a very busy day in school. We had practice interviews for year 11, science trips for year 10, bully box competition, but for the rest of staff and pupils we had non-uniform day, where we had to come as our sporting idol. There was a fantastic atmosphere around school, on such a busy day. However the support that the pupils and staff showed to this event was superb. The stand out costumes had to go to Mr Lumsden, Mr Kay and Mr Rogers, who made a great effort coming has their sporting idol.



With all the sporting activities going throughout the week the school raised a massive total of £400

I would like to thank everyone for their efforts during this week especially the PE department to running a smooth show and to all the staff and pupils for getting involved in the activities that were happening during an extremely busy week at CLHS.

RUGBY... IT'S NOT JUST A BOYS THING!

On the 10th March, 13 year 7 and 8 girls travelled to Preston Grass Hoppers for the Lancashire U13 Contact Rugby Tournament. This was their first tournament after several coaching sessions from the RFU in lesson through the All Schools Project. Being the first team to play in the school's brand new rugby shirt the girls were very apprehensive to start. After the first few minutes on pitch they soon settled coming out after 5 matches as joint first place. Losing out on goal difference, they were finally placed in second position and qualified for the U13 North West Tournament in St Helens on 18th March.

Good luck ladies! We all have our fingers crossed for you!

cover story...

MY DAY AT TWICKENHAM

The hardest part of this day was waking up at 3 AM! First of all, we drove to Manchester to catch a train to London. The train seemed to take ages but finally we arrived at Euston and took the tube to Twickenham. At the stadium we were welcomed with our tickets and given clothes to wear on the pitch. We then got changed into our kits and then there was an introductory speech and a presentation where all schools attending got to show off their kit designs. Then it was time to practise the National Anthem and go out onto the pitch to practise the pre-match ceremony. During lunch we watched some of the other Six Nation matches on the big screen. After lunch we went outside to welcome the England national team and then waited patiently to go back out onto the pitch. When the time came everyone was so excited! We all walked out to stand with the England team and sing the national anthem. The atmosphere was amazing. We had great seats to watch the rest of the match in which England won 21-10 over Ireland. I slept most of the way back but it was such an amazing day!



spotlight

A Midsummer Night's Dream

"A Midsummer Night's Dream", in my opinion, was the best performance I have ever been involved with. The cast, the crew and the memories made will definitely stay with me for the rest of my life. As soon as Mrs Crossman published the auditions for the play, I knew I was going for Puck. Despite my nerves I knew that Puck and I were basically the same person, which made the role all that more fun to play and thanks to the decision of Sam, Stefan, Tara and Mrs Crossman I was chosen to play the role. It took six long hard months' preparation. The directors Sam, Stefan and Tara worked their very best, took time out of their own lives and helped us to make the play magnificent. In order to make the play more unique we worked alongside Miss Lilley and her Year 11 Btec Textiles class who made some costumes for the performance, and being a Year 11 Btec Textiles pupil I made my own costume for Puck. If I could do it all again, I would. A massive thank you to Sam, Stefan and Tara, who not only directed, but helped us with everything else as well."

Becky Steel



This academic year saw a Carol Concert like no other; with not one, but two performances! It is a CLHS tradition for pupils of the school to take part in a Christmas performance and it is usually held at Christ Church, open for public enjoyment. However this year there was to be a change to that tradition as there would be an additional performance. With Liz and Jen on call we were ready for an extravaganza of Christmas spirit, all within the walls of this very school. The show was put on for pupils in Years 7 and 8 and can be summed up as a blend of comedy, music and general festivity. The concert showcased talent from a range of years and clubs including: Years 10, 11 and 12 Btec students, members of the Ukulele Club, Central Voices and Orchestra. Miss Booth, as always, worked her magic and after months of preparation she put together an amazing show. It was smiles all round following the performance, helped by the fact that pupils got to see English teacher, Mr Read, taking orders from 2 Year 11 students. It wasn't just the audience who enjoyed the show. Several performers said the following of the concert: "It was great; everyone had a grand time!" and "I take part in the Carol Concert every year but this year was special to me as it is my last with the school."

Lily Warde-Jones



MY DAY AT TWICKENHAM

The hardest part of this day was waking up at 3 AM! First of all, we drove to Manchester to catch a train to London. The train seemed to take ages but finally we arrived at Euston and took the tube to Twickenham. At the stadium we were welcomed with our tickets and given clothes to wear on the pitch. We then got changed into our kits and then there was an introductory speech and a presentation where all schools attending got to show off their kit designs. Then it was time to practise the National Anthem and go out onto the pitch to practise the pre-match ceremony. During lunch we watched some of the other Six Nation matches on the big screen. After lunch we went outside to welcome the England national team and then waited patiently to go back out onto the pitch. When the time came everyone was so excited! We all walked out to stand with the England team and sing the national anthem. The atmosphere was amazing. We had great seats to watch the rest of the match in which England won 21-10 over Ireland. I slept most of the way back but it was such an amazing day!





YOU ARE GOLD Always believe in your soul... You're indestructible...

On Tuesday 2nd February 2016 4 Year 13 pupils attended St James's Palace in London to receive their Gold Duke of Edinburgh Award along with Mr Chapman and Mrs Moss. The pupils involved were Coralie Neil, Ben Steel, CJ Dixon and Jake Taylor. These pupils received their award from HRH Prince Edward alongside Natasha Kaplinsky who was the guest speaker. It was a great day and Central Lancaster High School is very proud of these pupils who have worked so hard to achieve this magnificent award.

The fifth member of the team Matthew Ronaghan is the lucky winner who was been picked at random from this school to receive his award on May 2nd at Buckingham Palace from HRH Prince Philip and also HRH Prince Edward; there will also be numerous VIP guests and sponsors. This is to celebrate the 60th Diamond anniversary year of the Duke of Edinburgh Award Scheme; we hope he has a very memorable day.

Jo Moss
Duke of Edinburgh Award Co-Ordinator



SIXTH FORM UNIVERSITY FOR THE FUTURE NEWS

Walking into Manchester Central felt as daunting as the unpleasant discovery that your wallet isn't in its usual pocket, and then finding it in the other pocket. It was a fleeting unease kept calm by the welcoming faces and friendly smiles of the doormen; well as friendly as doormen get.

The overall aesthetic of the place was in a word, intriguing. In all honesty it was the sweet knowledge of free pens and jelly beans that like a magnet, attracted me to Uni "preachers". Immediately scouting out the large pack of freebies in the distance, I began my swift and determined approach to the York St John stand. Expertly weaving through the crowds, movements very similar to that of a contortionist, whilst making my way towards my target, the conversations of those around me bled into my ears. Talks of sandwich years, the different opportunities and of course why people should be going to their universities. I was starting to understand why I should be thinking about Uni. The possibilities were endless.

Overall the UCAS Open Day was a fantastic experience. There were a fair few Unis that - in the words of Austin Powers - "weren't my bag." But there was also a great number of places that offered extraordinary opportunities; places such as Edge Hill and the UCA are outstanding examples. Being able to talk face to face with the members of each Uni was widely fascinating.

I thoroughly recommend Uni Open Day... for it is there that people will actually tell you what's what... (and you'll receive plenty of free pens!)

Cameron Cowen, Yr12

WE ARE A FAIRTRADE SCHOOL



Not long ago the Fairtrade committee visited the Lancaster Quaker Meeting House to meet a representative from Garstang who taught us about Fairtrade and how it helps people all over the world. We learnt that Garstang is the world's first Fairtrade town. Fantastically, we got to make bars of dark chocolate. They were delicious! Mr Cox, our Associate Headteacher, was lucky enough to try one! If you buy Fairtrade products you are helping farmers who can then afford to pay for clean water or to send their children to school. It's truly amazing how Fairtrade helps producers to help themselves.

Afifah Adam and Lucy Ainscough Year 7

We really enjoyed taking part in the chocolate workshop and learning interesting facts about Garstang being the first Fairtrade town. During the making process we had to remove the heated cocoa pods from the oven and take out the centre. Then we placed them in a mixer. We got really messy as the chocolate squirted out. Bit by bit we added other vital ingredients including the vanilla flavouring. Then we put the final product in to containers and put them in the fridge. Finally we ate the chocolate. Delicious!

Thomas Joyce and Joshua Barnes Year 7



FAIRTRADE FORTNIGHT...

For Fairtrade fortnight 2015 - 2016, pupils and staff have enjoyed Fairtrade jam, hot chocolate, bananas, tea and coffee as well as raffled Fairtrade Easter Eggs, done some blind tastings of Fairtrade and non-Fairtrade products, sold Fairtrade products at lunchtime throughout school have also been learning about Fairtrade in their lessons. On the final Friday the school had a non-uniform day which raised £510. This will be divided between the Fairtrade foundation and WaterAid. Thank you to everyone who supported the fortnight!

Ms Dean

FUNDRAISING NEWS...

Over a period of time, our students have been busy raising money for a number of charities ranging from the British Heart Foundation, Derian House, St John's Hospice, North West Air Ambulance, Christ Church Night Shelter, Comic Relief, Children In Need and Fairtrade. We have managed to raise so far approximately £6000.

I would like to thank students, parents and staff for their contribution and hard work!

Joanne Sowerby | Office Manager

THE CLASS BOOK REVIEW Anna and the Swallow Man, by Gavriel Savit

towards safety, they have to dodge German and Russian soldiers, often fleeing from bullets. Things change as Anna grows, and she begins to question her hero. Who is the Swallow Man and why is he here, helping Anna?

This is a perfect novel from the undoubtedly talented Gavriel Savit. It makes you want to read more and more. It is very well structured and beautifully and carefully written. I would have rated it 15 stars if it was possible, but really I would rate it 5 stars.

Fuhaira Chaudhary Year 10

This review was first published on the Times Education Supplement website on 19th February 2016 - well done Fuhaira!

<https://www.tes.com/news/school-news/breaking-views/class-book-review-anna-and-swallow-man-gavriel-savit>

WORLD BOOK DAY

We had lots of activities in the library to celebrate World Book Day. We focused on the theme of space and Years 7, 8 and 10 decorated their form room doors on the theme of a science fiction book. We also had a competition to guess the book character going into space, book quizzes for both staff and students and a competition to design a book mark. Along with the English department we had staff dressing up as book characters and "shelves" where staff entered photos of one of their book shelves and students had to guess which book shelf belonged to which member of staff.

Mr Cheesbrough, Miss Timperley, Miss Hargreaves and Miss Everett also took a group of Year 7 students to Preston Guild Hall to meet several authors at the Teen Fest "Biggest Book Show on Earth" featuring writers such as Steven Butler, Sue Hendra, Paul Linnet, Cathy Cassidy, CBBC's Sam and Mark as well as the Children's Laureate Chris Riddell!

We also had a Book Fair 7th – 11th March in the Conference Room selling £113 worth of books.

There is a Short Story competition going on for KS3 with great prizes of a Kindle, £10 or £5 vouchers for the winners. The winners will be announced in assembly before we break up for Easter.

Congratulations to our competition winners...

Book quiz	Liam Davidson
Design a book mark	Sian Seddon and 3 runners up:
	Ashanti Dunseath, Chloe Bennett and Arif Muhammad Kamal
Guess the book character	Bethan French 7E with ET, 8B with Hitchhikers
Door posters	Guide to the Galaxy and 10B with Star Wars Miss Benson



KENDAL COLLEGE visit



On Wednesday 2nd March, Paul Waring from Kendal College came to CLHS to teach us about afternoon tea. We learnt how to make a variety of items such as: brandy snaps, short bread, scones, profiteroles and sandwiches. It was a fantastic experience, which not only taught us how to make delicious food, but how to work in teams too. It will help us with our upcoming "Afternoon Tea" exam, as it has encouraged us to try new things and aim high. We can't wait to work with Paul again!

By Ethan Isaacs
and Tommy Hudson



Focus

snap happy!

Year 11 GCSE Photography students have been taking some great portrait photos using the studio lighting and specialist equipment. They have captured the personalities of the individuals very well,

don't you think?

CENTRAL LANCASTER HIGH SCHOOL



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