



Lymm
High School

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Welcome to our
new Year 7
Pg. 4

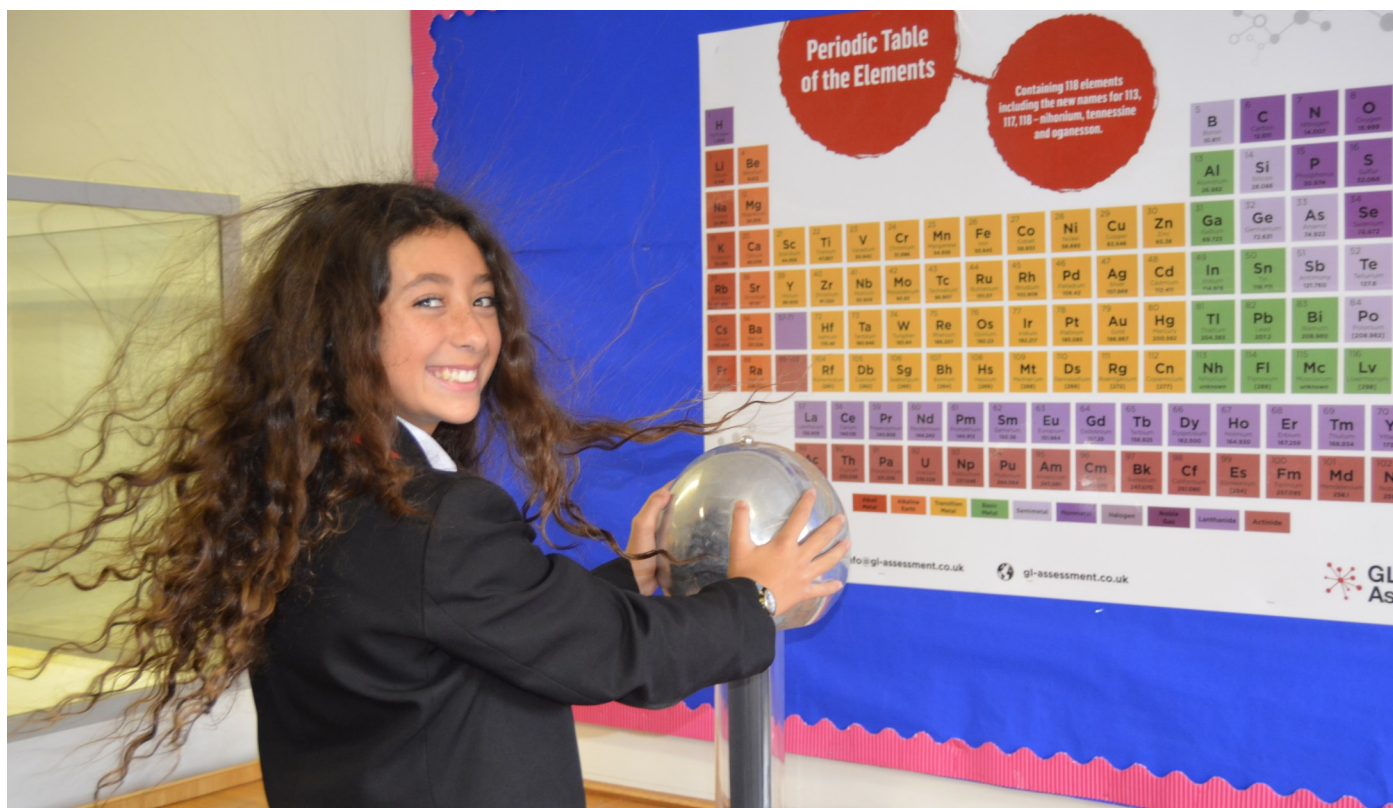
Despite not having a
transition day from
their Primary
schools, Year 7 are
settling in well.

Meet the Student
Leadership Team
Pg. 14

Find out what the new
Sixth Form Leadership
Team hope to achieve
during their tenure.

NEWSLETTER

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BACK TO SCHOOL AND READY TO LEARN

It's been lovely welcoming all our students back, especially our new Year 7s.

School may be back, but it's looking rather different. New signs, floor markings and a one-way system have been introduced to ensure that Year groups are kept separate as far as possible. Handwashing

stations and hand sanitisers are available all around school, and students need to wear face masks when moving inside school and whilst queueing for lunch. The timetable has also been tweaked so students can safely remain in their year

group 'bubbles' during lunchtime and break. Despite these new changes, the students have adapted really well and we're enjoying having them back. Our new Year 7s have also settled in amazingly well (see page 4).



WELL DONE STUDENTS

Mr Williams pays tribute to this summer's A' Level and GCSE students.

To say this has been a strange year for exam results is an understatement and I pay tribute to the students who have had to cope with such an upheaval: first in terms of the abrupt end to their school career, and then all the added uncertainty around the process for issuing exam results. The way they have handled all of this really has been extraordinary and just serves to underline our sense that, whatever their exam results, this group of young people are going to go out there and make a big difference in the world.

We always make mention at this stage of the very highest performing students, and this year should be no different. The

following young people performed exceptionally well in their A' Levels and deserve huge credit: Matthew Swann was awarded an incredible four straight A* grades, with Amber Heck-stall-Smith, Lewis Hindle and Anna Turner also achieving perfection with straight A* grades in all their three subjects.

Similarly, Amelia Smith deserves a special mention for her double starred distinction in BTEC Fashion to go alongside her A* in A' level Textiles; as does Abigail Bellass for her triple starred distinction in BTEC Sport. In addition, the following all gained at least three A or A* grades: Marcus Mackay, Joe

Cox, Jude Doherty, Elliot Nolan, David Rhodes, Finlay Williams, Cameron Green, Jada Moses,



*Anna Turner got 3 A*s in her A' Levels.*



Amelia Smith got an A and two distinction* grades. She is now at MMU studying Textiles in Practice.*

Katherine Bushnell, Alice Edgar, Liv Galloway-Pollard, Isabella Hogan, Maddie Parkhouse, Lily Parsons and Katie Wright.

There are a few individuals named above, but there are countless other success stories right across the year group and we are extraordinarily proud of all of them.

We are pleased to be welcoming the majority back for the Sixth Form and send all our best wishes to those who are moving on to new

this year to provide any headline data in the way that we normally would. On the one hand, the overall profile of results was at least what we would have expected as a school and the vast majority of students gained the grades they needed for further study or employment (at least as many, as it happens, as in a typical year).

On the other hand, this isn't any consolation for those who have been left disappointed by the aftermath of a unique set of circumstances this year.

A' Level results days were especially challenging for some students and we really wish some of them did not have to go through the emotional rollercoaster that they had to experience.

Many congratulations to all the students who have worked so hard over the past few years and absolutely deserve the success they have seen in their exams.

Emma Butterworth, Jade Carlin, David Evans, Eleanor Harle and Jordan Jones.

We also had some stand-out GCSE results:

Jasmine Lee somehow managed to get a scarcely believable ten grade 9s, very closely followed by Holly Cottle and Matthew Stow with nine of the top grades and Olivia Lawton and Jessica Salmon with eight grade 9s.

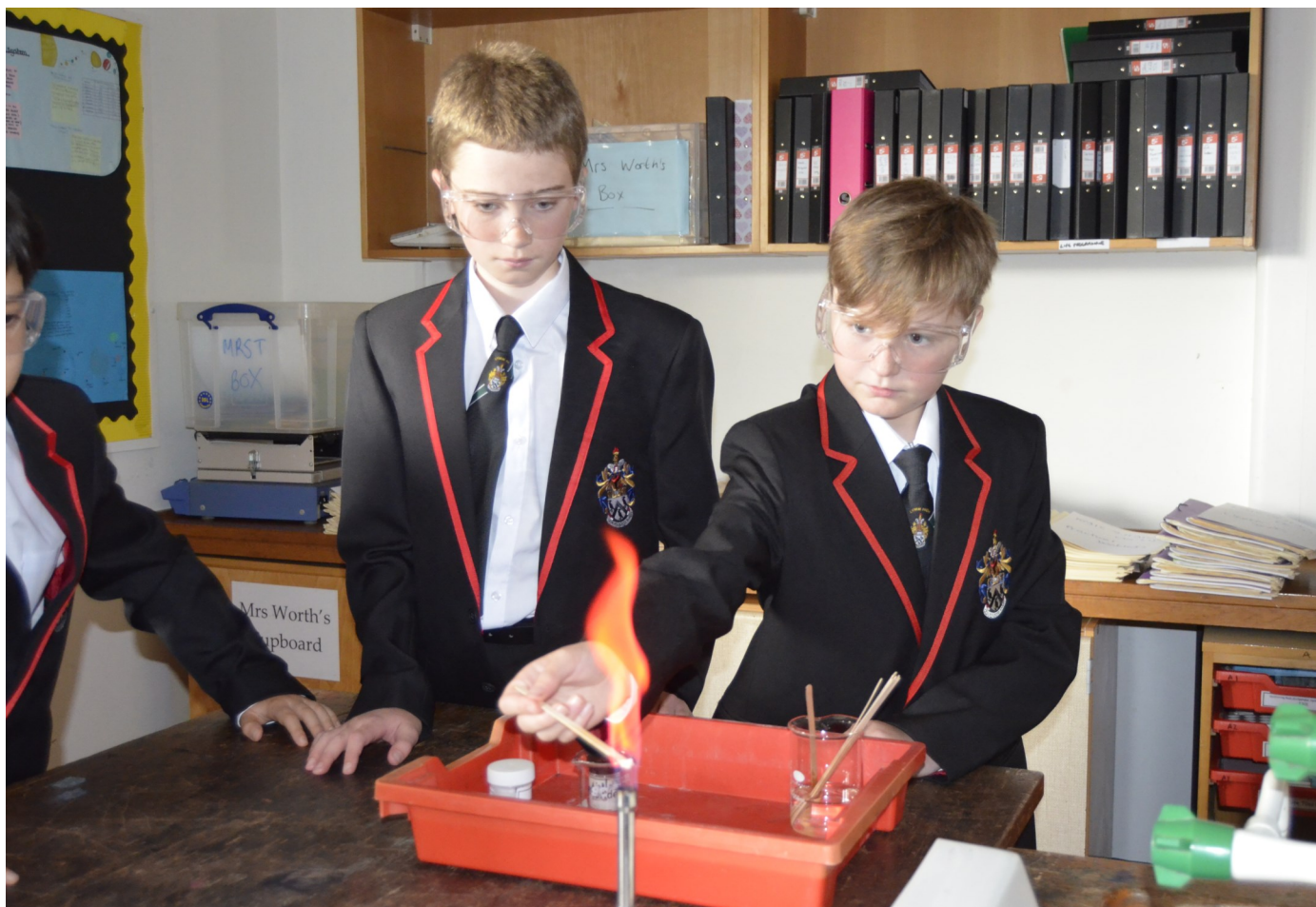
Ciara Bennett, Hal Bircham, Gemma Jackson, Sacha Jones, Oliver Pyman and Scarlett Wright all picked up seven grade 9s and the following all picked up six of them: Andra Barcan,

challenges elsewhere.

As far as the big picture is concerned, it seems inappropriate



Liv, Jessica and Jasmine had good reasons to smile on GCSE Results Day.



WELCOME YEAR 7!

Our new Year 7 students have been with us for three weeks now, and are settling in very well, says Mrs Worrall.

It has been a very different start to the academic year for most, however I have just been blown away by how resilient and confident the Year 7 children have been over the last couple of weeks. I have been visiting them in lessons and I am delighted to say that they have been incredibly calm and focused (apart from drama where they can let off some steam and we can see their more dramatic side which is lovely).

The feedback I have received from staff has just been outstanding. Their enthusiasm has not just been highlighted in lessons but also in their eagerness to take part in enrichment activities within the school.

We have now chosen our fantastic Hall captains, sports captains and eco reps and the first Hall meetings

have taken place.

I would also like to say thank you to our Year 7 parents, it has



Lots of hands up for Year 7's French quiz.

been a very steep learning curve organising the transition and welcoming Year 7 into school in this current situation but the support and understanding you have shown is incredibly appreciated.

I have very high hopes for this year group, I am positive they will have a wonderful first year at Lymm and will only flourish as they move up through the school. I am delighted to be their Head of Year and I am looking forward to the year ahead.



Year 7 boys enjoying PE in the sunshine. Over this term, students will be taking part in hockey and football. Girls will also be playing netball and boys will be doing rugby.



Year 7 students will be doing design technology for half a year and food technology for half a year.



In art class, students were asked to sketch their shoes.





DofE AWARD ACHIEVEMENTS

We are extremely proud of our students who have successfully completed their Bronze and Silver Duke of Edinburgh Awards.

In our last Newsletter we celebrated all the students who had finished their DofE Award, either at Bronze, Silver or Gold level, during the 2019–20 academic year (i.e. between 1st September 2019 and about a week before publication of the newsletter). This was the first time we had celebrated DofE achievements in this way at the end of a year in addition to congratulating students in assemblies when they receive their badges and certificates. At any one time, we have a number of different DofE cohorts at the various levels finishing their awards. Students have until their 25th birthday to finish their

award, although we strongly recommend that they finish their DofE award within the academic year they started it so they can progress onto the next level more easily. We currently have in progress 12 different cohorts and nearly 400 awards – this is many more than normal due to the 2019–20 cohorts not having had the opportunity to complete their expeditions yet due to last term's school closures.

We want to also recognise a number of students in our 2018–19 DofE cohort at Bronze and Silver level who completed their awards just before last academic year, but who were in the same DofE cohort as many mentioned in the last newsletter.



We are incredibly proud of these students' achievements and they did extremely well to finish their award within the academic year they started it in. A great deal of volunteering hours were given to local communities by this group of students, many of whom are still volunteering at the organisations they started with during their DofE award. Huge congratulations to all of these students.

Please note this is a list of all students in the 2018–19 DofE cohort who completed their award between 1st September 2018 and 31st August 2019.

Ciara	Bennett	Silver	2018-19
Matthew	Calder	Silver	2018-19
Fin	Hornby	Silver	2018-19
Louis	Hutchinson	Silver	2018-19
Thomas	Lea	Silver	2018-19
Fergus	MacKinnon	Silver	2018-19
William	Sorsby	Silver	2018-19
Samuel	Tyson	Silver	2018-19
Charlie	Watts	Silver	2018-19
Katie	Welling	Silver	2018-19

Zack	Bernard	Bronze	2018-19
Christopher	Buckeridge	Bronze	2018-19
Adam	Case	Bronze	2018-19
Charlotte	Clifford	Bronze	2018-19
Ben	Cooke	Bronze	2018-19
Clare	Davis	Bronze	2018-19
Jacob	Dobson	Bronze	2018-19
Heather	Evans	Bronze	2018-19
Arianna	Good	Bronze	2018-19
Aaron	Hunt	Bronze	2018-19
Alice	Lundstram	Bronze	2018-19
Grace	Main	Bronze	2018-19
Imogen	Marsland	Bronze	2018-19
Joe	McGrath	Bronze	2018-19
Olivia	Molden	Bronze	2018-19
Eloise	Newhouse	Bronze	2018-19
Nathan	Priest	Bronze	2018-19
Grace	Reynolds	Bronze	2018-19
Isabelle	Rogers	Bronze	2018-19
Lauren	Slater	Bronze	2018-19
Oliver	Smith	Bronze	2018-19
Jack	Speakman	Bronze	2018-19
Lily	Stephens	Bronze	2018-19





FOCUS ON FICTION

In the third of our Bookmark series, Ms Timson tells us which historical fiction, overcoming issues and science fiction novels to reach for this month.

With the new term now well under way we are processing lots of new books for the school library along with new eBooks on Sora.

Although there are some Covid-19 restrictions on student access to books on the library shelves, we are encouraging students to borrow books by emailing their requests to ILC staff who will prepare them ready for collection (ilc@lymmhigh.org.uk).

The complete library catalogue can be accessed in school and at home from our library management system Eclipse.Net either by visiting the website <http://u012275.microlibrarian.net> or via the iMLS App.

You also have access to eBooks and

Audiobooks on the Sora app or by visiting the website soraapp.com. The home page lists books by popular subject or you can search the collection of over 1600 eBooks and audiobooks by author, title or keyword.

This month's featured genre bookmarks are '**Historical Fiction**', '**Overcoming Issues**' and '**Science Fiction**' which offer book suggestions with Key Stage 3 in mind. All the books listed on the bookmarks are popular in school and the titles highlighted in red are available as either eBooks or audiobooks from Sora.

If you haven't used the Sora app or website before, access is free and it's easy to get started. When logging onto the site for the first time, you will be invited to put in

your 'setup code' at the bottom of the screen. The setup code is 'uksecondary' because our school is part of the Secondary eBooks group, and 'Lymm High School' should then be available from the drop-down list. Input your usual school email and password to get started with your individual account.

Happy reading!



Historical Fiction

Anderson, L H	Chains
Boyce, J	Boy in the Striped Pyjamas
Cavendish, G	The Lady Grace Mysteries
Cooper, S	Ghost Hawk
Dowswell, P	Powder Monkey
Edge, C	Twelve Minutes to Midnight
Gardner, S	I, Coriander
Gleitzman, M	Once
Golding, J	The Diamond of Drury Lane
Hardstaff, J	Executioner's Daughter (The)
Hartnett, S	The Midnight Zoo
Hearn, J	The Merrybegot
Hooper, M	At the Sign of the Sugared Plum
Jones, R.L.	Wild Boy
Landman, T	Apache
Morpurgo, M	An Eagle in the Snow
Nesbit, A	Cloud and Wallfish
Reeve, P	Here Lies Arthur
Wilson, J	Opal Plumstead
Zusak, M	The Book Thief

Quick Reads

Hoffman, M	Daughters of Time: Anthology
Morgan, M	Respect: The Walter Tull Story
Palmer, T	Armistice Runner

Overcoming Issues

Alexander, K	The Crossover
Crossan, S	Apple and Rain
Dhami, N	13 Hours
Dowd, S	The London Eye Mystery
Doyle, R	A Greyhound of a Girl
Gibbons, A	Caught in the Crossfire
Gray, K	Ostrich Boys
Haddon, M	The Curious Incident of the Dog in the Night Time
Laird, E	Welcome to Nowhere
Ness, P	A Monster Calls
Nicholls, S	Ways to Live Forever
Palacio, R J	Wonder
Pan, E X R	The Astonishing Colour of After
Sloan, H G	Counting By 7s
Thompson, L	The Goldfish Boy
Valentine, J	The Ant Colony
Welford, R	The Kid Who Came from Space
Williamson, L	A Boy Called Hope
Wilson, J	Katy

Quick reads

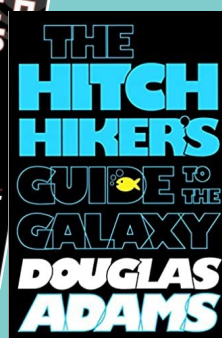
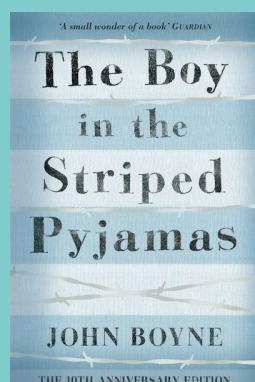
Dion, L	Finding Gobi
Zephaniah, B	Liam

Science Fiction

Bertagna, J	Exodus
Blackman, M	Chasing the Stars
Collins, S	Hunger Games
Crockett, S D	After the Snow
Crossan, S	Breathe
Dashner, J	The Maze Runner
Douglas, A	Hitchhiker's Guide to the Galaxy (The)
Fletcher, G & Fletcher T	Eve of Man
Funke, C	The Thief Lord
Grant, M	Gone
Gardner, S	Maggot Moon
Ho-Yen, P	The Boy in the Tower
Ness, P	The Knife of Never Letting Go
Lloyd, S	The Carbon Diaries 2015
Lore, P	I am Number Four
Roth, V	Divergent
Walden, M	H.I.V.E. Series
Winnacker, S	Variants Series
Young, M	Blood Red Road

Quick Reads

Hulme-Cross, B	Lizard: The-Caves Bk 1
Rose, M	Asteroid
Wooding, C	Pale



MEET THE STAFF

This month we find out a bit more about Mr Scott and Mrs Feast.

Tell us about yourself

I think I'm amongst the longest serving members of staff now. I've been at Lymm High since 2003/04!! I'm originally from St. Helens but now live not too far away in Knutsford. I live with my wife Fay (LHS science teacher) and our four children (2 boys, 2 girls 10, 6, 4 and 2). We met when we were both in our first year at Lymm and things just went from there! Outside of teaching my main two passions are sport and music. I still play football every weekend and love watching all live sport. I also love playing guitar and going to gigs.

Why did you enter the teaching profession?

I guess I gravitated towards teaching because I was one of the lucky ones who really enjoyed their own experience of school as a youngster. I went to a large successful school that provided lots of extra-curricular opportunities (similar to Lymm), and I just loved the variety of things you could get involved in. I really wanted to help youngsters have a similar positive experience of school.

What degree course did you take?

Because I knew I wanted to be a teacher, I didn't do a 3-year degree followed by 1-year teacher training. I did a full 4-year degree BA with QTS (used to be called a B.Ed.). Each year had a teaching placement and so before entering the profession I had experience in four different types of school, which was very helpful. It was also a combined degree in Physical Education and Mathematics. I really enjoy the variety of teaching across two different subjects.

What are the best and worst parts of the job?

Best – when you can see you've made a difference to someone. When you've helped them to learn to do something they couldn't do before.

When you've helped them to feel better about a situation they've been struggling with. When you encourage someone to step out of their comfort zone and they achieve something they thought they couldn't. It's those kind of things that make teaching the best job.

Worst – When things go wrong despite a lot of time and effort being put in. I've learned to accept that some things are beyond my control. It's also difficult when the in-box items fill up all at once!

The good certainly outweigh the bad though.



Mr Scott is Head of Year 9.



Tell us about yourself

I am originally from Northern Ireland, but moved to London in 2012 to pursue my love of teaching. This is where I met my now husband. As he had family from Warrington, we made the decision back in 2016 to move to the North West. We live together with our Yorkie poo, PJ, who keeps us very busy indeed! I love keeping active and feel very lucky that there are so many amazing places of natural beauty to explore around Cheshire. There is nothing I love more than an early morning dog walk at the weekend with a coffee in hand, especially now we are reaching my favourite season of Autumn!

Why did you enter the teaching profession?

I have always loved working with young people in lots of different settings and actually ran a dance school for many

years back in Belfast! When I came to the end of my English degree, it felt like a natural step for me to combine these two passions and complete my PGCE. Very early in my teaching career, I knew that I wanted to make a real difference and support those students who perhaps didn't always get it right. After my first year, I became a

Head of Year and my love for pastoral leadership grew and grew.

What degree course did you take?

This was a really difficult decision for me to make as I really enjoyed both English and History throughout my time at school. However, my love of Literature and the opportunity to study some of Northern Ireland's most iconic authors swayed me to pursue a degree in English.

What are the best and worst parts of the job?

The best part of the job for me is the fact that every day is different!

Every day brings with it a host of successes and challenges, but it makes it all the more rewarding. Watching students take advantage of opportunities available to them and immerse themselves in the school community makes it all worthwhile, and we are so lucky that at Lymm there is something for everyone. Equally, there is nothing quite like watching that personal growth, and seeing those students who perhaps haven't always got it right, really turn it around. However, it can be disappointing when students don't take advice on board and choose to behave in a way that hurts those around them, hindering their progress and the progress of those around them.



Mrs Feast has recently been promoted to Assistant Headteacher (Raising Standards).

VIRTUAL COFFEE MORNING RAISES ALMOST £600

Each year the Macmillan Coffee Morning kicks off Lymm High's charity events.

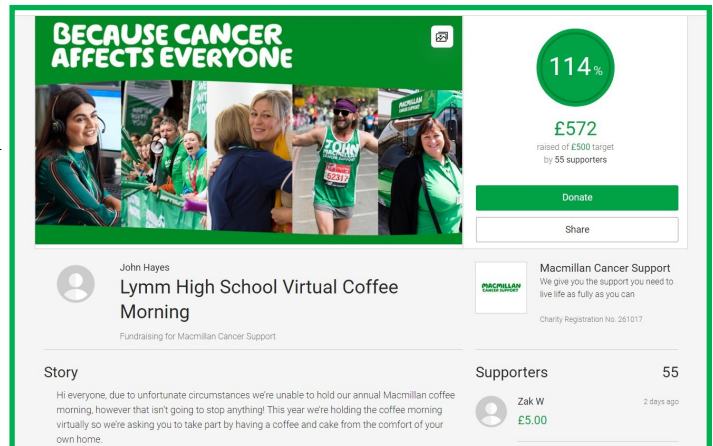
Due to the coronavirus pandemic, the Sixth Form weren't able to put on their usual bake sale. "However, because Macmillan is such an important cause, helping those affected with cancer, we didn't want anything to prevent us from being able to raise donations", said Abbie Leach, the Student Leadership Team's Charity representative (see page 14). "So this year, we tried our best to still have our coffee morning, only this time make it virtual."

Everyone was still asked to participate by having a coffee and a cake from home, and giving a donation. The charity team, Head boys and girls, and several members of staff created a video to help advertise the virtual coffee morning. This was posted on a few different social media platforms, along with the link to the JustGiving page.

"This year we managed to raise £572, which is more than triple last year's total and we want to

say a massive thank you to everyone who donated", said Abbie. "We also want to say thank you to all of the students who joined our Macmillan Zoom with

coffee and cake! It was such a fantastic way to overcome these challenging circumstances and keep the enthusiasm high, and hopefully we can keep it high for the rest of the year!"



Donations are still being accepted if you'd like to contribute.

Just click on this link: <https://www.justgiving.com/fundraising/lymmhighvirtualcoffemorning>



CONGRATULATIONS

Congratulations to Mr Johnson for becoming Deputy Headteacher on a permanent basis after having done such an excellent job as acting Deputy this year; to Mrs Feast on being promoted to Assistant Headteacher (focusing on raising achievement for Year 11); and Dr Dodds for being promoted to Associate Assistant Headteacher (remaining as Head of Science, with a whole-school role developing provision for more able students).



MARATHON WALK FOR CHARITY

Lydia and Holly spent their time during the summer holidays setting themselves a personal challenge.

After seeing a TikTok video they decided to walk a marathon for charity. No training, no special equipment, just determination to raise much-needed funds for a good cause.

Both sets of parents said the Year 11 students couldn't possibly walk a marathon without any training and yet they proved us wrong, said Lydia's mum Nicola. Their route took them to Knutsford and around the country lanes of High Legh and Lymm. In total they walked 26.22 miles in 9 hours 22 minutes.

"We are in awe of their determination and achievement." In total, the girls raised over £1000 for Cancer Research UK and the money is still coming in. "They've really inspired me to believe you can do anything if you want to and put your mind to it!", said Nicola.





INTRODUCING OUR NEW STUDENT LEADERSHIP TEAM

You can find out a bit more about the new Student Leadership Team here and read about what these Sixth Formers hope to achieve during their tenure.

We encourage all of our Sixth Form students to develop their leadership skills. There are many opportunities available, from peer mentoring lower school students to subject 'buddying' to acting as prefects. Sixth Formers can also join our Student Leadership Team who are involved in making decisions that involve the whole school. This is our new team, Heads and Deputies.

Social, sport, quizzes and events	Sam Horne, Lauren Van Schoor, Elizabeth Schache, Grace Bradley, Elliot Haskins
Scholars/Gateway Liaison	Gwen Tavernier, Olivia Walsh, Sam Boyer
Community Liaison	Caitlin Neary, Erica Naylor, Georgina Barker Foodbank Collections: Isabel Gare, Katy Thomas-Carter
Communications	Will Bartlett
Charities	Jess Cawley, Lauren Van Schoor, Abbie Leach, Isabel Gare
LGBT/Equality	Aimee McLoughlin, Jess Rutter
Mental Health Liaison	Gabrielle Mason, Will Faulkner
Environment	Imogen Good, Myling Moore, Evie Thornton
Transition	Year 6/7: Jess Rutter, Caitlin Neary Year, 11/12: Shannon Van Schoor
Life Programme Development	Tom Antrobus, Frankie Nesarajah
Languages Sixth Form Link	Shannon Van Schoor
Mentoring/Buddying	Erica Naylor
Non-Sporting Recognition & Opportunities	Max Toynton

Head Boy, *Harry Charvill*



Dunham Hall



Lives in Lymm



Went to Cherry Tree Primary School



Hobbies include cricket, football and rugby



Supports Notts County Football Club



Interesting fact: Harry enjoys drama and has taken part in three school productions

During my tenure I would like to improve not only links within school but also links with the wider community. I am also aiming to improve the well-being of students across the school. Obviously within the current climate, school will be slightly different, however I hope to ease the transition back to normal school life. I would love to inspire the next wave of student leaders who will help lead the school in the future.

Head Girl, *Katie Richardson*



Arley Hall



Lives in Thelwall



Went to St Wilfrid's Primary School



Hobbies include playing the tenor horn, drama and performance



Supports Warrington Wolves



Interesting fact: Katie performed at the National Theatre as a part of the National Connections Festival in 2017

I would like to leave a legacy that will stay with Lymm for many years ahead by creating a sense of community not just within school but with the wider community too! I would love to give back to Lymm as it has taught me so much already and I can't wait to get started!!

Deputy Head Boy, *Will Faulkner*



Moreton Hall



Lives in Grappenhall



Went to Repton Primary School in Derby



Hobbies include playing football and spending time with friends



Supports Manchester United



Interesting fact: Will has played for Burton Albion Football Club

As Deputy Head Boy I am going to strive towards aiding the development of all students in our school, not only academically but also in their social development. I will aim to encourage all students to find their own passion and become unique in their own achievements, while also having a lot of fun! I also acknowledge how frightening joining secondary school can be, therefore I will invest a lot of time ensuring all new students feel welcome and supported and have the best start to their time at Lymm High School.

Deputy Head Girl, *Suzie Underwood*



Walton Hall



Lives in Lymm



Went to Cherry Tree Primary School



Hobbies include handball, netball, dance, trumpet, singing, skateboarding, anything outdoorsy!



Supports Vendsyssel Håndbold (Danish woman's professional handball team)



Interesting fact: Suzie plays for Women's U19s GB handball team

To me, some of the most important things for a student are freedom of creativity and expression. My aim is to enhance the environment in which everyone is comfortable being themselves and expressing their interests free of judgement, and with facilities to do so. Whether that is extracurricular activities or topical representation, I would like to encourage as many people as possible to take an active role in the school community and speak up for whatever concerns them 😊



**TELL
US!**



**STOP
CYBER BULLYING**



**BE SOCIALLY
RESPONSIBLE
AND TELL US IF
YOU SEE ANY
BULLYING**



**TRUST US,
DON'T KEEP
IT TO
YOURSELF -
TELL US!**

BOOM!



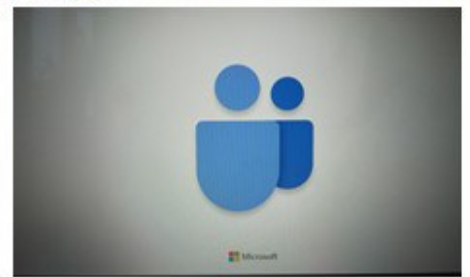
Creative challenges

Following the success of the Photography and Art challenges that ran throughout lockdown, the Visual Arts department are running weekly creative challenges open to all years. Each week the theme can be responded to through any creative discipline, for example textiles, photography or art.

Creative challenge 1 was to respond to the theme of 'Memory'. Challenge 2 was to create a piece of work inspired by the theme of 'Stripes'. As you can see from the entries the standard of work submitted so far is exceptionally high, and students responded in a variety of different ways such as photography, drawing



Lymm High School Visual Arts Department Creative Challenge Entries 1-Memory

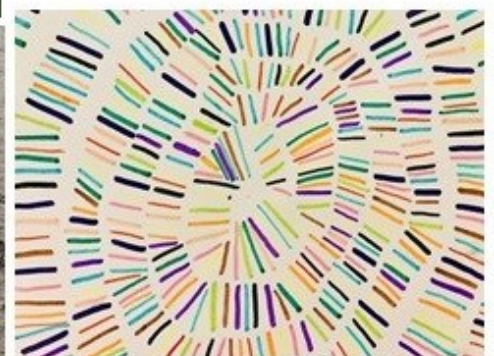
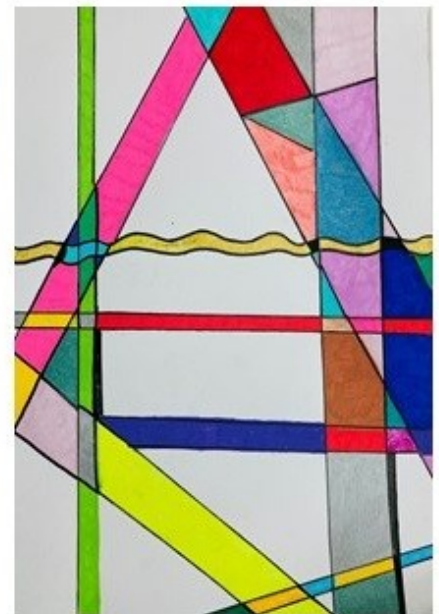


and painting.

Hall points will be awarded following each challenge to a selected 'top 5'. The Visual Arts department would like to thank all students who have got involved so far and look forward to seeing future entries!



Lymm High School
Visual Arts Department
Creative Challenge
Entries
2-Stripes





MIND FULL OR MINDFUL?

Mindfulness can help reduce anxiety and depression. It is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment.

Here is a breakdown of eight of the more popular mindfulness techniques — all of which are used in the Headspace app. Some will sound intriguing, while others may not be your cup of tea. See which ones work best for you.

1. Focused Attention

Likely the most common form of meditation, this technique uses the breath to anchor the mind and maintain awareness. Focus your attention on the breath — specifically the rise

and fall of the chest — and return to the breath whenever you get distracted or notice your mind starting to wander.

2. Body Scan

This technique, which uses meditation to connect with the body, involves scanning your body from head to toe and being aware of any discomfort, sensations, or aches that exist (which could be indicators of stress and anxiety).

3. Noting

This is a mindfulness technique in which you 'note' a particular thought or feeling when you become distracted





during meditation. The practice of noting helps to create space and learn more about our habits, tendencies and conditioning.

4. Loving Kindness

Instead of focusing on the breath, this technique involves focusing on the image of different people: people we know, people we don't; people we like, people we don't. We direct well-wishes and goodwill first to ourselves, and then, as a ripple effect, to others, which helps us let go of unhappy feelings we may be experiencing.

5. Skillful Compassion

Similar to the loving kindness meditation technique, this one involves focusing on a person you know or love and paying attention to the sensations

arising from the heart. It's aptly named because it's thought to be helpful in opening our hearts and minds for the benefit of other people, which in turn fosters a feeling of happiness in our own mind.

6. Visualization

This technique uses visualization, to focus on a person or something more abstract, to hold attention. The idea here is that the familiar image will help create and maintain a relaxed focus.

7. Resting Awareness

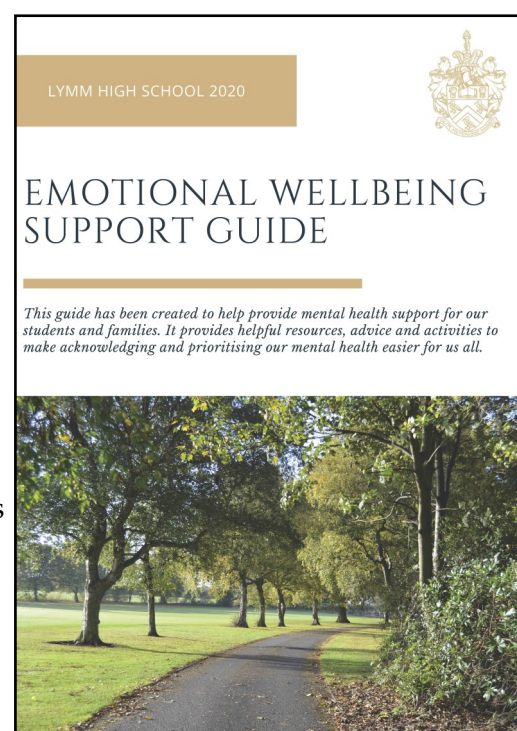
Rather than focusing on the breath or a visualization, this technique involves letting the mind rest; thoughts may enter, but instead of distracting you and pulling

you away from the present moment, they simply leave.

8. Reflection

For this technique, ask yourself a question, for example, "What are you most grateful for?" (Note that asking yourself a question using the second person, i.e. you, will discourage the intellectual mind from trying to answer it rationally.) Be aware of the feelings, not the thoughts, that arise when you focus on the question.

You can read more about mindfulness, and access mindful colouring sheets and mindful challenges in our *Emotional and Wellbeing* booklet. This guide provides helpful resources, advice and activities to make acknowledging and prioritising our mental health easier. Click on the image below to find out more.



REWARDS PYRAMID

The Steps to Success Rewards Programme is back and there are some amazing prizes to be won this term!

For those of you who are new to the Lymm High family, this is a weekly competition for all students.

Students who have the highest level of Hall points in their year groups will be entered into a raffle each week to win fabulous prizes!

Some of the prizes on offer this term include:

- Sony WF-1000XM3 headphones
- Amazon vouchers
- Bluetooth water-proof speaker

Students can gain Hall points in a variety of ways:

- working hard in lesson
- producing amazing pieces of work
- raising money for your Hall charities
- getting involved in school competitions
- representing your school/Hall in sports
- completing tasks on the leadership ladder, and
- being a socially responsible citizen.

There are Steps to Success Posters all around school and students' Heads of Years will be filling them in on what's up for grabs!

Remember Hard Work = Hall Points!

Good Luck students!

Laptop winners

Congratulations to Beatrice in Year 10 and Alisha in Year 11 who were the final two winners from last term's Rewards Pyramid. They both won a Chromebook each.





EUROPEAN DAY OF LANGUAGES

To celebrate European Day of Languages (26th September), Lymm High has been running activities for students in all year groups.

There are Hall points and prizes up for grabs! The activities include:

- A treasure hunt – Students collect an instruction sheet from their Languages teacher and complete the hunt as fast as they can.
- 50+1 Language challenges – Students are given a link to virtual challenges.
- Tutor group quiz during form time.
- Poster competition – Students are invited to get creative and design a poster with the title "Why Learn Languages?"

Mrs Baldwin will be judging all of the entries and we'll include some of the winners in our next newsletter.

Bonne Chance!

Viel Glück!

Buena suerte!

NOTICES

Successful CIF bids

We have been successful in two Condition Improvement Fund (CIF) bids. One for the Sixth Form Roof replacement with funding of £364,029 and one for the heating infrastructure in B Block with funding of £367,991.

LHS Lottery

Congratulations to Mr Baker who was this week's school lottery winner! Tickets are only £1 a week. You can buy your tickets by [clicking here](#)

UPCOMING DATES

Monday 5th October

PTA AGM

Thursday 8th October

Early Closure: 12.15pm

LHS Virtual Open Evening

Friday 9th October

Inset Day

Friday 23rd October

Half Term break starts

Monday 2nd November

Students return

Harry Potter Studio Tour

WIN
a family ticket
for 4 people

- Help boost our school fundraising
- Tickets cost just £1 per week
- Cash prize winner every week
- You could even win our £25,000 jackpot

Buy A Ticket



Supporters must be 16 years of age or older. Offer ends 19th Dec. Terms and conditions apply (see website for details)



EXTRA-CURRICULAR SPORT IS BACK!

Extra-curricular sports clubs have started back with a range of activities on offer.

A range of sports including football, touch rugby, hockey and netball are now available after school for Years 7–13. We have been delighted with the numbers of girls and boys taking part during the first week. All students are welcome to attend and we hope to maintain and increase the number attending.

At the end of the school day students just need to line up where they usually do for PE lessons. PE staff will then direct them where to change. Sessions will finish at 4.30pm.

All students taking part must ensure a consent form is completed and sent in before they start their first session.

“To ensure government guidelines are being followed we have had to make certain changes that will initially limit the depth and breadth of our provision”, said Mr Hampton. “We have planned for the next five weeks

and will then reflect upon the participation figures and adapt our programme accordingly.”

Unfortunately, inter-school sports fixtures are still on hold for now.

A consent form and full timetables for all Year groups can be accessed by [clicking here](#).

		Tuesday 22 nd September	Tuesday 29 th September	Tuesday 6 th October	Tuesday 13 th October	Tuesday 20 th October
Boys	Sport	Football	Touch Rugby	Football	Touch Rugby	Hockey
	Location	3G		3G	Field	Astro
	Kit	PE Kit, football boots and shin pads	PE Kit (rugby top and shorts), football boots	PE Kit, football boots and shin pads	PE Kit (rugby top and shorts), football boots	PE Kit, trainers and shin pads (gum shield highly recommended)
	Staff	JHM SMA TSC GPO DMA MDO	LPI DMA SMA MDO	JHM SMA TSC GPO MDO	LPI DMA SMA MDO	DMA SAF JHM MDO
Girls	Sport	Netball	Football	Hockey	Netball	Football
	Location	Courts	3G	Astro	Courts	3G
	Kit	PE kit and trainers	PE Kit, football boots and shin pads	PE Kit, trainers and shin pads (gum shield highly recommende d)	PE kit and trainers	PE kit, football boots and shin pads
	Staff	HWA HWA SAF	HWA HWA SAF GPO	HWA HWA SAF DMA	HWA HWA SAF	HWA HWA GPO





TEEN SELECTED FOR U23 HOCKEY

Sixth Former Grace recently left Hockey Wales' National Age Group programme and has now been invited to its U23 programme.

The first step is attendance at a 2-day U23 training camp next month at the Sport Wales National Centre in Cardiff.

Previously, Grace played for Wales U18s during the 2019–2020 season, which involved attending training camps every 6 weeks. She also played in the test series against Ireland before Christmas.

The training camps usually last 3 days and involve lots of fitness, high intensity drills and games. "We normally spend 4 hours on the pitch per day and an hour in a class room learning about the technical aspects such as nutrition and training plans for off the pitch", said Grace.

"I'm happy to have been selected for U23s but also really nervous because I'm 17 and will be the youngest there. But it's a really good opportunity to improve my game so I'm excited."

