



Lymm
High School

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Lockdown learning

Pg. 4

Top tips to keep students alert and ache-free during online lessons.

Exercising at home

Pg. 26

Staff and students show how they are keeping fit during lockdown.

NEWSLETTER

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HERE WE GO AGAIN

We were put in lockdown with 24 hours' notice, but this time Lymm High was ready and online learning was up and running from day 1.

Students at home are able to access live lessons, which follow their school timetable, exactly as if they were in school.

Students who are still in school each day will be accessing the same lessons. Teachers may be

delivering these lessons from school or from their homes.

These live lessons via Zoom or Microsoft Teams allow teachers and students to interact with one another in ways that other forms of remote learning do not allow.

You can read more about our remote learning provision by [clicking here](#).

We realise that learning from home has its challenges. It's important to look after yourselves and take breaks from the screen (see p. 4).

REWARDS PYRAMID

The Steps to Success Rewards Programme is back and there are some amazing prizes to be won this term, writes Mrs Morris.

With a drum roll and applause we introduce the new Steps To Success Rewards scheme for this term! We were not going to let lockdown spoil the fun! There is an awesome

collection of tempting treats to inspire and motivate our hard-working students, including: retro gaming consoles, mini robots and giant easter eggs! Not forgetting the legendary brilliant brownies made with the school recipe by Mr Dore himself!

(When the waft of these baking in the oven permeates the school corridors it brings EVERYONE running to see what's cooking!)

Due to lockdown, there are a couple of tweaks to the current system, such as: posting prizes home to winners where possible and food prizes being handed out once we are all back in school (a lovely treat for the students to return to). We have also had to pause golden tickets for a little while, but students can still find out if they are in the raffle by asking their Form Tutor during form time.

The raffle is still taking place every week (on a Friday) and a clip of the raffle will be sent out to Form Tutors to show either on a Monday or Wednesday depending on their form time itinerary.

The criteria for hall points has also changed slightly this term. Students can still achieve hall points by working hard in lessons and producing amazing work. They can also continue to enter the art and photography competitions, as well as borrow books from our virtual school library.

The school now has a Sora account that allows our students access to hundreds of eBooks and

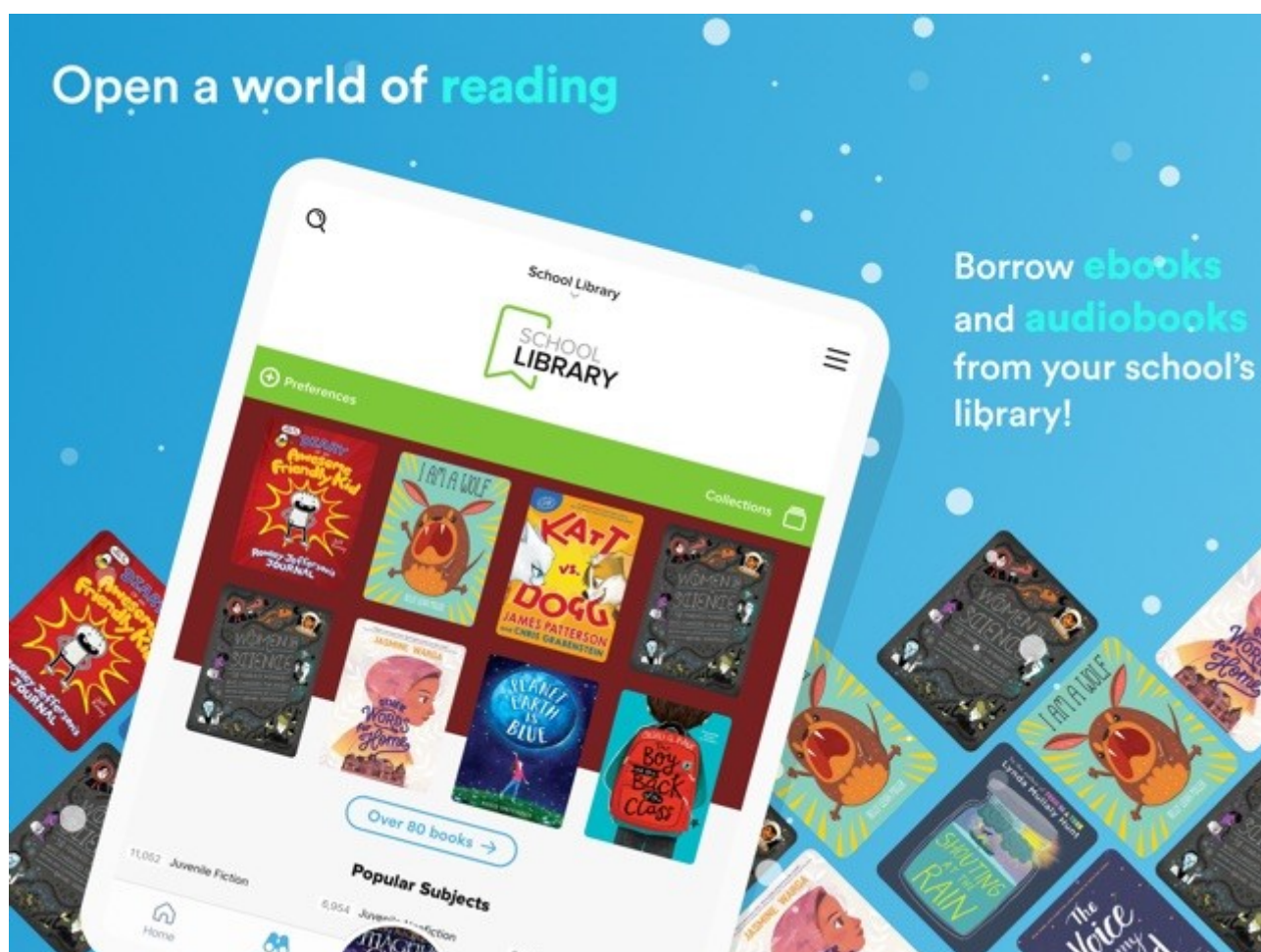


audiobooks on PCs, tablets or phones (see p. 15). All they need to do is visit <https://soraapp.com> or download the free Sora app for Android or iOS. They then use their school username and password to log on. Our amazing ILC team are issuing a hall point for every eBook/ audio-book borrowed and completed, with the top three borrowers earning an extra 5 hall points. These points will be added on a monthly basis.

There is also an emphasis on being kind and helping, continuing our school ethos of being socially responsible. Students have been encouraged to help more around the house, support family members and do good deeds for the local community (remotely).

So, a plea to all parents, carers, guardians, friends and other family members. If you catch one of our students being

kind, doing good deeds, being helpful or raising money for charity, please let us know via ethos@lymmhigh.org.uk so we can reward them with hall points!





LOOKING AFTER YOURSELF WHEN LOCKDOWN LEARNING

Top tips to keep students alert and ache-free during online lessons

School classrooms at Lymm High are designed for students' learning. Break and lunch times allow social interaction with friends, a break from lessons, some fresh air and much-needed exercise. Home-schooling, whether at a desk or the kitchen or dining room table, is just not the same. The added constraints of lockdown exacerbate the matter by reducing exercise outside and interaction with others.

Children doing online lessons are likely to be slouching or sitting in a poor posture. This can lead to a higher likelihood of back and neck pain, but pain can also manifest in shoulders, arms, hands, hips and legs. Just as with adult places of work, ergonomic workstations are equally as important for our children.

Here are a few guidelines that may help to banish muscle aches.

Ensure good posture

When it comes to good posture at the computer, the general rule of thumb is:

- Forearms should be parallel to the floor.
- Elbows should be bent approximately 90–110 degrees and at the same height as the desk.
- Upper arms should be relaxed and held close to the body.
- Wrists should be level with forearms.

- There should be 90–90–90-degree alignment between ankles, knees and hips.

In addition, it is important to make sure that your child isn't rounding their shoulders and ensure their bottom isn't sliding forward on the chair.

Organise a good workspace

Make sure your child has a dedicated area to work in that has plenty of room for them. Ideally, this should be in a quiet area where the student can concentrate and just focus on school work. All of the items that your child uses most regularly should be placed nearby. This reduces the need to bend or twist their body or neck unnecessarily. Place any items on alternate sides of the computer.

Computers

The computer should be placed directly in front of your child. Make sure their eyes are level with, or just below, the

Ideas for quick movement breaks

- Stand and stretch arms overhead. Grasp hands, interlocking fingers, flip palms up to the ceiling and stretch.
- Bring arms behind your back at hip level, grasp hands and try to pull shoulder blades down and together.
- Turn your neck from side to side.
- If you have a yoga ball, lie back over the ball with feet flat on the floor, raise your arms out to the sides like a 'T' and take some deep breaths.
- Go in the garden and have a quick run round to get the blood pumping.
- Go for a walk and swing your arms.
- Try one of your PE exercises set on SMHW (see also p. 26 for inspiration)
- Jump up and down or dance to your favourite tunes.

top of the screen. Check that the computer screen is free from glare spots. You may have to reposition the screen or adjust the lighting in the room.

Your child must be able to comfortably view the screen without having to noticeably tilt their neck forwards or backwards. If the screen is too high their neck will tilt

backwards and if it is too low, their neck will tilt forwards.

The screen should be placed about an arm's length away from where they are sitting.

Laptops

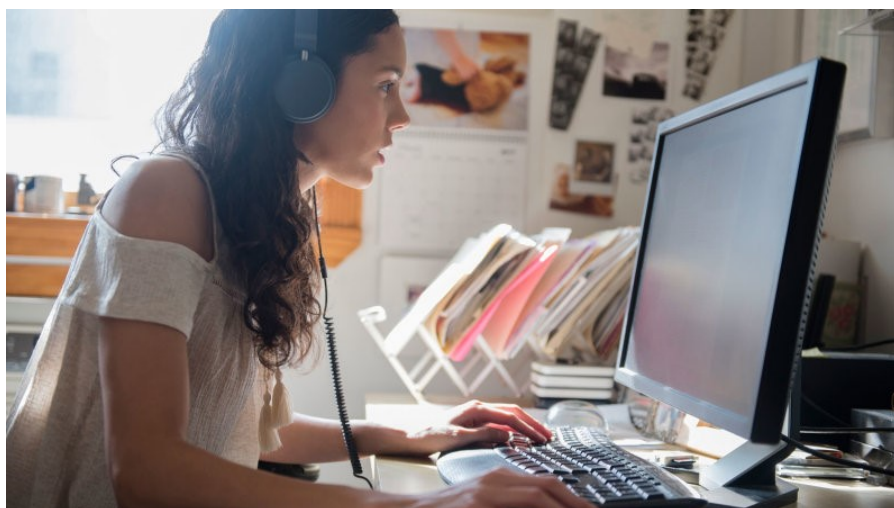
Laptops should be set up in a similar way to that of desktop computers. Laptops should be used on tables and desks and never on the lap.

iPads

If children are using an iPad an angled book holder may help with proper positioning and help prevent having to look down for extended periods of time. A cookbook holder would be ideal.

Keyboard

The mouse and keyboard



should be positioned close together and in front of your child. Place the keyboard in a position where their shoulders and arms are relaxed, and their forearms are resting on the desk.

Furniture

Make sure your child is working on a stable surface. Sitting on the floor or 'chilling out' on the bed or couch should not be allowed. Not only will this not put them in a 'work' frame of mind, they will be slouching, which as discussed will cause aches and pains.

Use a chair with good lumbar support. A pillow or a rolled-up towel placed behind their lower back can also work well. The edge of the chair seat should not compress the backs of your child's knees. Their thighs should be supported and parallel to the floor.

Their feet should be flat on the floor. A footrest could be used or any box or storage crate to raise the level of their feet.

The above tips should help minimise aches and pains; but it is also very important that your child takes frequent breaks to avoid straining their eyes. They should also move around at the end of every lesson.

ILC Christmas craft activities



Throughout December the ILC offered Christmas craft activities to Year 7 students during break and lunch times. Despite ongoing COVID restrictions we managed to bring a little extra Christmas cheer to the newest of our students. Anyone dropping in for a craft session was offered the choice of making Christmas gift tags, creating Christmas garlands, or recycling old books into hanging bird decorations fit for any tree. With background Christmas music and a sprinkling of chocolate treats we welcomed some new faces into the ILC and hope that we will see students making the most of the ILC facilities again very soon!





HAIR RAISING

By chopping her hair, Year 13 student Lauren van Schoor is fundraising for two cancer charities.

many rounds of chemotherapy, radiotherapy and three major operations, I wanted to give back in a way that can help further research into cancer”, she said.

Lauren’s sister Shannon set up a JustGiving page highlighting her twin’s donation.

“I have raised £825 which is an unbelievable amount. I am so grateful to everyone who has donated because it will do so much for Cancer Research, and because of the pandemic, they have lost out on funding that they would have usually received.”

If anyone would like to donate, please click here:
<https://www.justgiving.com/fundraising/lauren-van-schoor>

Lauren has cut and donated 9 inches of her hair to The Little Princess Trust, a charity that provides real hair wigs, free of charge, to children and young people who have lost their own hair through cancer treatment. Whilst doing this, she has also raised money for Cancer Research in aid of her dad who is fighting colon cancer. “Given the huge impact this horrible disease has had on our family after him going through



COVER GIRL EMMA SEWS FOR CHARITY

Year 9 student, Emma Britton, continues to grow her sewing business and raise vital funds for charities, including Lymm High School PTA.

During the first lockdown Emma put her sewing skills to good use and began making face-coverings for family and friends. Using Facebook and Instagram to reach more customers, requests for other home-sewn products soon came in and she grew her range to include cushions, gift bags, make-up bags and dog bandanas. Setting up stall at her first makers market and securing retail space at Ruby & Harry in

Lymm village, Emma caught the attention of the *Warrington Guardian*, *Warrington*

Worldwide and made it onto the front cover of *Lymm Pages* too!

The run up to Christmas was exceptionally busy, but this didn't put Emma off! She managed to balance prioritising school work with meeting orders on time! Now

in lockdown 3.0, Emma has enlisted the help of her mum, Hannah, and together they plan to develop further. A new arm to the business will launch soon, a fabric shop, and a website will be live imminently.

From the start,



Emma was keen to donate some of her profits to charity. She has so far donated £150 to Dress a Girl Around the World and £150 to Home-Start Warrington. Emma has now kindly offered to donate at least 10% of profits in the run up to Easter to Lymm High School PTA for their campaign to improve accessibility to IT for disadvantaged families.

Visit Emma B Makes on Instagram @emmab_makes or Facebook @EmmaBMakes and send a message to place your orders to help raise funds for school.

Keep an eye out for the new website www.emmabmakes.co.uk



ROOM AT THE INN

On the 23rd December we delivered the huge donations of warm clothing and toiletries to The Room at the Inn project in Warrington, a local charity who support many homeless people across the town.

We also had turkeys, baps and fresh cream cakes donated to us from local businesses. Thanks to these, a local chef prepared a Christmas turkey bap with potatoes and stuffing for 26 people living in the shelter. We then helped to organise and share huge amounts of warm clothing, sleeping bags and toiletries for the many more homeless people that would be visiting the charity for help and support. The people who are currently living in the sheltered accommodation were extremely grateful for their hot meal and package of warm clothing and toiletries.

"We spent the afternoon helping staff to organise the rest of the huge amounts of clothing, sleeping bags, toiletries that were literally spilling out of the hallways!", said Miss Hollis.

"Thank you to everyone for their donations, and a massive thank you to local chef Ric Allen and Martha Wedgwood for their help and support on the day. It was hugely appreciated!"
#castyourkindness



YEAR 13 OXBRIDGE OFFERS

Congratulations go to Olivia Walsh, Gwen Tavernier and Hannah Maudsley Barton who have all got offers from Oxbridge.

Olivia has an offer for Spanish at Oxford; Gwen and Hannah both have offers from Cambridge to study Maths.

Well done to all nine students who had remote interviews for

Oxbridge this year: they are all exceptional students who put together excellent applications and did incredibly well to get selected for interviews.

"We are obviously very proud of their achievements and hugely impressed with the preparation they did and their resilience in the face of online interviews", said Dr Dodds.

Thank you to all those who supported them along the way with encouraging their enthusiasm for their subjects, helping with their personal statement, and extra classes to get up on subject knowledge. Many thanks too to the staff and parents that ran mock interviews for them.

MEET THE STAFF

This month we find out a bit more about Dr Dodds and Mrs McGahey.

Tell us about yourself

I grew up in Altrincham and moved away for university and then to London to teach. I was based in London for 8 years but I never really felt at home; I missed proper hills, decent cups of tea and being able to escape the grey of suburbia without it taking 2 hours just to get outside the M25. I moved back to Manchester so I could be closer to my family, adopt a cat and see my Northern friends more often. It turned

out splendidly. In my downtime, I can usually be found reading a book, scratching my head over a cryptic crossword or watching Formula 1 (in fact, when Mr Williams called to offer me the job at



Dr Dodds is Head of Science and Associate Assistant Headteacher.

LHS a few years back I had just arrived in Bahrain for the Grand Prix).

I'm always keen to learn new skills and make something useful so I

have dabbled in knitting, leatherworking, linoprinting and one, best forgotten, attempt at pottery. I have just inherited a sewing machine so I am now attempting to make a quilt (it's tougher than it looks, especially when the cat wants to 'help').

I fully confess to being absolutely useless at most sport but I really enjoy walking: I always have a pair of disgustingly muddy boots in my car as I regularly meet up with friends for a hike at weekends. I don't tend to shy away from challenges so I have done a few volunteering holidays, maintaining the footpaths of the Lake District and Snowdonia, with the National Trust (I'm a big fan of mattocks) and completed the West Highland Way in July 2019 (despite being savaged by horseflies).



Why did you enter the teaching profession?

During my Phd it became obvious that I enjoyed helping others understand the subject far more than trying to further our understanding of science. Don't get me wrong, I loved working in a research lab with other academics and the practical aspects of my Phd were great, but I loved being in the teaching labs, mentoring undergraduates and running tutorials even more! From there, it was an easy decision to get into teaching.

What degree course did you take?

I spent a whopping 8 years at Cambridge University: studying Natural Sciences for my undergraduate degree, specialising in chemistry and continuing to narrow it down to synthetic chemistry for my Masters and Phd. What I loved about the Natural Sciences course was the option to continue studying maths and physics alongside chemistry as well as picking up geology, which I had never studied before. I don't think anyone could doubt my love for science but I am also very enthusiastic about rocks.

What are the best and worst parts of the job?

There are so many great aspects to the job we do: it changes every day and massively depends on the students. I love everything from the



enthusiasm of science students at KS3 (when science still feels a bit more like a subject for Hogwarts) to challenging Year 13 to put together the bigger picture, see the links between the different aspects they study, and become an independent and fully fledged chemist. There's nothing quite like the moment when a student who thinks they can't do something 'gets it' or asks you a question that tells you you've really got them interested. It's also really rewarding

when you know that a student trusts you enough to come to you when they need more help, be that with their studies or just something they are finding tough. We're lucky to have a lot of really great students at LHS and I am super proud of them and grateful to have had the opportunity to support them. The worst part of my job is never feeling like I have quite enough time to do everything I want to do with our students.





Mrs McGahey is Head of Humanities and Associate Assistant Headteacher.

Why did you enter the teaching profession?

I had always wanted to be a teacher but didn't join the profession straight from university. I did quite a few different jobs before starting my PGCE in 2008. I had a really positive experience of school and was inspired by my English and History teachers, Mr Jones and Mr Mills. I wanted to try to create the same experiences and capture the imagination of my students. Training in a deprived area of Liverpool and then taking a job in a challenging school in Manchester made me more determined to try to inspire children and to make them believe in themselves so that we are setting them off on the right path for the future. An ex-student of mine has recently taken a History job at my previous school and it made me feel so proud!

Tell us about yourself

I am originally from Liverpool but have lived in Manchester for over ten years. Still a Scouser at heart though! I live with my husband Rob who is a PE teacher, our daughter who is 15 months old and our border terrier, Barney. I have worked at Lymm for five years. Before this I worked at a school in Manchester for six years which was very different to our school! One of my biggest interests before being a mum (and Covid!) was travelling. I feel really lucky to have been able to travel to many places around the world including Panama, Thailand, Bali, Singapore, America, Belize and lots of equally interesting places in Europe. We have a static caravan on Anglesey (not far from Tynny!) so we go there quite a lot over the spring and summer months.



What degree course did you take?

I studied History at Sheffield and then completed my PGCE at Edge Hill University.

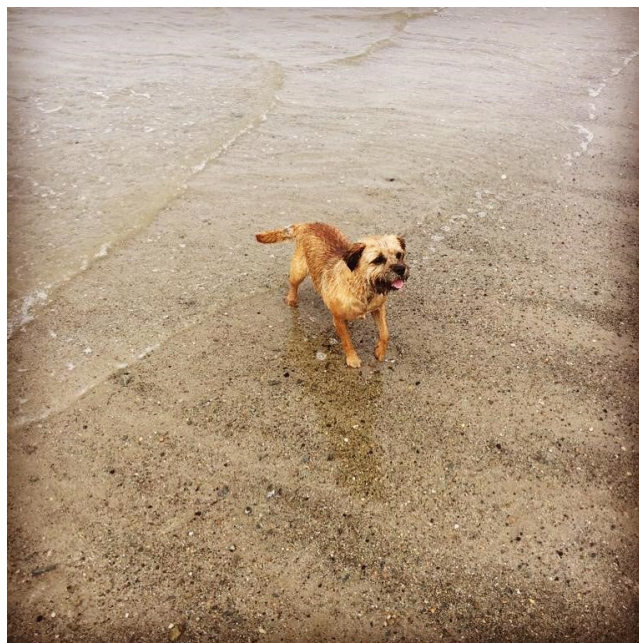
What are the best and worst parts of the job?

The best part of the job is the relationships you form with your classes. I have missed being in the classroom so much during lockdown and seeing my students every day. Their energy and enthusiasm, questions and curiosity makes every day different and it really is a joy to be able to work with so many of them!

Earlier on in my career, I was a Head of Year.

The worst part of this job was trying to put an old head on young shoulders. I found it hard when students were making wrong decisions and it

was difficult to make them see another way of resolving situations or trusting the people who were trying to help them.



750 MILES IN FEBRUARY

A group of past and present Sixth Formers are walking or running 750 miles this month to raise funds for Sarcoma UK,



The charity funds vital research, offers support for anyone affected by sarcoma cancer and campaigns for better treatments.

Ex-Head Girl Lily Bury is part of the team completing this challenge. She was diagnosed with rhabdomyosarcoma, a rare and aggressive sarcoma, in November 2019 at the age of 20.

Lily has been through gruelling chemotherapy, radiotherapy, and experienced first hand the reality of a diagnosis of sarcoma cancer. Awareness is crucial for early diagnosis, so the team hope they can raise both awareness and money to help researchers find answers,

improve treatments and support people like Lily. If anyone would like to donate, please click here:

<https://www.justgiving.com/fundraising/feb500>



YEAR 7 BOOKBUZZ GOES AHEAD ... AND NOW WITH ADDED SORA!

Lymm High has taken part in the Booktrust's 'Bookbuzz' scheme since it was launched in 2012 gifting over 2600 books to our students.

Bookbuzz provides a book for Year 7 students soon after their transition from primary to secondary school at a crucial time when attitudes towards reading are developed. Students choose their own book to keep from a list of 17 titles chosen by a panel of experts. The book cost is covered by school and books arrive in mid-December for distribution.

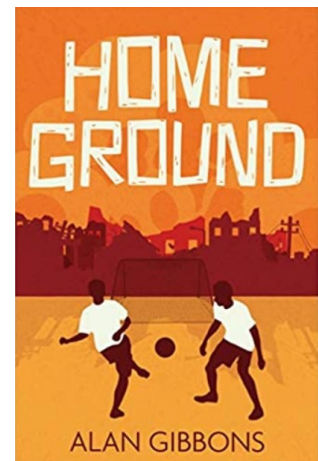
Although we couldn't invite Year 7 classes to the ILC to choose their books this year, each class was led through the book options by their Form Tutor and a list of choices were returned to the ILC for collating and ordering. Most students received their books before the Christmas break with

just a few waiting to be collected when school re-opens. You can explore more from Bookbuzz by [clicking here](#). It offers blogs by Bookbuzz authors, competitions and a Bookbuzz quiz.

From the full choice of 17 books, six proved to be very popular and were the top choices through Year 7 as a whole.

Anyone who wants to read one of the top six choices can now head to Sora where Ebook copies have been added to our school's collection. Ebooks can be downloaded for free onto a PC, tablet or phone. The six new Ebooks are:

Crater Lake
by Jennifer Killick
The Switch Up



by Katy Cannon

Some Places More Than Others

by Renee Watson

Home Ground

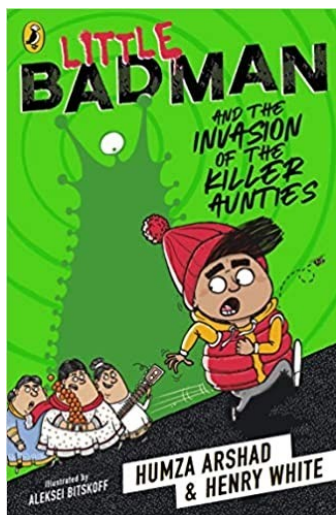
by Alan Gibbons

Little Bird Flies

by Karen McCombie

Little Badman and the Invasion of the Killer Aunties

by Humza Arshad



Read to achieve hall points

You can now climb up the Rewards Pyramid with Sora (see p. 2)!

Although the ILC is currently closed you can continue to access fiction and information books with **Sora**. Ebooks and Audiobooks can be accessed on a computer, tablet or smartphone either through soraapp.com, or by downloading the **Sora app**.

Now there is even more reason to give Sora a try because every book downloaded and read will be rewarded with 1 hall point, and the top three borrowers each month will be awarded an addition 5 hall points!

If you haven't used Sora before now is a good time to try – getting started is easy. When logging onto the site for the first time enter the setup code '**uksecondary**', followed by 'Lymm High School' from the drop-down list. Type in your usual school email and password to access your individual account. Take some time to explore and find a book to try... maybe a British classic, a modern mystery, a graphic novel or a sporting biography... there is a full range of genres, styles and formats to choose from.

All books are free and can be borrowed for 14 days (and renewed if necessary).

The formats and fonts of most books can be changed to suit individual reading needs and a dyslexia friendly font is also available.

All borrowers who used Sora between September and December 2020 will see that their hall points have been awarded with the description 'ILC Sora Ebook borrowed'.

OverDrive Education

The digital library is **always open**.

OPEN 24 HOURS

Read on Sora
The student reading app.

Creative challenges

The Visual Arts department continue to run their weekly creative challenges.

Each week students submit some fantastic pieces responding to the theme of the week.

These can be any creative discipline from photography, textiles, collage or painting.



Lymm High School
Visual Arts Department
Creative Challenge Entries
12-'Something that
makes you happy'



Lymm High School
Visual Arts Department
Creative Challenge Entries
13-'Conceal'





WARRINGTON NEEDS YOUR VOICE

Are you interested in making your voice heard and having an impact on the community?

Warrington Youth Voice is an organisation run by young people for young people. It works strategically to influence the public sector and local government, raising awareness on social issues, no matter how big or small, and giving young people a true voice in Warrington.

Warrington Youth Voice's goal is to promote great opportunities for youths in Warrington and create a better town. It works with Warrington local policing unit, Warrington Borough Council and other local agencies to improve the town for young people.

Are you interested in helping to run the organisation?

It is looking for Youth Officers where you can get hands-on experience of helping to create a better town, advising local government and the public sector, shaping policy and implementing plans and strategies. You will get the chance to work alongside senior professionals and officials to shape the future of Warrington, build your CV and grow your confidence.

There are various positions available:

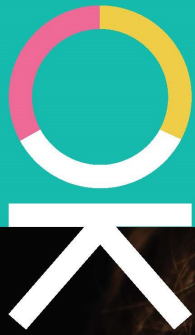
- Youth Director, Corporate Operations

- Communications Youth Officers
- Podcast host
- Youth Web-Designer
- Chief Youth Secretary

All applicants must be between 11 and 18 years of age.

For further information, visit the website <https://www.warringtonyouthvoice.org/vacant-positions>

You can also request more details by emailing: warringtonyouthvoice@gmail.com



Are you OK ?

Visit www.kooth.com
or search **'Kooth'**

Talking to a mental health expert anonymously
online can help. Support is a click away.



It's all About STEM

STEM club is back

and everything is running in the virtual world! Science, Technology Engineering and Maths are fundamental in today's changing society as they are what are driving so many new jobs and roles – from Robotics to Space to our incredibly important environment. We can't wait to see students try out different challenges and discussions!

The first KS3 challenge asked students to see if they could launch a rocket-type object and see how high it could fall whilst keeping an egg safe. Students showed their creativity with carrier-bag parachutes and softened interiors whilst sending homemade rockets whizzing round washing machines!

Well done to Amelia and Odhran whose photos showcase this creativity. They'll both be receiving a prize in the post for these attempts!

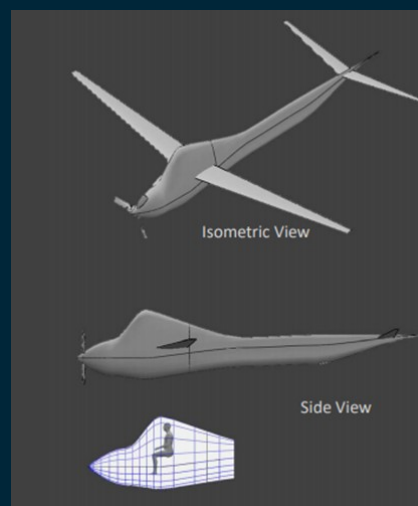
For any students wanting to join the STEM club, email STEM@lymmhigh.org.uk and we can get you into the Team!



Arkwright scholarships

Some of our KS4 students have completed applications for an Arkwright Scholarship (a prestigious Engineering scholarship) and we would love to celebrate some of the achievements they have written about in their applications. Here, we've seen students programme completely new games, set up an Etsy shop to sell keyrings of the world's race tracks that had been created through careful use of maps and a 3D printer, and investigate methods for travel – both the structure of aeroplanes alongside sustainable fuel. Whilst students aren't able to be in school this really does shine through as such independent achievements.

Now to keep our fingers crossed in hope for success with the scholarship – we are certainly excited for the future.

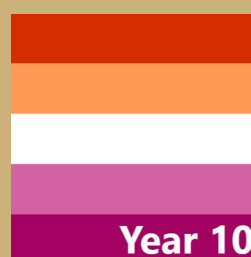


LGBTQ+ History Month

February sees the start of a month's celebrations of LGBTQ+ history. The club at Lymm High has been putting together some ways in which we could celebrate virtually. Students may notice the Microsoft Teams icons have changed to a selection of Pride Flags alongside some creative starters the LGBTQ+ club members have come up with. From 'Guess the song' and LGBTQ+ artist or ally of the community, to considering how personal pronouns could be seen throughout the different languages of the World we're hoping the students

at Lymm High engage in learning more.

Check back in the next News-letter to see all that's going on and if anyone is interested in joining the LGBTQ+ club then we run a virtual team every Tuesday at 4pm. To join, email LGBTLymm@lymmhigh.org.uk



Lymm High's Community Challenge

Lymm High School's community initiative aims to tackle loneliness in the face of the global pandemic through art and creative media. The community team here at Lymm wanted to find a way of bringing

together old and young through poetry, music, dance, drama or art. We decided to launch Lymm High School's Community Challenge – asking the primary schools in Lymm and the surrounding areas, to think of a creative response to the



statement 'What Community Means to You?'. We then asked for these pieces to be sent back to us for the Easter holidays, in order to compile the amazing work of the students and to put it on the Lymm High School

website for all of the community to see.

"We know it has been a difficult year and we hope that this project enables people to come together and to feel less isolated", said Head Girl, Katie Richardson.

IT equipment & support

Lymm Sanctuary Hub and Business Centre are launching an IT enablement project to support families who are financially-challenged and need extra devices to help with online schooling.

Their fundraising campaign will generate funds, ringfenced for IT support, for Lymm High and other schools in the area to allow them to purchase the required devices.

All donations into the campaign can attract gift aid. Visit www.justgiving.com/campaign/LymmITdonations

If you have a match-giving scheme at work this could drastically increase the funds we receive from our fundraising projects.

Please ask your employer and if you can help, contact pchambers@lymmhigh.org.uk.

IT Equipment & Support

Lymm Sanctuary Hub & Business Centre runs a scheme to help people access IT equipment and skills.

IT equipment for families:

In partnership with Lymm schools, this fundraising campaign supports families who are financially-challenged and need extra IT devices for online schooling. Liaise with your school if you need support.

Can you support? Donations can be made through the JustGiving link below. We are also seeking contacts whose workplace has a match-giving scheme.

IT for older people:

IT equipment and user support to reduce isolation and improve connection. Call us for more details.

IT Recycling:

Keep your unwanted IT equipment for our upcoming recycling scheme. IT devices can be refurbished and generate funds. Further details to follow in local publications and social media

Donations

To support this project, please request a Gift Aid envelope or donate at www.justgiving.com/campaign/LymmITdonations

For enquires, call 01925 737950 / 07748 309334 or email admin@lymmsanctuaryhub.co.uk



Lymm Sanctuary Hub & Business Centre
Lymm Library Annexe
Davies Way, Lymm. WA13 0QW



We are Lymm

by India Cake-Gormley, Year 8



There is a school called Lymm High
each day of term seems to fly
A place of learning and also fun
with lots of subjects on the curriculum

We learn about kindness and of respect
our head pupils need this when we elect
In solidarity we stand, and resilient too
side by side it's what we do

Our uniform we are proud to wear
kindness and happiness is what we share
We treat each other as we should
we don't discriminate, that's no good

Socially responsible is what we aim to be
hall points are earned by you and by me
We learn new skills that last forever
but most of all we grow together.

Sweep The Floors With This Prize!



WIN

Landxcape Robotic Lawnmower

+

Eufy BoostIQ RoboVac Cleaner

- Support your school this term
- Weekly cash prizes up to £25,000
- Ticket cost just £1 a week
- Help boost school funds when we need it most

To start supporting your school, go to:

YourSchoolLottery.co.uk

and search for: Lymm High School

Supporters must be 16 years of age or older. Offer ends 20th Feb. Terms and conditions apply (see website for details).

REFUGE RUN

Sixth Former Evie Thornton aims to run 100 miles.

This month, the Year 13 student will run 100 miles in 28 days for the charity Refuge. On any given day, Refuge supports 6500 women and children.

"It helps women and children escape domestic abuse and I thought this was very important, especially in the current climate", said Evie. After getting lots of donations on her Facebook page, Evie decided to set up an online fundraising site. Anyone who wants to donate can [click here](#).



Lymm High's PTA is a group of parents, teachers and governors who get together on a regular basis to plan events and raise funds for school resources. In the past this has included sewing machines, centrifuges, whiteboards, an allotment, 3D printers, musical instruments and many other items used for extra-curricular activities, including the new 3G pitch.

Every parent/guardian is welcome to attend PTA meetings with no obligation to become involved with the committee or organise any events, but ideas and experiences of other fundraising events would be appreciated. The Headteacher provides a verbal report at every meeting, ensuring all the parents attending are well informed and up to speed with latest school projects and policies. You can [click here](#) to read the minutes from our previous meetings. The next meeting is Monday 22nd February 2021 by Zoom.

UPCOMING DATES

Thursday 11th

February

Year 11 Parents'

Evening

Friday 12th February

Half-term break starts

Monday 22nd February

Students return

PTA meeting

(by Zoom)

Thursday 25th

February

Year 12 Parents'

Evening

Thursday 11th

March

Year 10 Parents'

Evening

NOTICES

LHS Lottery

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

STAYING FIT AT HOME

Not being able to take part in PE lessons and many forms of sport is a huge disappointment to our students, writes Head of PE, Mr Hampton.



As a PE teacher, a father to two young boys, and as someone who enjoys taking part in regular physical activity and sport – I cannot wait until the Covid-19 restrictions are lifted! However, it is imperative that we all play our part in following the government guidance and hopefully we will be back doing the things we love in the not-so-distant future.

It is vital that in these current times of online lessons, dark evenings and poor weather, that we encourage our children to take part in as

much physical activity as possible. It has been fantastic to receive emails from parents and students sharing details and photographs of the different types of exercise they are taking part in. The rewards of physical activity are numerous and include physical, emotional and social benefits.

How much physical activity should children and young people do to keep healthy?

Government guidance recommends that children and young people need to do two

types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people should:

- aim for an average of **at least 60 minutes of moderate-intensity physical activity a day** across the week.
- take part in a **variety of types and intensities** of physical activity across the week to develop movement

skills, muscles and bones.

- reduce the time spent sitting or lying down and break up long periods of not moving with some activity.

Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer.

What counts as moderate activity?

Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer.

One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Hopefully, these photographs of PE staff and students taking part in physical activity can give you some ideas and inspiration!

Stay safe and keep healthy!

Top tips from Mr Hampton

- There are a range of free fitness apps that can be used to gather data on your activity (e.g. map my run) and many smart phones record steps/distance completed. Recording and monitoring your daily activity is something that I would recommend. This makes it easier to reflect on your activity and set targets to maintain motivation levels.
- Where possible I feel it is important that we get outside. However, at times this may not be possible and there are a wide range of YouTube videos available, such as Joe Wicks's high intensity sessions (HIIT), that can be utilised.
- Many of our GCSE PE and BTEC sport students will be aware of a principle of training termed 'progressive overload'. This means gradually increasing your workload. This could be achieved through a number of ways such as increasing the intensity of your work out or increasing the time you exercise for.
- Variety is important to prevent boredom. Try as many different activities as possible and change the routes of your runs and walks.





HELP THE NHS WHILE KEEPING FIT

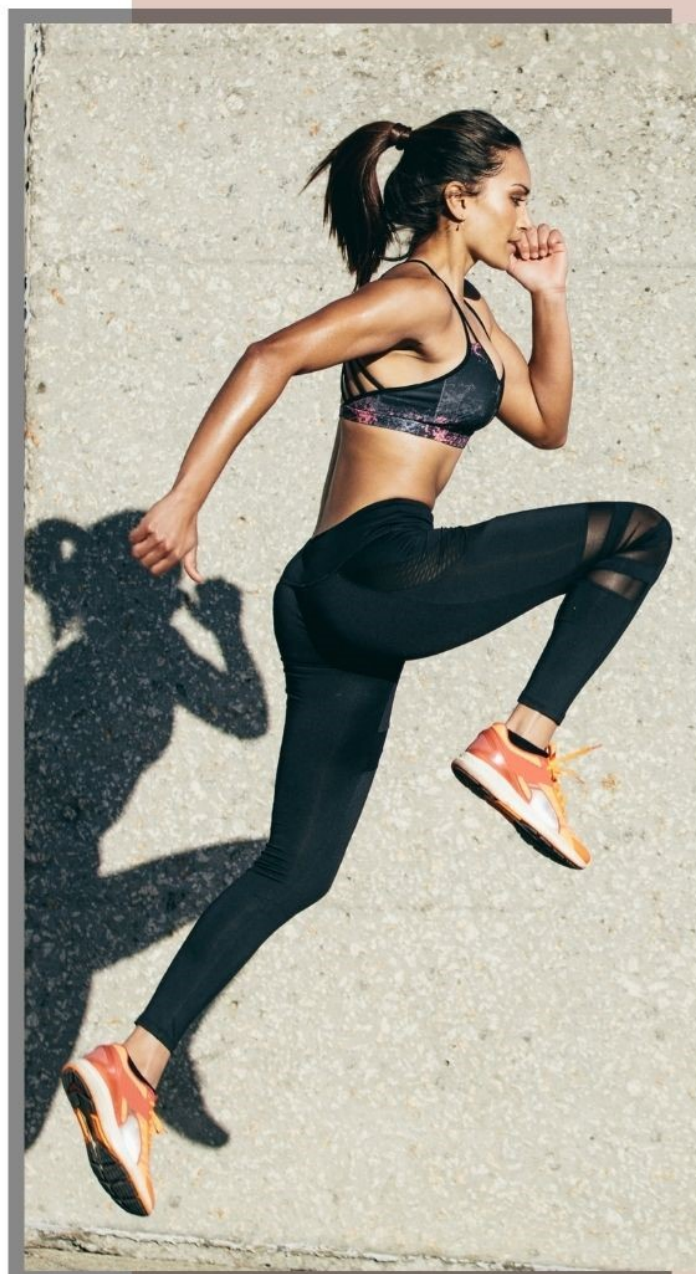
Lymm High is raising funds for Warrington & Halton Hospitals' Charity.

We want as many students as possible to raise funds for this great charity while they work out. All you need to do is ask friends and family to sponsor you while you attempt your challenge. This could be a 5K run, hula-hooping

for an hour, walking the dog every day, doing an online workout each morning.... The list is endless.

The money raised will go straight to the frontline NHS staff who are working so hard in

our hospitals. After 4.30pm, they don't have access to hot food, so your money will buy them pizzas, other treats for their rest areas and much-needed counselling. To find out more and to donate, please [click here](#).

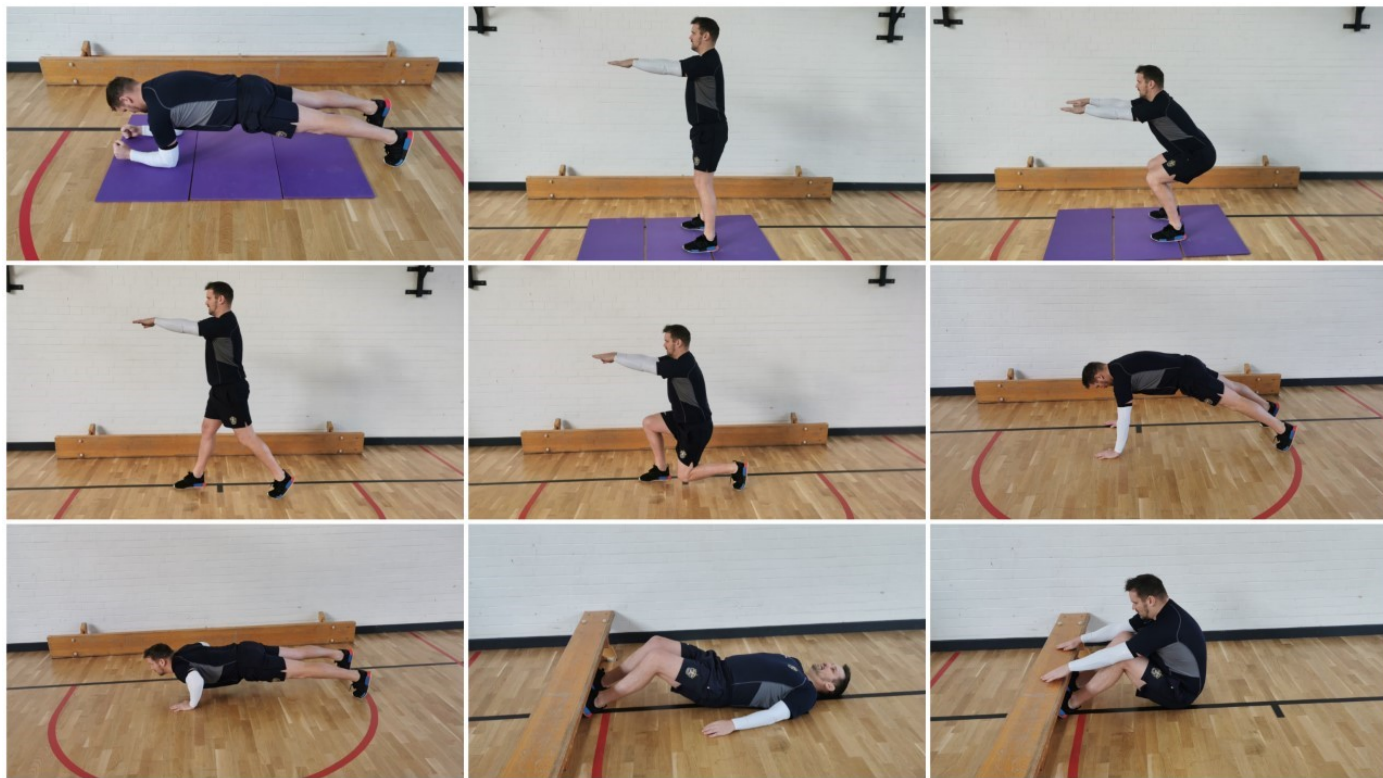


KEEP ACTIVE

Keep active this lockdown while raising funds for NHS staff at Warrington Hospital.

Post on social media and tag Lymm High School.





FOLLOW YOUR TEACHERS' LEAD

Your teachers are also trying to stay fit and healthy while at home.

You don't need to have a home gym or fancy equipment to keep fit at home. You could also do an effective workout in your garden by circuit training.

Use your knowledge gained in PE lessons to set up a number of different activities. These could include skipping, dribbling a ball around cones, sprinting, shooting a ball into a goal, and doing press ups and star jumps. Plan what you want to do and then time yourself. See if you can get quicker each circuit. A good way to start is by exercising for 20 seconds, have 10 seconds

rest, then do another 20 seconds. Use the next 10 seconds to change activity. The times can be changed to challenge you, make the time longer, work harder during the exercise, and have less rest time.

Share your exercise plans with your friends. Whilst we might not be able to see each other physically, we can keep each other motivated by setting little challenges and praising each other on what we've achieved. Don't forget to tell us too!

You could also help raise funds for the NHS while you keep fit (see p. 29).





The following PE staff are responsible for setting work for Year groups 7–11. Please feel free to email them if you need any support/ideas for staying active. Likewise, if you would like to share what exercise you have been completing please let them know. You may even get some hall points!

Year group	Girls	Boys
7	Mrs Walsh	Mr Hampton
8	Mrs Harrison	Mr Scott
9	Mrs Lowry-Johnson	Mr Thomas
10	Mrs Ashford	Mr Pickles
11	Miss Dixon	Mr Mason