



Lymm
High School

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Supporting our
school

Pg. 20

Did you know that
Lymm High has over
100 support staff?

Recognising potential

Pg. 26

Meet our new student
careers coach.

NEWSLETTER

ISSUE: FEBRUARY 2021 · WWW.LYMMHIGH.ORG.UK



DID YOU CONNECT 4?

On Wednesday 3rd February, students were invited to compete in Lymm High's first Connect 4 Challenge Day.

This was a full school day for students, but without 'normal lessons'. The idea was that, instead of online learning, students would compete in a series of challenges, which required thought, energy, skill,

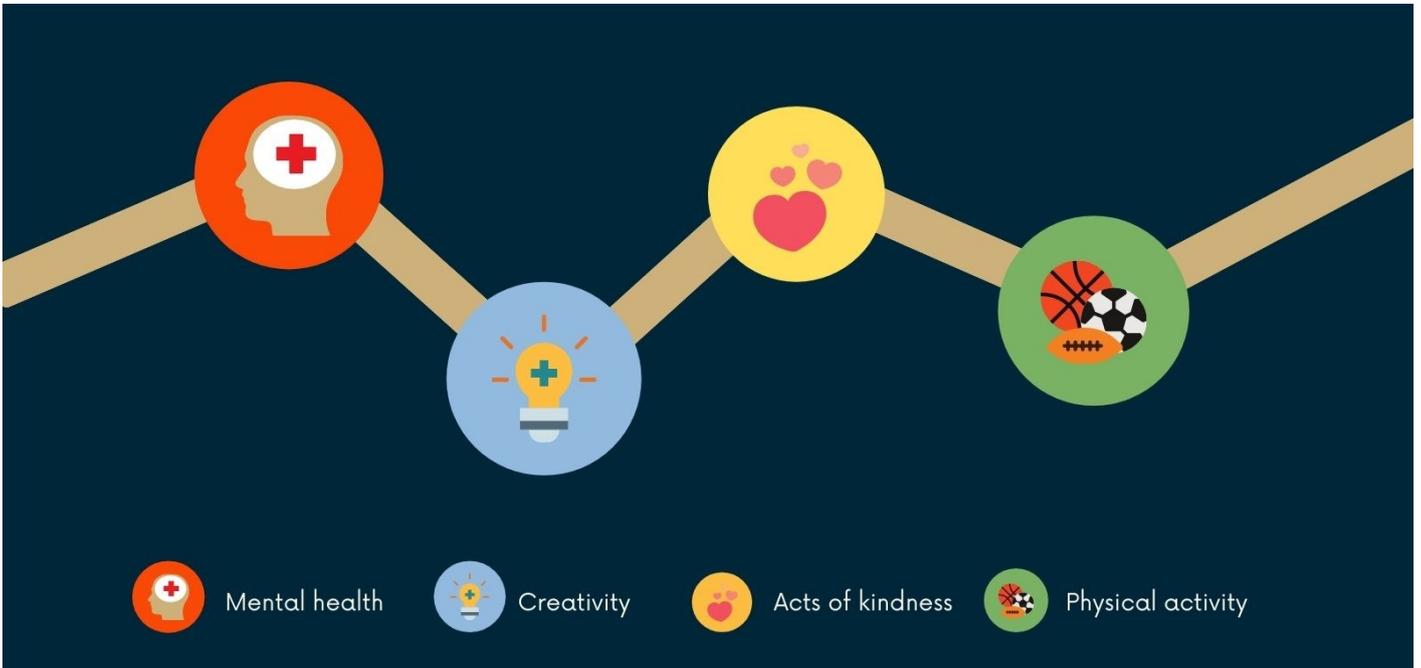
creativity and compassion.

After weeks of home learning, it also meant a day of reduced screen use.

Without any involvement from their teachers, students in Years 7-13 undertook four

challenges under the categories of:

- Creative
- Physical activity
- Acts of kindness
- Mental health and relaxation.



Staff got the idea to create the Connect 4 Challenge Day after reading the responses to our latest parent survey. The results showed that 58% of parents thought it would be a good idea to have the odd day away from screens when students could focus on some different activities. A consequence of online learning is that students and teachers are looking at screens for the majority of their lessons, and sometimes for double periods.

The Connect 4 Challenge Day wasn't 100% screen-free. Students had to log-on to see the tasks and needed to upload evidence of what they got up to, but this aspect was absolutely minimal.

In addition to getting a well-earned break from remote lessons and a reduction in screen time, other benefits were:

- A chance to engage in some physical activity
- A chance to embrace the concept of 'putting others first'
- A chance to be creative
- An opportunity to reflect on their mental health. This was especially pertinent with the Connect 4 Challenge being held within Children's Mental Health Week.

Students were instructed to keep within the Covid-19 rules when embarking on challenges and to

check with their parents/carers first. A list of categories and tasks were provided to students, or they could play their own 'Wildcard' if there was nothing within a category that they fancied tackling. In this case, students needed to come up with their own activity providing it fitted loosely within the category. They then needed to make a record of the tasks they completed using photos, videos, email descriptions, blogs or podcasts. Evidence was submitted to their Form Tutor at the end of the day.

My CONNECT FOUR Challenge Day by Harrison Turner

Mental Health
Today I watched Fearné Cotton & Craig David 'Happy Place Festival' about positivity, how to cultivate it & how to sustain it thru good & bad times.



Acts of Kindness
Today I took the opportunity to go & visit my grandparents and deliver some birthday cake from my Dad's 50th birthday as we have missed not being able to celebrate with family & friends due to lockdown.



Physical Activity
Today I did an exercise video with Joe Wicks. It was 25 different moves such as squats, push ups, mountain climbers etc with 35s work, 25s rest.



Creativity
Today I created a tune using my digital keyboard & its effects, rhythm groups & sound groups all of which are available on the keyboard. (Video sent separately)



The majority of students fully embraced the day and we received glowing feedback from both students and their parents. Not only did family members, neighbours and pets benefit from the cake bakes and walks, the local community gained too. Hayden and Joseph undertook litter picking as part of their good deed.



Elizabeth and Matthew (pg. 1) created flower displays to distribute around the village. Their tags said 'Please take me home, a gift to brighten your day'. As a result, lovely messages were received on local social media sites.

Thank you to 'E' ❤️ for leaving these flowers to be found, they certainly brightened my lunchtime walk. Your kind gesture has gone even further as I walked them home with a massive smile on my face (just so happy to find them) and have delivered them to my elderly neighbour who is shielding and doesn't get to go out walking like many of us, she was delighted and I had a happy walk. Well done, 2 very happy Lymm residents. X 🌈



“We had a really positive and productive day. It was really nice actually doing things as a family.”

“It was wonderful that so many of our students embraced the spirit of the Connect 4 day so strongly, and gave so much back to our community”, said Mr Williams.

Deciding on the winning entries was a difficult task, but the shortlist for KS3 is:

- 1st place: Elizabeth and Matthew Nelson.
- 2nd place: Kate Hamilton.
- 3rd place: Gerard Horkan-Graus.

Bonus prizes were also given to Felix Horner and Lily Norton.

The KS4 winners are:

- 1st place: Hannah Craven.
- 2nd place: Amy Whitmore.
- 3rd place: Kathryn Broadhurst.

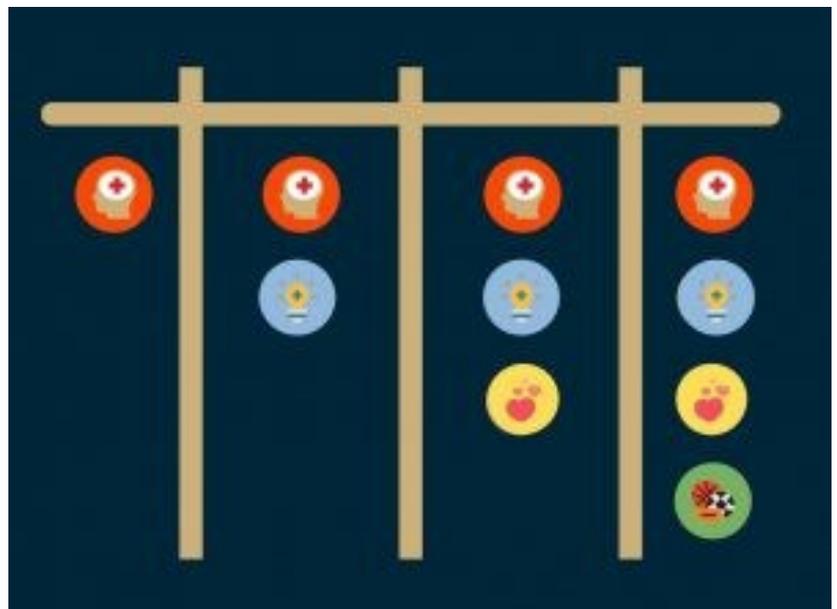
A bonus prize was awarded to Dan Evans.

The KS5 winners are:

- Izzie Sleater
- Betty Thomason
- Tyler Lovatt
- Nube Moncada Morocho
- Isabella Hogan
- Evie Thornton

All of the winning students will receive Amazon vouchers. Well done to all!

On the following pages you can see some of the tasks accomplished by students during the Connect 4 Challenge Day.

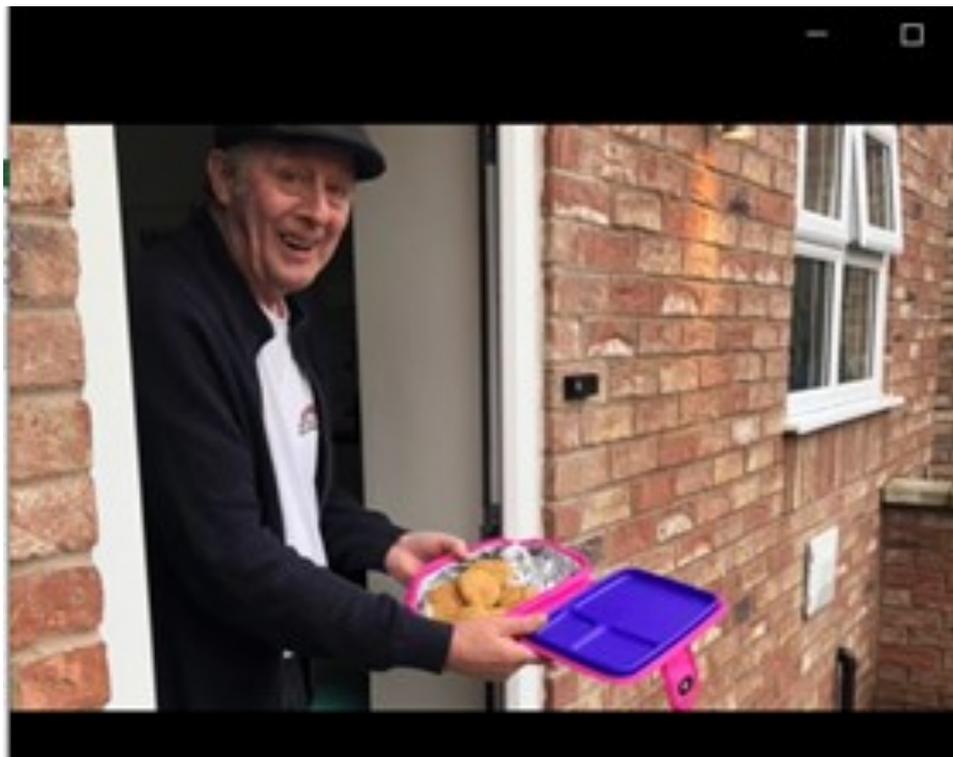




ACTS OF KINDNESS

One of the best things to come out of this last year is how communities have united to support each other. Hearing about acts of kindness raised our morale and cheered us up when we needed it the most. Our students certainly helped to spread some cheer with their good deeds on Connect 4 Challenge Day.

- Making breakfast, lunch or dinner for their family
- Helping siblings
- Litter picking around Lymm
- Housework
- Leaving flower arrangements around Lymm to cheer up locals
- Baking cakes for the family to enjoy
- Devising and delivering a quiz to grandparents
- Going to the shop for supplies
- Making mum or dad a hot drink
- Putting the bins out
- Making cookies for grandparents
- Delivering flowers to NHS workers
- Emptying the dishwasher
- Washing the dishes
- Doing the laundry
- Writing a letter to care homes
- Walking the dog
- Vacuuming
- Facetiming and telephoning relatives
- Writing to friends
- Sorting clothes for charity
- Washing the car
- And one student recorded an audiobook for the blind





“Much needed family bonding time. We’ve had cupcakes and consideration today.”





CREATIVITY

This proved to be the students' favourite of the four challenges and the tasks selected were wide ranging and enjoyable.

- Writing a song
- Domino challenge
- Playing an instrument
- Baking bread
- Creating a marble run
- Drawing & painting
- Sewing (including making a tote bag, modelled by the bunny)
- Jewellery making
- Making a film
- Learning new card games
- Making paper planes
- Football trick shots
- Making a hedgehog house and toad abode
- Designing items from lollipop sticks
- Making revision cards
- Cooking
- Devising a dog obstacle course
- Crocheting premature baby hats
- Creating a TikTok dance
- Karaoke
- Learning a new language (including Korean, Japanese, Chinese and Catalan)
- And Jim created a Connect 4 Donut Challenge!





“Everyone in our households benefited from yesterday so a huge thank you Lymm High.”





MENTAL HEALTH AND RELAXATION

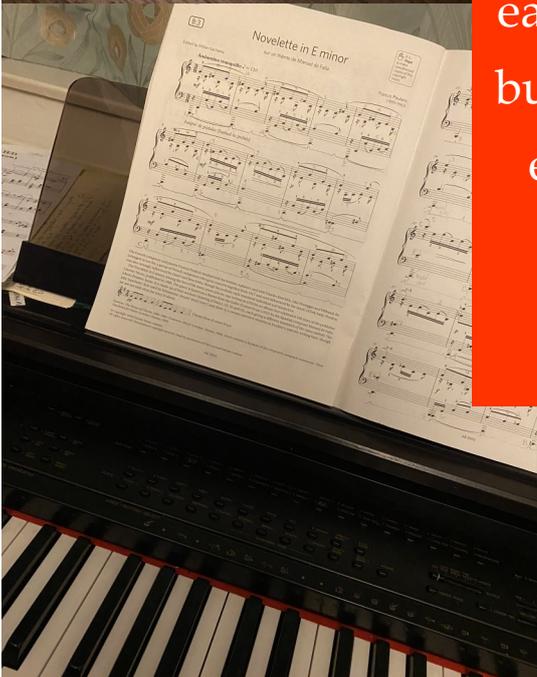
Students found various ways to relax and think about improving their mental health. The stresses of online learning and uncertainty about when things may return to normal is taking a toll on all of our mental health. This is why this part of the Connect 4 Challenge Day was particularly important. We had provided several links to podcasts about mindfulness and meditation, which proved very popular. Hopefully, students will revert to these strategies when they need them.

- Yoga
- Building lego
- Reading
- Bird watching
- Playing boardgames
- Listening to music
- Colouring
- Watching a Youtube film on mindfulness
- Playing the piano
- Writing poetry
- Drawing
- Jigsaw making
- Creating a song
- Playing the violin
- Contacting friends to check they were OK
- Arranging online games with friends and family
- Scenic walks
- Baking





“I heard laughter, teamwork and we have a beautiful chocolate cake to eat. I was a sceptic, but totally converted. It has been a much needed happy day.”



“This helped me have a good time with my brother while making space to explore new things that I haven’t had the chance to.”



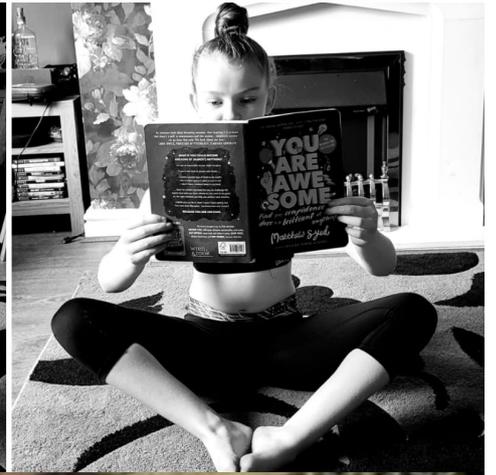


PHYSICAL ACTIVITY

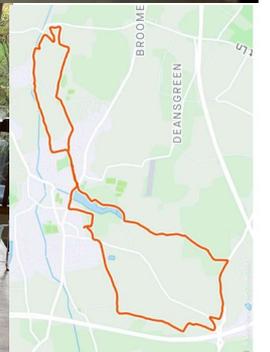
As we know, various forms of physical activity are somewhat limited in Lockdown, but our students excelled themselves with the range and variety of exercises they undertook.

- Football
- Tai Chi
- Cycling
- Running
- Walking
- Gymnastics
- Roller skating
- Basketball
- Weight lifting
- Skipping
- Keep fit
- Yoga
- Table tennis
- Skateboarding
- Just Dance
- Circuit training
- Trampolining
- Football trick shots





"I thought today's non-screen day was brilliant! My two spent more time together and bonded more than they have done in ages."





Students in school on 3rd February also had a day without 'normal' lessons. Instead they took part in a range of different classes, such as: pottery, baking and football!

In the studio, students learnt how to do stage combat/kung fu based on the film *The Matrix*. "The aim was to build performance discipline and also to develop physical skills such as balance and core strength", said Mrs Richards. "We wanted to

give the students the opportunity to try out new and challenging performance techniques which are used in film and in theatres. We also did several warm ups which were intended to develop focus and concentration. At the end we used relaxation techniques to calm the mind and the body after the physical work to provide the students with the tools to be able to manage stress and to gain a sense of inner calm and peace! "

Teachers in school also joined in with the activities. Staff who were at home on the day posted their



"We had a lovely day, went for a walk and so nice to see all the staff doing their 5k challenges. What fantastic role models."

"School provided some fabulous experiences today too. I dropped a rather grumpy child off this morning and returned home to a happy smiley one full of today's excitement."

efforts on the school Instagram site so students could see what they had been doing.



"We all had a lovely day."





YOUR
SCHOOL
LOTTERY



WIN
A WHEELIE AWESOME PRIZE!



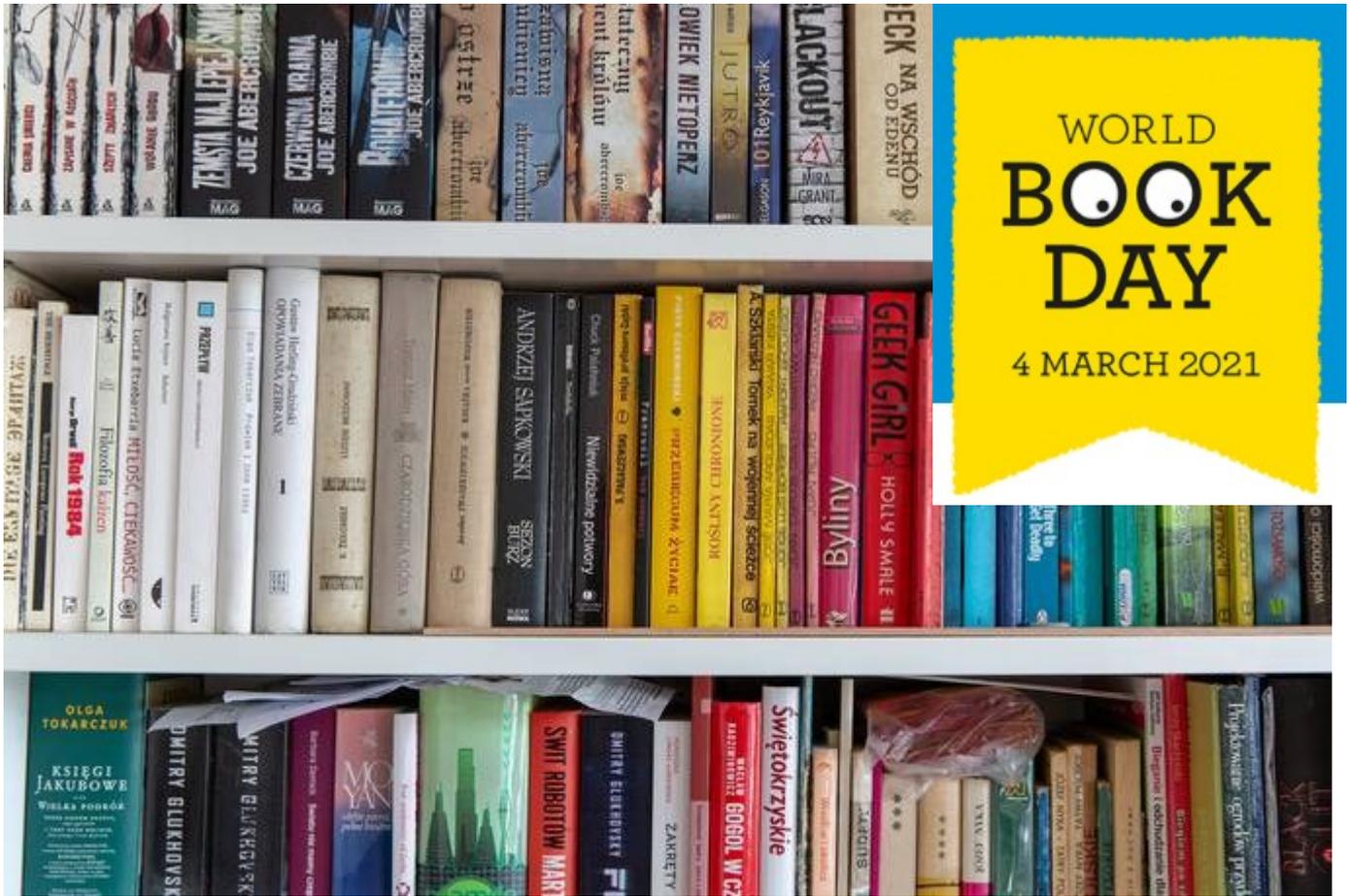
- Please help give our fundraising a boost this term
- Tickets cost just £1 a week
- Cash prize winner EVERY week
- You could even win the £25k jackpot!

WIN A
£500
BIKE
VOUCHER

Buy A Ticket

THE **BIKE** FACTORY

Supporters must be 16 years of age or older. Offer ends 17th Apr 2021.
Terms and conditions apply (see website for details).



GET READING

World Book Day is a celebration of reading and an opportunity to encourage children to explore and rediscover the pleasure of books.

Although we weren't able to dress up or celebrate in school on 4th March to celebrate World Book Day, there are still lots of things you can join in with from home. The official website has been expanded with lots of great new additions this year including competitions, book reviews and author blogs. Why not join the World Book Day Book Club – starting in March with the *High Rise Mystery* by Sharna Jackson; or take a

look at The World of Stories – free audiobooks with a selection of Picture books, Fiction and Teen reads. You can explore the site using [this link](#) or go directly to [this page](#) designed for secondary schools.

Every year a set of 12 books are specially commissioned and distributed to bookshops and supermarkets where £1 World Book Day tokens can be exchanged for one of the titles (or

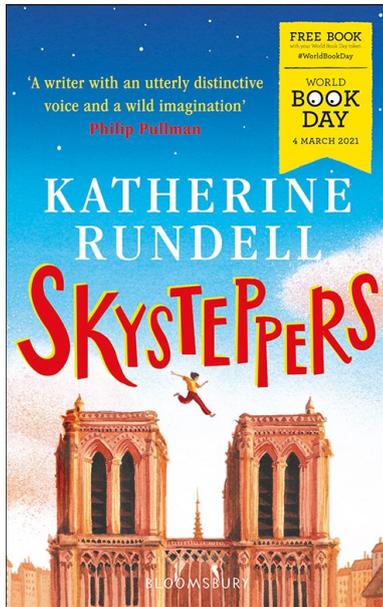
as part payment against any children's book costing £2.99 or more).

The World Book Day tokens will be available to students from the ILC once school re-opens, and because of Covid restrictions their expiry date has been extended beyond March 28th – whilst book stocks last.

The four books written for students in Key Stages 3/4 are outlined here:

Skysteppers

by Katherine Rundell,
published by Bloomsbury

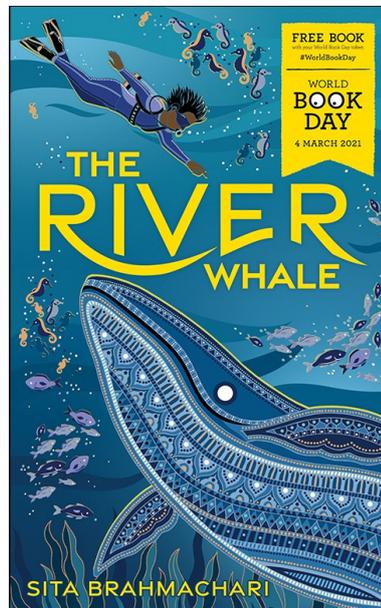


High above the streets of Paris live the rooftoppers, a secret gang of children who eat, sleep and tumble amongst the chimney pots. It's a perilous life, but for Matteo and Mercedes the adventure is only just beginning. Caught up in a long-standing feud that threatens their existence amongst the stars, they find themselves on a hunt across Paris, tearing across the roofs of Versailles and the Louvre, searching for hidden treasure in a race against Henri

Danglars – the enemy who would seek to destroy that which they love best.

The River Whale

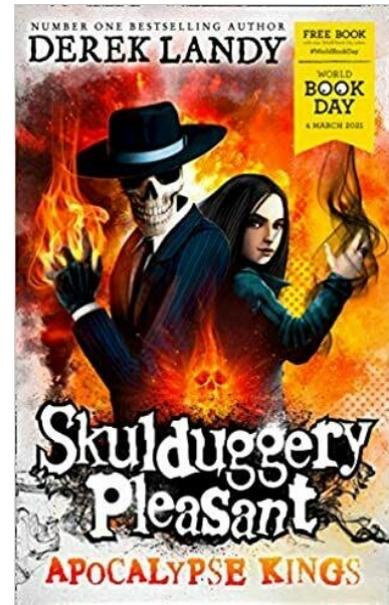
by Sita Brahmachari,
published by Hachette



Immy has always loved wild swimming; one day, she hopes to become a marine biologist. Tomorrow is the first step towards that goal – completing her entry level diving certificate. But her plans for a good night's sleep are ruined by a strange and vivid dream of a distressed whale in the river. At school she tries to shake it off, but discovers that her nightmare has leaked into reality.

Skulduggery Pleasant Apocalypse Kings

by Derek Landy,
published by Harper Collins



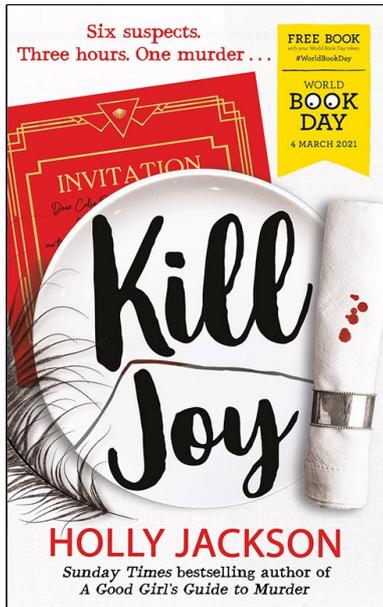
Three ancient gods are freed from their prison with only one desire: to destroy the planet and everyone on it. To save us all, Skulduggery Pleasant and Valkyrie Cain must go undercover in a Dublin school. Skulduggery has to blend in with the teaching staff, while Valkyrie has to pass for an ordinary schoolgirl. Above all else, no matter what happens, they both must act completely and utterly normal... We are so dead!

READING IS POWER

READ UP, SPEAK UP, CHANGE THE WORLD

Kill Joy

by Holly Jackson,
published by Egmont



Pippa Fitz-Amobi is not in the mood for her friend's murder mystery party. Especially one that involves 1920s fancy dress and pretending that their town, Little Kilton, is an island called Joy. When the game begins, Pip



finds herself drawn into the make-believe world of intrigue, deception and murder. But as Pip plays detective, teasing out

the identity of the killer clue-by-clue, the murder of the fictional Reginald Remy isn't the only case on her mind...

World Book Day – Word Coinage Competition

As you know, Roald Dahl was a very famous British novelist whose most loved stories include *Matilda*, *The Witches*, *The BFG* and *Esio Trot*. Within his stories, Roald Dahl loved to coin (make up/ invent) new words and he especially loved to do this by using sounds that children love to say, like squishous and squizzle, or fizzlecrump and fizzwiggler, which makes his stories so much fun to read!

This World Book Day, it is your challenge to **coin your own brand-new word and its meaning**. Let's read through some examples of the words Roald Dahl coined to inspire you.

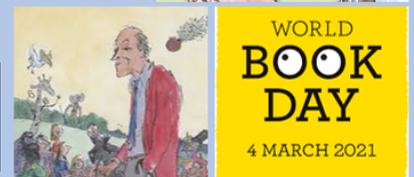
Remember:

- Entries must be entirely original and your own creation.
- Each entry must have a word and its valid meaning/ definition.

- **Scrumdiddlyumptious:** When something is extremely delicious, it is scrumdiddlyumptious.
- **Uckyslush:** Pretty much the opposite of scrumdiddlyumptious.
- **Phizz-whizzing:** Means brilliant or really, really good.
- **Crodsquinkled:** To be caught out at something.
- **Biffsquiggled:** To be confused or puzzled.
- **Bopmugged:** To be in a very bad situation.
- **Crodscollop:** A mouth-watering flavour; for example the taste of chocolate ice-cream.



Entries must be sent to **Miss Stewart by 3:30 pm on Monday 8th March**.
Winners will be announced on Monday 15th March and prizes will follow.
TStewart@lymmhigh.org.uk



INSIGHTFUL HISTORY

A group of Year 12 and Year 11 History students have come together to create the school's first online history magazine, *Insight into History*.

The next issue to be released focuses on the pressing topic of the longest fight of all time, the fight for equality. We touch on subjects such as LGBTQ+ rights, religious freedoms, we give you an insight into some of the unknown heroes of the fight for rights, 'The interview' reveals the opinions from some of Lymm High's own and many more insightful reads.

INSIGHT INTO HISTORY THE EQUALITY ISSUE

"Insight into History" third issue focuses on the biggest fight of all the time, the fight for equality. The Insight into History team have decided to use our magazine to teach you about the triumphs of the world's unknown heroes; the men, women and movements that go untold



EQUALITY IS FOR EVERYONE

Not only does our third issue give you an insight into some of the triumphs and downfalls of the freedom fighters, we give you the opportunity to seek wider knowledge on the battle for equality through movie, tv and book recommendations from our editors. The beauty of having an online magazine is that we have the ability to share blog posts about other fascinating topics from the world of history.

"My personal favourite is 'This month in history' from our very own Editor-in-Chief, George Pitcher",

writes Charlotte Wood. "Make sure you give our third issue a read when it's released on the 22nd March at www.insightintohistory.Wordpress.com."





EATING DISORDERS

The 1–7th March is Eating Disorders Awareness Week. Knowing the symptoms of these conditions to get early treatment is essential, says the charity Beat.

Eating disorders are serious mental illnesses affecting people of all ages, genders, ethnicities and backgrounds. Many eating disorders develop during adolescence, and around 25% of those affected are male.

People with eating disorders use disordered eating behaviour as a way to cope with difficult situations or feelings. This behaviour can include limiting the amount of food eaten, eating very large quantities of food at once, getting rid of food eaten through

unhealthy means (e.g. making themselves sick, misusing laxatives, fasting, or excessive exercise), or a combination of these behaviours. Potential signs of an eating disorder include:

- Excessive exercise
- Pre-occupation with feeling fat
- Abnormal electrolyte level
- Intense fear of gaining weight
- Unusually large intake of food.

- Anxiety around, or avoidance, of eating.

It's important to remember that eating disorders are not all about food itself, but about feelings.

The way the person treats food may make them feel more able to cope, or may make them feel in control, though they might not be aware of the purpose this behaviour is serving. An eating disorder is never the fault of the person experiencing it, and anyone who has an eating disorder deserves fast, compassionate support to help them get better.

The types of eating disorders include:

- Anorexia
- Avoidant Restrictive Food Intake Disorder (ARFID)
- Binge eating disorder
- Bulimia
- Other specified feeding or eating disorder (OSFED)

Eating disorders can be fatal, and they cause serious harm both physically and emotionally. But with the right support and treatment, recovery is possible. Encouraging a person to seek treatment as soon as their symptoms appear is important; finding treatment early will give them the best chance of fully recovering from their eating disorder.

Beat has put together [this leaflet](#), which details treatment options and available support.

ChatHealth WARRINGTON

NHS Bridgewater Community Healthcare NHS Foundation Trust

NEED ADVICE ABOUT HEALTHY EATING?

TEXT YOUR SCHOOL NURSE ANONYMOUSLY ON 07507 330101

SN School Nurse

I'm not happy with the way I look

Do you know what is making you feel like this?

I think so, my friends are all really pretty and have really nice figures

Ok, how long have you felt like this?

About a year since, I started college

A lot of people are unhappy about how they look and it is completely normal. If you like we can discuss some options about body confidence and healthy eating?

Yes please

We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Texts will only be seen between 9am and 5pm. If you need help before you time back from us contact your GP or call 111. Our text number does not receive messages of 1600, obscene messages. We support messaging from UK mobile numbers only (which does not include messages from Iran, Saudi Arabia, international mobile numbers, and zero-rating messaging mobile apps). To prevent the Health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

We're still here

Children and young people can access free, online mental health support 365 days a year

Chat with a professional counsellor

Read self-help articles

Join peer-to-peer forums

kooth



MEET THE STAFF

Lymm High has 104 support staff in addition to its 118 teaching staff. This month, we find out a bit more about Mr Hendrie, Head of Estates and Leisure, and Mr Timms, our Catering Manager.

Tell us about yourself

I currently live in Golborne and have for approximately four years but my accent will tell you that I am originally from the East Midlands and was adopted as a northern soul around 2001. I have two children, Madilyn (14) and Dominic (12) who both go to Bridgewater High School, my partner hails from Doncaster and I have a cat called Luna.

I am a Derby County fan and have been since January 1976 when I attended my first game against Leicester City. I attend most games home and away (when we are allowed to).

I have been a modernist, Mod and soul connoisseur since the early 1980s and still collect vinyl

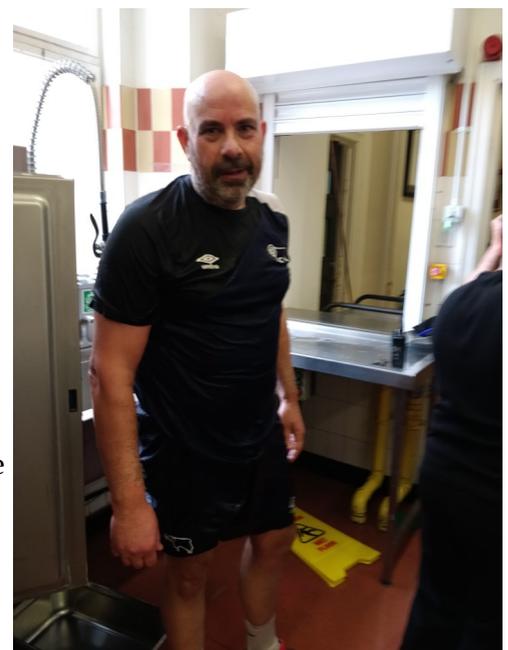
records to this day. I try to follow the Northern Soul scene as much as I can and am happiest listening to live music. And those that know me understand my relationship with Paul Weller. I was also once in the crowd for a Frank Sinatra concert in Germany in 1987!

Why, and how, did you enter estate management?

My career to date at Lymm High School began in 2007 as a community sports coach with the school sports partnership, before moving to managing the Leisure Centre and eventually the school estate in 2015.

I completed a BSc in leisure and coaching with the Open

University in 2016, and am currently studying towards my NEBOSH diploma in Occupational Health and Safety. I have the responsibility for the cleaning team, grounds maintenance,



Mr Hendrie joined Lymm High 14 years ago.



Ty'n Y Felin, and the Leisure team and associated facilities. So, all in all, including grounds and cleaning, about 30 staff.

Prior to my life at Lymm High School I have worked for Chester City Football club as a coach and manager of the community team, McVities and Walkers Crisps as a planning and organisational manager, and in the British Army as part of a Royal Artillery communications team.

What is a standard day at work like?

Every day at school is different.

There are always varied challenges across the school to include maintenance repairs and testing of equipment, but the biggest part of my day is to ensure that the school and all staff, pupils and public can work in a safe environment.

Covid has pushed my team to the extreme and I am so very proud of how we have adapted to the challenge. We have made screens, introduced new working processes to ensure all rooms and staff have the right protection and sanitising products, adapted classrooms to allow for

2-metre distancing and continued to provide a seamless service to everyone. Its been very tough with the teams at Ty'n Y Felin and in the Leisure Centre as they have been closed since late March last year, but as always, I am positive that we will continue to make a difference on our return.

What are the best and worst parts of the job?

I don't really have a best and worst part of the job, I have developed to understand that there will always be tough times and sometimes long hours. The school and its staff and pupils put the difficult periods into perspective.

I am looking forward to the children returning on the 8th March. I think that from personal experience, the social interaction that they have missed will benefit them beyond comprehension when they get to go back.



Tell us about yourself

I started my catering career at college. I then joined the Royal Air Force, where I travelled the world For 15 years. I visited Italy, Holland, Germany, Brazil, the Falkland Islands, Cyprus, Scotland, Masirah Island, Norway and Denmark. My favourite country was Italy; the worst was the Falkland Islands.



Mr Timms has been Lymm High's Catering Manager for 3 years.

I have two boys Daniel, aged 24, and Declan, 15. Out of school I love running and my next target is to compete in the Chester marathon in October. My other passion is anything Greek: food, language and holidays!

Why, and how, did you enter the catering profession?

I always knew that I wanted to be a Chef as I had worked in a hotel from the age of 12.

I started working at Lymm High School in 2018. Prior to that I was Catering Manager at Sandymoor High.

What is a standard day at work like?

We cook for break and lunch times for all staff and pupils at Lymm. I have a staff of 18 and they all work very hard to make sure the food is on time. The Covid-19 pandemic meant that we had to work in bubbles.



We also had to restrict menus so that all Year groups had the same choices.

What are the best and worst parts of the job?

The best bits are the friendliness of the staff and pupils. I am really looking forward to seeing all of the pupils return to school next week. The worse bits... there aren't any really.



THE KINDNESS OF CAM

Cam Rowland was supposed to be going on a trip to Poland with the scouts and needed to fund the trip. The Year 9 student managed to raise £370 by doing a sponsored stair climb and Zoom quizzes for family and friends. Unfortunately, due to the Covid-19 pandemic the trip got cancelled. Instead of putting the money aside, Cam kindly donated all of the cash to Macmillan Cancer Support. "I chose Macmillan because I had heard of this charity and knew it was cancer related", said Cam. "He really enjoyed doing the Zoom quizzes and has continued to do them for free!", said mum Sharon.

Commenting on the generous donation, Head of Year 9, Mr Scott, said: "This really is an amazing gesture". Cam received 10 hall points for his act of kindness. #castyourkindness #putothersfirst





From L-R: Anna Turner, Lanna Nuttall, Gracie Nuttall and Laura Nuttall.

DOING IT FOR LAURA

32 people every day are diagnosed with a brain tumour and their lives are completely changed forever

Unfortunately, in 2018 Lanna Nuttall's cousin Laura was one of those 32 people to find out they had a brain tumour. Starting on 15th February, the Year 13 student walked 32 miles every day for 5 days to raise funds for her cousin's charity 'Doing it for Laura'.

"In 2018 my amazing cousin Laura was diagnosed with Glioblastoma Multiforme, which is the most aggressive Stage 4 brain cancer", said Lanna. "She had just started studying at Kings College London when her life was completely turned upside down." Laura had at least six brain tumours and had to move back home for life-saving brain surgery, chemotherapy, radiotherapy and immunothera-

py (for which she has to travel to Cologne in Germany on a regular basis to receive). "The prognosis is so poor for this cancer and she was given a maximum of 18 months to live. However, two years later she is still amazing us all every day." Determined not to let this awful disease beat her, Laura is now studying at the University of Manchester. She is also responding well to the immunotherapy treatment in Cologne. This is great news although it means that she needs to continue to make the trips out to Germany on a regular basis. On the most recent trip the family had to spend £1600 on Covid tests alone. This extra expense and the cost of the immunotherapy treatment is funded through

Laura's charity, which is why Lanna walked all those miles. "I am walking so Laura can travel for Laura's life-saving treatment", said Lanna before half term. "The sore feet will be so worth it! I would really appreciate if you could share this to spread the awareness of brain tumours and even donate! Everything adds up and it really is an amazing cause."

Lanna raised almost £6000 during the 5 days of half-term. "I genuinely couldn't have done it without those that walked with me and supported me. Everyone has been so encouraging and lovely and that really helped!", said Lanna. The fundraising page is still accepting donations; to contribute, please [click here](#).

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.



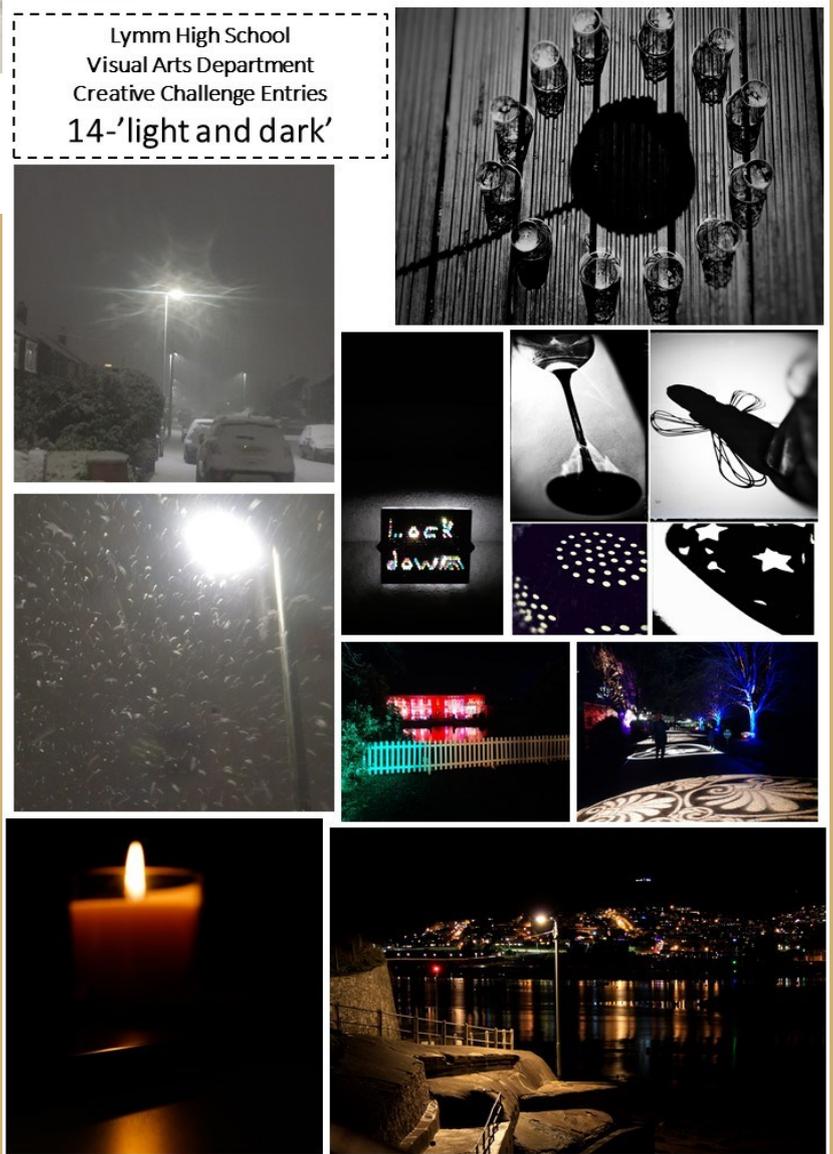
Lymm High School
Visual Arts Department
Creative Challenge Entries
16-'Picturehood is
Powerful'



Lymm High School
Visual Arts Department
Creative Challenge Entries
17-'Morning'



Lymm High School
Visual Arts Department
Creative Challenge Entries
14-'light and dark'



All entries are shared on the @lymmhigharts Instagram page. Hall points are awarded to the image with the most likes.



How do you envisage your role as Enterprise Advisor to Lymm High School?

I have been looking for a voluntary role that can offer the opportunity for me to share my knowledge, skill set and experience to work with schools and colleges. The Enterprise Advisor role really struck a chord with me as I understand just how challenging it can be for senior leadership teams within schools to support positive outcomes for young people and building links with local businesses. Raising awareness around potential options and choices for young people transitioning into further education and a career can be daunting at the best of times. I believe the Enterprise Advisor role would provide the necessary support and business partnerships for schools to broaden their careers approach.

What excites you the most about this role?

Being involved in focusing on effective programmes

CAREERS COACHING

Amanda Gordon is our new Enterprise Advisor, providing Lymm High with valuable links to industry.

Tell us about yourself and your line of work

I am a qualified Corporate Coach who has been coaching individuals for over seven years. I believe everyone has potential! My role as a corporate coach involves working with both executive leadership teams and operational workforces within SMEs. I am passionate about supporting people to unlock their potential, achieve their goals and raise awareness of themselves and others. I support individuals to increase their confidence through adopting different techniques and fresh perspectives.

I have lived in Lymm for over 17 years and am also the proud mother of three daughters. In my spare time I play piano, cycle, read, watch films and take our golden retriever on long walks with my other half!

and activities within schools that allow young people to expand their approach to succeed. I understand it can be challenging to navigate and motivate young people through all the multiple options available to them and to support them in making independent choices.

Being a parent myself I know how confusing this can be for parents and young people and so I hope to work with the school to make this process a little easier and less daunting. Working with Lymm High and its leadership team is something I am very much looking forward to in helping to build sustainable cross sector links and support diverse and inclusive career pathways for young people.

“I am passionate about supporting people to unlock their potential, achieve their goals and raise awareness of themselves and others.”

Why do you think career advice and guidance is so important for our students?

Prior to starting my own business, I worked within the Social Housing sector for a number of years as a PA and then a Generalist Learning and Development Advisor based within the HR function, where I gained knowledge around a

diverse range of roles that young people may not consider within mainstream choices as career options. Many of the roles within this sector (and some other sectors too), can be attained either through formal academic learning and qualifications as well as apprenticeships which

are attained effectively and confidently often leading onto permanent positions.

Being aware of the career options and broadening perspectives allows for greater choices which at an early age can positively impact young people and inspire them to achieve their goals and dreams confidently in the field they feel is right for them.



What one piece of advice would you give to students who are currently thinking about what career to pursue?

Talk to people – friends, family and teachers and ask lots of questions. Consider what means the most to you and what makes you happy. Think about what skills come naturally to you and build on these strengths. Going forward, tie these in with your choices for qualifications and future work. Don't be afraid of trying something new – this helps you to grow and learn more about yourself, what you like and what you have a natural flair for. Remember – not knowing what you want to do right now won't stop you from getting to where you want to be. It's what you learn about yourself as a person on the way that's equally important.

Upcoming careers events

Spotlight Talks: Inspiring Careers Excellence

24-25th March, 9am to 12pm



Spotlight Talks: Inspiring Careers Excellence will bring together some of the UK's leading employers, role models and apprentices to share valuable insights into a range of careers and sectors.

Highlights include talks from:

- A technical apprentice at the Science Council about what it is like to work within the sciences
- The British Esports Association on the exciting vocational career pathways available
- Performance Coach Nikita about the difference she is making as a Neonatal Nurse in the NHS

To find out more and register, [click here](#). The event is hosted online and is completely free to join. All talks will also be available on demand after the event.

The [careers section](#) of the school website has a wide range of information to help you and your child make informed decisions about their future, whether this be further education or apprenticeships. The page on Labour Market Information includes a list of current apprenticeships in the local area, which is updated regularly. There is also a section on our past students' career paths, which gives an interesting insight into the range of jobs our students have taken up.





don't feel
READY
- for the -
FUTURE

**TALK TO CHILDLINE
ABOUT ANY ISSUE,
BIG OR SMALL**

We know that becoming an adult can be tough. So why not have a free, confidential chat with one of our counsellors over the phone, on our website or on our app? Whether it's exam stress, relationship problems, or you're just not feeling great about things, we're here to listen.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Childline is a service provided by the NSPCC. ©NSPCC 2020.
National Society for the Prevention of Cruelty to Children.
Registered charity England and Wales 216401, Scotland SC037717.
Illustration by Emily Kaener. J20201083

HELPING THE NHS

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

So far we have raised £1130 for our NHS charity. The majority of this money was raised during the Connect 4 Challenge Day when students got sponsored for the physical activity element of their day. All of this money 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 some of this 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](#).

UPCOMING DATES

8th March

All students back in school

25th March

Year 8 Parents' Evening.

NOTICES

Bedding Plants

If you'd like to order any bedding plants, hanging baskets, patio pots or vegetables, please [click here](#) for an order form.

This needs to be returned with payment by Friday 26th March. Orders will be delivered before the Spring half-term break.

LHS Lottery

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

See page 13 for this term's offer.



THANK YOU
NHS!

Follow Lymm High on social media for news, information and student challenges

