



Lymm  
High School

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Collective Matters  
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Photography students  
get creative at the  
Docks

Blackbelt for  
Bramhall  
Pg. 7

Year 7 kickboxer  
earns black belt.

# NEWSLETTER

ISSUE: NOVEMBER/DECEMBER 2021 · WWW.LYMMHIGH.ORG.UK



## COMMUNITY HERO AWARDS 2021

Lymm High school honours heroes at inaugural award ceremony.

On Thursday 9th December, we recognised the worthy recipients of Lymm High’s first Community Heroes Awards.

Lymm High Sixth Form in collaboration with Lymm

Radio had asked the local community to nominate individuals that deserved special recognition.

“Over this last year there have been many individuals and groups who have massively helped the Lymm

community”, said Head of Student Leadership Emma Parkinson. “As the school relies on this community we really wanted to give back.”

The eight recipients were served a celebratory meal ...

CONTINUES ON PAGE 2

## SCHOOL NEWS

in Lymm High's Chapters Restaurant, cooked and served by A' Level and GCSE catering students.

There was also an awards ceremony, festive music from Lymm High's Strings group and a speech from Mr Williams.

"We received so many nominations that the school and I wished we could choose more than eight", said Emma.

Commenting on the occasion, Mr Williams said "The last two years have been testing for our students, our families and our community. Lymm High's Community Heroes Awards is just one small way we can recognise and thank those individuals that have all helped to make our lives that bit better, and easier, during these tough times."

After much deliberation, the eight worthy recipients were:

**Anna Leaver** - for setting up the 'Leave No One Behind in Lymm' scheme and for all the fantastic work she has done through it.

**Tracey Quinn** - who has made and delivered hundreds of meals to the elderly and vulnerable over lockdown.

**Gaynor Seymour** - for setting up 'Run Buddy' over lockdown, which was a life saver for many wanting to stay active and feeling isolated.

**James Hurrell** - who worked tirelessly as a scout leader and was instrumental in the new community centre being built.

**Kirsty James** - who was also massively involved with the 'Leave No One Behind in Lymm' scheme and has organised countless community initiatives.

**Liz Hudson** - who runs Lymm Transition group and Repair Hub to make Lymm more carbon neutral.

**Graham Gowland** - our Parish Councillor who ensured Lymm had a fast response to the COVID situation and who responds to anyone asking for help in the village.

**Roni Noble** - who has donated both time and food to the many food banks in Warrington.





# WIN CHRISTMAS!



**HUGE  
FOOD HAMPER**



**LUXURY  
CHRISTMAS TREE**



**TABLE & TREE  
DECORATIONS**

**FESTIVE  
DOOR WREATH**



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and search for: Lymm



# DROP-DOWN DAYS

The drop-down day was a hive of activity which saw all year groups completing a variety of sessions linked to our PSHE and RSE curriculum.

Staff and students participated in a variety of different workshops ranging from work surrounding mental health support, drugs education, well-being, gang crime, careers, financial safety and sexual relationships.

We saw a number of external organisations supporting us across the day, and would like to say thanks to all that offered their time and expertise, including the following:

- Kooth for their resources and support
- Our local PCSO for introducing us to CELLS who worked with our Year 9s and brought in some exceptional guest speakers to talk to students about their experiences with prison, crime and the law
- The School of Sexuality Education who provided workshops to our sixth formers and Year 11 on a variety of topics including identity, consent, sexual health and relationships

- My Personal Finance Skills who delivered workshops to our Year 10 students on staying safe from online scams
- Balfour Beatty and HS2 who sent guest speakers to speak to Year 10 about opportunities within the Engineering industry
- Mr Guatella for his support with the Year 7 first aid sessions
- Mr Timms and Mr Dore for delivering sessions on Healthy lifestyles and interactive cooking sessions to the Year 7s

Our next Drop-Down Day will be on the 9th March 2022 for Year 7-10 and Year 12 students, and we look forward to planning another successful day.





# MICROBRIOLOGIST IN THE MAKING

**WHAT YOU DIDN'T KNOW ABOUT CLIMATE CHANGE...**

**search.....**

**What is climate change?**

**Fungal activity that reduces greenhouse gases?**

**Fungal activity that increases greenhouse gases?**

**How does climate change affect fungi?**

**Fungal activity= increase or decrease in climate change?**

**WHAT IS CLIMATE CHANGE?**

- Climate change is a change in weather patterns over a long period of time
- Our climate has always been changing since 4.6 billion years ago when Earth first formed but human activity is causing the rate of climate change to increase

**HOW DOES IT WORK?**

Visible radiation, a shorter wavelength radiation from the sun penetrates the atmosphere and is absorbed by Earth's surface and emits it as infra-red (IR) radiation which has a longer wavelength which is easier absorbed by the greenhouse gases. This means more IR radiation is trapped inside Earth and causes the temperature to rise.

**CAUSES=**

- Deforestation
- Landfill waste
- Cattle ranching
- Car usage
- Combustion of fossil fuels

**SOME OF THE EFFECTS=**

- Rising sea levels
- Melting of glaciers and ice sheets
- Severe weather changes e.g. desertification
- Extinction of organisms
- Loss of habitats

**IMPORTANCE OF AM FUNGI**

The AM fungi provide nutrients for the plants such as magnesium, which is needed for making chlorophyll, for photosynthesis. In return, the plant then provides glucose for the fungi and this creates a symbiotic relationship. Around 90% of plants that grow on land associate with AM fungi! This allows plants to thrive and remove carbon dioxide from the atmosphere through photosynthesis which help reduce the amount of IR radiation trapped

**AN EXAMPLE OF FUNGAL ACTIVITY THAT REDUCES GREENHOUSE GASES?**

AM fungi e.g. *Rhizoglyphus irregularis*

- The AM fungi has hyphae which grow around the roots of the plant and helps the plant with nutrient intake
- It is especially useful as it has a high surface area which allows nutrients to be absorbed quicker

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**AN EXAMPLE OF FUNGAL ACTIVITY THAT INCREASES GREENHOUSE GASES**

Anaerobic fungi that live in the rumen of ruminants (cow, sheep, deer, goat etc), such as *Neocallimastix patriciarum*

**HOW DOES IT WORK?**

- Ruminants eat forages such as grass
- The anaerobic fungi in the rumen produce enzymes such as cellulase and hemicellulases to break down the cellulose in the grass/plants
- This helps digest the food and produce volatile fatty acids (VFAs) which provide energy

**CONSEQUENCES=**

This causes methane to be released into the atmosphere when the ruminant passes wind which increases the amount of greenhouse gases in the atmosphere and can trap more IR radiation leading to an increase in the average temperature of Earth, leading to global warming and climate change.

**FUNGAL ACTIVITY- OVERALL INCREASE OR DECREASE IN CLIMATE CHANGE?**

In conclusion, fungal activity creates an overall decrease in climate change as even though we cannot see them, they contribute to reducing the rate of climate change.

**HOW DOES CLIMATE CHANGE AFFECTS FUNGI?**

- Climate change can lead to desertification and droughts
- However, spores require water to germinate and so climate change can reduce the amount of spores produced
- This means less spores spread by wind and leads to an overall decrease in fungi population
- A lack of a certain fungi e.g. AM fungi can mean that trees and plants receive less nutrients and so there is less glucose produced for the fungi as well, creating a decline.
- This creates a large problem as 90% of plants that grow on land are supported with AM fungi

With an increase of our population becoming vegetarians and vegans, more plant based food e.g. Quorn™ which is made from a fungus called *fusarium venenatum*, which is better for the environment compared to meat e.g. beef (Quorn Mince has 90% lower carbon footprint than beef)

As said before, AM fungi lead to an overall decrease in climate change as it helps increase nutrient uptake required for plants which take in carbon dioxide and decreases the rate of climate change

Wood decay fungi (decomposers) break down cellulose and lignin by secreting enzymes such as cellulase to put back nutrients into the soil which are necessary for plant growth e.g. nitrogen and phosphorus, this allows them to continue photosynthesising and remove carbon dioxide

## Microbiology competition commendation for Lymm High student.

Year 11 Charlotte Liu has won Second Prize in the KS4 Secondary group of the MiSAC competition 'Fungi and Climate'. Her work entitled 'What You Didn't Know About Climate Change' won £50 prize money for Charlotte and £125 for Lymm High School from the Microbiology in Schools Advisory Committee (MiSAC).

Head of Biology, Mr Flynn had announced the competition on Show My Homework and said he was really impressed with Charlotte's entry. "It really was fantastic", he said. "It was all her own work and was so good." All of the 2021 entries can be seen on the MiSAC website

([www.misac.org.uk](http://www.misac.org.uk)).

The 2022 competition 'Microbes Made My Lunch' is now open for entries. For further information, [click here](#). If you would like to enter, please see Mr Flynn.

# WORLD CLASS CHARACTER

Jay shows world class commitment to achievement.

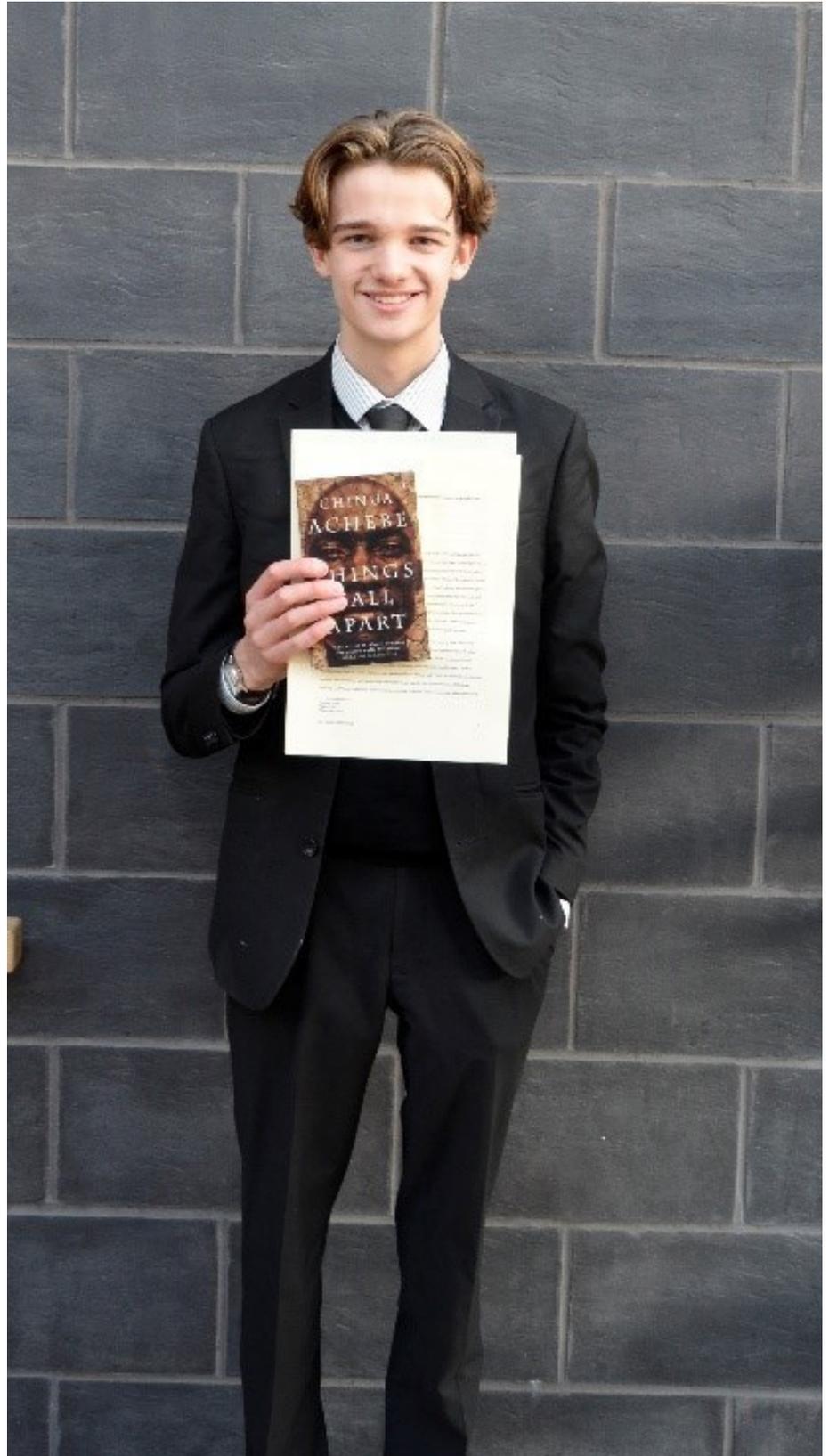
**Y**ear 13 Jay Palombella has been shortlisted for the World Class Schools' Student Character Award.

Last month, Jay was highly commended for his writing skills when he entered Trinity College Cambridge's Gould Prize for Essays in English Literature.

Following his commendation Jay's teachers nominated him for the World Class Schools Quality Mark Character Award.

This is awarded each month to a student who has demonstrated a particular World Class characteristic to a World Class standard.

Well done Jay! You're now on the World Class School's Hall of Fame!



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# ARTIST IAN MURPHY VISITS LHS



On Monday 29th November, contemporary artist Ian Murphy delivered a mixed media workshop to GCSE and A 'level artists from Years 10, 11, 12 and 13.

Based in the Art Department for a full day of practical activities, students learnt about Murphy's career, working practices and techniques.

Working primarily from direct observation, his distinctive work explores architectural forms observed on his many travels abroad including those to Europe and the Far East.

The workshop challenged



students to work quickly on multiple pieces at once, pushing them out of their creative comfort zones to discover new ways of working with a variety of exciting techniques and materials.

With the opportunity to observe first-hand work on canvas and in sketchbooks, students were kept busy with a variety of materials as they learnt to apply his techniques to their own work.

Ian's visit was a welcome and valuable opportunity for students to widen their creative practice and learn about how a working artist makes his living.

All students involved had a fantastic day, and took away a range of new processes to experiment with and develop into their own coursework, along with some amazing responses to support their current projects.

# COLLECTIVE MATTERS

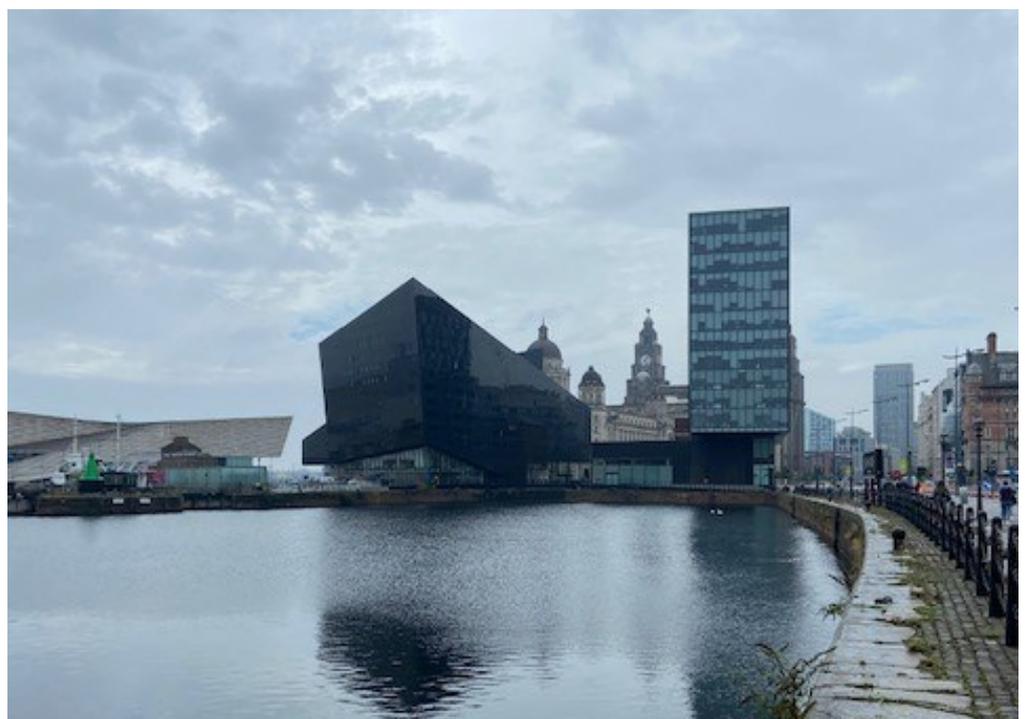
## Photography students get creative at the Docks

In October, GCSE Photography students spent the day exploring the Dock area in Liverpool.

This included a visit to the photography exhibition 'Collective Matters' at the Open Eye Gallery, which displayed work from a number of artists and photographers across the North West.

As students are currently working on their projects titled 'Architecture' this was the perfect opportunity to take plenty of shots inspired by their chosen photographers.

With a huge range of interesting buildings and structures all over the Liverpool Docks area, students have gathered some fantastic photographs to utilise in their coursework.



# ECO STUDENTS STEP UP FOR TREE FESTIVAL

Lymm High School students use recycled items in annual Christmas tree festival.



We take part in the St. Marys annual Christmas Tree Festival each year, in which participants are asked to decorate their tree in response to a particular theme around Christmas.

This year the theme was 'Celebrate' and the Lymm High School Art Ambassadors chose to respond to the theme in an eco-friendly way, by 'celebrating' recycled materials to make their very own Christmas decorations to put on the Lymm High School Tree.

Ambassadors used a wide range of materials from old disused yarn to cereal boxes to create some lovely decorations.

The festival is very popular with residents and visitors alike, providing a delightful focus for people in the run up to Christmas.

Students enjoyed taking part once again this year and the trees look wonderful. It certainly helped us get in the festive spirit!

# STUDENTS ENJOY THE FESTIVE PERIOD AT LYMM HIGH SCHOOL



Carols, turkey, Christmas jumpers and karaoke – students and staff get into the Christmas spirit!

Christmas has well and truly arrived at Lymm High School this month as students enjoyed a number of festive events before the end of term.

Celebrations began with both staff and students proudly supporting Christmas Jumper Day, a Save the Children initiative.

We're always very proud of our students who take part in

the many activities that contribute positively to the lives of others within our school, the local community and wider society.

Christmas jumper day was no exception, as everyone donned their most fab-yule-ous knits to help raise money for the children's charity.

Our catering team also created a very delicious Christmas dinner menu once again this

year for students and staff to enjoy.

To keep the festivities going, staff stepped up with a Christmas karaoke in the main hall.

Students were treated to a range of Christmas hits performed by teachers and support staff with chocolate treats thrown to students who got into the spirit of the event by singing along the loudest.

# SOCIAL RESPONSIBILITY IN ACTION

One of our core values at Lymm High School is promoting socially responsible students. During each newsletter, we want to share examples and celebrate our students promoting these values. It is incredibly important to look at how we can be empathetic to others and listen.

The school has recently had several socially responsible initiatives with: Kindness week, Bleakholt Animal Shelter collections, Warrington Homeless Shelter collections, Christmas Shoebox appeals, Children in Need, Staff Association donation to Mind and more.

Being socially responsible and sharing this to raise awareness to others is a key part of our wider education as a school. Thank you to all of the staff and students who have embraced this over this first term back.

## Students Camp Out for the Homeless

Olly Murphy (10WH) and Eloise Hennessey (10TH) have been working with their local Explorers group to raise awareness of the plight homeless people face this winter.

Both Eloise and Olly have been keen to demonstrate their values of social responsibility by gathering food parcels for the Foodbank, and then camping out for homeless people in the local area.

They camped out in a small makeshift shelter as part of their Explorer Scout group in late November.

As individuals committed to raising awareness of social issues, they felt it was an important cause to back. Being able to describe tough winter conditions was a pivotal part of their camp out, as they develop empathy for those around them.

They have then been able to share their experiences and explain to others how they can help charities provide for rough sleepers.

As part of their charity drive, they also appealed to local businesses and families to donate food or hygiene parcels to their Foodbank and any donations they received were promised to be matched by their group.

Through this charity appeal they have helped to provide for more families in need this winter.

Olly and Eloise's commitment to social responsibility in the local community is just one of the examples of things our students do.

If you would like to share your examples of kindness and social responsibility, please email Mr Skilbeck ([lskilbeck@lymmhigh.org.uk](mailto:lskilbeck@lymmhigh.org.uk)) as he would love to hear about them!

# CHARITY FUNDRAISING

Lymm High School students have taken part in a number of events to raise money for charity during the past few months.

In total, students have succeeded in raising over £5,000 for some very worthwhile charities including Children in Need, Wear it Pink, Macmillan, Save the Children and the Movember foundation.

In addition, students and staff have done an incredible job with the Foodbank this term and we have a mountain of items being collected before Christmas. A coat and blanket appeal for the homeless has also been a huge success.

These causes have become a very important focus for the whole school community over the past few years and it has been a real team effort with all staff, students and parents getting involved. It has been great to see that by acting together, we can make a difference.



## Wear it Pink!

Well done to our sixth formers who participated in October's 'Breast Cancer Now' charity event. A total of £1089 was raised thanks to those of you who wore pink, bought cakes and watched the girls smash the boys at netball! The winning score was Netball 20, Rugby 5.



## Movember

Lymm High School sixth formers and staff were pleased to raise funds and awareness for Movember this year. Mr Dobson, Mr Skilbeck and Mr Thompson, along with other students and staff, took part in the November event which raised a fantastic £550 for the cause.

## Macmillan

We are thrilled to announce that our school raised £1085.94 for Macmillan from this year's annual coffee morning. We were blown away by the fantastic contributions from students with a whole range of delicious baked goods on offer once again this year – well done to all involved!

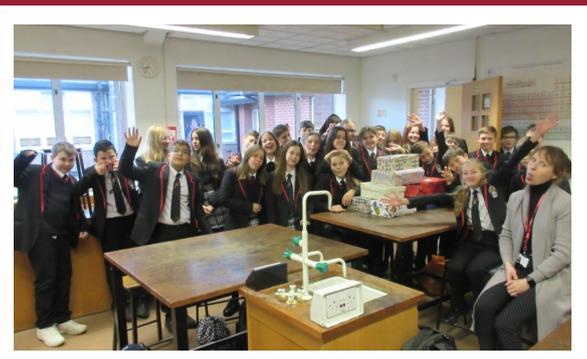


## Christmas Shoebox Appeal 2021

The Christmas Shoebox appeal was a great success again this year!

Students at Lymm High School have created a number of shoeboxes for Manchester Street Angels, a charity which works tirelessly to help vulnerable members of the Manchester community.

Well done everyone!



## Children in Need

One of THE highlights of the Sixth Form calendar is the annual fancy dress day for Children in Need. On Friday 19th November Year 12 and 13 students donned a number of creative costumes and collected donations for this amazing cause. The event raised an impressive total of £2491.52 for the charity – a fantastic effort!

# AUTUMN INTERNATIONAL SUCCESS



Alumnus Alex Mitchell scores for England on senior debut.

Alex Mitchell, former Lymm High School student 2008-2015 became the second full Rugby international that LHS has produced this Autumn.

Following on from former student David Strettle (1994-2001) who gained 14 caps on the international stage, Alex was selected as a 'finisher' for the Autumn Internationals against Tonga after he represented England versus the Barbarians in 2019. Having represented his country at every age group from under 16s to under 20s, this was his first full cap for the Red Rose.

Coming on for his debut in the second half, we thought Alex crossed the white wash for his first try but this was pulled back by the TMO for an offside. The disappointment was not to last when Alex rounded off the scoring with the 11th and final try for Eddie Jones' side as they swept aside the Pacific Islanders 69-3.

Alex began his rugby career at Lymm Rugby club before joining Lymm High School and was taken under Mr Atherton's wing in Year 7. He flourished for two years playing in a centre position alongside former students

Mark Dixon and Luke Richards. Together, they formed the 'smallest' 10, 12, 13 partnership the school has ever seen; making pace, skill and vision the winner for that back line. It wasn't until Year 9 when Mr Pickles moved Alex to 9 and Luke to 15 and loaded the midfield with 'bigger' boys, that Alex started to play scrum half.

With his brother James Mitchell doing well at age-grade international level and Sale Sharks Academy, Alex knew he had to perform to live up to the standards his brother was setting.

Alex signed professionally with Northampton Saints when he left Lymm High School at the end of his studies.

During his time with the club Alex suffered a major knee injury that, after surgery, unfortunately left him out of the game for over a year.

The scrum half helped the school get to the quarter finals of the U15s Daily Mail cup and then for the 1st XV getting to two more quarter finals losing to Stowe, Dulwich and Oundle, where the Curry twins were in the back row.

They are now both plying their trade at Sale Sharks, Tom Curry being one of the best back rows in the world getting to a world cup final in 2019 and representing the British Lions in South Africa in 2020.

Alex toured South Africa with the school in 2013 when he was Year 11, giving him some experience of playing in the southern hemisphere.

It is a fantastic achievement for Alex and the school, it just shows that you can change your position and as long as you keep trying and commit yourself to the game, you are able to achieve at the highest level.

# BLACKBELT FOR RUBY BRAMHALL



Year 7 kickboxer earns black belt.

**R**uby Bramhall is celebrating earning her junior black belt. It was Ruby's ambition to be promoted to black belt before starting Lymm High in September.

Not only has the Year 7 achieved this, she managed it despite the Covid lockdowns.

To catch up on the lost time, Ruby trained six times a week

at Warrington Kickboxing Studio on the Wolf-Gym's K3 programme.

The photo (courtesy of Warrington Guardian) shows Ruby's other honours: eight belt promotions, two kickboxer-of-the-month trophies and 16 class medals.

Well done Ruby!

# LANCASHIRE CRICKET COACH OF THE YEAR

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Lymm High School English teacher awarded cricket coach of the year.

**A**n English teacher from Lymm High School has been selected as Lancashire's Young Cricket Coach of the Year.

When not teaching at LHS, Mr Skilbeck, once of Ben Stokes' former club, Cocker mouth in Cumbria, coaches juniors at

Alder CC in West Derby and works with Academy North.

Nominated behind his back for the honour by Wavertree mainstay Phill O'Brien, on receiving the title Mr Skilbeck said:

"Generally, cricket in Liverpool is just so healthy at

the moment. It's just so positive - that's down to all the clubs, and a lot of volunteers, but it was nice to get an award and that recognition as well."

To read a full article regarding Mr Skilbeck's recent achievement please click [here](#).

# BLUE PETER CHRISTMAS LIVE SHOW

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Lymm High dancer selected to perform live for Blue Peter Christmas show!

**T**alented Lymm High school student, Bronte Goodwin has been selected to open this year's Blue Peter Christmas Live show.

Along with her dance school, Bronte, currently in Year 7, successfully auditioned for the coveted opening spot against a number of dance schools from across

the country.

Bronte spent all day rehearsing their routine with presenters at the BBC Studios in Salford Quays on Thursday 16th December, with the show to follow live later the same evening.

Congratulations to Bronte for such a fantastic achievement!

## UPCOMING IMPORTANT DATES

**Friday 17th December**  
Autumn Term Ends  
(Early closure 12.15pm)

**Tuesday 4th January**  
Spring Term Begins

**Thursday 20th January**  
Y9 Choices Evening

**Thursday 27th January**  
Y11 Parents' Evening

**Thursday 10th February**  
Y9 Parents' Evening

**Friday 18th February**  
Half Term Break Begins  
Y9 Choices Deadline

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