



Lymm
High School

FOUNDED c.1592



Read yourself better
Pg. 14

There are many benefits to reading for pleasure. Why not start this summer holiday?

Visual Arts Exhibition
Pg. 28

Year 11 and Year 13 showed off their Fine Art, DT, Fashion & Textiles, Photography and 3D Design work.

NEWSLETTER

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HERE COMES SUMMER

Yesterday's Colour Run was just one of our many celebratory events this term.

Students enjoyed running through the coloured powder on our first ever Colour Run (see p.2). It was a fabulous end to our summer term and a culmination of special events over the last 2 weeks.

We said goodbye to our Year 13 and some Year 11 students at our Proms (p.8) this month. The Summer Concert (p.4) showcased school's performing arts department to perfection.

Our awards ceremony (p.6) gave us the chance to celebrate the outstanding achievement, progress and commendable effort of our winning students. We wish all our parents, carers and students an enjoyable summer break!



COLOUR RUN FUN

Lymm ran its first Colour Run for Founders' Day this year.

After a long build up and a day of celebration and reflection, it was fantastic to celebrate all of the money we have raised for our Hall charities. Students have been gathering sponsorship money throughout Half Term 6 for the colour run and their associated Hall Charity:

- **Arley:** Meningitis research foundation.
- **Dunham:** Help for Heroes
- **Moreton:** The Christie
- **Tatton:** Claire House
- **Walton:** St Rocco's Hospice

It was Moreton who claimed the Inter Hall charity shield this year, but it was excellent to have Claire House present, who Tatton have supported, during the Colour Run.

The event replaced the usual grounds walk, as staff and students created a fantastic party atmosphere. Starting from the art balcony, it was Arley's Year 7s who got us up and running and were met with a sea of red. As students continued around the course they got covered in green, blue, pink and purple eventually returning as a wonderful dynamic array of colours.

As students were waiting to set off or for other Halls to finish, Mr Gornall, Ms Moreno and Mr Skilbeck kept the crowds entertained with plenty of music and dancing from the balcony. Students helped dance the afternoon through, and we even managed to fit in an impromptu gymnastic competition.

A special thanks goes to Mrs Feast and Mr Hayes who have spent countless hours organising such a fantastic event. It was great to see so many smiles on faces and raise money for our well deserving Hall Charities.



SUMMER CONCERT

Parents, staff and students enjoyed an evening being entertained by the Performing Arts department on Monday 11th July.

Following on from the Year 7 and 8 meet-the-tutor event, the Lymm High Summer Concert 2022 took place on an outside stage on a glorious summer evening. The audience watched from deck chairs and picnic blankets scattered across the school field.

The show started with the Boys' choir singing *Riptide*, and the Girls singing *Yellow* and *Rolling in the deep*. The

Year 8 singers then performed their rendition of *Imagine* (see p.16).

The brass band followed with a varied array of musical pieces, including *Funky Town*, Billie Eilish's *No Time To Die*, and *The Final Countdown*. James Brown's *I Feel Good* was a particular highlight!

During the interval, the audience were treated to a hog roast and salads, served by the

school's catering staff. There was also a bar, run by the PTA, which offered welcome refreshments on the very balmy evening.

To the right of the school field, a cricket match was being played and the distant thwack of leather on willow helped emphasise the English countryside at its best. Lymm High's spectacular grounds couldn't have been on better display.



The second 'Act' of the concert featured Lymm High's String ensembles. The juniors performed first and included students from our partner primaries playing *Syke Boat Song*, *Popcorn Pizza* and *Fairy Dance*. The senior strings covered *Hallelujah*, *Viva La Vida* and *Angels*, and featured a troupe of Year 8 dancers who performed in front of the stage.

Year 9 Bella Galloway then gave a powerful rendition of Adele's *Make You Feel My Love*. Zac Green and Izzie Rothwell followed with *Fields of Gold* as a tribute to two much-loved members of the Performing Arts department who sadly passed away this year.

The Concert was brought to a close with Chuck Berry's *Johnny B. Goode* performed by the Staff band, featuring Mr Scott, Mr Gornall, Dr McCombs, Mr Starkey and Mrs Wheeler.

Thank you to everyone who participated and attended. It was a lovely evening.



LYMM HIGH SCHOOL AWARDS EVENING 2022



Students were once again recognised for their high achievements with an annual awards evening on Thursday 14th July.

The celebratory evening began with drinks and canapés served by Lymm High's catering students.

During the ceremony, Heads of Faculty, Heads of Year and members of the Senior Leadership Team spoke highly of the outstanding achievement, exceptional progress and commendable effort of the award winners. Over 100 students were recognised for their outstanding academic,

pastoral, personal and sporting achievements over the past year.

The evening was also filled with performances from Lymm High's String ensemble made up of Year 10, 11 and 13 students: Cameron Tomlin, Milan Tomlin, Evie Crofts, Bastiaan Tavernier, Alina Mittag and Ruby Davies.

Year 7 student Georgina Osborne sang a beautiful rendition of *Colours of the wind* during the first interlude.

Year 9 Bella Galloway then did a powerful performance of *Make You Feel My Love* during the second interlude.

The Head of the Student Leadership Team, Emma Parkinson, was awarded the Woodyatt Cup for Social Responsibility. Emma's Community Hero Awards initiative was formulated this year in collaboration with Lymm Radio and will hopefully become an annual event.



The Deputy Heads of the Student Leadership Team, Thomas Lea and Jamelia Stewart, won the Archer Award for Service.

A member of staff was also thanked at this year's ceremony. Huw Thomas, who has been part of Lymm High life for 40 years, is retiring at the end of this year. Mr Williams thanked Huw for his exceptional service to school, the PE Department and the Hall system, and said that his

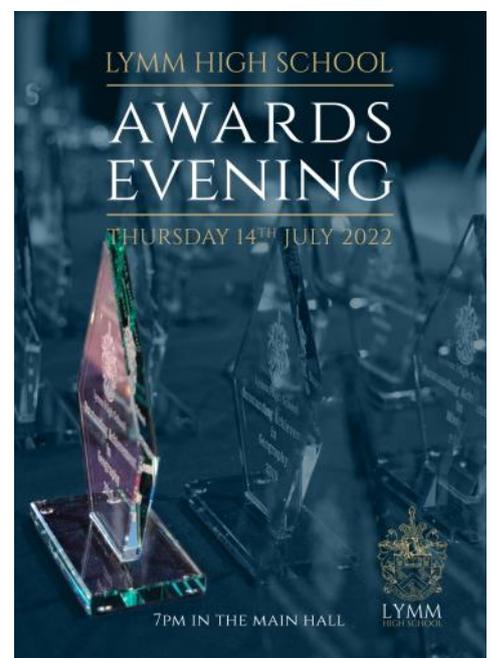
smiley face would be hugely missed.

The evening ended with the most prestigious award of 'Outstanding Contribution to School' being presented to Year 13 Tyler Lovatt who was thanked for all his hard work, volunteering and effort at school.

All of the winning students were praised by Mr Williams for their hard work. As were their parents for supporting them in their endeavours.

"We are really pleased that the students' efforts are recognised in this annual ceremony. It's a very important part of the school calendar", said Mr Williams. "Very well done and huge congratulations to all of the winners. You should all be very proud of yourselves!"

The programme for the awards evening and the full list of winners can be [downloaded here](#).



GOODBYE YEAR 11



A huge thank you to all of the Year 11 students who attended the Prom on 30th June, writes Mrs Wagstaff.

“Students were an absolute credit to the school and to their parents. It was a lovely evening and a great way to celebrate the end of their time with us at Lymm High School and to say goodbye.”

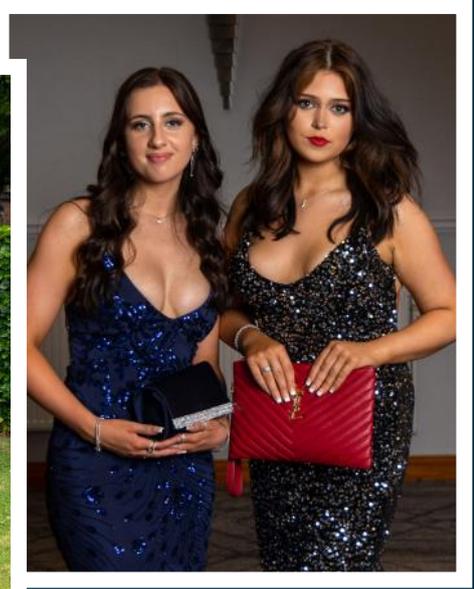
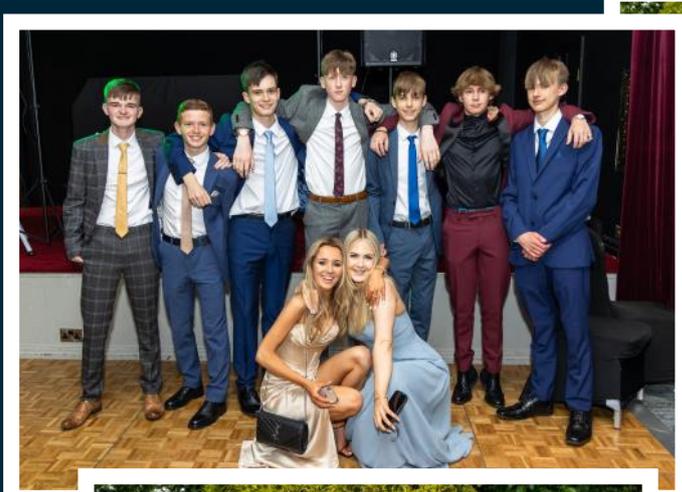
“I would also like to thank all of their parents and carers for their support given to both them and to Lymm High School over the last five years. It has been a great pleasure to have been their Head of Year during this time and I wish each and every one of them the

very best of luck in their GCSEs and in their futures.”

“Whatever it is they go on to do, I wish them every happiness.”

The Year 11 Prom took place at the Park Royal Hotel in Stretton.

The photos were taken by Andrew Collier Photography.



SUMMER SELF-CARE



Summer is the ideal time to think about your self-care.

With (hopefully!) long sunny days and warmer weather, there will be more opportunities than ever to switch up your routine and enjoy what the season and break from school days has to offer.

Here is a self-care checklist to get some ideas for taking care of yourself this summer holiday. We hope these suggestions will help you get moving, get outside and enjoy the sunshine so you come back in September refreshed having built

positive routines that can last through the seasons.

- **Ditch the couch and relax outdoors.** Grab a blanket or deck chair and something to read and set up camp on a shady patch of grass.
- **Go for a stroll.** A long walk can be a great way to clear your head and enjoy a warm summer afternoon. You can also grab a friend and get your exercise while catching up.

- **Explore your local area.** During lockdown we may have become too familiar with our walk around the 'block' but take a step out and start to appreciate again what is on your doorstep!
- **Give Gardening a go?** Gardening can be a nice way to meditate, enjoy the outdoors and get some sunshine. It can also serve as a bonding time with your family or a way to make new friends. And at the end of the day, you can enjoy the literal fruits (and vegetables) of your labour!
- **Tidy one small space.** Perhaps a drawer or the top of your desk – even having one space clean and free of clutter can help you feel calmer.
- **Make a summer feel-good playlist.** Bring on the summer tunes! Music can be an effortless way to improve your mood and motivate you to get moving. Bonus points for listening while exercising or cleaning.
- **Have a picnic.** Enjoying a meal outside can be an easy way to get some fresh air and sunshine and shake up your daily routine.
- **Try a new exercise.** Getting those endorphins flowing can help calm your mind and improve your mood. Think about doing something outdoors like hiking, tennis or swimming. Just don't forget your sunscreen and bug spray!
- **Look for things going on in your community.** Search online or in the newspaper for events going on around town. Consider outdoor movies, car boot sales, festivals, farmers' markets, concerts or dance classes. Making fun plans can help you feel excited and give you something to look forward to.
- **Start, or continue, a journal.** Writing can be a great way to express how you feel and check-in with your emotions. Or, it can just be a place to doodle or draw. Make it whatever you need.
- **Reconnect with someone.** Call an old friend – or even a grandparent or other relative.
- **Do an at-home spa day.** Taking a bubble bath, using a face mask or doing a DIY pedicure can all be affordable ways to help yourself feel cared for. A candle, essential oils and relaxing tunes can all add to the spa vibe.
- **Practice mindfulness.** Try meditation or make a list of 10 things you are thankful for. Use the Headspace or CALM apps to help you!



- **Do a wellness check-in.** How did your last week go? Is there anything you could do to make next week better? Maybe you need more sleep, more social time or to prepare some healthy meals before your next busy week. Take a moment to reflect and think about how you can make time for whatever you need to best care for yourself.

The images on these pages can help to hopefully give you ideas for reflection and being kind to yourself this summer.

Even small changes to your routine can improve your self-care practice and overall mood. Focus on new ways you can be active, get outside and get involved with your community. Make this summer a season of self-care.



DID SOMEONE SAY SAY "ICE CREAM"?



Students who won a Golden Ticket as a reward for Hall Points were invited to claim an ice cream from the van. Ten lucky winners for each year were drawn out to get a free ice cream!

"It was a fantastic sunny lunchtime, which made the ice cream even sweeter!", said Mr Skilbeck. "I had loads of students coming to check their Hall Points and ask how they could get more involved in future draws. It's great to see the students so involved in the Steps to Success ladder this term."





You are not alone this summer

Find support on kooth.com





READ YOURSELF... BETTER

This term in assembly, Miss Mulholland talked to students about the many benefits of reading for pleasure.

Whether in Year 7, or Year 13, the things books can teach you and the many ways they can enrich your life are endless. Reading affects your brain in numerous positive ways, and makes you a better, more effective thinker.

There has never been a better time than the summer break to get lost in a book and create some new reading habits, so Miss Mulholland set out to prove to our students how reading – be that on holiday or at home! – could be the very best way to spend this summer...

Reading... and social responsibility

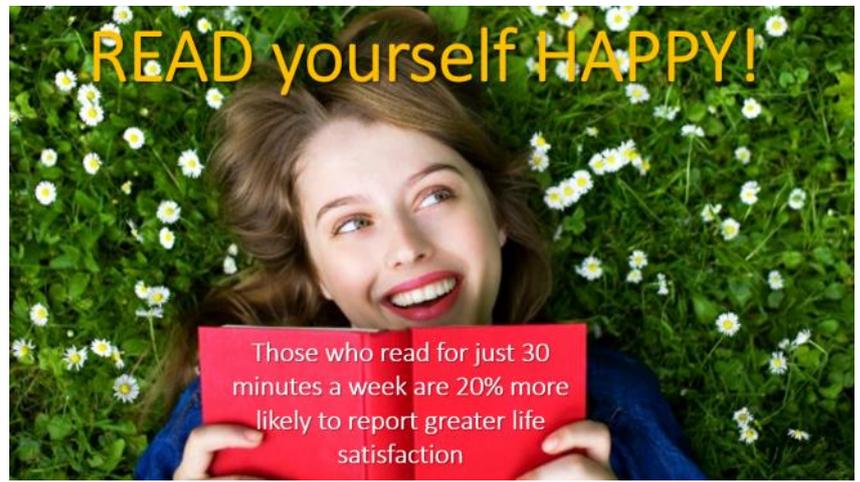
Research suggests that those who read fiction are more empathetic, and higher literacy skills are associated with having a better sense of community and belonging. Those who read are more likely to trust others, and are more likely to empathise with others. Reading for pleasure improves understanding of self, and the ability to understand others' identities. Did you know for example that reading *Harry Potter* has been shown to improve children's attitudes towards stigmatized groups, such as immigrants, refugees and members of the LGBTQ+ community.

Reading... and your brain

Reading improves your attention span, and the beginning-middle-end nature of stories helps our brains to think in sequence. Reading while still a child or teenager ensures this is embedded for adult thinking. Stanford University professors have also found that reading for pleasure improves blood flow to the brain, and improves general brain health.

Reading... and mental health

Those who read are also more likely to report positive mental health and self-esteem. Those who do not read are more likely to be affected by depression, and this has also been found to be exacerbated by frequent television and screen time. Those who read also sleep better, and are more likely to have the resilience to cope with day-to-day struggles. Did you know that reading for just 30 minutes a week is likely to improve your life satisfaction by 20%?



Reading... and academic success

Word knowledge is essential to all learning, particularly GCSE and A' Level success, and to this end reading is an incredibly powerful tool. Did you know that 14 year olds who regularly read know 26% more than those who don't, giving a huge benefit for learning and future success.

Interestingly, research has found that the impact of reading on success is actually higher in Maths than in English or History!

Easy steps to become a reader...



1. **Get to the Library!** (Use our ILC or your free school log in to the SORA app if you prefer to read on an e-reader – Kindle – or tablet). Use www.Lovereading4kids.co.uk for inspiration if you don't know what to read



2. **Give it 2 chapters...** if it's not for you, try something else!



3. **Set a timer:** Whether you want to read for 10 minutes or 30 minutes, it will stop you getting distracted and allow you to fully immerse yourself.



4. **Put your phone out of the way,** so you're not distracted by social media



5. **Remember all reading is valuable** – news articles, factual books, magazines, autobiographies, interviews. Use an e-reader or a tablet if you prefer this technology.

Reading... and professional success

There is also a clear connection between reading and financial stability. In fact, Tom Corley's research in his book *Change your habits, change your life* found that 88% of the CEOs he interviewed read for at least 30 minutes a day! Reading is a lifelong habit that continues to have a positive impact into adulthood.

To support and promote reading in school, we are launching our '14 before 14' and '16 before 16' challenge, which students can get involved in. Students can collect a passport stamp card from the Library to track their reading, and will receive a stamp from our library staff for each book they



can 'check off'. Prizes and Hall Points will be awarded to all those who take part and manage to complete their challenge before they reach 14 or 16 years old. While we will be launching this formally in September, for those who want to get stuck in and make use of the long, hot summer that stretches ahead of us, there has never been a better time!

Students also have access to the SORA app for free providing unlimited reading of e-books. Full details of how to access this can be found by [clicking here](#).

So what are you waiting for? Get comfy, find a spot, and read yourself... smarter, kinder, happier and more successful this summer.



CHESS CHAMPS

Having resurrected the Lymm High School Chess Club, I can honestly say it is growing in strength, writes Mr Morrison.

The club is held on Tuesday and Friday during the school lunchtime. Originally, it was for Key Stage 3 and Key Stage 4 but most of the interest has come from Years 7–9 students and primarily from Year 7.

Most students that attend can either play chess or are taught how to play it by their peers or by myself and Mr Soykir—who is somewhat of a ‘Grand Master’. As the year progressed we introduced a chess league, where each student played different opponents each session. That league has shown great tenacity and energy from all of the 20 participants, and we now have a clear winner—Emily Burnett (7TH). Emily has shown great enthusiasm and has improved vastly over the year. In second place is Atticus Burnett (Year 12) and third place Caleb Reszka (7AH).

Emily and Ted Murphy recently took part in the Junior Rapid Chess Play Championship at the



Lightcliffe Skoda in Warrington. Fortunately, with the skilled coaching from Mr Soykir, Emily and Ted were both placed in the top five out of 19: a respectable placing considering it was their first venture in such an event. Both thoroughly enjoyed the experience and look forward to more challenges where hopefully there will be more participants from Lymm High School present.

We are all looking forward to a summer break and plenty of new ‘opening gambits’ in September 2022.



IMAGINING PEACE

Lymm High students have recorded a song to help support the Ukraine Crisis Appeal. Dr McCombs explains how the track came about.

As the tragic events in Ukraine began to unfold at the end of February Mrs Richards suggested, well actually insisted, that we do something to support the Ukraine Crisis Appeal. So, on March 9th, Mr Gornall and I spent the day with 11 Year 8 Students to record a song, the proceeds of which would go directly to that appeal.

The song we chose was *Imagine* by John Lennon, from 1971, which is very famous for its pacifist message. Lennon is asking us to envisage a place where the things that divide us, like religion and possessions, did not exist. It is a strong political message

wrapped up in a beautiful melody. John Lennon must have realised that the softer approach would allow a wider audience to listen to his message: If you want peace, first you must imagine it.

*“If you want peace,
first you must
imagine it.”*

Recording a song can be a long process, and an arduous one. Mr Gornall was responsible for the technical side of things – not just recording the sound but making sure it sounded

like we were in a beautiful space, not Mr Starkey’s classroom. We made the instrument tracks digitally, with a combination of Mr Gornall and I playing in and programming the sounds in an audio processing software. After that we were ready for the students to sing. They sounded fantastic, which is especially admirable given that they learned the song and its harmonies only 1 hour before they began to record the track.

We’re very proud of the track we were able to produce and so we shared the track with our colleagues at World Class Schools, who said: *What a brilliant initiative, and a well-*

deserved nomination, we're delighted to put your students forward for our character award (Maria Georgiou, Project Manager, World Class Schools).

We were runners up for that award, and since then the song has been shared across all of the World Class Schools media platforms. It's also been played a number of times on Lymm Radio, who are also really impressed by the song.

Don't forget, there's still time to stream the song on Spotify, Apple Music, or YouTube, with money going to the appeal every single time you listen to the track.

Well done to all those students involved!

- Daisy Nurse
- Isabelle Pilkington
- Scarlett Kelly
- Lily Norton
- Annie Martin
- Tilly Scammell
- Liam Robinson
- Ollie Rickers
- Adam Miller
- James Leung
- Jingjun Zeng



Supplies for Ukraine

When news of the Ukraine attacks broke, staff and students within the school began to consider what support could be offered to those in need. Several students suggested donations of helpful items would be preferable such as clothes, food and medical supplies. We thought the donation of these items would resonate more with students as they could see exactly what support was being given. We contacted several Polish aid organisations in the local area but unfortunately their donation centres were already at capacity. We were then given a contact of a Ukrainian lady who had successfully set up a charity in Manchester. Over the past few months we have developed a relationship with Oksanna and her fabulous charity.



Mr Hayes and Miss Moreno delivered two minibuses filled to the brim and further donations are planned for Founders' Day.

Oksanna also came into school to film a video with our Sixth Form media students. This video was then shown in assemblies to illustrate to students what had happened to their donations and how our school has been part of a much wider collaboration to support Ukraine.

FOUNDERS' DAY

As part of our Founders' Day celebration, we wanted to seize the opportunity to strengthen our community links and give something back!

Being the closest church to the site of our original school, we have been very fortunate to have built a great relationship with St. Mary's church over the years and therefore we were delighted to support them in creating some green space behind the church hall on Crouchley Lane.

Exercising our social responsibility in supporting our local community is one of our school's founding principles, and so we began

our Founders' Day celebrations early in July by taking a small team of Year 7 and Year 8 students, most of whom are members of our school Eco Club, down to St. Mary's church.

Assisted by Dr McCombs and Mr Skilbeck on day 1 of the project, students were met with a fairly blank canvas. The overgrown brambles had been professionally removed, leaving a couple of large flower beds and plenty of overgrown weeds! Our

students got straight to work, and in the space of a couple of hours had managed to remove most of the weeds in the flower beds and place the membranes down, ready for planting. The progress in such a short space of time was incredible to see, not to mention the cheerfulness and willingness of the students to get stuck in!

On day 2, students continued to remove the weeds, as well as tidying up a second flower bed, which is to be preserved





as a memorial garden. Credit must also be given to Dr McCombs who, knee deep in mud, managed to unblock a clogged drain pipe!

On the third and final day, students turned their attention

to the Wendy House, which was a little tired and in need of some revival. Rolling up their sleeves, our enthusiastic team got straight to work, painting the Wendy House a very bright and vibrant violet,

making it the stand-out piece in the garden! Two of the girls on the team, were very lucky to be selected to plant the first official plant in the garden, a Queen Elizabeth rose in celebration of the recent



Jubilee: a very symbolic and ceremonious moment indeed! That left one final thing for the students to do, hang their bug hotels which they had carefully crafted by hand during DT Club with Mr Beardsall in the run up to taking part in the project. These bug hotels were gratefully received by the church and are a wonderful addition in supporting the church with their 'Eco Church' status.

All in all, the students were truly excellent and it was brilliant to see social responsibility in action, as well as their team work and enthusiasm throughout the three days. In thanking the students, St. Mary's were incredibly kind in putting on a 'Thank You' tea party which, as you can imagine, went down very well with our hard-working team who devoured the selection of cakes and biscuits!

Some members of the team shared their thoughts on the project at our Founders' Day church service, which took place on Wednesday 20th July in St. Mary's church.



KEEP OUR GROUNDS CLEAN



Sixteen students spent one of their break times helping to pick litter to keep our beautiful school grounds clean and tidy.

“A few commented on how much they enjoyed it and even how mindful it was”, said Mrs Tasker. Students at Lymm are always happy to step forward to help out and we were so impressed with their sense of social responsibility. “They also earned a few Hall Points in the process!”



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WINNING AT PHOTOGRAPHY

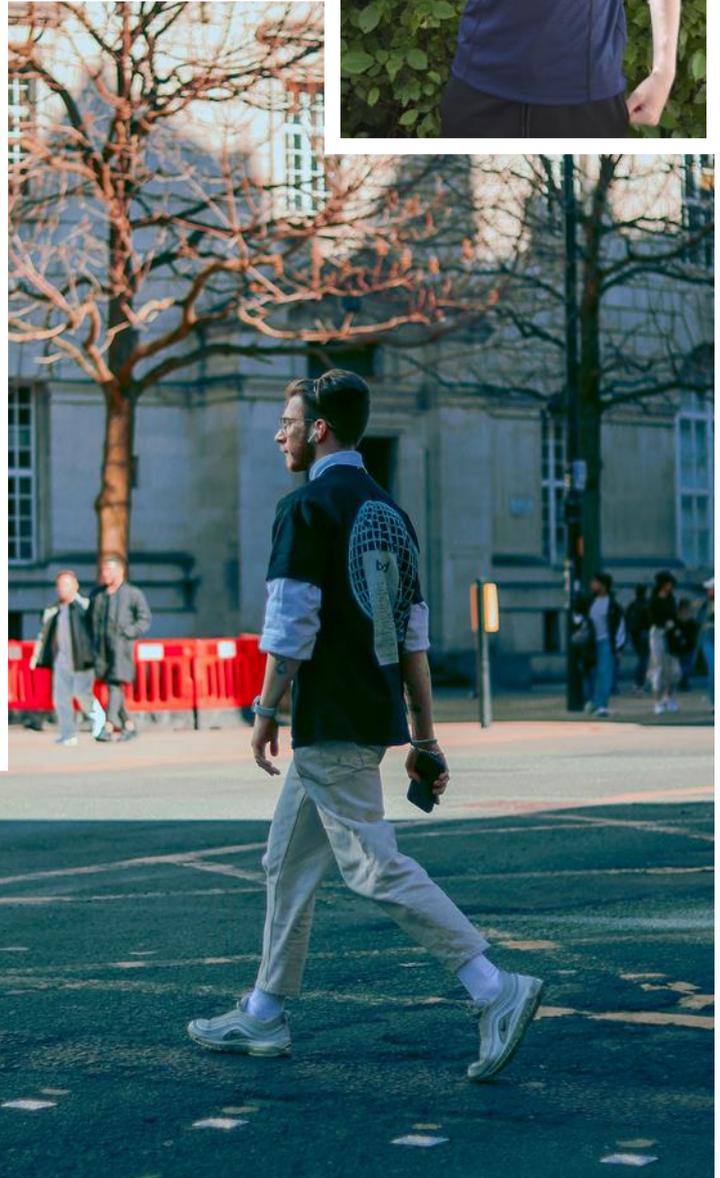
The 'Action' photography competition was a challenge open to students in all year groups.

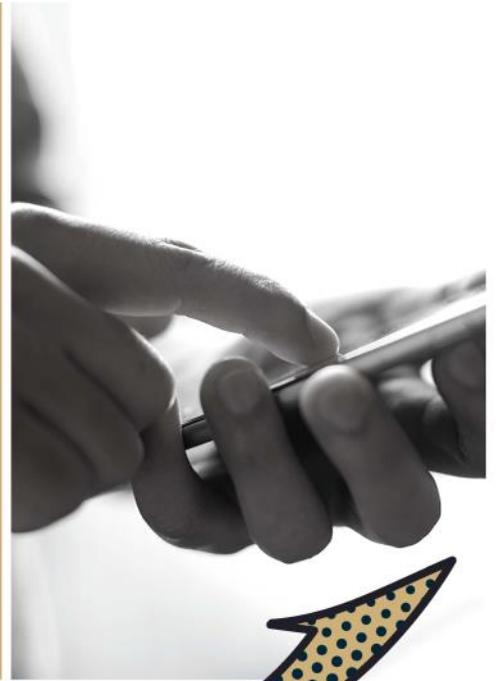
Students were asked to submit photographs based on the theme 'Action'. "There was a wide range of fantastic entries submitted from all years", writes Miss Simms. "A huge well done and thank you to all those who got involved."

The winner of first place and a 4K Action camera was Charlie Pemberton in Year 12 with his fantastic documentary-style photograph, capturing a passer-by in a busy city scene.

The winner of second place and a £20 Amazon gift card was Jayden Ecclestone in Year 7, with a stunning action shot of a scenic waterfall.

Third place went to Year 7 Sam Morris who won a £15 Amazon gift card for his spectacular photo of a bird feeder in action.





FASHION SHOW

The BTEC Level 3 Fashion Show took place on Thursday 23rd June.

The evening was a chance to celebrate the hard work of Lymm High School's Year 13 Fashion students. Their exciting collections of garments were exhibited down the catwalk.

Each of the students' collections were inspired by a wide range of themes, chosen and developed throughout their final year of the BTEC Diploma. These themes ranged from Fantasy to Sustainability. The night was a huge success, the models, students from all years at Lymm High, showed off the garments exceptionally down the catwalk.

All designers featured on the evening are going on to various Fashion-based degrees or apprenticeships, such as Costume for theatre and screen at Wimbledon College of Arts, and Fashion Business and Promotion at the University of Birmingham.

For more information and to view the Fashion Show programme, [click here](#).



Thank you to Year 12 Charlie Pemberton for the excellent photography (see p.24).



MASTERCHEF IN THE MAKING

As part of his Bronze Duke of Edinburgh Food Skill, Fraser Scott-Herron spent 2 days with the Church Green's Aiden Byrne. The aspiring chef describes the experience here.

I asked Aiden Byrne if I could spend a couple of days learning from him as I aspire to be a Professional Chef and eventually have my own restaurant. He was more than happy to support me. I did general chef work in the kitchen, prepped food, watched and learned. On the second day I prepared a meal and then my family came in to eat it that evening. It was Sea Bass with Calamari and wild garlic. The meal I was preparing was on the actual menu.

I learned how to gut a fish and to do all the correct preparations for a full service. Aiden even took me foraging for wild garlic. It was a great experience and my Mum and Dad said the dish was delicious – I think they had to say that.



I was very proud of what I achieved and was exhausted too. I did purchase my first set of 'whites' and Aiden said he would have me back in the future.

Royal receival

Amelie Hassett, who left Lymm High last year, has had her amazing oil painting/photography piece accepted in to the Royal Academy of Arts' London's Young Artist summer show!



OUTSTANDING EXHIBITION

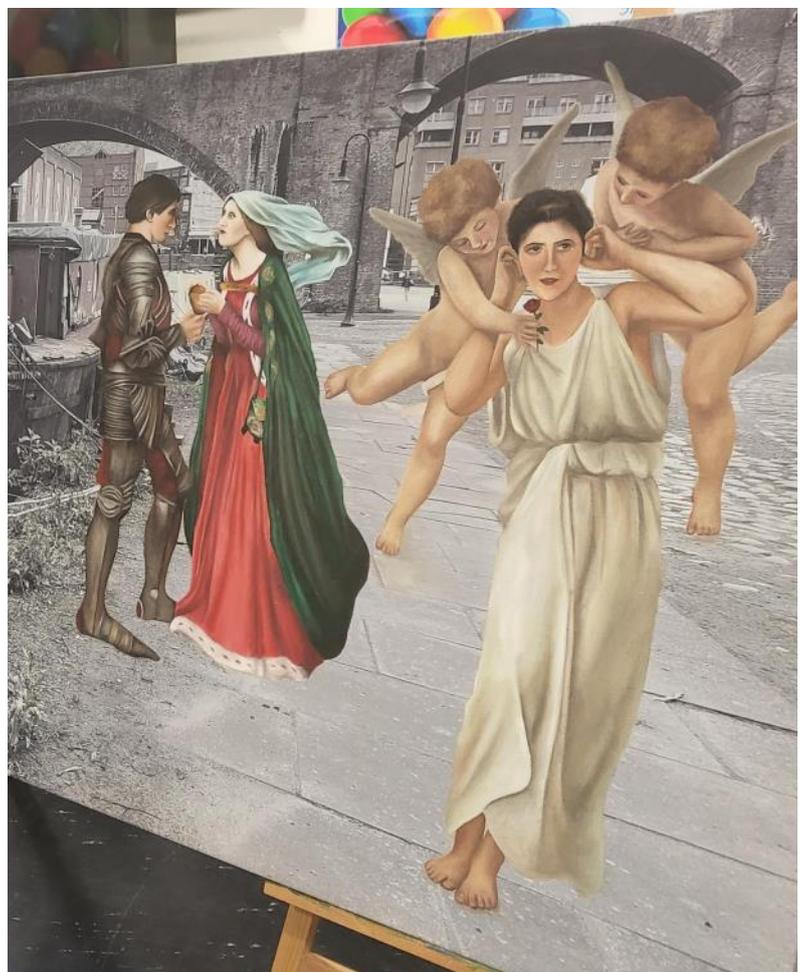
The Lymm High School Visual Arts and Technology Faculty hosted their end-of-year exhibition on Wednesday 29th June.

The exhibition featured a sample of work from Lymm High's Year 11 and Year 13 students from Fine Art, Design Technology, Fashion & Textiles, Photography and 3D Design.

The quality of work on show was outstanding and featured a wide range of themes and techniques.

The evening was a great success with plenty of visitors from start to finish. It was a fantastic way to celebrate all of the hard work and efforts of the Year 11 and Year 13 students featured.





TAKING PRIDE



As part of Pride month, our students undertook LGBTQ+ related activities during Form time and Life Programme sessions. We also had an eye-catching art installation in the Atrium. More permanent awareness of LGBTQ+ issues is now visible thanks to our new vinyl wraps on all external doors.

The LGBTQ+ Club's breaktime cake sale made nearly £150 for charity.



CHARITY CHOP

Year 8 Alana had a lot of her hair chopped off to donate to a charity for little girls who need a wig if they've lost their hair due to cancer treatment or other conditions.

The Little Princess Trust provides free real hair wigs to children and young people up to 24 years of age.

"It was shorter than she expected, but I'm very proud none the less", said her mum.

Well done Alana!



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GET AWAY
FROM IT ALL



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Childline is a service provided by the NSPCC, National Society for the Prevention of Cruelty to Children (NSPCC) 2022. Registered charity England and Wales 218401. Scotland SC037707 and Jersey 284. Illustration by Tilly Triumph. 20220220 NS2022

SPORTING HONOURS

Lymm High's sporting achievements were celebrated in assemblies last week.



Year 7 Emily, Evie and Selena.

Over this last school year, more than 70 students represented their county or equivalent in sports including athletics, cross country, dance, football, handball, ice hockey, lacrosse, netball, rugby, skiing, swimming and table tennis. Six Lymm High students represented their country.

At assemblies last week, Mr Hampton awarded PE Certificates to those students that have demonstrated resilience, responsibility, cooperation, self-motivation, respect and leadership. Well done to all those students!



Year 8 Sam, Alisha, Ruby, Amelie and Nathan.

Tumbling champion

Year 7 Harry Sands competed in the English Tumbling Championships in Telford at the weekend and finished in first place.

Tumbling is a gymnastics discipline in which participants perform a series of acrobatic skills down a 25m-long sprung track. This can include rolls, twists, handsprings or somersaults.

Very impressive Harry! Well done!





WOMEN'S EURO FOOTBALL TOURNAMENT

There were some fantastic skills on show this week in our Year 7–10 PE lessons as the girls groups competed in a tournament paying homage to the professional Women's Euro football competition which started this month with England beating Austria 1–0 at Old Trafford. Our girls demonstrated great teamwork, commitment and resilience in their matches and we had some real nail-biting matches especially those few that went to penalties to decide the winner.

Well done to all those students who came in the colours of their adopted country and congratulations to the overall winning countries!



ROWING SUCCESS

Year 13 Charlie Ford took part in the British Rowing Junior Championships.

The championship event took place at the National Water Sports Centre in Nottingham.

Charlie and his team mates secured fourth place in the final. They narrowly missed out on the bronze medal by 2 feet (less than ½ second). You can see them in action at the bottom of this photo.

A huge well done to Charlie and his team from Warrington Rowing Club, this was a fantastic achievement!



Gold open water winner

Ben Ross competed in the North West Regional Open Water Championships at Sale Water Park on Saturday 9th July and won Gold to become 14 and under, Regional Champion.

In addition to this, the Year 9 has achieved four medals at Lancashire County Championships and two further medals at North West Regionals.

Next month, he's qualified for English Nationals in three events (7–9th August), and is in the National Open Water Finals in Sheffield. Best of luck Ben!



RUGBY COACHING AWARD

Hamish Scott-Herron achieved the ERCA last month, whilst still a Junior Colt.

The Year 12 student (a member of the 2022–23 Senior Colts at Lymm Rugby Club and Sale Shark Academy) achieved his England Rugby Coaching Award (ERCA) whilst only 17 years old.

“Hamish has always voluntarily given his time to help others in the Sport he is so passionate about and more importantly loves playing” said Lymm Rugby Club.

However, last October, Hamish, who plays for Lymm High’s First XV Rugby Team, unfortunately sustained an injury which meant he was unable to play for a few months.

Although incredibly disappointed he could not play he decided he wanted to utilise this time effectively doing something within rugby.

After speaking to his coaches, he decided to enrol on the ERCA course which would mean he would be able to coach from U12 upwards.

The course for the performance coaching award started in November 2021 and finished last month. It consisted of two face-to-face days with assessments, webinars, online learning and research. During this time, Hamish also helped and supported the U14 and

U15 squads at Lymm High School.

Hamish was commended on his extensive knowledge and how he transferred that into effective and safe coaching sessions.

Your hard work paid off Hamish. Well done!



HIGHEST SCORE FOR JUNIOR ATHLETES



On 8th June our junior athletics teams (Years 7 and 8) competed at the Regional B final of the English Schools' Athletic Association (ESAA) Track and Field Cup at Ellesmere Port Sports Village. The competition involved a full track and field programme of events, which was tough with some top athletics schools participating.

Our junior boys squad scored the highest score ever in this competition, finishing second with 365 points, only beaten by one point by King Edward's College Merseyside. The girls team also competed well finishing 8th on 230 points.

"I bet the boys that they wouldn't score over 350 points", said Mr Scott.

"I lost. They scored 365 and so I owed them a McDonald's which I went to buy at lunch and brought back to school".

"The level of performance was incredible across all the events, many of the team gaining personal best performances. You can't ask for more than that!"



SASHA SHINES AGAIN



Year 10 Sasha Tomlin has struck gold again at the Dance World Cup in San Sebastian, Spain.

Despite being the youngest in the 15–18-year-old sections this year, she still managed to come away with two Gold medals, three Silvers and three

Bronze medals in the Group Contemporary, Ballet, Jazz and Lyrical sections.

Sasha also won the best group award in the whole competition with her dance school Vale Studios.

Many congratulations Sasha – an amazing achievement!



UPCOMING IMPORTANT DATES

Thursday 18th August
A' Level Results Day

Thursday 25th August
GCSE Results Day

Thursday 1st September
INSET Day

Friday 2nd September
INSET Day

Monday 5th September
Year 7 and Year 12
back at school

Tuesday 6th September
All school back

Monday 19th September
PTA AGM, 7pm

Thursday 6th October
Early close at 12.15pm
Open Evening, 5–8pm

Friday 7th October
INSET Day

24–28th October 2022
Half-term break

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