



Lymm
High School

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Meet the taskmasters
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What's the story
behind all the
Challenges?

Lockdown in Europe
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Find out how staff and
students are faring in
France, Spain and
Germany.

NEWSLETTER

ISSUE: APRIL 2020 · WWW.LYMMHIGH.ORG.UK



SUPPORTING OUR NHS

Mr Beardsall and team have manufactured over 1000 face masks for frontline staff. Here, he outlines the process and praises Lymm's community spirit.

At the end of March, it was quickly becoming apparent that there was a national shortage of essential personal protective equipment (PPE) for frontline staff in hospitals and care homes.

I am a member of a few Facebook groups for Design & Technology (DT) teachers, and messages were starting to come in from doctors, nurses and care workers asking if it was possible for DT teachers to manufacture face visors.

Quite quickly the Design & Technology Association shared a Computer Aided Design (CAD) file for a laser-cut face visor. This file has been used by DT departments across the country and around the world.



The CAD file consists of three different parts: a headband, forehead spacer and an adjustable strap, which are cut from a thin, flexible plastic called polypropylene. A clear PVC sheet is then hand cut to clip into place on the headband. The benefits of both these plastics are that they have good chemical resistance, which means they can be cleaned with antibacterial spray to remove any contamination to allow for multiple uses.

The design is quite intricate so a laser cutter is the perfect machine for manufacture. We are able to cut six headbands out on an A2 polypropylene sheet in under 10 minutes. Full

assembly for each face visor takes a couple of minutes.

The DT department at Lymm is fortunate to have a new high-spec laser. We were also able to order the materials needed very quickly so we could start manufacturing as many visors as possible.

We started on Friday 3rd of April, when I initially assembled 70 visors. Whilst manufacturing the visors, I put together a 'How To' video explaining the process. This has subsequently been viewed over 9000 times on the school's Facebook page.

Since then, manufacturing of the visors has really taken off! As of the 29th April, the school has manufactured over 1100 face visors. This has been

"It's been fantastic to see what a great community spirit there is within Lymm."

made possible with support from Mr Hill, the technician for the DT Department, who has worked tirelessly operating the laser cutter, as well as staff and students who

have been in school during the closure helping to assemble the visors.

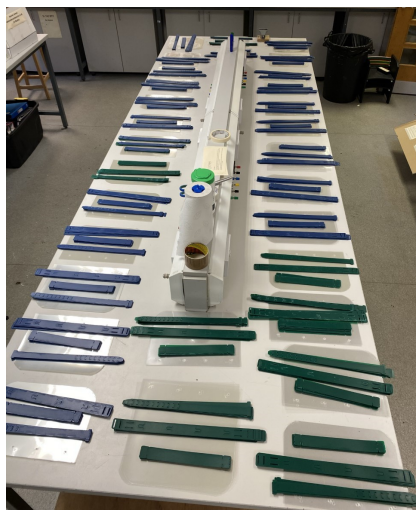
With hundreds of DT departments across the country manufacturing PPE



there has been a shortage of material from our usual distributors. However, we have made requests and appeals to the local community through Facebook to help keep us supplied. The response received when we asked for donations of PVC acetate and polypropylene has been overwhelming.

It's been fantastic to see what a great community spirit there is within Lymm. Without this help we wouldn't have been able to continue manufacturing. In order to ensure fairness and some level of prioritisation we have worked with Warrington Borough Council who have taken charge of distributing the PPE all schools are producing.

We are driven to help protect our frontline medical staff and care workers as much as we can and will continue to manufacture the face visors for as long as we have materials and they are needed.



A poem for the pandemic

IN THE TIME OF QUIET

by Philippa Atkin

No one's told the daffodils about the pause to Spring
 And no one's told the birds to roost and asked them not to sing
 No one's asked the lazy bee to cease his bumbling round
 And no one's stopped the bright green shoots emerging through the ground
 No one's told the sap to rest, deep within the wood
 And stop the sleepy trees from waking, wreathed about in bud
 No one's told the sky to douse its brightest shades of blue
 And stop the scudding clouds from puffing headlong into view
 No one's asked the lambs to still the springs beneath their feet,
 To stop their rapid rush and quell each joyful bleat
 No one's told the stream to halt its gurgle or its flow
 And warned the playful breezes, not to gust and blow
 No one's asked the raindrops not to fall upon the earth
 And fail to quench the soil in the season of rebirth
 No one's locked the sun down, or dimmed the shimmer of the moon
 And even in the darkest night, the stars are still immune
 Remember what you value, remember who is dear
 Close the doors to danger and keep your family near
 In the quiet all around us take the time to sit and stare
 And wonder at the glory unfurling everywhere
 Look towards the future, after the ordeal
 And keep faith in Mother Nature's power and will to heal

If you've been moved by a poem, please let us know and we'll include it in the next newsletter.

MEET THE TASKMASTERS

You can't have failed to notice the Taskmaster Challenges on social media and Microsoft Teams. Mr Dobson explains the idea behind the task-setting initiative.



Just before Christmas myself and Mr Hayes had a discussion about how we could extend some of the Hall challenges further in order to get staff more involved. Our initial idea was that we could do a Lymm High School take on Taskmaster. We thought we could get our Heads of Year to take part in a series of challenges in order to help

gain points for their respective Halls. We thought this would make a perfect activity in the summer terms where we would record the Heads of Year doing the challenges and have them playing on the screens around school. The idea also included some spontaneous 'live' challenges in the Hall at lunchtimes. The idea was in its infancy when sadly the school had to close

due to the Covid-19 situation or so we thought...

Towards the end of the first week of the lockdown Mr Hayes got in contact to see if I had seen what Alex Horne (creator and presenter on the actual Taskmaster TV series) had been doing through social media? I was intrigued. Alex Horne had begun to set challenges using #hometasking to help alleviate

some of the boredom and frustration people were feeling. Both Mr Hayes and I agreed this would be a great way of getting the Lymm High Community back together in these times of social distancing.

For those unfamiliar with the show, Taskmaster was devised by the aforementioned Alex Horne, a comedian and musician, and hosted by Greg Davies alongside Horne. Each series sees a group of five comedians take part in random challenges that test their ability to think on their feet and be creative. Some of the highlights have included: Noel Fielding camouflaging himself as a banana to hide in plain sight in a room, Alice Levine supervising Alex by hiding his PIN inside a homemade Kinder egg, and any of the episodes that include the wonderfully bonkers Bob Mortimer. Horne has said in many interviews that he came up with the idea

for a show at the Edinburgh festival and wanted to make it bigger so that people could take part at home. Both Mr Hayes and I thought this is a

perfect model for the school. Together we came up with a list of potential challenges and with the support of Mr Williams and SLT we used the school's social media outlets and the new Taskmaster email and Teams accounts to set the pupils their first challenge. This was to throw a piece of A4 paper into a bin in the most spectacular fashion. The response by pupils and staff was brilliant. Our first winner, Kiera Brash from Year 11, used stop-motion animation in a spectacular fashion. This was closely followed by Joe Chadwick's (Year 10) VR creation. Since then we have set challenges that have



allowed pupils to be creative (recreate a famous work of art with household items), make the most dramatic entrance – and a favourite from the TV show itself – camouflage yourself within a room in your house for 30 seconds and then reveal yourself. The camouflage task was won by Josh Cooke in Year 7 who was fully disguised as a wall!

What has been great to see is the way staff and students have all gotten involved with challenges, even seeing members of staff completing the tasks with their children. We've seen the very high production values in Ms Humphries and Mrs Worrall's



SCHOOL NEWS

videos to some of the ball skills of Mr Powell, and the Hitchcockian camera work of Mr Scott to disguise his children as action figures.

Each of the challenges has just shown how superb and creative our students can be and how strong our school community is, with pupils from across the school age range getting involved. As mentioned before, we have had pupils creating short animated videos for the tasks and producing fantastic works of art with household objects. It has also been good to see students who are still in school taking part regularly and producing some lovely collaborative work. We have also had some students who have yet to miss a challenge: so well done Esme Nevitt, Elizabeth Nelson and Max Dutton for your commitment to these challenges! We cannot wait to see what future tasks hold.



Essay writing winner

Shannon van Schoor entered the Oxnet Essay Writing competition, which is an access initiative run by the University of Oxford, led by Pembroke College. This is a highly competitive programme and Shannon was one of only 10 students selected to attend this event in the North West.

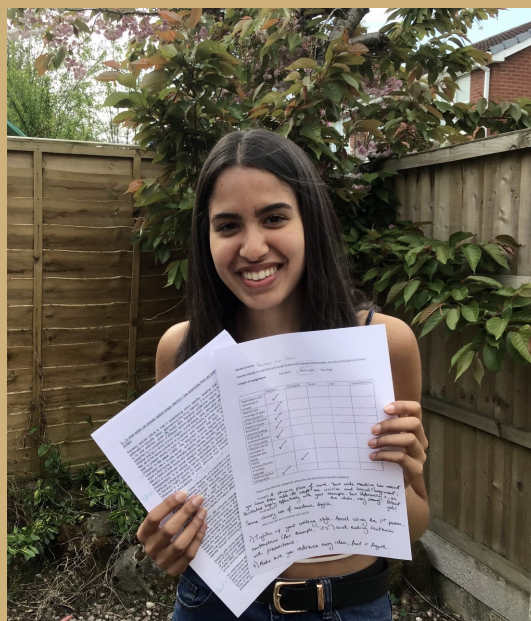
Given the coronavirus outbreak, the Easter school at Lancaster University was cancelled so instead Shannon had to write an essay based on one of the topics from the six seminars previously attended.

Shannon gained a special commendation for her essay titled 'To what extent can popular culture shape identity?', and she was delighted. Well done Shannon!

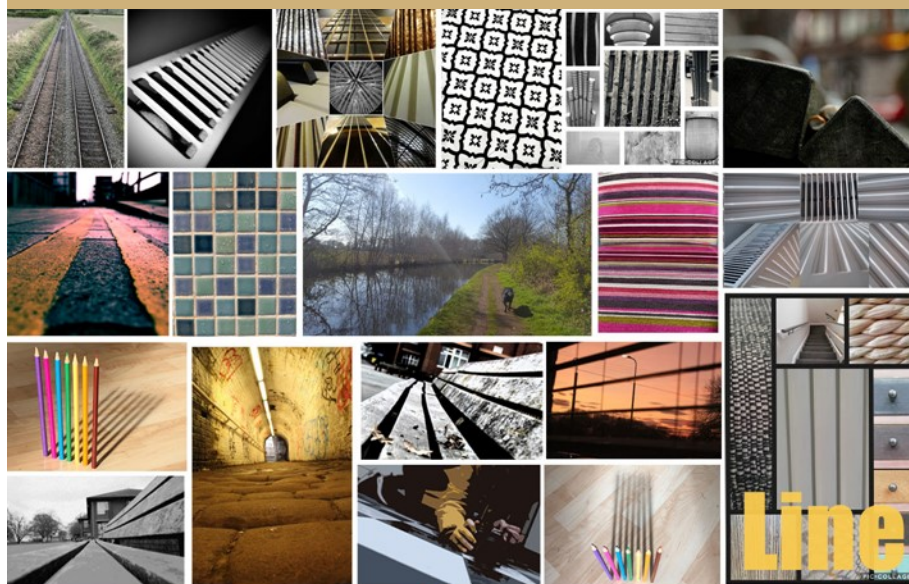
The essay was also published on their website.

You can read Shannon's essay here:

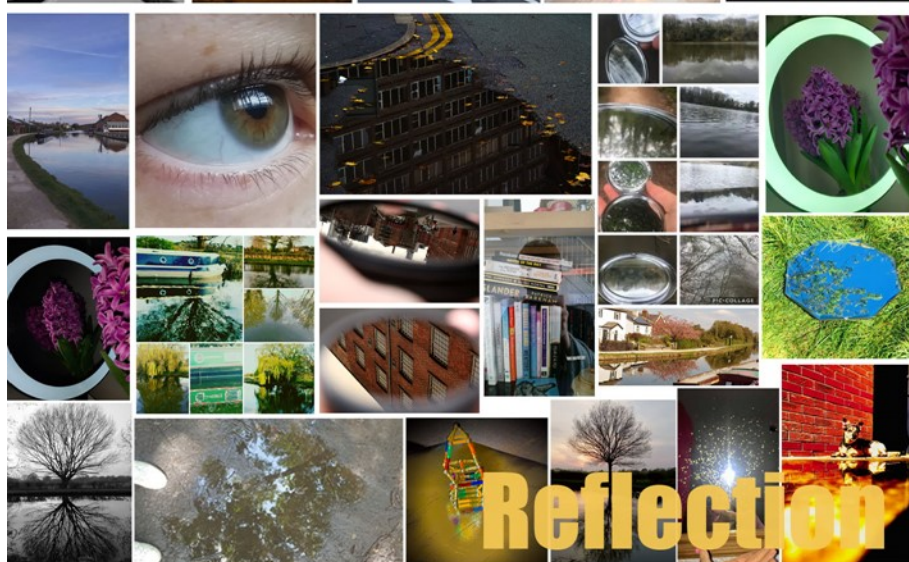
<https://www.oxnet.org/modern-languages-shannon-van-schoor>



PHOTOGRAPHY CHALLENGES



The Visual Arts department have been running weekly Photography and Art challenges to maintain a sense of community during these challenging times, as well as allowing students to explore and develop their photography and creative skills from home.

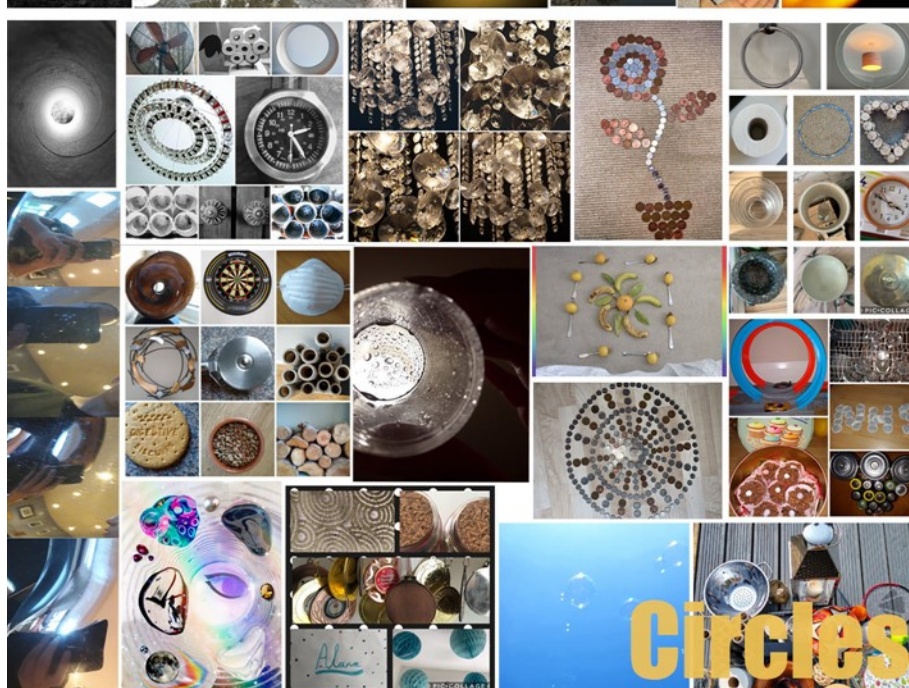


The challenges are open to students of all years, as well as current Year 6 students joining Lymm High School in September. So far, we have received a great number of entries of outstanding quality!

We are always excited to see how students respond to each challenge in their own creative way.

The Visual Arts department would like to say a big thank you and well done to all students who have submitted entries to the challenges so far.

Selected pieces are shown daily via the @lymmhigharts Instagram page.





Covid-19 and the effect on student recruitment

Student recruitment in many industry sectors hasn't stopped. There is still a need to recruit school leavers into apprenticeships and entry level roles.

On 22nd April, we were invited to participate in a webinar focusing on the effects that Covid-19 was having on the student recruitment landscape with a particular focus on Apprenticeships and Work Experience. Facilitated by Young Professionals UK*, we heard from a range of UK-wide blue chip companies (including PWC, EY, Cap Gemini and Pearson), about how they have adapted to the challenges presented by Covid-19.

One of the key messages that they brought forward was that student recruitment in many industry sectors hasn't stopped. And, indeed, the need to recruit school leavers and graduates

into apprenticeships and entry level roles is for some companies as pressing and crucial as in any other year.

The process may take a different form as companies move to an online recruitment environment – with virtual interviews and assessment centres replacing the traditional face-to-face approach.

In some industry sectors, recruitment may have recently been paused as businesses adjust to new ways of operating with workforces largely based at home. However, there was still some confidence that as businesses move forward in the next few months more

opportunities for young people will come on line.

There was a lot of reassurances about the uncertainty surrounding exam grades. Employers and training providers recognise that the situation surrounding exams has been very challenging and that these difficult circumstances would be taken into account come results day. Some of the larger employers expect that there will be more appeals than in other years but that many companies would consider mitigating circumstances that have been documented.

There were also clear reminders

that exam grades were only part of any recruitment process and not the be all and end all. Employers are looking at the bigger picture – they are looking for young people who are adaptable and passionate, who show a willingness to work as part of a team and demonstrate a commitment to their organisation. They are looking for young people who had researched their chosen career paths and considered how their individual strengths and competencies could best be utilised.

The speakers involved recognised that this was an opportune time for young people to be much more proactive about their own career plans and they should be encouraged to spend time

at home thinking about what their futures may hold and what they can do to achieve what they want. There are lots of apps and webinars available to them and they should capitalise on every opportunity that they can.

Unfortunately, Covid-19 has put an end to on-site work experience for students across the country including for our Year 12 cohort. However, there are some employers who are considering how they can offer a virtual experience rather than their habitual offering of work shadowing. This does provide some exciting opportunities for young people, and by offering a virtual experience potentially more young people can benefit. We will of course

share any opportunities of this nature for Year 12 students as and when they come our way.

Whilst Covid-19 has brought many challenges to schools and to our students, it is important to remember that there are still opportunities out there. They may require hard work and effort for us to capitalise from them but I'm sure it would be worth it in the end!

**Young Professionals UK are primarily an app-based organisation who link young people with work experience and apprenticeship opportunities throughout the UK. They work alongside a network of UK companies including 24 multinational brands to recruit the best talent onto their work experience programmes.*



Careers—what next?

Lockdown is a great opportunity for all of our students to start thinking more constructively about where they may see their futures. There are lots of excellent resources available with lots more coming on board as employers and organisations recognise the key role they can play in helping young people plan for their future.

Fast Tomato

All students have access to the careers website Fast Tomato. If they have yet to join it's a very simple process that will get them quickly registered. From the Homepage they will need to choose Student Sign Up and then enter the code LYHL. They will then be prompted to register their details and the website will generate a username and password for them. They will need to keep note of this somewhere safe. If students have registered and are experiencing difficulty accessing the site, they can send an email for help to: bdowdall@lymmhigh.org.uk

On registering, students will be taken through a questionnaire, which will build up a careers profile tailored to their responses. They can use the site to

investigate careers and find out more about the world of work.

Learn Live UK

Over the next few weeks Learn Live will be running at 11am a couple of days a week. Learn Live is an initiative of the Pledge Partnership and consists of a number of employer-led webinars that students and parents can log into. Upcoming talks will include United Utilities, Priestley College and Higher Horizons. Previous broadcasts can also be watched on demand. The Pledge

Partnership enables businesses to work together with educators to provide every young person living, studying and/or working in Cheshire with everything they need to succeed in the world of work. With the opportunity to develop employability-related skills and personal qualities whilst in education, there is a choice of employment, training or further education when they leave school.

For more details: <https://learnliveuk.com/partner/cheshire-and-warrington-lep/>



INTERESTED IN BECOMING A NURSING ASSOCIATE?



The Open University offers free online resources to help prepare anyone considering a career as a **Nursing Associate***.

Visit open.edu/openlearn to access:

Learning how to learn

Duration: 6 hours

This course aims to make the process of learning much more explicit by inviting you to apply various ideas and activities to your own study as a way of increasing your awareness of your own learning.

Thinking about how I work with other professionals

Duration: 6 hours

Encourages practitioners to think about the values and principles underpinning how they work with other professionals.

Taking your first steps into higher education

Duration: 24 hours

This badged open course provides insights into how subjects are studied at university.

Developing good academic practice

Duration: 5 hours

Helps you develop good academic practices in your studies and when producing assignments and completing assessments.

Am I ready to be a distance learner?

Duration: 3 hours

Explores useful skills so you can discover how ready you are to study and how to develop your study skills in six steps to become a successful distance learner.

Everyday Skills in maths and English

Brush up on your everyday skills in maths and English. You'll need to demonstrate achievement of GCSE maths and English grade A-C/9-4 (or equivalent).

*Undertaking the learning resources does not guarantee employment as an apprentice



The Nursing Associate is a highly trained generic support role within the field of Nursing which acts as a 'bridge' between health and care assistants and Registered Nurses as part of the nursing team.

Nursing Associates will have the breadth of knowledge and a flexible, transferable skills set to serve the health needs of local communities, covering both the full life span and a range of care settings.

Nursing Associates need to demonstrate the values and behaviours of the **NHS Constitution** and are subject to regulatory requirements set by the **Nursing and Midwifery Council (NMC)**.

Open University learning is delivered flexibly around the demands of the workplace, using our tutor-supported, rich media online delivery methods. Learning is accessible 24/7.

Further information on a career as a Nursing Associate can be found at healthcareers.nhs.uk



NEXT STEPS

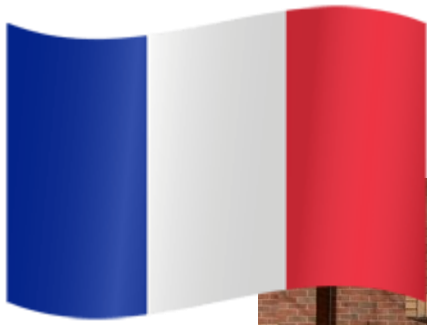
VISIT

open.edu/openlearn / open.ac.uk

CONTACT

Europe in lockdown

Our MFL department has contacted their French, Spanish and German contacts to find out how staff and students are coping with lockdown in their countries.



FRANCE: *Danièle is an English teacher at Collège Camille Claudel in Bordeaux. She can be seen on the right of this photo with the 2019 French Exchange group.*



The lockdown started on Monday 16th March here in France.

To keep in touch with my pupils I used to upload work on our school platform: lessons, exercises, tests, MCQs, virtual lessons. I wrote "used to" because we are on holiday (Easter Holiday for the south-west from April 20th to May 4th).

I don't have much time left at home when I'm not schooling! I have about 180 pupils a week: they ask questions, some of them need extra work or explanations. Teaching in front of a computer is so different to teaching in class!! Furthermore, I am a school form teacher. My fourth year pupils were really worried about their GCSE exams and results. The government finally decided that the exams will be cancelled. We will only take the 1st and 2nd terms results into account. I had to reassure the pupils and their parents.

When I can, I usually read, have a walk: maximum 1 hour, 1 km around my house with a special authorisation called 'Attestation de déplacement dérogatoire'. I love cooking too!

The hardest part of the lockdown is not being able to see my children. My daughter Mary is locked down in Spain.

School is supposed to start again on May 11th but the questions are "HOW!", "WHO?" etc...

I keep in touch with my colleagues via the school platform and with my family and friends via WhatsApp.

Last weekend, I played with Mary, my son Maxime, my sister in law and her daughter via Jitsi Meet (a WebRTC video conference)!!

You can tell me about your lockdown too!!

xxx Danièle

SPAIN: Laura and Julia are both students at Les Alzines School in Girona.



Name: Laura

Age: 13

Lives: Girona, Spain

What do you do to keep busy when you are not home schooling?

I watch One Direction videos.

What's been the hardest part of the lockdown for you?

Not seeing my friends.

When was the last time you went outside?

Even though I live in a house with a garden, the last time I went outside was a week ago.

Do you miss school? No!

How do you keep in touch with your friends?

I use Instagram and WhatsApp.

What's the best thing that has come out of this lockdown period?

Not seeing my teachers!



Name: Julia

Age: 14

Lives: Girona, Spain

What do you do to keep busy when you are not home schooling?

I do my classwork, I play with my sister, or cooking.

What's been the hardest part of the lockdown for you?

Not being able to see my friends, and not being able to play basketball.



When was the last time you went outside?

One month ago.

Do you miss school?

Yes.

How do you keep in touch with your friends?

I use Instagram and WhatsApp.

What's the best thing that has come out of this lockdown period?

Being able to spend time with my family.



GERMANY:

Sonja Schanz is an English teacher at Ferdinand Porsche Gymnasium in Zuffenhausen, Stuttgart.



When did the lockdown start in your country?

Schools closed on the 10th March 2020. Shops closed on the 18th March 2020. Hairdressers on the 23rd March 2020

How do you keep in touch with your students?

Email, WhatsApp, moodle, Zoom, Facetime, telephone,

What do you do to keep busy when you are not home schooling?

I read, watch films, sew masks, knit, go for long walks, chat/speak with my friends online, clean the house, tidy up, renovate, cook, exercise, "moan"

What's been the hardest part of the lockdown for you?

Privately: Social distancing, no hugs, no relaxed visit to the pub or a café – all these things are difficult, but the worst for me is the uncertainty about when I can travel again and visit my son in England or when he can come and visit me in Germany. Professionally: speaking face to face with my students, laughing with them and doing exchanges and educational visits with them.

When do you think school will start again?

We are starting on the 4th of May with a reduced timetable for the Sixth Form.

How do you keep in touch with your colleagues, family and friends?

See above!! All the media at my disposal



Zeinab Mohammed is a student at Ferdinand Porsche Gymnasium in Zuffenhausen, Stuttgart.

What do you do to keep busy when you are not home schooling?

I learn new choreographies, work out or simply watch tv shows.

What's been the hardest part of the lockdown for you?

It's difficult maintaining a structured day. I struggle with having motivation to do school stuff.

When was the last time you went outside?

The last time I was outside was a few days ago to take a walk.

Do you miss school?

Sometimes I do and sometimes I don't. At school I could at least see my friends. I went out every day and I could focus better on my studies.

How do you keep in touch with your friends?

We stay in touch through social media and chatting. We call or facetime each other almost every day.

What's the best thing that has come out of this lockdown period?

I could manage my time a little better and I didn't have to come home being exhausted and worn out from school every day.



Manchester
Metropolitan
University

Manchester
Poetry
Library



THE QUEEN'S
ANNIVERSARY PRIZES
FOR HIGHER AND FURTHER EDUCATION
2019

Mother Tongue Other Tongue 2020

Officially Endorsed by

Malala Yousafzai

Youngest Nobel Peace Prize Winner and Education Activist

Closing deadline
15th May 2020

The Regional and National
Celebration Event will be held
on Thursday 2nd July 2020



For further details visit

<https://bit.ly/3bQ9Myr>



SELF-CARE IS IMPORTANT

Advice on how to cope and stay healthy while you're self-isolating.

In the last issue of the Newsletter we explained how essential your emotional wellbeing is at challenging times such as these. It is really important that you look after yourself. This includes eating properly, drinking plenty of water and exercising regularly (in line with advice about self-isolation and social distancing). It's also important to practise self-care.

Self-care isn't just pretty candles, bubble baths and sharing your feelings. Self-care is doing the things you enjoy and making time for yourself, your hobbies and your interests. Everyone's self-care is different and everyone's mental health journey is their own. Take time first of all to notice what you enjoy, who you like to spend time with, what you like to eat or drink, what you like to watch or listen to, where you like to go...and then work out how you can make time for it!

Self-care at the moment – and in times of change or stress – is particularly important. This is the time we often neglect

ourselves when actually it's the time we need to make sure we are looking to activities and hobbies to make us feel calm and reassured.

Try these 5-minute self-care exercises:

- Explore online for funny or cute animal videos!
- Write down three things you like about yourself, or that you are proud of.
- Keep hydrated!
- Listen to a playlist or song that makes you smile.
- Try a short mindfulness exercise on apps Headspace or Calm.
- Step outside for some fresh air.

What to do if you feel anxious

It is normal to feel anxious when you are experiencing high levels of stress or periods of change. Take the time to notice what is causing you to feel anxious and seek support from those around you.

- Talk to someone about your feelings.
- Try online websites to help (see page 17).
- Create a routine – make time for self-care and the things you enjoy.
- Try to keep away from triggers for anxious thoughts (such as social media or the news).

SELF-CARE IDEAS



@introverteddoodles

Who can I talk to if I'm struggling with my feelings?

Making connections with people when you are struggling with your feelings is the hardest thing to do. Especially if you don't really know what to say, or how to say it. However, try to make those connections in whichever way you feel able to. As well as talking to your family, or calling a friend, simply writing down how you are feeling can be a help. You could keep a journal, which will allow you to keep tabs on how your feelings change over the days.

If you feel that talking to someone close to you is too much at the moment, there are

various helplines that can provide support:

Young Minds Crisis Messenger Service (24 hours):
Text YM to 85258

Childline (online or phone):
0800 1111

www.kooth.com: Monday–
Friday 12pm–10 pm, Saturday–
Sunday 6pm–10pm.

Top tips for surviving lockdown

1. Keep yourselves occupied.

Write, read, phone or video call someone, watch TV, listen to music, sing, exercise, take a bath.

2. Stay in touch with friends and family.

Contact family members or long-distance friends – maybe try a letter!

3. Support frontline staff

Clap every Thursday and be thankful for the NHS and our other essential services.

4. Do as you're told.

Stay home, protect the NHS, and save lives.

5. Try to focus on what you can control and look for the positives around you.

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

Social responsibility during lockdown

Lymm High encourages all of its students to be socially responsible citizens within school and the local community. Now, more than ever, is the time to step up and act in a manner that can benefit society. As can be seen on pages 1–3, Mr Beardsall heard about the lack of PPE equipment for frontline staff and took the decision to help fill the gap. So, what can you do to help?

You could write to residents in care homes. The older generation are being shielded from their families and friends so are missing contact from outside of their homes. You could help cheer them up? Remember to phone your elderly relatives too. I'm sure they miss you!

Older students could help in supermarkets. With more and more people being urged to avoid supermarkets and get home deliveries, or click and collect, there is a need for more

staff to help pack food and fill shelves.

If you are venturing out to a supermarket to get essential supplies, why not ask your neighbours if they need something? Remember to observe the social distancing rules. Any supplies can be left on your neighbours' doorsteps. Just call them to ask if they need anything and when you've delivered the supplies. Lymm's *Leave No One Behind* scheme is taking the lead on this and has an army of volunteers and street champions. If anyone is self-isolating or affected by coronavirus, they can help with support such as picking up essential shopping, making a friendly phone call, getting urgent medical supplies, emergency dog walking and posting mail. Maybe you could help them?

You don't need to leave your house to be a socially responsible citizen. You could help your parents with chores. It's a stressful time for many families, having to work from home, share computers and juggle childcare. Why not ask whether you can help? Younger siblings may benefit from your support with their home schooling. You could put a wash in, Hoover, mow the lawn or do the dishes. Let's all do what we can to make this situation easier for all involved.

If you have stepped up and are doing your bit during this coronavirus crisis, please let us know. We'd love to hear about what you're doing to help.

Useful addresses:

Keate House Care Home: 9 Brookfield Road, Lymm WA13 0QL (01925 752091)

Cheshire Grange Care Home, Booth's Hill Rd, Lymm WA13 0EG (01925 546260)

Brookfield Care Home, 18 Brookfield Rd, Lymm WA13 0PZ (01925 755363)

Lymm's Leave No One Behind scheme:
www.lymmhelp.co.uk (07510 749854)

Mr Guatella to the rescue

Posted on our Facebook page:

"We just wanted to make contact to offer our praise and sincere thanks to a member of your staff. Unfortunately we don't have his full name, we only know his first name is Liam. He lives somewhere near us in the Runcorn area. We unfortunately had two punctures to my husband's mobility scooter today which left us stranded. Liam was passing with his family, and kindly offered help. He pushed the scooter all the way back to our house. We so want to thank him properly and acknowledge his kindness and he did mention working at the school, so we thought this might be a way of passing on recognition. He's an outstanding citizen, and we are very grateful."

Allan and Janet Bates



**TELL
US!**



**STOP
CYBER BULLYING**



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



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

BOOM!



It's all About **STEM**

Cyberfirst Virtual Courses

Inspired and led by the National Cyber Security Centre (NCSC), a part of GCHQ, CyberFirst is a programme of opportunities and support helping young people explore their passion for computers and technology and introducing them to the fascinating world of cyber security.

Each student course is designed to seek out young people like you with potential, offering the support, skills, experience and exposure you need to be the future first line of defence in our CyberFirst world. There are 3 levels available depending on student age:

- **Cyberfirst Defenders (14-15 years)** - offering an introduction to cyber security
- **Cyberfirst Futures (15-16 years)** - exploring advanced cyber security threats
- **Cyberfirst Advances (16-17 years)** - honing the skills needed to enter the cyber security workplace

The courses are free but students need to pre-register and be available to engage online for the duration of the course.

STEM Ambassadors Live

On Thursday 7th May the National STEM Centre will host its first STEM Ambassadors Live Virtual event.

The day will include a series of half hour sessions from STEM Ambassadors covering a range of subjects across science, engineering, mathematics and more.

A Question and Answer forum will also run alongside each session, allowing students to engage their curiosity and dig further into the subject. Each presenter will bring a wealth of expertise from their work as a STEM professional, using activities already tried and tested in the classroom.

For more details, keep an eye on the school social media channels.



STEM Challenges Online

Are you missing the opportunity of getting hands on with an experiment in science? Or the satisfaction of designing and building a new product in DT? The Smallpeice Trust might just have the answer!

They have launched a number of Engineering at Home challenges that are open to students across all key stages that challenge them to take ordinary every day objects and turn them into something new. So far there have been 4 weekly challenges with a new one being released each Wednesday.

Challenges have included:

- Rubber band car challenge
- Paddle boat challenge
- Parachute challenge
- Marble run challenge
- Prosthetic hand challenge

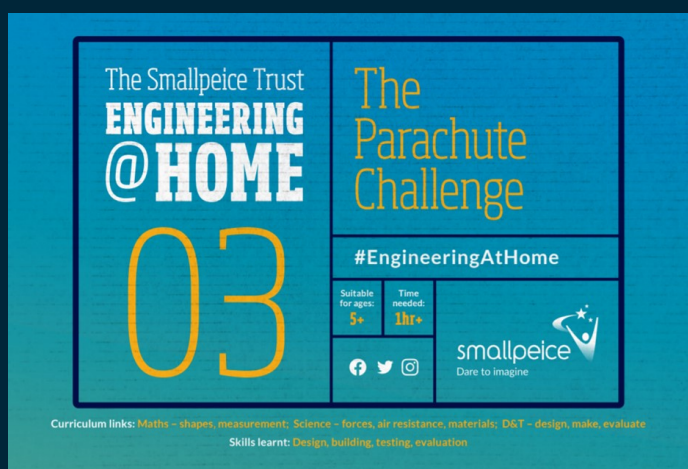
Instructions are given on how to complete the build of a working model and students are further challenged to complete analysis of their model. The challenge is clearly mapped to the curriculum, learning

objectives are signposted and cover many key scientific and mathematic principles that students will encounter during their school journey.

So challenge yourself to learn something new and/or apply some of the science or maths you have learnt in the classroom to a real world problem.

Please send pictures of your completed challenge to bdowdall@lymmhigh.org.uk so that we can share them on the school social media channels.

For more details visit: <https://www.smallpeicetrust.org.uk/engineering-at-home>



STEM Support for Home Learning

The National STEM Centre have put together some resources for parents and carers to help with the study of STEM subjects from home.

These are free of charge and available for everyone to access and include a home learning survival guide:

[https://www.stem.org.uk/home-learning?](https://www.stem.org.uk/home-learning?utm_source=Adestra&utm_medium=email&utm_term=&utm_content=Browse%20here&utm_campaign=Resend%20of%20Non-science%20teacher%20email%2023.04.20#guidance-for-families)

[utm_source=Adestra&utm_medium=email&utm_term=&utm_content=Browse%20here&utm_campaign=Resend%20of%20Non-science%20teacher%20email%2023.04.20#guidance-for-families](https://www.stem.org.uk/home-learning?utm_source=Adestra&utm_medium=email&utm_term=&utm_content=Browse%20here&utm_campaign=Resend%20of%20Non-science%20teacher%20email%2023.04.20#guidance-for-families)

KEEP READING

The ILC may be closed, but you can still keep reading with free SORA eBooks.

We are very proud of the resources available in our Independent Learning Centre (ILC) at Lymm High School and know there are so many of our students who rely on our book collection to feed their daily reading routines. During lockdown we want to continue to offer new books and reading experiences and to encourage all students to pick up a book and read, but that doesn't have to be a physical copy! We are now able to offer access to Ebooks and Audiobooks through a free student reading app called Sora.

Sora currently holds over 1600 titles that are shared by a group of secondary schools who subscribe to the collection and can be accessed on a computer, tablet or smartphone either through soraapp.com, or by downloading the Sora app. When logging onto the site for the first time you will be invited to put in your 'setup code' at the bottom of the

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

There are multiple copies of most book titles available on the site - some of the more popular books might not be available due to high demand but you can place a reservation and carry on browsing ... Sometimes the most enjoyable books aren't the ones we look for but are discovered by accident so take

some time to explore and try something new!

All books are free and can be borrowed for 14 days (and renewed if necessary). The formats and fonts of most books can be changed to suit individual reading needs and a dyslexia-friendly font is also available.

A quick guide to getting started with Sora is available here: <https://bit.ly/2YhSN4i> Slideshow.pdf



Did you know?

- Reading can reduce stress levels by an average of 68%.
- Read 20 minutes a day, and you'll read 1,800,000 words per year.
- People who read for pleasure have higher levels of self-esteem and a greater ability to cope with difficult situations.
- Reading for pleasure is associated with better sleeping patterns.

However you do it – GET READING

Believe in the power of books

At Lymm High School, we recognise the power of a good book; we know that a gripping and inspirational story can help to take our minds off what might be going on around us and transport us to a totally different place. We know that at a time like this, when everything feels uncertain and strange and our ability to travel physically is limited, that powerful stories are more important than ever.



This is why, for the past few weeks, Ms Jones has been secretly organising for students to be sent specially selected books in the post. She has asked teachers across the school to nominate students who they think really deserve a literary treat through their letterbox. We have been overwhelmed by these recommendations: it is very clear that our students have been displaying outstanding resilience and community spirit during such a challenging time and that we have a huge amount of books to post. We are very lucky to have such brilliant students in our school.

All of the books that have been chosen to be sent out include underlying themes of resilience and success in the face of adversity. We think that these ideas are more important than ever for our young people to consider, given the circumstances. The books will be posted over the next few weeks so keep an eye out. We hope that our students enjoy the books as much as we have enjoyed selecting them.

BUILDING BRIDGES

Just before Christmas Olivia Walsh in Year 12 entered the Lancaster University Modern Languages Competition. She wrote an essay in Spanish on 'Building bridges with languages'. The judges were a panel of academics from the university's Department of Languages and Cultures.

Olivia found out just before school closed that she was

awarded the runner-up prize, and received book vouchers, which she was really pleased with. "This competition is renowned for its tough

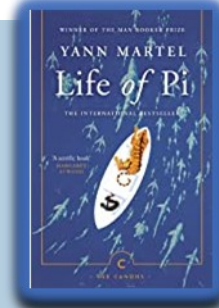
competition and we were delighted Olivia's efforts were rewarded", said Mrs Jennings.



EASTER READING

The winner of the Easter reading competition is Eifion Williams in Year 7 who read 'Life of Pi' by Yan Martel. Eifion wrote very maturely and enthusiastically about this novel and it was clear that he thoroughly enjoyed it – making the most of his time in isolation! Eifion has been sent a new book in the post. Well done, Eifion! Hopefully, this may inspire others to pick up a new book and start reading!

Book: Life of Pi
Author: Yan Martel



Favourite Quote: *'The world isn't just the way it is, it is how we understand it, no? And in understanding something, we bring something to it, no? Doesn't that make life a story?'*

Who else loves it? Romesh Ranganathan, BBC Radio 4 Stand-up comedian... and my Dad!

Overview: This is the story of a young boy, Piscine (named after the French word for Swimming pool, as his father had a great love for swimming) or Pi for short.

The book begins when we meet the main character, reflecting on aspects of his degree in religious education and zoology; when suddenly we are introduced to 'Richard Parker' and a suggestion of an incident, leaving our hero, Pi, in hospital in Mexico.

We are taken back to early life experiences in India and the excitement of growing up, living in a zoo... when the family decides to uproot and emigrate to Canada. But on the way, disaster struck. Would their lives ever be the same again?

A story of one young boy's tragic 'adventure' with an assortment of animals, mind-bending philosophical questions raised and heartrending losses experienced, but a page-turner none the less. A story not to miss!

FREE SCHOOL MEALS

Please read if your child is eligible for free school meals or if your circumstances have changed due to the COVID-19 pandemic.

Parents already eligible for FSM

In line with other schools across the country, we have now moved over to the Government Free School Meal (FSM) scheme, run by a company called Edenred. We will issue some additional guidance about the process later, but in the meantime, please click here for some [FAQs](#).

Information on the Edenred Free School Meal website can be found here: <https://www.edenred.co.uk/reward-recipient/Free-School-Meal-Vouchers/>

The scheme will run in a similar way to the Wonde system, where parents will receive a message with a 16-digit code and a link to a website to enter it and choose the supermarket. There have been some teething problems nationally at the start,

though we are assured that these have been resolved. That said, we strongly recommend you access the Edenred website outside of the peak times to reduce your wait (see graphic).

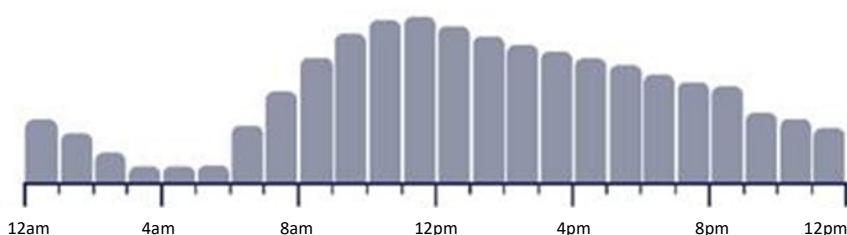
We will continue to issue vouchers each fortnight to the value of £30 – the next one is due on Monday 4th May. Please ensure we have your correct mobile number and email address so that you receive these vouchers. Please contact Miss Dixon (ndixon@lymmhigh.org.uk) with any queries or to update mobile or email details. There are a small number of parents eligible for FSM who we have been unable to contact – if you have not spoken to anyone about FSM since school closed and are eligible, please can you ring school on 755458 or email Miss Dixon.



You may now be eligible for FSM

If your employment or financial circumstances have changed during the COVID-19 pandemic, you may now be eligible for Free School Meals and therefore eligible for the supermarket vouchers we are providing. This applies to students in Years 7–13. If you are currently in receipt of any of [these benefits](#), for example Universal Credit, you may be eligible for FSM. Please ring the Free School Meals team at Warrington Borough Council on 01925 446226, complete the [FSM application form here](#) and send to: schooladmissions@warrington.gov.uk Becoming eligible for Free School Meals now, will also mean your child is automatically eligible for Pupil Premium, which itself comes with a great deal of extra support. Any questions or for help applying, please contact Miss Dixon on ndixon@lymmhigh.org.uk

Peak times for this site are Monday to Friday, between 8.30am and 2.30pm, as displayed



This site is available 24 hours, 7 days a week.



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SCHOOL
LOTTERY**



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GET THROUGH THIS 



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and search for: **Lymm**

Supporters must be 16 years of age or older.

STAYING FIT WITH MR PICKLES

School may be closed for most of us, but you can still get your PE fix at home.

Running out of ideas for keeping fit during lockdown?

There have been a number of challenges on social media such as do 5 km, donate £5 then nominate 5 people; not been part of this? Why not get involved and give it a go? Whilst doing this as a one-off is great, why not keep it up?

Don't think you're fit enough to do 5 km?

There are plenty of apps that you can download to guide you from couch to 5 km. However, this is quite simple to do. Firstly, I'd suggest working out a route roughly 5 km long. Maybe start by running for 1 minute then walking for 30 seconds. Repeat this until you get to 5 km. When you feel comfortable, or this becomes too easy, increase the running time to maybe 1:10 seconds. Keep doing this until you are able to complete the full 5 km.

Already able to run 5 km?

What times are you getting? Send your times to @lymmhighsports on Twitter.

Whilst we might not be able to see our friends, we can keep each other motivated by setting little challenges and

giving praise for what they've achieved.

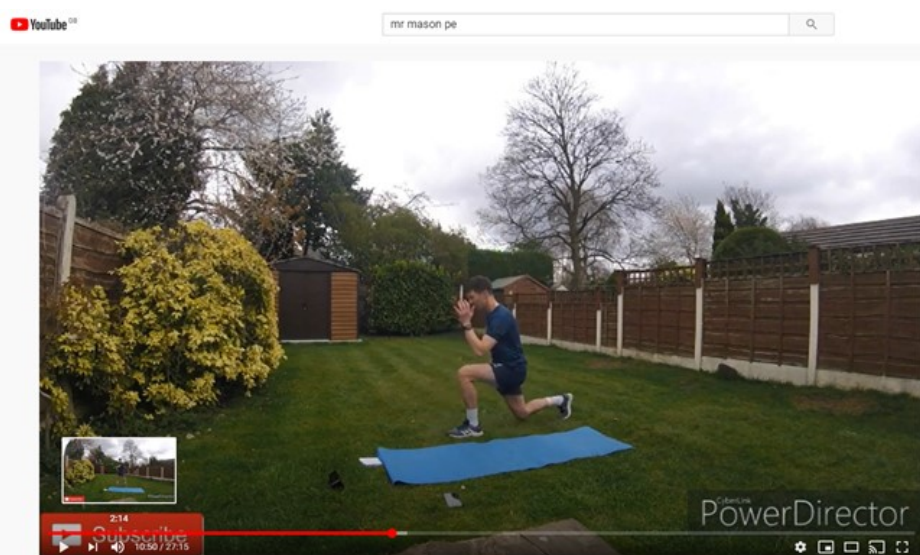
Want to do a work out in the garden?

Circuit training is the most effective way to do this. There are a number of different activities that you can do and most of you would have had experience of these in PE lessons. Use this knowledge to plan what you want to do. A good way to start is by exercising for 20 seconds, have 10 seconds rest, then do another 20 seconds. Use the next 10 seconds to change activity. The times can be changed to challenge you, make the time longer, work harder during the exercise, and have less rest time.

Follow Mr Mason PE on YouTube.

Mr Mason has put a few videos up of him doing some circuit sessions. He has 145 follows and 1.4k views on his account. I think most of them are him watching his video but have a look and see if it gives you any ideas!

Overall, going for a walk for your 1-hour exercise is great, but can you challenge yourself to get your heart rate higher than it is at resting? If you can get keep it above roughly 130 beats per minute for a sustained period of time you will start to see benefits in your health. Get it higher and these benefits will come quicker.



HOW ARE YOU EXERCISING?

We asked a range of students from all year groups to tell us how they are keeping fit under lockdown. Why not tell us what sports you're still doing?

Millie-Amber Evans

Through lockdown, I've been exercising a lot to keep fit. I train most days a week so it is important for me to keep my endurance up throughout lockdown. Some of the ways I have done this is I follow my netball programme which was set up for me. I do a lot of running (between 7-8k for 5 days a week) and this is mixed with some hill work. I also do a bit of shooting and ball work and have two virtual PT sessions a week with my PT.



Emily Crouch

During this lockdown I have been trying my best to stay fit and healthy whilst at home. Some of the activities I have done are: home workouts, walking, running, and many different outside activities such as badminton, football and archery as I am lucky enough to have quite a large garden.

As well as this I also took part in a national fundraiser called 'Run For Heroes' where I ran a 5k to raise money for the NHS and key workers as a show of appreciation in these difficult times as well as to keep up my fitness levels. I highly recommend it.

Lauren Broadley

Over the lockdown period I didn't want my fitness levels to decrease so I've been keeping on top of each by doing a form of exercise each day.

I've been running, cycling, completing full body workouts and practicing skills and drills for football.

Whilst also doing fitness, it also occupies me and my family when they get involved.



Sonny Barnes

During lockdown I have been keeping fit by doing circuits in my garden and playing basketball every day. The circuits include press-ups, sit-ups, burpees, plank, mountain climbers and sprinting on the spot. It takes about 30 minutes and then I play basketball.



Beth Parkinson

I have managed to do 50 keepy uppies and have gone on lots of long walks. I have also done Joe Wicks every morning.





END OF A SUCCESSFUL SEASON

Congratulations to Ewan Murphy for being selected into the Fifteen Rugby North team of the year. He unfortunately just lost out being selected for the Fifteen rugby national team.

the 1st XV team, have had a fantastic season winning the Cheshire cup and Cheshire Sevens Competition, and this is great recognition of the work that Ewan and the team have put into making it a successful season.

He, along with the rest of

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



@LymmHighSchool



Instagram

