



Lymm
High School

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Live shows are back!
Pg. 12

Grease the Musical
was Lymm High's
first production in
2 years.

Murder in the library
Pg. 14

Who was responsible
for the death of 'The
Trunchbull'?

NEWSLETTER

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INVESTIGATING CHORNOBYL

Ukraine is very much in our thoughts these days and almost 36 years to the day, Year 9 students had an extremely interesting and informative talk about the Chernobyl nuclear disaster.

The accident occurred on the 26th April 1986 at the No. 4 reactor in the Chernobyl Nuclear Power Plant, near the city of Pripyat in the north of Ukraine. It is still considered the worst

nuclear disaster in history both in terms of cost and casualties.

Professor Mike Wood, Chair in Applied Ecology at the University of Salford, and two of his colleagues came into

school to give 120 students an insight into the research that has been performed following the disaster. A former Lymm High School pupil (1988–1995), Professor Wood has spent the last two decades working on



the development of the international environmental radiation protection system and conducting underpinning radioecological research in the Chernobyl Exclusion Zone.

The primary focus of the team is environmental pollution (especially environmental radioactivity) and its impacts on wildlife and people.

After a presentation that detailed the explosion and the subsequent fallout zone, Professor Wood demonstrated how his team use drones to map the area. The 'red forest', the reactor concrete 'sarcophagus' and the local wildlife were all represented in model form. Students then tried their hands at flying a drone across a map to simulate Professor Wood's work.

Students then learnt how the team use animal sounds to track the lifeforms in the area. Nature is coming back to the

area and students saw photos of bison, bears, lynx and wolves. The radioactivity and health status of local fauna is being investigated by analysing parasitic worms and ticks. Students were able to see these parasites up close under a microscope and learn about their biology.

To help show the area in more detail, Professor Wood employs virtual reality (VR) to give users a 3D tour of the Chernobyl Exclusion Zone. Students donned

headsets to view the area from various aspects, including from a drone flying over Chernobyl.

Year 9 student Emily James said: "Before this I didn't know much about what happened at Chernobyl. Now I know some facts like that it happened in 1986 and that other countries' power plants knew that it had happened because there was a rise in the readings of radiation at their nuclear power plants. I really enjoyed using the VR headsets to look around Chernobyl town and flying the drone over

Did you know?

Just as Kiev is now referred to as Kyiv, most of the international community is now adopting the Ukrainian spelling of Chernobyl rather than the Russian spelling, Chernobyl.





the map of Chernobyl town.”

Sixth Form biology students had also received this talk from Professor Wood earlier in the month, and some were on hand to help Professor Wood



and his team with the Year 9 students.

Speaking after the event, Professor Wood said “It has been such a privilege to return to my former school and share some of the exciting science that we undertake within the Chernobyl Exclusion Zone. The pupils seemed really interested in our work, engaged enthusiastically with the activities and their behaviour throughout was exemplary. They are a real credit to their parents and to the school. Along with my University of Salford colleagues, I look forward to delivering further educational activities at Lymm High School in the future.”

Professor Wood works with local people in the communities that border the Chernobyl Exclusion Zone.

In his talk he discussed ways in which the human geography of the Chernobyl region has changed over time and explained some of the contemporary societal challenges.



DOFE PRACTICE EXPEDITIONS



Following the Silver and Gold training walks earlier this year, 292 students experienced their first Duke of Edinburgh (DofE) practice expedition.

Year 9 Bronze went to Tarporley/Malpas, and the Year 10 Bronze and Silver, as well as the Year 12 Gold, went to the Peak District. All had a fantastic 2-day expedition and were an absolute credit to themselves and the school. Students did a superb job of navigating their route, working as a team, and cooking and camping independently. Some meals were more delicious than others! But the students all learned some crucial lessons about what to pack, what food to bring, and most importantly the difference between left and right! We really look forward to their qualifying expeditions in June and July.



Year 9 Bronze



Year 10 Bronze, Year 10 Silver and Year 12 Gold





Your free, safe and anonymous online mental wellbeing community

Whether you are looking for advice or simply aren't feeling your best, Kooth offers a range of features and tools to support you.

Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.

Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.

Discussion boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!

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Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

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Select from a growing menu of fun, therapeutic and useful activities.



How to sign up

- 1 Head to **Kooth.com**
- 2 Click on the '**Join Kooth**' button on the homepage.
- 3 Choose your **area** and **location** from the drop down menu.
- 4 Select the **year** and **month** you were born.
- 5 Click on the **gender**, **ethnicity** and **background** that most closely describes you.
- 6 Create an **anonymous username** and secure **password**.
- 7 Let us know how you found out about Kooth from the drop down menu.
- 8 Select **Next Step** to complete your registration!

Where to find us



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HOW TO MANAGE EXAM STRESS

It's perfectly natural for your child to be worried about taking exams and how they will perform – you might even be a little worried too!

In small doses, anxiety can be a good thing: helping your child to focus, get motivated to study and even recall answers they were unaware they'd learnt. Prolonged periods or bouts of intense anxiety may have a negative impact, but there are lots of ways you can help them manage this anxiety and use routines to help keep them calm. In some cases there can

be times when anxiety reaches exceptional levels and professional support is required. How can you tell the difference?

Signs of anxiety and stress

It's good to be aware of the signs of anxiety and stress so you can watch out for them. A change in behaviour for a day or two might be nothing to worry about, but if you notice

a regular change, then it's usually a sign that something is wrong.

Some of the more common signs of anxiety include:

- Losing interest in things they've previously enjoyed
- Behaving in the opposite way to usual – quiet children can become very chatty, chatty children can get

withdrawn

- Being grumpy and irritable
- Lots of headaches and digestive problems
- Worrying all the time, this can show itself in only picturing negative outcomes (what if I fail, I'm going to fail, I can't do this)
- Talking over and over the same concern and being unable to either stop thinking about it or to find relief
- Physical symptoms (sweaty palms, shaking, fast heartbeat, aching muscles)
- Restlessness and being unable to stay still
- Inability to concentrate (such as taking in what's

happening in a TV programme)

- Panic attacks
- Not sleeping.

How to help

If you notice your child is suffering, it's time to help them. It's good to let them know you've noticed something's wrong and give them a chance to talk to you if they want to. Don't forget, the aim isn't to eliminate anxiety but to teach them how to manage it. There are two ways to help – some short-term remedies and long-term strategies. For the former, encourage them to take part in an activity that will provide a distraction so they stop thinking about whatever is making them anxious. Giving

the brain some time out from worrying can help obtain a better perspective later.

Physical activities

It doesn't matter what activity (dancing, football, swimming, walking) so long as it's something they enjoy, gets their endorphins flowing, and requires focus so the mind is concentrating on something different. Team games are great, as connectivity and communications with others is restorative.

Music

Music has an amazing ability to transport you to a different time and place. Anything that evokes positive memories and experiences is a good thing. To reduce anxiety, it's better to listen to relaxing and calming music rather than something that stimulates.



Talking

It may not be to you! A sibling, grandparent, family friend or friend at school or perhaps a charity chatline. Expressing worries out loud can sometimes make them feel less significant than when they're playing on a loop in the mind. Talking aloud also encourages finding their own solutions – prompts such as 'what would need to happen to make you feel better', can help them reframe to seeking solutions rather than dwelling on troubles.

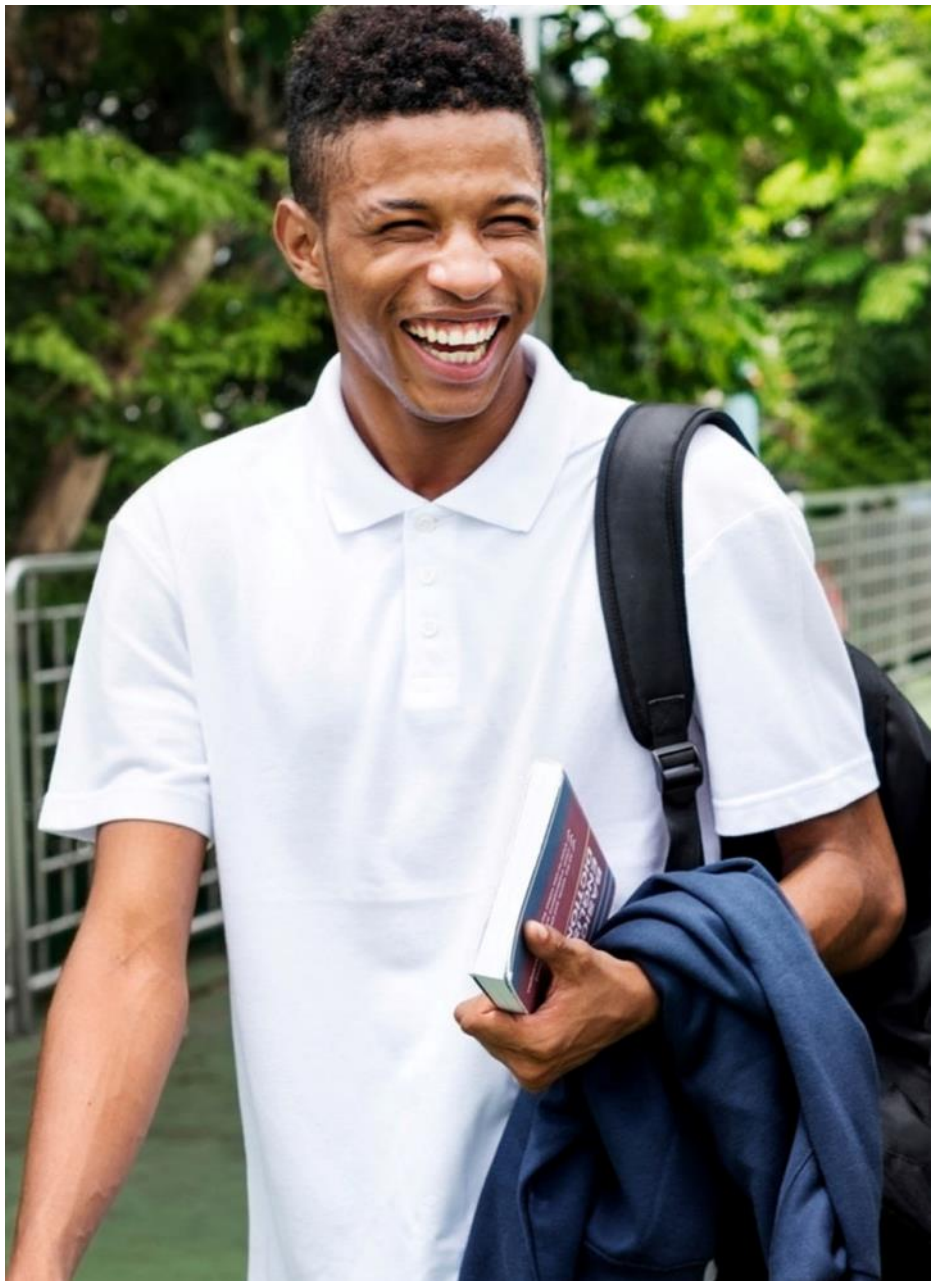
Laughing

This releases feel good hormones, so encourage them to watch an episode of a favourite comedy or some YouTube clips so they can laugh out loud.

This article was reprinted with permission from

www.theparentsguideto.co.uk

The Parents' Guide provides parents with the information they need to help their teenage children make the right decisions about their future, whether after GCSE or Sixth Form. Its online guides and articles are designed to inform, involve and guide parental support. They include the latest information on post-school options, apprenticeships, universities, examinations, revision techniques and teenage wellbeing.



Where to get support

Professional support includes more than counsellors and psychiatrists (although both these approaches can be helpful).

There's a range of professional options available, and don't forget to look at our school [Emotional Wellbeing Guide](#) for a summary of all school, local and national agencies that are available to help.

Here is a list of support agencies:

- **Kooth.com** - Free, online, anonymous 1-1 counselling service.
- **Chat Health** - Pupils can call 07507 330101 to speak with, or text, the school nurse service anonymously or seek support for a pupil.
- **School Nurse Drop-in** - Wednesday Lunchtime

Proven techniques to help reduce anxiety

It's a really good idea for your child to practise some of these methods when they're not anxious, so they can familiarise themselves with the approaches and get comfortable with the experience and how it makes them feel. Then, should anxiety strike, it's something they're relaxed about doing. Regularly practising relaxation techniques helps keep anxiety at bay too. Some good choices are:

Breathing techniques

These are an effective way to regulate physical symptoms caused by stress. Learning slow breathing and how to take deep breaths has an immediate physical effect and is particularly useful in preventing anxiety escalating.

Meditation, visualisation and yoga

These all encourage positive

breathing techniques. Apps like *Headspace* can be loaded on the phone so your child readily has help to hand in any place at any time. Practising yoga regularly has been proven to improve the heart rate as well as physical strength. It takes a lot of concentration to get the positions right, which prevents the mind from thinking about other things. Meditation transports the mind to a completely different place and experience.

- 1.15–2.10pm. Please visit Student Services to speak with the school nurse confidentially. No appointment needed.
- CAMHS** - Parents and Pupils can refer into CAMHS directly for advice and support - Warrington CAMHS (01925 575904).
- Young Mind Crisis Messenger Service** - Offers free, 24/7 text messaging support. If you need someone to talk to about how you're feeling, text YM to 85258.
- Childline.org.uk** has a fantastic resource bank of advice and guidance for pupils and a crisis line to call 24/7 - 0800 1111.
- TELL US** - Remember School support can be accessed anonymously too. Please use the [TELL US service](#) or speak with a member of the Student Services team who can let you know about in-school support such as counselling.



GREASE IS THE WORD!



Live productions are back at Lymm High, bigger and better than before!

Friends and families were welcomed back to the school hall for our latest production '*Grease the Musical*'.

This year's production was extraordinary in many ways, not least for the timing of the show in the middle of the spring term. Also, for many of our young performers this was their first experience of appearing on the school stage. As well as new faces appearing in the lead roles, there were fresh members in the band and in the tech and backstage team.

"There has been an infectious energy and excitement around rehearsals and the cast have been incredibly kind and supportive of each other", said Mrs Richards.

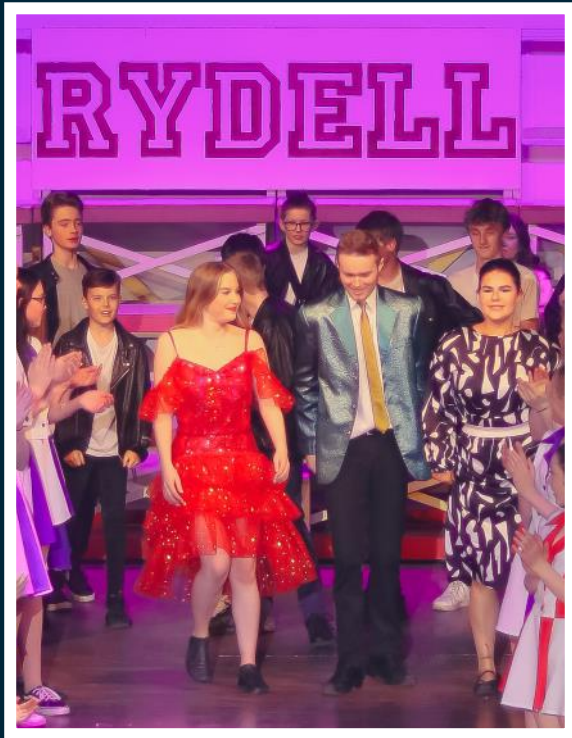
The show is full of fun, energy (and cheese!)

and the audience was encouraged to take some of the outdated themes with a pinch of salt. "This raised much debate in rehearsals", said Mrs Richards. "We have, however, had a huge amount of fun putting it together!"

The audience clapped and sang along, and were treated to an American-style diner and PTA Bar during the interval.

We are heart warmed and encouraged to know that the future of the Performing Arts at Lymm is in very safe hands as a result of the talent and enthusiasm we have amongst our wonderful students. Huge thanks go to the wonderful Performing Arts staff for their support and dedication to our students.

To view the full programme, [click here](#).



MURDER IN THE LIBRARY



With a body outline on the library rug and no sign of the murderer, the scene was set in the ILC for a month of intrigue and investigation as the ‘Murder in the Library’ event began.

Students became amateur detectives – solving cyphers, cryptic clues, and hidden codes to build up a profile of the crime and the suspect.

Each week three new clues were posted in the ILC for students to find and solve. These clues built up a case of evidence revealing the identity of the murder victim, and the method and time of the murder. Finally, the ambiguous clues to the identity of the murderer were posted.

Over a hundred students signed up to take part

in the event and their deductions put forward eight possible murder suspects – all members of staff at school! A lunchtime line-up was arranged and students were invited along to enjoy a doughnut as a reward for taking part, and to witness the murderer being revealed.

“It was great to see students from all Year groups engaging with ‘Murder in the Library’, especially those from Year 8 who had limited access to the ILC (in Year 7) during lockdown. They all proved to be fantastic at problem

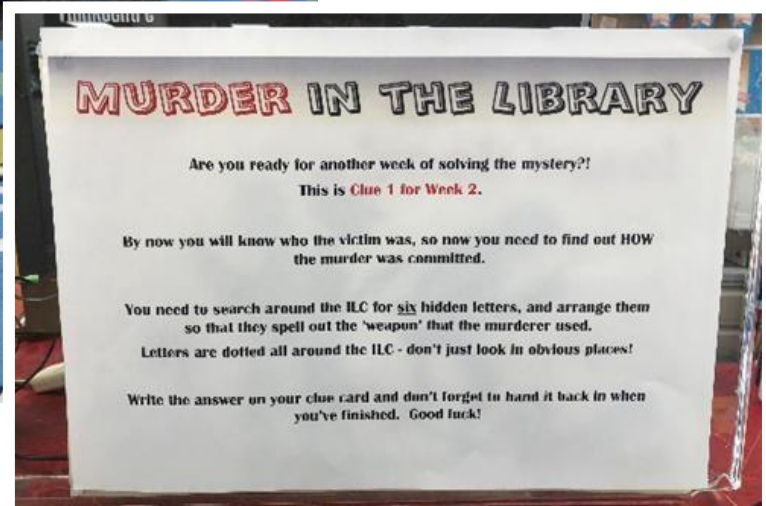


Winning students

The nine students who correctly identified the murderer were awarded lunch queue jump passes. In addition, eight lucky students were randomly selected from all those completing the investigation to receive prizes including Amazon vouchers and large Easter eggs (see overleaf).

The feedback from students taking part in the 'Murder in the Library' event was so positive that there could be another crime to investigate soon!

Watch this space!



solving and working through cryptic clues, and were enthusiastic and focused to the end", said Ms Timson.

So who was the culprit?

Mr Hayes was our murderer! He had poisoned Roald Dahl's despicable character 'The Trunchbull' and when her body outline was drawn in the ILC the investigations began.



SCHOOL NEWS

The students winning a lunch queue jump pass for correctly identifying the murderer were:

Bronte Godwin	7TH
Evie Kelly	7WH
Aine McAfee	7DL
Eva McGarry	7TL
Evie Strangeways	7MH
Annabelle Shaw	7AL
Barney Trimble	7TL
Beth Watton	7TL
Jingjun Zeng	8TL

Students whose names were drawn from all those who completed the set of nine challenges and won Amazon vouchers or Easter eggs were:

Isabelle Barnes	7AL
Isabelle Aitken	11TH
Stephanie Chan	11DL
Bria Coxon	8AL
Amelia Cullen	8MH
Annabelle Shaw	7AL
Libby Wilks	7TH
Abi Wood	8AL



Well done to all the super sleuths!

PROMINENCE

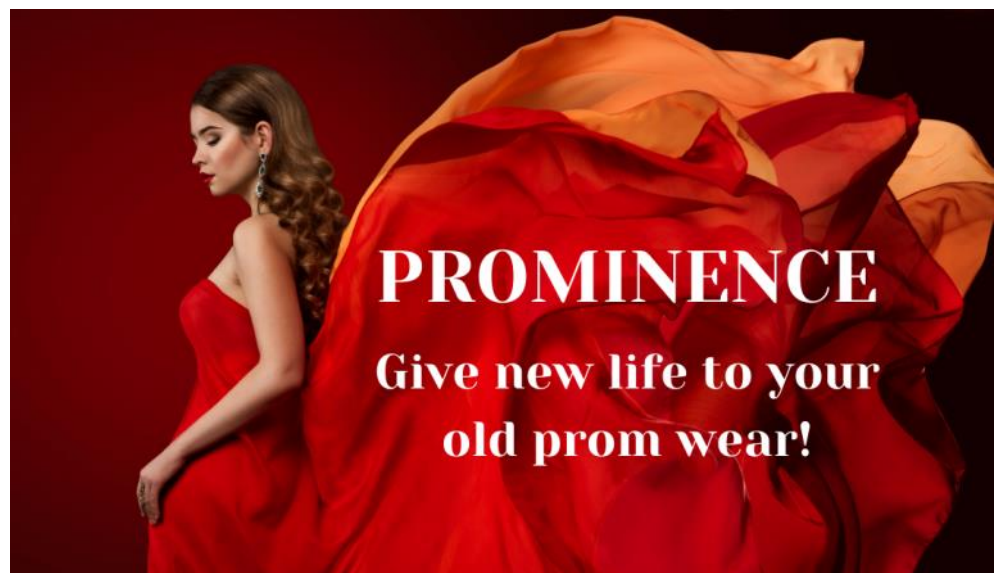
The River Reeves Foundation is again launching their Prom outfit recycling scheme where they will be collecting pre-loved occasion wear.

These items will be redistributed to students who require them so that Prom becomes accessible where it otherwise might not be. Prom season is fast approaching and we are seeking donations of pre-loved dresses*, suits, shirts, ties, shoes, shawls, bags and other accessories.

Please bring any donations to the Staff Room or Reception and we will forward to the River Reeves Foundation. Thank you in advance for your generosity.

For details of the Prominence scheme, you can visit the website by [clicking here](#).

**Dresses don't need to be Prom-specific. Any occasion wear will be welcome.*



PERFORMING ARTS CENTRE UPDATE

Plans for a new performing arts centre in Lymm, to serve all the local schools and the community, were launched this month.

The plans propose building a new purpose-built facility on the Lymm High School site equipped with a large performance space, drama, dance and music studios and practice rooms, and media facilities including a recording studio. The plans are based on a community-wide consultation in late 2021 which had over 200 responses, and on lots of discussions with existing groups about what they need.

The plans have been developed by the Lymm Performing Arts Working Group, whose members include senior officers and councillors from Warrington Borough Council, local MP Andy Carter, and representatives from local schools and from the Lymm Festival.

The centre will cost around £3 million to build and equip, and the Working Group is working with Warrington Borough Council to identify how the centre will be funded.

Kieran Walshe, a Lymm High governor, who has chaired the group, said: "Lymm has fantastic community performing arts but they are limited by woeful facilities. Many groups have to go to Altrincham, Runcorn or further afield to find places to practice and perform. This new centre will enable the performing arts to flourish and expand with huge benefits for

children, adults and the whole community. We've had fantastic support from everyone we have talked to about this project."

The full case for investment is on the Lymm Performing Arts [website here](#).

For more information, email info@lymmperformingarts.org.uk



MEET OUR NEW FIRST AID AND WELFARE OFFICER

Ms Carrington is based in Student Services.

First Aid has always been a key part of my job roles since I trained to be Cabin Crew a number of years ago. The intensive training really sparked a passion for the subject and I have carried that into the roles that followed throughout my career.

During the pandemic I was furloughed then made redundant from my previous job after 10 years there, so after that I took the time to re-assess what it was I wanted to do going forward. I've always wanted to train to be a Paramedic, however due to my home-life commitments it wasn't a viable option so I started looking for Advanced First Aid-focused roles and came across this one. It sounded perfect for me as I love to help people and I knew that my First Aid skills would be very well utilised. Needless to say, I am SO glad that I did, as I am enjoying this role so much – it really is the perfect fit for me.

The students and staff at Lymm are all so lovely, no 2 days are ever the same and I really feel like I'm making a difference. I've been here for 10 weeks now, but it feels like I've been here so much longer (in a good way!). In that time I've built some really great relationships with the students, and have also been expanding my First Aid knowledge – not least by attending a brilliant 2-day Mental Health First Aid course and also Safeguarding courses to ensure that I



can be as helpful and supportive to the students as possible. The working hours and school holidays are great too as I have a 9 (she'd say "nearly 10!" ...) year old daughter, Ava. We're very much looking forward to 6 weeks off together over the summer – hopefully the majority of it will be spent on the beach in Abersoch with our friends!

Students can drop-in to see Ms Carrington in Student Services every Wednesday lunchtime, 1.15–2.10pm, for a confidential discussion. No appointment is needed.

SPRING IS HERE!

These are the winning entries in the Staff Spring Photography Competition.



Mr Yu won first place with this delightful photo of his dog Snowball on a lovely sunny day. Second place went to Ms Timson with her photo of some cute ducklings, and Ms Beswick came third with her tree in bloom. Huge thank you to Mrs Hill and Miss Simms for arranging and judging the competition.



BUG HOTEL BUILDING

The Walton school Eco Reps spent a day building a bug hotel on the back of the school field to increase biodiversity. A bug hotel is an easy way to increase wildlife and support the natural environment around our school.

To create the bug hotel the students, who ranged from Year 7 to Sixth Form students, firstly took some wooden pallets left by our builders and found some old bricks around the school. They then foraged dead leaves and foliage from Spud Wood. Next the pallets needed to be varnished so that they will not rot so quickly, and after this they were stacked and screwed to construct the hotel. It was filled with all the foliage, as well as cardboard, straw, and bamboo sticks for solitary bees. "After a day's work the school now has its very own bug hotel, increasing the biodiversity of the school grounds", said Daisy Nurse. "Even by the end of the construction day it was already crammed with bugs!"



DAPHNE IS BACK!



The mother duck arrived in our quadrant (for the fifth year running) to give birth to her 16 ducklings. They are now around 2 weeks old and are becoming more adventurous under mum's watchful eye. Our site maintenance team are feeding the brood chick crumb, sweetcorn and mealworms.

The ducklings are usually with us for around 8 weeks. Just before their flight feathers come in, we move them to a smallholding in Lymm that has three secluded ponds where they can learn to fly without the risk of hitting walls before going off to find their way in the world.

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Through Thick & Thin

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yourschoollottery.co.uk/play
and search for: **Lymm**



TACKLING LONELINESS

This year, the Mental Health Foundation have focussed on the theme of 'loneliness' for Mental Health Awareness Week.

Our students have been encouraged through their form time Life Programme sessions to reflect on this theme with their peers through group discussion and

activities. Feelings of loneliness, whether brought on by physical isolation or lack of connection with others, are difficult to overcome without reaching out to those around

you for help – often something which when you are feeling lonely you find even more difficult to do. Students have been encouraged to use the '5 Ways to Wellbeing' as a way of



supporting their wellbeing and possible ways this could help to tackle feelings of isolation.

1. Connect

Make time for a face-to-face conversation rather than a text or email. Often social media can help us to connect far and wide, but when experiencing feelings of loneliness, taking comfort in

screen time can often encourage this sense of isolation. Try to prioritise activities to do with a friend or loved one away from screens to encourage positive conversation and shared experience.

2. Be active

Play sport with friends. Being part of a team can help to build a sense of belonging, even a walk with a family member can help to build connection and boost your mood.

3. Taking notice

Stop and reflect on how you

feel at the end of each day and consider 3–5 things that have gone well. This could be a conversation with a friend, a piece of work you are proud of or something funny that happened with a friend. Whatever it is you are reflecting on, this is 'the good stuff' and it will make you more aware of what is going well and change your mindset for the better.

4. Keep Learning

Learning something new doesn't mean more school!

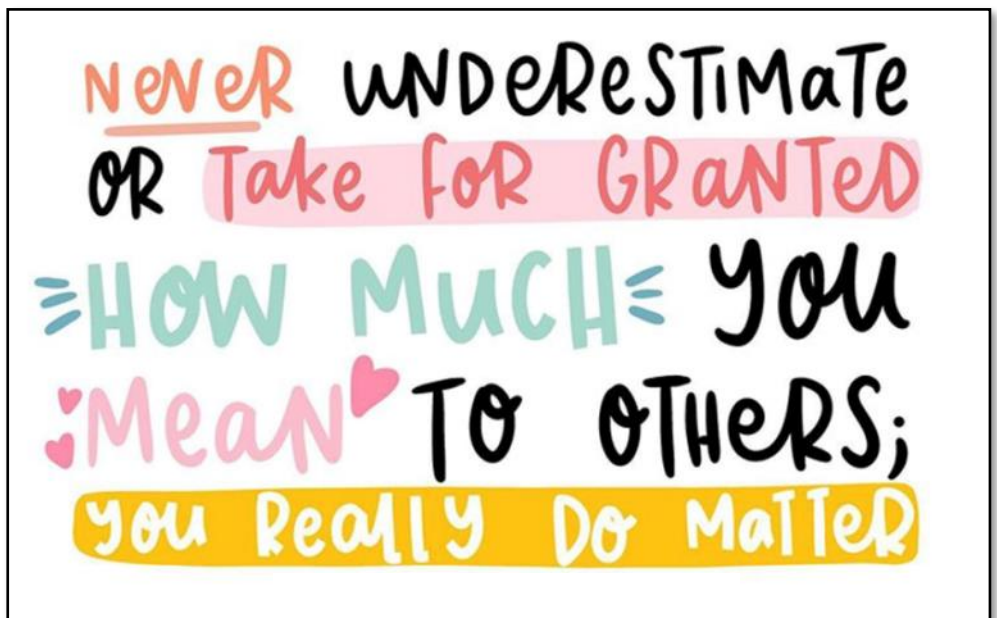
Try listening to new podcasts

or help out with the cooking at home. Learning from others around you, asking questions of them and their interests may help spark your own and encourage connection.

5. Give

Could you give your time to a family member, visit someone you haven't seen in a while and reach out? Or could you give your time to a charity? Visit Warrington Voluntary Action at www.warringtonva.org.uk to help find opportunities near you.

If you are struggling with feelings of loneliness, try using these 5 Ways to Wellbeing as a starting point to boost your mood. But remember, you may feel lonely but you are not alone. Be honest about how you feel, reach out to those who can help.



YEAR 7 TWINS TAKE ON SUPERHERO CHALLENGE

Year 7 identical twins Oscar and Sebastian Spink, who have a rare muscle-wasting condition, completed a superhero challenge of climbing 2000 steps in April to help raise funds for Muscular Dystrophy UK (MDUK).

The boys were diagnosed with a rare type of muscular dystrophy called facioscapulohumeral dystrophy (FSHD) when they were 8 years old. This incurable, progressive muscle-wasting condition makes it hard to move or smile and there is currently no treatment for the condition.

Oscar and Seb, who use electric wheelchairs to get around school, took on the huge physical

challenge and managed to climb 2000 steps at home, raising over £3100 so far!

Oscar said: "We've loved superheroes – especially Marvel ones – since we were little and we decided to challenge ourselves to climb the equivalent of the Stark Tower from the Avengers films during April – that's 130 flights of stairs!"

"Our muscles are weak because of our FSHD and it makes us very tired, so it was really hard to do the challenge but we were determined to finish it."

Seb added: "We wanted to raise money for Muscular Dystrophy UK to help other children with muscle conditions and fund research into treatments for FSHD. We were really excited when one of our favourite TikTok stars – Fenix Luimiere – did a reel about our challenge on Instagram and it got almost 14k likes! We can't believe we managed to smash our original target and raise so much money."

"Thank you to everyone who has supported our challenge. Every pound donated helps MDUK reach those with muscle-wasting conditions and the search for treatments."

Donations can still be made to the boys 'Superhero step challenge' by [clicking here](#).



COMIC RELIEF WINNERS



School held a variety of fun events to mark this year's Comic Relief Day on 18th March.

Students were invited to attend school in their own clothes in return for a £1 donation to the charity. In addition, red noses were on sale.

At lunchtime, students could take part in a 'Nose & Spoon' race. The winners were:

- Ollie Clemons 8DL
- Barney Trimble 7th

- Isabella Lovell 7ml
- Alexandra Knowles 7wl
- Henry Agass 8ML
- Max Hasan 8DL

There was also a joke-telling competition for both students and staff. Congratulations go to Ben Matthews in 7AH for his winning joke.

The money raised from the dress-down day, a cake sale and any red

noses bought meant that in total Lymm High staff and students raised £1558.30 for the charity.



CHARITY CAKE SALE



Form 7AH have raised £274.65 for the Alzheimer's Society by holding a cake sale last week.

Form Teacher Miss O'Reilly said, "I am so impressed with how they organised the event as a team. They all contributed in some way."

Particular thanks (and Hall Points) go to Ellie Mead, Scarlett Gould, Georgia Currie, Eliza Ottiwell and Olivia Brown.

Well done 7AH!

HOSPICE HELP

Year 10 Imogen Kinder used her creativity and enterprise skills to make and sell Christmas light bottles. She raised a total of £200 for St. Rocco's hospice.

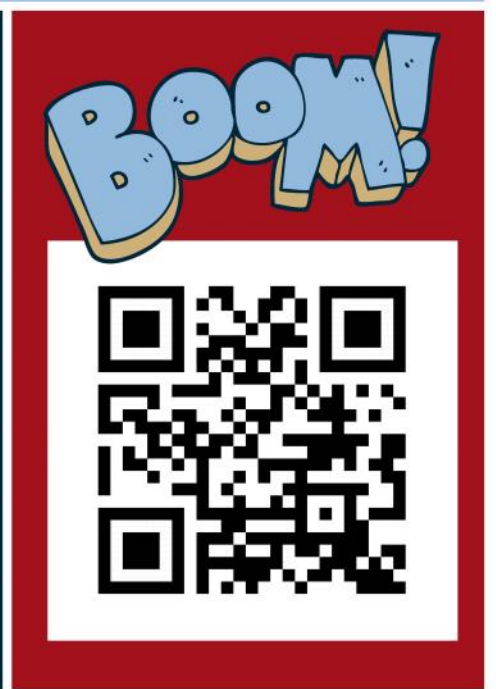
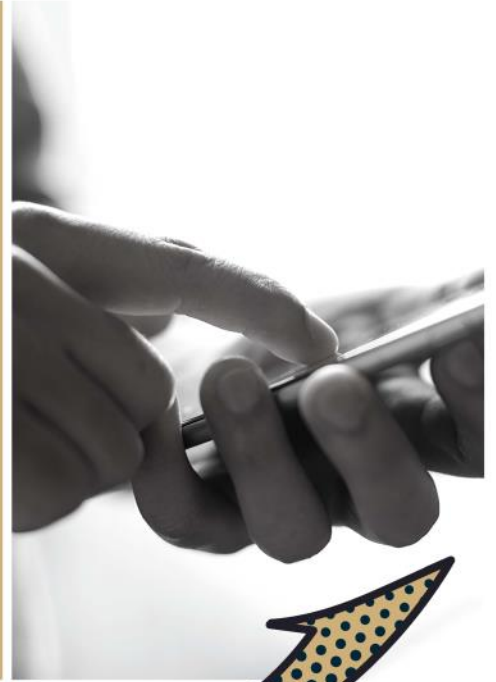
The bottles were so popular Imogen had to reach out to the local community to help supply her with more. There was a huge response and the family came home to bottles on their doorstep.

Imogen came up with the idea of the Christmas light bottles to support the hospice in the memory of a close family friend, Ian Saunders, who sadly passed in 2019 on Christmas Day.

Imogen visited the hospice over the last half term to take the money to them.

St. Rocco's have thanked Imogen for her kindness and called her "a shining star".





YEAR 9 FOOTBALL FINAL



The Year 9 girls football team made it to the final of the Cheshire Cup, held at Middlewich Town Football Club on the 25th April.

The first half Bridgewater took the lead with a brilliant header from a well drilled corner.

They then expanded their lead just before half time. After a couple of changes in tactics the girls came out fighting and scored early on with a goal from Anaïs Talbot. Bridgewater started to look worried, and we had a game on our

hands. There was some excellent defending from girl of the match Alana Clark and some brilliant battling from forward Ava Kinsey. However Bridgewater extended their lead to make it three goals to become Cheshire Champions.

Full Time Score Bridgewater 4, Lymm 1.

"We are so proud of the girls and how far they have come as a team", said Mrs Slater.

"They represented themselves and the school excellently."

INDOOR ATHLETICS FINALISTS

On 16th March, our Year 8 athletics squads competed in the Cheshire County final of the Indoor Athletics Championships at Ellesmere Port Sports Village.

Both teams did amazingly well, but the boys team managed to win the event! "The level of competition was tough, but the students showed great determination", said Mr Scott. Well done to all involved!



CROSS COUNTRY CHAMPS



Jack Marwood placed 20th in National Schools Cross Country Championship.



The Year 9 student competed in the National Cross Country competition at Hop Farm in Kent. Of over 300 junior boys competing in the 4.4k race, Jack came 20th overall and was the first home for Cheshire.

“It was great to be part of the recent English Schools Cross Country Championship in Kent where the top 8 from each county took part”, said Jack.

“I’d really like to aim for top 10 next year and get an England vest, and compete internationally”, he said.

Fellow student Ben Keeley (Year 8) also competed in the event.

Jack’s brother, Archie in Year 7 (*right*), ran for Cheshire in March in a match against Merseyside. Archie was 8th in the race, 4th in Cheshire (and Cheshire won the match). Well done to all these boys!



CHESHIRE CUP WINNERS

Our Year 8 girls football team played in the Cheshire Cup Final on 23rd March.

They played against a very strong Wilmslow team at the Grange. To put it in perspective Lymm were beaten 2-1 vs. Wilmslow in the last 16 of the National Cup just before Christmas so we knew it was going to be tough.

Wilmslow started off incredibly strong with Daisy Nurse our outstanding goalkeeper pulling off some exceptional saves. Wilmslow had a lot of the ball and after a flurry of corners a goal seemed to be imminent. Wilmslow eventually got their breakthrough and scored a one-on-one goal with Daisy trying her best to pull off a save but the precision of the striker was excellent and she finished beautifully, Wilmslow went ahead 1-0.

The nerves showed in the first half but in the last quarter of the first half Lymm found their stride and started to get back in to the game. At half time Lymm were 1-0 down, however you could sense a shift in dominance between the team.

Lymm came out of the second half with some lovely passing by Flo Tribe, Lily Norton and Heidi Dodd. Lymm just needed to find that crucial pass to captain Sophia Matthews up top. The Lymm supporters started to find their voices and Lymm now looked the stronger team. With 10 minutes to go Tilly Scammell came back on as right wing and with an excellent run and finish she opened the scoring for Lymm.

Some excellent saves from Daisy Nurse and some amazing defending from Keela Istephen, Sophia Gordan and Amelia Cullen at the back prevented Wilmslow from getting their winner and we all worried that it would be a repeat of the National Cup match just a few weeks ago.

With minutes to go Flo Tribe played a fantastic ball through to Liana Kraska. She coolly slid it past the goalkeeper in to the bottom corner of the goal and the celebrations went wild. Lymm managed to run down the clock to hold on for the win to become Cheshire County Champions.

Full Time Score Lymm 2, Wilmslow 1. Very well done to the girls involved!



LACROSSE SUCCESS



Ana Green (on the left, front row) and with her parents below.

Year 13 Ana Green was selected to play with England's U19 squad.

Ana was selected to play for the team in January and went on to get her first cap at Home Internationals playing Scotland and Wales in April. A week later, she again represented England in a friendly against the Italy senior team as they prepared for this summer's World Cup. This has been an amazing experience for the Sixth Form student who is currently preparing for her A' levels.

"I only started playing lacrosse because I couldn't do gymnastics, so I guess it was a good thing that I met that first hurdle to allow me to be in the position that I'm in today", said Ana. "I plan to keep playing when I go to university alongside studying physiotherapy at Nottingham and will hopefully advance to the senior England squad with the long-term aim of being in the Olympics when lacrosse makes it's debut in 2028."

We wish you all the luck, Ana.



GYMNAST SHINES IN FINLAND

At the end of April, Year 8 Amelia Jenkins travelled to the Åland Islands, Finland, to compete at the Åland Invitational 2022 gymnastic competition.

Amelia trains at the City of Preston Gymnastics Club, which was the only UK representative at the international competition. The girls secured the top qualifying scores in every apparatus and also

brought home four golds, three silvers, and five bronze medals, becoming the most successful club at the event. Out of 80 gymnasts, City of Preston placed first. Amelia placed 9th overall and qualified for the beam final where she placed 3rd and got bronze.

In the past, Amelia has travelled to train and compete across the world, including the USA, Costa Rica, Sweden and Malta.



UPCOMING IMPORTANT DATES

Monday 6th June
School back

Wednesday 29th June
Art Exhibition

Thursday 30th June
Year 11 Prom

Friday 1st July
Inset day

Monday 11th July
Summer concert

Wednesday 13th July
Year 13 Prom

Thursday 14th July
Awards Evening

Monday 18th July
Rewards Day

Tuesday 19th July
Sports Day

Wednesday 20th July
Founders' Day & Evening

Thursday 21st July
School breaks up for summer holiday, 12.15pm.

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