



LYMM
HIGH SCHOOL

FOUNDED c.1592



Ian Murphy visit
p.8

Students had a full
day workshop with
a professional
artist.

Boys Barcelona
Tour, p.22

Year 8 and 9
footballers enjoyed
a 4-day trip to
Spain.

NEWSLETTER

ISSUE: APRIL 2023 · WWW.LYMMHIGH.ORG.UK



CHESHIRE CHAMPIONS!

Our Year 9 girls football team has excelled in both the National Cup and the Cheshire Cup this season with some outstanding performances and some thrilling victories along the way.

Not more so than the Cheshire Cup Final, which was hosted by Middlewich Town FC. The girls made an explosive

start going up 3-0, only to surrender that lead just after half time, conceding three quick goals to make it 3-3 with only 10 minutes

to go. It was high drama right to the end and suitably a superb team goal won the game 5-4 in the final few minutes.

CONTINUES ON BACK PAGE

STUDENTS ARE FLYING HIGH



This year's British Science Week had a theme of connections.

To tie in with the connections theme students were challenged to build their own Brooklands gliders. The connections between the forces of flight allow an aircraft to soar – you can't have one force without the others!

Our Key Stage 3 students got their engineering caps on and got stuck straight into their task. We were really impressed with the number of students who, after a few unsuccessful test flights, managed to modify the original design and send their glider soaring. Watch this space, our students will be designing aircrafts in no time.

Jayden Chan in Year 7 was our overall winner with one of his gliders travelling an impressive 13.2m! Emily Harland and Emma Oakes came in second place, just ahead of Elliot Crook.

"Well done to everyone who took part throughout the week", said Miss Farmer. "It was great to see so many students getting involved, even if your glider didn't quite make it to the test zone."



DANCE WORKSHOP

On Thursday 20th April, the National Youth Dance Company ran a free workshop for Lymm High students as part of their 100th birthday celebrations. This was a really exciting opportunity for dance and drama students in Years 9, 10 and 12.

"The students did so well and were so enthusiastic throughout the whole workshop", said Miss Finnigan. "I was so proud of them all."



RAISING THE BAR

Congratulations to our KS3 Inter-hall crossbar challenge winners: Year 7 Isaac Richards and Year 8 George Tobin.



DOWN'S SYNDROME AWARENESS

Visitors to Lymm High may have been perplexed at the odd footwear on display.

People with Down's syndrome have three copies of the 21st chromosome, hence World Down Syndrome Day (WDSD) being held on Tuesday 21st March.

The global awareness event, which has been officially observed by the United Nations (UN) since 2012, aims to spread understanding of Down's syndrome through joyful campaigns. WDSD promotes the narrative that people with disabilities have the right to be treated fairly and receive the same opportunities as everyone else.

The UN explains: 'Down's syndrome (or Trisomy 21) is a naturally occurring chromosomal arrangement that has always been a part of the human condition.' However, many people remain uneducated on the genetic condition. The global Down's syndrome community created the day to highlight that people with Down's syndrome are often denied a good-quality education and the chance to work and earn their own money. Those with Down's syndrome are also often not allowed to make decisions about their own lives.

Why do we wear odd socks on WDSD?

Those marking WDSD will often wear odd socks as part of the campaign to raise awareness in the hope that by wearing colourful odd socks they can start a conversation with friends, family and passers-by. The organisers encourage those wearing odd socks to tell curious people: "I'm wearing them to raise awareness of Down's syndrome". From there, participants can tell them some important or interesting facts about the genetic disorder.



Students sold gingerbread socks at break and lunchtime to raise over £400 for Down Syndrome Cheshire. The charity supports nearly 400 people with Down's syndrome, providing family support, activities, education advocacy, training, professional services, therapy and life skills to ensure people with Down's syndrome in the local area reach their full potential and live the life they choose.

Libby Edwardson said: "I love Odd Socks Day! Everyone looks funny in their silly socks, students sell cookies, and the money helps all my friends from Down Syndrome Cheshire". For more information about Down Syndrome Cheshire, [click here](#).

Free, safe and anonymous mental health support.



SCAN ME!



Chat to
our team



Helpful
articles



Community
Support



Self-help
activities

Whatever is going on in your life, the anonymous community on Kooth and our team of friendly professionals are here to help support you.

Or if you'd rather not talk to anyone, we've also got a huge library of helpful content, plus self-help tools and fun activities.

Sign up today at
kooth.com

kooth



MASTERING MACBETH

Last week, Year 10 were treated to a live performance of 'The Scottish Play'.

After studying *Macbeth* in English, the show was used to provide the students with further understanding of the plot and characters. Manchester Actors Company allowed the students to see Shakespeare being performed live: showing the technicalities involving the language and the intricacies of the characters' mannerisms.

The 60-minute show was followed by a 30-minute Q&A where the students could ask the performers questions about the play itself and what it is like to perform Shake-



speare. The Year 10 students asked many informative questions including 'Who is the strongest character?'.

"This was a perfect way to end

the last term's teaching on the play", said Mr Dickinson.

It was a brilliant morning of mystery, magic and Machiavellianism!

Crown design competition!



To celebrate the King's coronation, DT and art are running a crown design competition! Design and make your crown at home with any materials you like then bring it in to be judged (there will be prizes!!)

To enter, create your crown and bring it to the DT office on **Tuesday 9th May**
We look forwards to seeing your creations!

LYMM HIGH RADIO

After much hard work, the Sixth Form team of Anna Dybell, Kae O'Shea, Izzy Bloxsom, Sophie Smith, Pippa West and Jonas Jackson have put together a radio show working alongside Paul Smith at Cheshire's Mix 56 (rebranded Lymm Radio). The hour-long show will be broadcast online at 7pm on Monday 8th May. We hope you tune in!

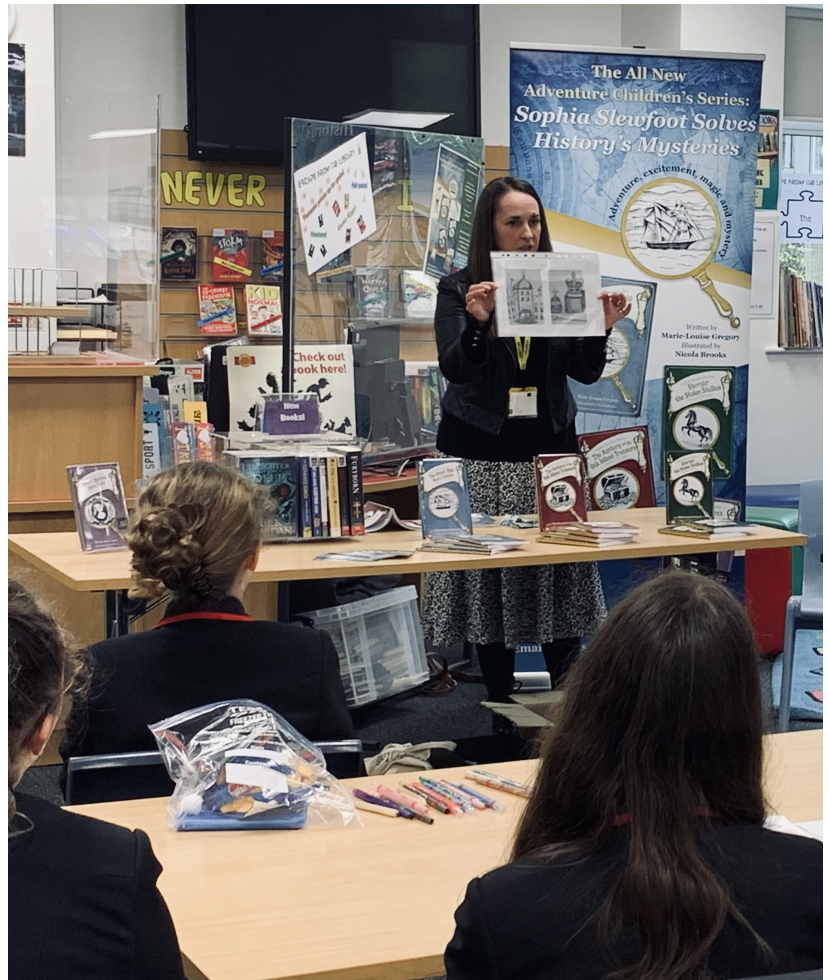
You can [click here](#), to listen.



LOCAL AUTHOR SHARES HER STORY

Over 30 students joined local author Marie-Louise Gregory for a lunchtime talk in the ILC on Tuesday 28th March.

Mrs Gregory is a Lymm local who started writing children's books during lockdown. She has published four books to date (illustrated by Nicola Brooks) and has a wealth of fabulous ideas for more books going forward. She gave interesting insights into writing children's fiction and encouraged students to pursue their passions for creative writing.



The ILC visit was an opportunity for students to meet and talk to an author in a relaxed setting and to hear Mrs Gregory read extracts from the first book in her series '*The Ghost Ship Mary Celeste*'. Each of Mrs Gregory's books features Sophia, a 10-year-old who moves home with her family and discovers a mysterious object in a secret room at the top of her new house.

Drawing on myth, legend and historical facts, the book series takes a fresh look at some well-known mysteries through the eyes of this central character.

Students from Year 7 through to Year 12 were thoroughly engaged by the event and were keen to ask questions about creative writing and becoming an author. They discussed the process of developing ideas for characters and plots, and the various routes into publishing a book once it's written.

We wish Mrs Gregory every success as an author and hope to welcome her back to Lymm High School to talk about her writing again as the 'Sophia Slewfoot' series grows.

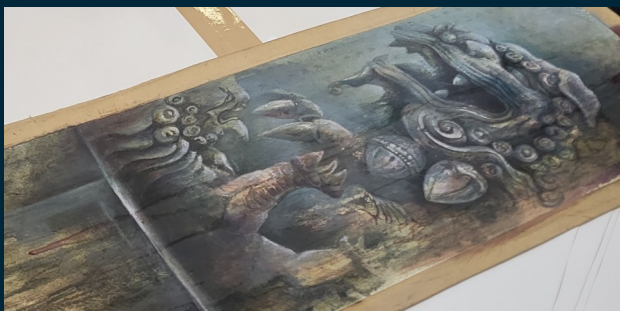


VISITING ARTIST: IAN MURPHY

The Visual Arts Department welcomed artist Ian Murphy into school for a full day mixed media workshop on Thursday 27th April.

Ian Murphy is a contemporary British Fine Artist who gained initial success with selection to the British Young Contemporary Artists in 1985. He is best known for his powerful, tonal drawings and atmospheric, mixed media oil paintings of architectural places. The workshop was open to all students in Years 10 and 12 currently studying Fine Art at GCSE or A' Level as well as students in Year 9 who have chosen Fine Art as one of their GCSE options next year.

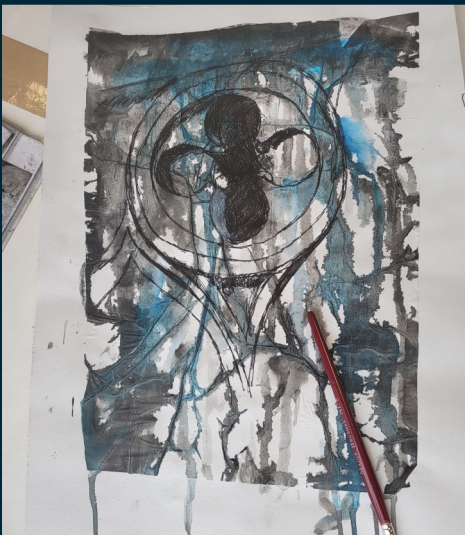
The workshop ran in the main hall, allowing plenty of space for students to work on multiple pieces at one time, a key process of Murphy's practice. The workshop explored various application methods using mixed media. Students had the chance to experiment with a range of materials such as white tissue paper, newspaper, coloured inks and graphite powder. Time was also spent exploring compositional drawing techniques to incorporate architectural details into the mixed media pieces.



"The day was very exciting and fast paced, and all students remained fully engaged throughout the day", said Miss Simms. "This allowed them to create some fantastic pieces."

The standard of work produced was very impressive. Having the opportunity to view Ian Murphy's sketchbooks and large-scale pieces up close was a priceless experience for both staff and students, along with asking him any questions about his work or becoming a full time artist.

To find out more about Ian Murphy, [click here](#).



ESCAPE FROM THE LIBRARY

Set over 3 weeks, puzzles were displayed in the ILC for students to find and solve as part of this year's event.

'Escape from The Library' involved challenging students to solve clues, codes and cyphers (inspired by Escape Room experiences) in the quest to reveal the three numbers of a combination padlock and 'escape' from the library.

Once all three numbers had been revealed, it was up to individuals to guess the correct order for the combination that would open the lock. Fifteen students guessed correctly and they were each presented with a fiction book and entered into a draw to win one of three Amazon vouchers.

Over 90 students took part in the challenge testing their observational and problem-solving skills.

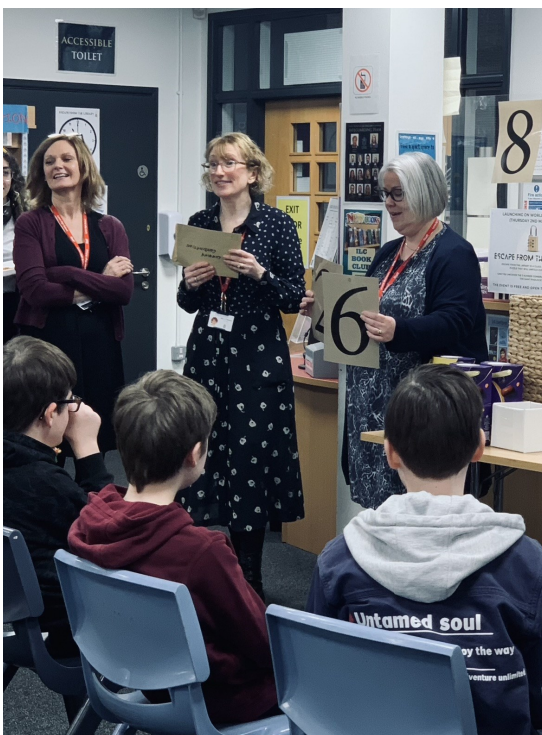
"Although a knowledge of fiction was



helpful, all of the puzzles could be solved just by working through them using the helpful hints", said Ms Timson.

Everyone who completed the full set of puzzles received hall points and they were treated to a delicious doughnut at the end of term. Six students were randomly selected to win a large Easter egg.

Watch out for another puzzle-based event in the ILC coming soon.





SPREADING THE WELLBEING WORD

Our Wellbeing Champions have been busy attending even more primary schools and speaking to lots of Year 5 and 6 students.

They have been to both Ravenbank Community and Cherry Tree primary schools over the past few weeks.

The Wellbeing Champions have loved getting out and being able to share their

knowledge with other young people. They have helped them recognise who they can go to for support, created a wellbeing challenge and answered lots of important questions about their experience at high school.

When asked by some Year 6 pupils about what their favourite part of being a Wellbeing Champion is, they said, "Being able to get out into primary schools and speak with younger children about how to look after their wellbeing has been really fun!"



MEET THE STAFF

This month, we meet Mr Curran: Lymm High's new Assistant Headteacher with responsibility for behaviour across the school.

Tell us about yourself

When I'm not doing the day job, my main role is dad to my three children who are 16, 12 and 9. I run an excellent taxi service between sports activities for them most nights of the week and weekends.

I am married to an ex-PE teacher, so sport is obviously a massive part of our lives.

Hockey, football and cricket are the main sports played in our household but we also do jiu-jitsu. After coming back to the sport late in life (7 years ago following a 20-year gap), I am hoping to do my black belt in June, if my recently broken ribs heal (I'm not great at landing...).

I'm an avid fan of the Miami Dolphins, love American football, can hold a tune on a bass guitar, and am still aiming to get a team together for *Only Connect* one day.



What degree course did you take?

I studied Modern Foreign Languages at the University of Wolverhampton and completed a BA Hons degree in French and Spanish. I also learned a little Catalan and worked at the Barcelona Olympics as a translator during my year abroad. I love learning new languages and began studying British Sign Language (BSL) at university. I continued with my studies to eventually complete my Stage 2 in BSL at Mid Cheshire college, when I first moved up here after my initial teaching position in Peterborough.

What are the best and worst parts of the job?

As an Assistant Headteacher, my job provides lots of variety. I have worked in six secondary schools and in every school I have worked in, I have always enjoyed working in Pastoral Care.

Working in a large comprehensive school is a fast-paced environment, which is constantly changing and evolving. You must be flexible and quick to act in order to best support staff and pupils, which I find incredibly enjoyable.

I love teaching languages and have also taught music in the past. When your students acquire new knowledge and you can observe their progress, nothing compares to that feeling.

The worst part of my job is seeing students not meeting their potential. As a teacher, it is difficult not to become emotionally involved in a student's development and journey, and when things don't go right, despite lots of help, support and guidance, it can be upsetting. However, I'm looking forward to working with, what is obviously, a really talented team of teachers and support staff at Lymm, so these occasions will hopefully be few and far between.



**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!**

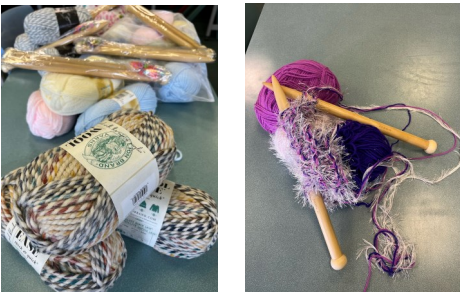
BOOM!



THANK YOU PTA!

Faculties sent the PTA bids for financial support for various enrichment activities. These were reviewed by the Committee and over £12,000 was donated.

Students got a chance to try out the new dance floor when the National Youth Dance Company visited this month (see p.3). “We had been desperate for a new portable dance floor as the old one was ripped and covered in marks. We had been using this floor for all dance exams and performances, including those outdoors”, said Mrs Richards. The new mat is a professional standard and will be kept specifically for exam and indoor performance events. It is lighter material too so will be much easier to lay out and transport before and after exams. The old flooring will now be re-purposed for outdoor displays in the summer, and as an extension to an external stage.



The Sixth Form ‘Knit and Natter’ group requested some chunky knitting needles and wool for their Friday lunchtime get-togethers. “There was much excitement when the students saw the super thick knitting needles and gorgeous wool arrivals”, said Mrs Hill. “All thanks to the fabulous Lymm High PTA.”

Other items that were acquired included netball posts, mindfulness resources and vinyl cutters for Design Technology.

The Hub requested some activity packs for students to use when they are taking time out and feeling anxious and overwhelmed. Tactile activities were requested to help soothe some students, such as bracelet-making kits, meccano and Hama beads. These can also be used to help develop motor skills at the same time.



Worried about how you're feeling?



**Visit youngminds.org.uk for
information on getting the support
you need and practical tips from
young people just like you.**

YOUNGmINDS



STAYING WELL DURING REVISION AND EXAMS

Exam stress and worry is normal, writes Miss Newton, our Mental Health and Wellbeing Manager.

Everyone experiences stress, anxiety and worry around exams. This can present in different ways. The important thing to remember is that stress isn't always a bad thing, sometimes it can be a motivator! However, if stress gets too much then it can make it difficult to focus and put a barrier between you and achieving the best that you can do.

Building healthy habits can help you cope with stressful situations, especially during exam time. This is the perfect

opportunity to start creating some healthy habits. These include:

- Getting a full night's sleep
- Eating regular balanced meals
- Taking regular breaks
- Taking time for yourself, and
- Exercising.

Better sleep = better grades

Good quality sleep plays a significant role in our day-to-day wellbeing.

Did you know that students who sleep better enjoy better grades, better recall, better mood and better health? It has been proven that better sleep is associated with improved academic performance.

To enjoy the maximum benefits of good sleep, you should sleep well for at least a week leading up to your exam.

See the box for ideas on how to improve your sleep routine, and visit this [NHS website](#) for further tips.

The Charity Young Minds has the following advice on how to get better sleep:

1. Try relaxing without your phone

Rather than looking at a phone until you're tired, relax by reading a book, writing a journal entry, or listening to music.

2. Give yourself some time

Give yourself time to wind down before bed. Try to do something relaxing or boring so that you feel tired.

3. Wrap yourself up

Put a soft blanket on top of your mattress as this can help you relax. You could also try wrapping yourself up in the duvet as this can help with sensory issues.

4. Listen to relaxing music

For other tips on getting a good night's sleep, [click here](#).

Healthy eating

Eating the right food and drink can energise your system, improve alertness and sustain you through the long exams.

- Avoid high sugary and fatty foods or drinks
- Aim to eat clean, fresh and healthy foods
- Eat breakfast every-day
- Keep hydrated. This is key to brain functioning. Make sure you always have a bottle of water with you.

Refocus and reset

It's important to take regular breaks when revising to give your brain a break. Not only will a break from studying help alleviate a build up of stress, it can help you to refocus and reset. In addition, retesting yourself on what you've just learnt



after a break can help consolidate your learning.

Self-care

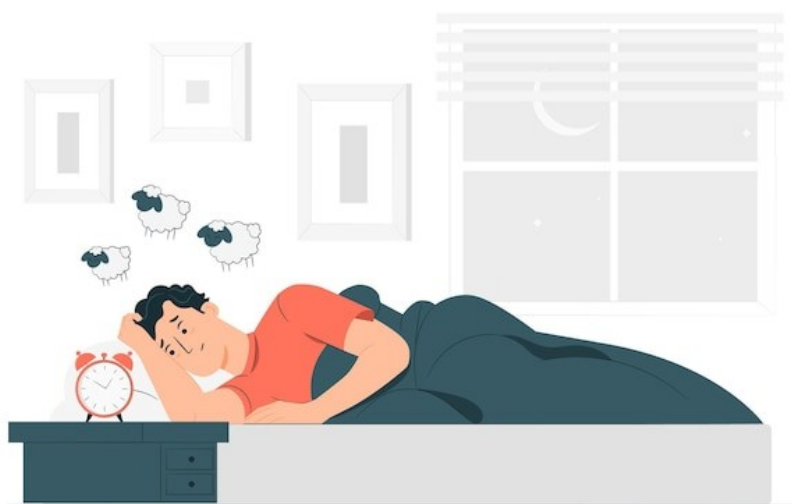
Self-care is all about taking time to look after both your mental and physical health, whilst doing things you enjoy and that make you happy.

This might be simple things like going for walks, watching your favourite TV shows or spending time with people that bring you joy.

This is especially important in the lead up to exams and during exam season to ensure that you are as healthy as you can be, both mentally and physically.

Exercising

Exercising doesn't mean going for a 5k run every day, but try your best to get outside and get some fresh air. Just being active, going for a walk, and getting lots of fresh air is amazing for our mental health and wellbeing!



The night before the exam

- Check the time and place of the exam.
- Pack your bag for the next day with all the items you need.
- Avoid doing any new revision, but review what you've already looked over.
- Relax before bed.
- Set your alarm so you don't worry about over sleeping!

The morning of the exam

- Get up in plenty of time so you don't need to rush

- Have breakfast.
- Double check you have everything you need!
- Avoid revising any new information or cram revision in before an exam.
- Leave plenty of time to get to the exam.

After the exam

- Really try and avoid discussing the exam with your friends in too much detail; if you have tried your hardest, discussing how the exam went may only cause more worry.

- Focus on your next exam; tick off this exam on your revision planner and continue with plans for the next exam; worrying about a past exam will make it harder to focus on the next one.
- Even if an exam didn't go as well as hoped for, it doesn't mean this will be the same for the next one.



Proven techniques to help reduce anxiety

It's a really good idea to practise some of these methods when you're not anxious, so you can familiarise yourself with the approaches and get comfortable with the experience and how it makes you feel. Then, should anxiety strike, it's something you'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 a phone so you readily have help at 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.

WIN A META QUEST 2 VR HEADSET



- Tickets cost just £1 a week
- Win up to £25,000 every week
- Please help give our fundraising a boost
- Explore a world of virtual reality!

PLAY NOW



Supporters must be 16 years of age or older. See website for Terms & conditions. Enter by 27th May 2023

CHESS CHAMPIONS

The Knights of Lymm Chess Club are once more having a very successful year, writes Mr Morrison.

The new intake at the start of this academic year brought lots of new 'Pawns' to the club. Due to the high numbers, this meant that we had to split the lunchtime sessions into two sections. Monday was for KS4 students, but included a high number of Year 12 who showed a genuine interest before exams and workload set in.

Tuesday was for KS3 students and such was the interest that sometimes we had to send pupils away due to the numbers! Eventually after initial interest this dropped to a sizeable group. Altogether there is a consistent number of 35–40 attending the sessions, which includes beginners.

A competition was held for both groups and, despite Bank Holidays and industrial action, this was completed by victorious students in KS3. A very keen and excitable Ambrose Lam (8WL) won and a quiet, cautious, methodical Lucille Hennessey (7TL) – who came to the club late – was an honourable runner-up.

The KS4 competition was won by a nervous Ryan Robinson (10AH) who has attended on a regular basis and improved immensely. He defeated a worthy opponent, Jack Marwood (10DH), into second place.

The future of the club looks secure for the remainder of this term and we can move onto

next year with great optimism.

It is obvious that there is a 'Grand Master' in the making.

Watch this space!

UPCOMING DATES

Monday 8th May

Bank Holiday

Coronation of

King Charles III

Monday 29th May to

Friday 2nd June

Half-term break

Thursday 27th June

Year 11 Induction Day
to Sixth Form

Thursday 29th June

Year 11 Prom

Friday 30th June

INSET Day

Follow us on
Social Media



LYMM HIGH PTA PRESENTS

BAND NIGHT

LYMM GOLF CLUB, 7.30PM

- TWO LIVE SETS FROM LOCAL BAND 'UNDER THE TABLE'
- DISCO TILL LATE



MUSIC | DRINKS | DANCE
24TH JUNE 2023

TICKETS ON PARENTPAY NOW
£25 INCLUDING CURRY



YEAR 8 & 9

BARCELONA FOOTBALL TOUR 2023



Staff and students had an early start on Friday 21st April when they headed to the airport for their 7.35am flight to Spain.

The football tour started like any member of staff would wish, with members of the public commenting on how well our students looked and behaved. Families, flight attendants and passengers voiced their thoughts on what a credit to our school they were.

Once in Spain, games followed against Irish and Spanish teams, and whether the result was win, lose or draw, every student came back with big smiles on their faces.

Saturday and Sunday were taken up with training and further games. Staff were clearly expecting the pace of a footballer's life to be getting to some; but no. Leisure time consisted of 5-aside, volley-ball, mini golf, padel tennis and so much more.

On Monday, the boys visited Camp Nou before heading back to the airport. The whole trip was amazing and we, the staff, are so happy to have trips back after such a lengthy period.





[Click here to view the full sports tour programme.](#)



LFC WOMEN U12 WIN

Erin Yearsley-Ward is celebrating after her team, Liverpool FC women U12s, won their league.

The Year 7 student has been with Liverpool FC women since she was 8 years old. She was signed for the U12s last year.

The team currently play in a boy's Liverpool league. They won that league with a final match score of 6-0.

Erin works so hard at her football training and also represents the school in Year 7 fixtures.

"Erin is a lovely, hardworking pupil and we are all so pleased with her work outside school with LFC and the team's recent success", said Miss Beck.

Erin with Arsenal and England football player, Beth Mead.



INDOOR ATHLETICS SUCCESS

Year 7 girls are County Indoor Athletics champions! The final competition at Ellesmere Port Sports Village involved a series of races and field events on Thursday 23rd March.

Mr Scott said, "It's great that we have Year 7 showing promise at such a young age! It certainly bodes well for the future of athletics at Lymm High."



Youth in Mind

at Warrington Youth Zone

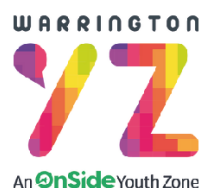
Youth In Mind is a free and discrete drop-in service for young people aged 7-19 (up to 25 with additional needs) who are experiencing problems relating to their emotional wellbeing.

No appointment or referral is necessary.

Opening Hours

Mon-Fri, 3pm – 7pm
Sat & Sun, 11am – 3pm

Open 7 Days
a Week



<https://warringtonyouthzone.org>

Charity Number: 1101086

CHESHIRE CHAMPIONS!



CONTINUES FROM FRONT PAGE

This team has been a real credit to the school this year. They have always conducted themselves perfectly and consistently demonstrated passion, determination and resilience in each and every game.

They reached the final 16 in the country in the National Cup, narrowly losing to Haslingden

High School in a very tense game.

Their route to the final in the Cheshire Cup was outstanding, beating hugely respectable opposition such as Bishop Heber, Ellesmere Port and an amazing 6-0 win at Leftwich, which saw them play Wilmslow in the final.

The victory secured this trophy for the second time and has helped inspire even more girls to join a well-established and successful girls football programme here at Lymm.

Who knows what else this fantastic group can achieve! Well done girls, we are all so proud of you.