



LYMM  
HIGH SCHOOL

FOUNDED c.1592



**Getting greener,**  
p.8

Our Eco Committee is tackling school's biodiversity, energy use and waste.

**Girls Sports Tour,**  
p.26

Netball, hockey and football was enjoyed by Year 8 and 9 on their 4-day trip to Spain.

# NEWSLETTER

ISSUE: MAY 2023 · WWW.LYMMHIGH.ORG.UK



*Photo credit: SARAH LOUISE BENNETT/EBU*

## DANCING QUEEN

Sonya Kladko represented Ukraine at the Eurovision Song Concert when she danced on stage with Rita Ora.

**T**he Year 8 student performed a solo dance routine with a red ball at the Eurovision semi-final. She then walked hand-in-hand with the pop star at the M&S Bank Arena in Liverpool.

It is estimated that an average of 2.3 million viewers watched the semi-final, which aired on BBC One on Tuesday 9th May.

The 12-year-old student (who's real name is Sofiia) is from Rivne in the north west

of Kyiv. She's been living in Lymm since arriving in the UK last year.

"Sonya has settled really well into Year 8 at Lymm High", said Mrs Wagstaff. "We are all so proud of her performance."

Sonya's mum, Ira, is also part of the Lymm High community as she works within the Catering team.

"Sonya has been such a huge asset to our school since she joined us in June 2022 from Ukraine", said Miss Dixon. "She has thrown herself completely into her academic studies and extracurricular participation, and is an absolute pleasure to have in class."

"We are so proud of Sonya performing with Rita Ora at Eurovision 2023 – she gave such a phenomenal performance!"

During the Eurovision show, Rita Ora delivered a medley of her past hits and was later joined by 54 backing dancers, including 30 from the Liverpool Institute for Performing Arts (Lipa).

Shortly before going on stage, Rita Ora





posted on Twitter paying tribute to Sonya as representing “strength and hope during these turbulent, tragic and changeable times”.

She added: “We must not forget the privilege the UK has to play its part as host nation at the Eurovision 2023 for the Ukraine after the Kalush Orchestra won the contest last year.”

“The plight of Sofiia’s family reminds me of the incredible journey my family went through when I was her age, and how I will be forever grateful to the UK for showing us kindness and compassion”, she added.

Rita Ora grew up in Kosovo and came to the UK with her family where she pursued her career in entertainment.

“Sofiia opens my performance this evening playing with a ball, representing the loss of



childhood for these poor refugees.”

“I hope this amazing song contest opens hearts across Europe and the world. We love you Ukraine, we all perform tonight, for you.”





# ROYAL ACADEMY OF ARTS ACCEPTANCE

A number of students' work was entered into the annual Royal Academy of Arts London 'Young Artist Summer Show' open call.

**W**e've now received the exciting news that Year 13 Grace Unsworth has been selected for the online part of the exhibition with her fantastic oil painting entitled 'Geoff', Grace's grandad!

The Royal Academy open call is open to submissions from students between the ages of 4–19 across the whole of the UK. Being selected for the exhibition from such a high number of entries and for such a renowned institution for the Arts is a fantastic achievement for Grace. We are all so very proud!

The exhibition will run from 18<sup>th</sup> July to 12<sup>th</sup> August 2023.



## INTER-HALL WINNERS

Ned Martin won our Key Stage 3 round of 'Sling Shot Puck'. Maddie Smith came second in a tense final!



James Johnson was the winner of our 'Throwing the teabag' Inter-hall challenge. The Year 7 student impressively chucked two out of the six teabags straight into the mug!

# MENTAL HEALTH AWARENESS WEEK



During Mental Health Awareness Week (15–21st May), our marvellous Wellbeing Champions hosted a stall at breaktime. Together with Miss Newton, our Mental Health and Wellbeing Manager, they shared signposting information and mindful activities with their fellow students to support their wellbeing.

The theme of this year's Mental Health Awareness Week focused on anxiety:

- [Click here](#) for information about Mental Health Awareness Week.
- [Click here](#) for information about anxiety and how to tackle it.
- [Click here](#) for a article on coping with anxiety.

The Wellbeing Champions also continued their tour of Primary Schools with a visit to Little Bollington. The Year 6 students enjoyed the presentation and got really involved in the session. They also enjoyed speaking to our students about their experience of high school and how they found the transition.

The Wellbeing Champions told the Little Bollington students about all the support available to them at Lymm High School and reassured them that the new Year 7s get lots of help finding their way around and getting used to their new school.







## NURSES OF THE FUTURE

On Wednesday 10th May several students took part in a health and social care taster session.

This was aimed at the Year 9 students who have opted to take Health and Social Care in Year 10 and Year 8 pupils who have an interest in finding out more

about careers in the health and social care industry.

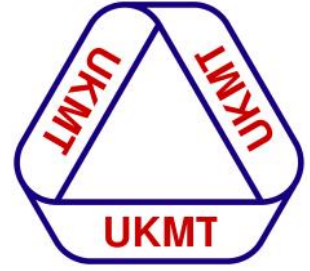
Fiona Exely from The Cheshire and Warrington pledge spoke about the hundreds of careers available in the NHS, path-

ways to careers in the NHS, and delivered hands on experience using medical equipment such as blood pressure monitors. Students also experienced the effects of substance misuse using virtual reality goggles!

Karen Lea and Katie Brown, Community Nursing Clinical Practice Educators from Bridgewater Community Health Care NHS Foundation Trust, delivered sessions on community nursing through their own personal training and experiences. Students then had the opportunity to learn and practice skills of bandaging pressure wounds and removing staples. The taster sessions were thoroughly enjoyed by all students and we will plan to run similar sessions next year.



# MATHS MASTERS



**Y**ear 7 and 8 students have had more success at the Junior Maths Challenge.

This 60-minute, multiple-choice, nationwide challenge encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems. The problems are designed to make students think. Most of them are accessible, yet still challenge those with more experience.

Lymm High had some brilliant results.

The total number of certificates received were 47 Bronze, 28 Silver and six Golds!

- **Year 7:** 20 Bronze, 13 Silver, four Golds
- **Year 8:** 27 Bronze, 15 Silver, two Golds

The grade boundaries were Gold 82+, Silver 66+, Bronze 52+. Year 7 Alex Smith performed best in school with an amazing total grade of 106. In addition, Bethany Worrall, Dan Steel, Alexander Davies and Finlay Tucker all qualified for the next round of the challenge (the Junior Kangaroo) on the 14th June.



## FIT FOR A KING

The Visual Arts & Technology faculty ran a competition in celebration of the King's Coronation this month. The competition was open to all year groups and challenged students to design and craft their very own crown fit for a king using any materials of their choice.

This was a fantastic opportunity to get creative over the bank holiday weekend. The DT and Art department decided that Alex Smith's crown deserved a prize. The Year 7 student is obviously good at art as well as maths (see above)!



"Alex worked hard to make his fantastic crown from scratch using a wide range of materials, even using cotton wool to fashion the ermine fur which features on the royal crown", said Miss Simms.

Well done Alex!





# ECO REPS REAP REWARDS

Lymm High's Eco Committee is split into Biodiversity, Energy and Waste groups.

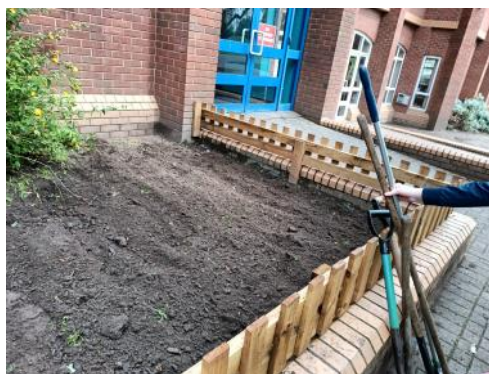
**T**he students meet regularly to discuss how to make Lymm High's community – students, staff and parents/carers – more ecologically aware.

Environmentally-friendly, 'green' and resource-saving methods are discussed and implemented where possible.

The Biodiversity Eco Reps have been hard at work this month overseeing the planting of an orchard on the school







grounds, near Spud Wood. They have also prepared a flower bed next to one of the school yards ready for wildflowers to be planted. The plan is to do another four more flower beds in the Autumn.

Last year the Biodiversity team spent a day building a bug hotel on the back of the school field to increase the variety of local flora and fauna. This was made out of pallets, old bricks, dead leaves and foliage.

A bug hotel is an easy way to increase wildlife and support the natural environment around school.

The Energy Eco Reps started this year with three main aims and are making great headway:

- To reduce energy use
- To reduce energy waste
- To change mindsets

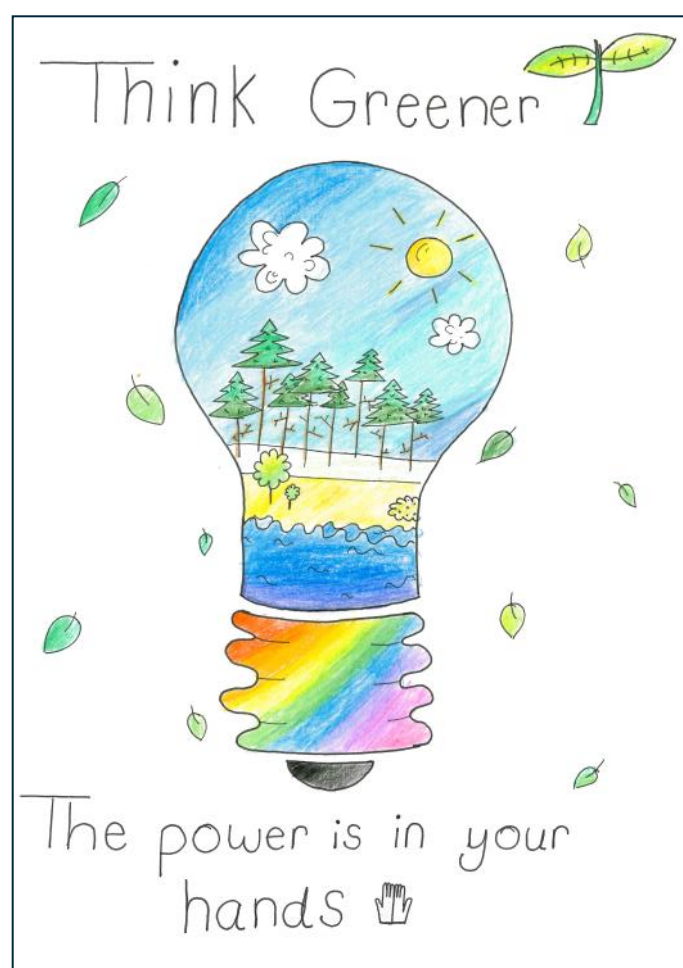
The school's lightbulbs are progressively being replaced with LED ones to reduce overall energy usage. In addition, passive infrared (PIR) sensors are now operational in Sixth Form areas. The heating system has also been refined and a new pool cover in the Leisure Centre is further helping school to save energy.

Some of the Energy Eco Reps have agreed to be 'Power Rangers' and will be reminding teachers at the end of Period 5 to switch off electrical devices and close windows. Quite a few of our

electrical switches now feature a sticker saying 'Please switch me off'.

Further plans to reduce energy use are more long-term, and include solar panels, pipework insulation and electric-vehicle charging points. These are also being investigated.

The aim to change mindsets and encourage all to think greener is being accomplished via social media messages, assemblies, student interaction and bulletins. Three of our Energy Eco Reps have created excellent posters, which are being

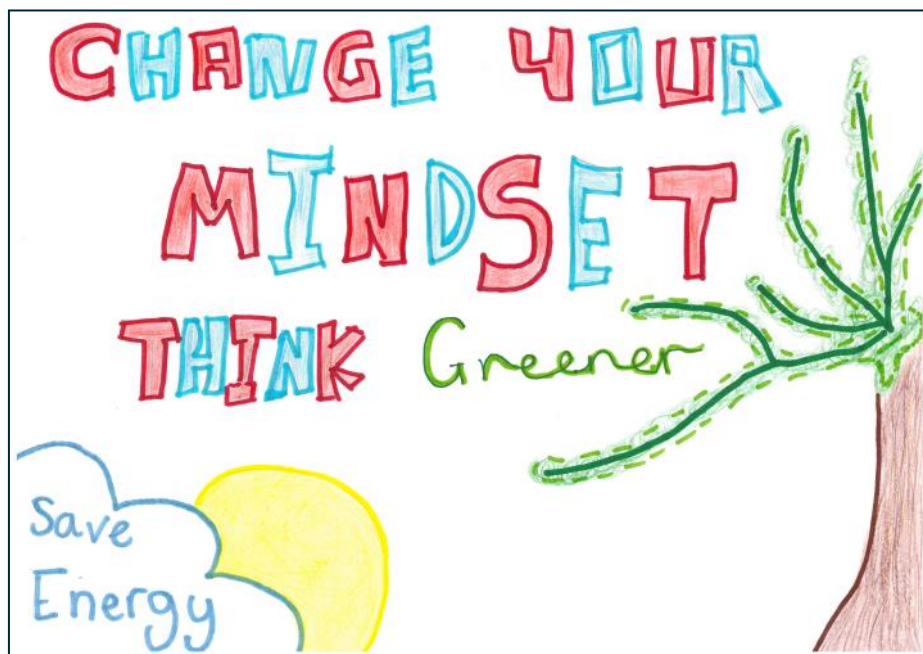




displayed around school to help get the message across.

The Waste Eco Reps are investigating options for the recycling of food, paper, batteries, plastic bottles and books at school. Ideas for recycling stations around school are being looked into, and teachers will be encouraged to recycle by having dedicated boxes in their classrooms.

The recycling of school uniform and sports kit is another project for the Waste Eco Reps. Second-hand items should soon be available within the school shop.



*Eco Committee Reps Sophie Lewis, Maggie Clair and Jessica Wright have created some colourful posters to help spread their Energy messages.*

### Lymm High School Eco club



Our school has a goal to go green. But we need YOU Help! Your help to save Energy. So remember Every step counts. Our eco team has been working on Plans to reduce the amount of Energy used. So can you help us?



### **Did you know?**

Lymm High now has shredding consoles dotted around school. Since January we have saved 11.445 trees through recycling shredded paper in this way!

If you have any ideas for increasing biodiversity, or saving energy or waste, let us know!



# **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**





# CAREERS FAIR



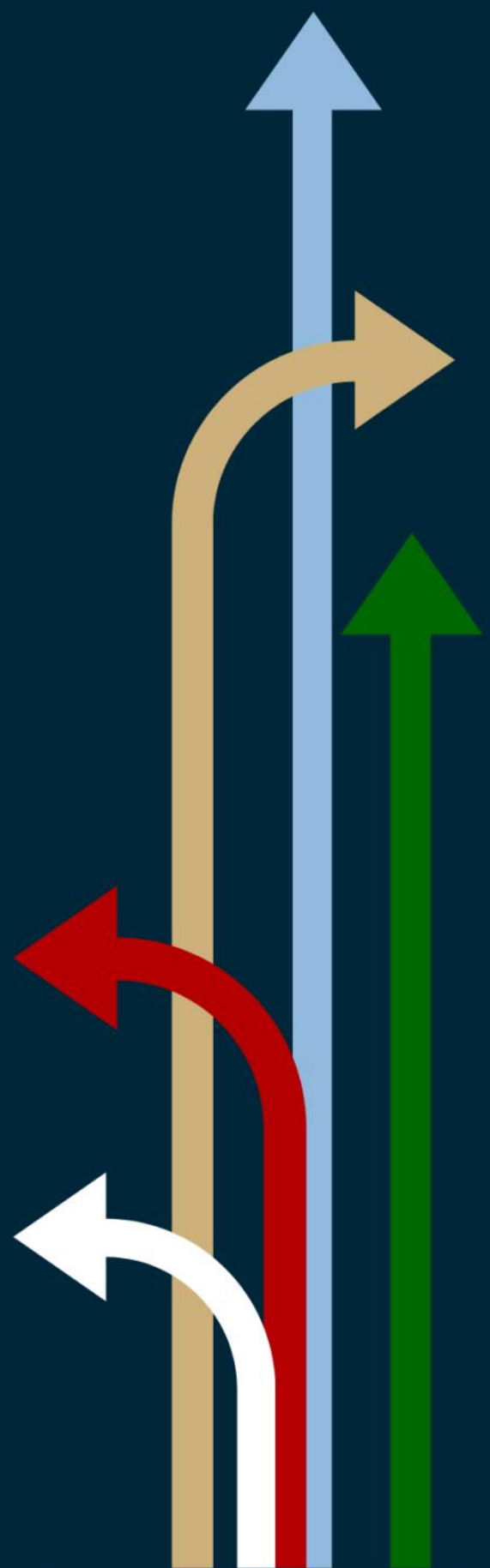
LYMM  
HIGH SCHOOL

Years 9 to 13

**Tuesday 4th July 2023**  
5.00pm - 7.00pm

**LHS Sports Hall**

Students should attend with their parent / carer. Tickets must be booked in advance.



**CLICK HERE**  
TO BOOK TICKETS



# CAREERS FAIR 2023

Join us to learn about study and career options post-16 and post-18 in various industries. Meet employers and colleges from the local and national area to find out about Apprenticeships, A' Levels, T' Levels and more, and listen to talks from education and apprenticeship specialists.

## Industry Sectors Represented

Manufacturing  
Technology  
Finance  
Construction  
Engineering  
Design  
Software  
Gaming  
Property

Arts  
Professional services  
Retail  
Education  
Nuclear  
Healthcare  
Life Science  
Forces  
Eco / Sustainability

## Colleges attending

Warrington and Vale  
Royal College  
Priestley  
Education and Semi-Professional Football Academy

UTC  
Reaseheath  
Liverpool Institute of Performing Arts

## TALKS IN THE MAIN HALL

Booking essential

5pm – **Studying at Lymm Sixth Form**  
(by Mrs Jennings, Head of Sixth Form)

5.30pm – **Vocational Pathways and T' Levels**  
(by Warrington and Vale Royal College)

6pm – **Apprenticeships Pathways** (by Community Champion, Matthew Kenyon from Morrison's Careers)

6.30pm – **How to access careers advice and guidance in school** (by Erica Draper, School Careers Advisor)

**NHS**

**PRIESTLEY**  
COLLEGE  
WARRINGTON

Reaseheath  
College

**BARCLAYS**

**Prodigious**  
PUBLICIS PRODUCTION

**Sellafield Ltd**

**ROYAL NAVY**

EDUCATION & SEMI-PROFESSIONAL  
ESPFA  
FOOTBALL ACADEMY

**TARMAC**

**cb<sup>3</sup>**  
design  
architects

**10•10**  
GAMES

**Balfour Beatty**

**clancy**  
consulting

**SPIE**

**all about STEM**

**ROYAL AIRFORCE**

A selection of companies involved



# DofE PRACTICE EXPEDITION



More than 130 Year 9 students went to Whitchurch and Delamere to complete their Bronze Duke of Edinburgh practice expeditions.

For many of these children, this was their first camping experience, yet they handled this incredibly well, taking complete responsibility in their tent assembly and food preparation. Some of the meals were very ingenious!

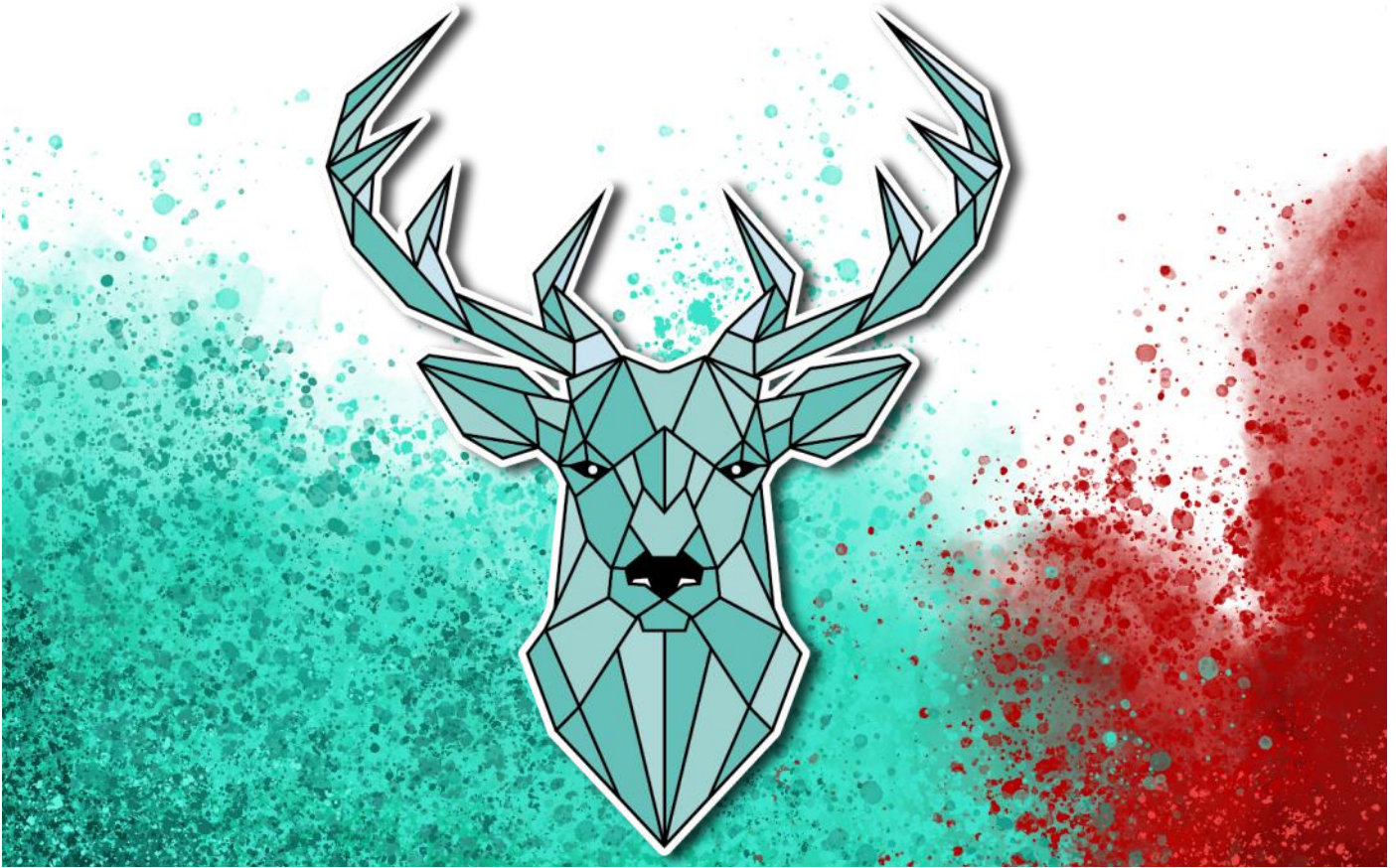
“It was a pleasure to wave these children past each check point, encouraging each other to keep walking in the heat, and smiling the whole way”, said Miss Baird. Whilst some complained of achy legs, not a single child gave up and all successfully finished both planned routes. A fantastic reflection on these students' resilience and determination!











# ALL HAIL THE HALLS

Students will notice some striking new artwork along the corridor outside the Main Hall when they return from the Whit half-term holiday. Five displays will be used to highlight recent activity, success and fundraising efforts within the school Halls: Arley, Dunham, Moreton, Tatton and Walton.

The Hall mascots have been given a modern makeover and are graphically represented in their Hall colours.

Here they are: Arley's Aragon the Dragon, Dirk the Dunham Deer, Moreton Bear, the Tatton Tiger, and Wolfie the Walton mascot.





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 UNTIL 4TH JUNE 2023**  
**£25 INCLUDING CURRY**

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# LIVE ON AIR



A number of Lymm High students have given their time and efforts freely over the last few months, and years, to Lymm's local radio station.

**T**he weekly '*Kids Live at 5*' show on Cheshire's Mix 56 (the new name for Lymm Radio) is targeted at children aged between 5–15 years in the Lymm area.

Mrs Nelson, Producer of the radio show, says: "I am so proud of these students for the weekly commitment that they

give volunteering at the station."

- **Lily Norton** (Year 9) takes part in the show each week. She often writes her own piece of history/information around the weekly theme, and has arranged and hosted many inter-

views over the years. Lily's latest interview was in a local care home where she interviewed several residents about their memories of the Queen's Coronation. She performed this in a very professional and compassionate way.



- **Reuben Roberts** (Year 9) writes and presents a sports report each week, which often follows our weekly theme. He prepares this himself, and has often arranged and taken part in interviews of local sporting clubs.
- **Huw Ellis** (Year 7), **Alice Norton** (Year 7), **Sophia Reynolds** (Year 8), **Grace Wilkinson** (Year 9), **Maggie Clair** (Year 7), **Bea Gowland** (Year 7) and **Jake Tyms** (Year 7) are regular contributors and often take part in the show. They often read pre-prepared facts or share their experiences around the weekly theme. They have also each taken part in the occasional interview.
- **Elizabeth Nelson** (Year 11) has presented the show each week since



it started in 2020. She has also hosted a live show from the Cheshire's Mix 56 studio and has presented various breakfast shows.

Other children who have been involved in *Kids Live at 5* in the past include:

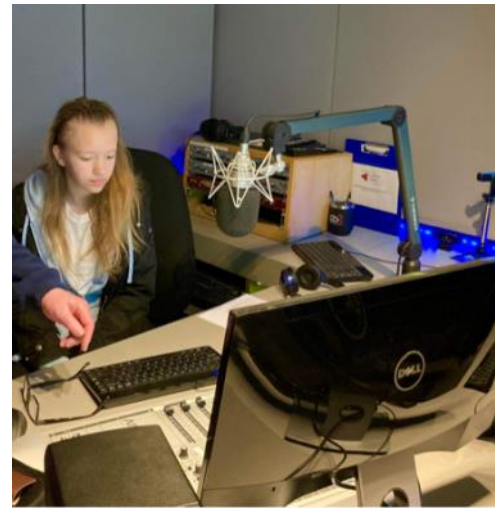
- **Ella Walker** (Year 8)
- **Matthew Nelson** (Year 9)
- **Bronwen Jones** (Year 10)

Past shows can be listened to on the [Kids Live at 5 section of Cheshire's Mix 56 website](#).

"Each child's contribution is very much valued within the team", says Mrs Nelson. "It has been lovely to see them all grow in confidence as they amend and develop their presenting style, and as they progress from reading facts to hosting interviews. They are a

real credit to their families and their school."

We are very proud of all of these students' efforts outside of school and their contributions to the local community.



## TEEN TALKS

Our Sixth Formers are also working in collaboration with Cheshire's Mix 56. Their latest radio show 'Teen Talks' aired on Monday 8th May at 7pm. You can listen to the show by [clicking here](#).

Well done to Anna Dybell, Kae O'Shea, Izzy Bloxsom, Sophie Smith, Pippa West and Jonas Jackson for all their hard work!



# SIGNS OF SPRING



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

The theme of the competition was 'Signs of Spring'. Ms Beswick won first place with this atmospheric beach scene (left). Second place went to Mr Beardsall with his photo of tulips in bloom. Miss Dixon came third with a snap she took on one of the recent Duke of Edinburgh expeditions. If you look in the sky above the tents, you can see Jupiter!

The winning photographs have been framed and are on display in main reception.

Thank you to Mrs Worrall and Miss Simms for arranging and judging the competition.







# CHESHIRE BOOK QUIZZERS

The students taking part in the quiz this year are all from Year 7.

The Cheshire Book Quiz aims to promote reading in secondary schools by creating a competitive platform where pupils read a number of books and participate in a quiz.

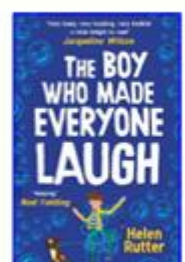
The quiz encourages reading across different genres and a chance to talk about the books in a group. The team will read

and answer questions on six set books, and also complete general knowledge fiction rounds in competition with over 20 school teams from Warrington, Halton and Cheshire.

Lymm High's team have worked well together since starting the quiz in December and completed their final

round this month.


The books the team have read are: *The thief who sang storms* by Sophie Anderson, *October, October* by Katya Balen, *21% Monster* by P.J. Canning, *The Soup Movement* by Ben Davis, *The Strangeworlds Travel Agency* by L.D. Lapinski and *The boy who made everyone laugh* by Helen Rutter.







**TELL  
US!**



**TELL US: This is a  
CONFIDENTIAL way to  
help YOU or a  
FRIEND or SOMEONE  
access support.**

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

**BOOM!**





# ACRO GYMNASTICS FINALISTS

Two Lymm High students recently took part in the NDP Acrobatic Gymnastics British Finals on Sunday 14th May in Stoke-on-Trent.

Acrobatic gymnastics is a competitive discipline of gymnastics where partnerships of gymnasts work together and perform figures consisting of acrobatic moves, dance and tumbling, all set to music.

Martha Ryley competed in the British Finals for Team Northwest after qualifying in March. The Year 12 student is in an IDP 1 Women's Group, and performed two routines (balance and dynamic).

After competing against many different regions, including Northern Ireland, Wales and Scotland, the team won a Bronze medal. "I train 20 hours a week, so it was hard work!", said Martha.



Year 7 Emily Glover also attended the Finals representing her club, Gymfinity. Her Women's grade 2 trio placed 4th in Great Britain, and were only pipped to bronze, and a

place on the podium, by half a mark.

Emily qualified back in March with a gold medal at the Northwest Prelims, making them Northwest Champions.

"Her result is testimony to her



dedication, hard work and most importantly, resilience. We are tremendously proud of her achievements”, said mum Lucy.

“Emily has done amazingly well!”, said Miss Beck. “I can only imagine how much hard work and determination will have gone into this.”

Watch this space. They’re aiming for gold next year!



*Erin with Missy Bo Kearns at the awards ceremony.*



## LEADING LIGHT AT LIVERPOOL

The future looks bright at The Reds for Erin Yearsley-Ward.

Not only has the Year 7 student been signed on for next year again, she has received a much-sought-after award.

Following her end-of-season review at Liverpool FC, Erin was signed for the U14s.

In addition, at an awards ceremony on 12th May, Erin was the recipient of a ‘Liverpool Way’ award. This award is given to one lucky participant from each course that has really embraced the Liverpool FC values of ambition, commitment, dignity and unity. Erin’s Coach and managers said she deserved it following the season she’s just had.

Roll on next season!



## YEAR 8 & 9 GIRLS

# MALAGA SPORTS TOUR 2023



Forty eight girls took part in the Sports Tour to Malaga on 4–7th May.

The day started with a meet at Manchester Airport, the girls were very excited to start their Sports Tour and embark on their trip to the south of Spain.

A delay and plane change didn't dampen the spirits and the girls behaved impeccably with members of the public commenting on how well they conducted themselves.

We arrived late on the first day so it was a late dinner, check-in and ready for bed ahead of the busy itinerary coming up.

The first day consisted of a trip to Gibraltar. After a couple of hours' coach journey and a

quick walk across an airport runway to get in to the country, we had made it.

A mini netball tournament as practice for their games was on the menu for the morning. Followed by a packed lunch and a dolphin cruise. Well to say we saw a few dolphins was an understatement, it was a fantastic experience for the girls and we were lucky enough to see a baby dolphin, which topped it off.

After the dolphin cruise we had to get ready for our busy night of fixtures. First up was the hockey matches and a mini



tournament against Gibraltar Hockey Club. Some really outstanding matches being played and some close games. Lymm battled really hard in the heat and won a couple of matches in the tournament. The best







part was seeing the girls getting on with the opposition.

After the hockey we had two netball teams play two very good teams from Gibraltar Netball Club. With a win and a loss under our belt our final match was waiting to play the Gibraltar first team. The teams were neck and neck throughout the three first quarters and it could have gone either way, however some excellent shooting from Lily Weall and Niamh Wilce saw Lymm pip

them at the post.

We went home happy, exhausted and very hungry ready to start our next day. Saturday saw the girls train with Malaga FC coaches and what a fantastic experience it was with all of the girls joining in and working on their football skills.

We came back to the hotel for a well deserved rest and of course a bit of pool time and aqua aerobics in the pool, which was definitely needed

after a hot training session.

Afternoon and evening football and hockey matches were on the agenda for the rest of the day with football kicking off first again with El Pinar football club. It was going to be a tough ask against a well established Spanish team but Lymm took the lead with an Ava Kinsey goal. However, the heat eventually got to us and we started to struggle against the Spanish opposition. A 3-1 finish ended the match with Daisy Nurse providing an



# YEAR 8 & 9 GIRLS



excellent save from a penalty kick.

The Year 8s up next and with an excellent strike from Liv Compton and Maddie Hollis getting the winner the u13 team won 3–2.

Lastly, over to the hockey where the girls worked so hard in the heat. Unfortunately, a goal from Betsy Patterson wasn't enough to give Lymm the win, however the score was insignificant. The girls loved playing against a Spanish team, the atmosphere and

welcome we received was fantastic.

The last day was finally here but a late flight meant that we were able to have a bit of time in the hotel pool and visit the Port of Benal-madena. Lots of souvenirs bought and a final ice cream for all of the girls, which topped off an amazing trip.

A trip full of fantastic memories and new friends being made!

Until next time Spain!!



[Click here to view the full Sports Tour programme.](#)





# Worried about how you're feeling?



**Visit [youngminds.org.uk](https://youngminds.org.uk) for  
information on getting the support  
you need and practical tips from  
young people just like you.**

**YOUNG**MINDS



# GOING FOR GOLD

Bodie Wellens and his pony *Llyncathbury Going for Gold* undertook their first senior showing and dressage competition.

**T**hey put on a beautiful performance at the Royal Windsor Horse Show and had some lovely comments from the judge.

The Year 7 student attended his Riding Club show on Saturday 13th May where he had another fantastic show with 1st Veteran, 3rd Young handler and 4th Welsh A&B. This generates points to then try to win their sections overall this year to ultimately represent North East Lancashire Riding Club at STARS in November. This is a huge competition where only the overall points winners in each section go to represent their clubs.

We wish you the best of luck Bodie!



## WORLD CHAMPION



Aya Al-Rawi finished first in her category at the Inclusive Skating World Championships at Hamilton Ice Rink, near Glasgow, last month.

The Year 7 student, who was born with cerebral palsy, has regular skating lessons and can now stabilise herself on the ice. Thanks to the Inclusive Skating charity, Aya's ice skating routines are frequent competition winners! However, this was Aya's first ever physical World Championship: her first win was in an online world competition. Well done Aya!