



LYMM
HIGH SCHOOL

FOUNDED c.1592



Drop Down Day,
p.10

Read about the important key themes explored throughout the day.

Exceptional Art,
p.34

The Visual Arts and Technology faculty celebrated with a superb end-of-year exhibition.

NEWSLETTER

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CELEBRATING OUR COMMUNITY

The theme of this year's Founders' Day is 'A Celebration of Community'.

Students fully embraced the theme by undertaking several projects in Lymm. Year 8 and 9 students supported St. Mary's Church in a garden tidy up (see p.6). The purpose of the project was to help the church in being able to offer a calming and peaceful green space where

the community can come together for reflection and a moment of quiet. As you can see from the 'before' and 'after' photos, the staff and students made a real difference to the communal area.

Another group of students undertook a community art project at Cheshire Grange

Care Home. Photos and feedback from the day show what a rewarding experience it was for all concerned (see overleaf).

The culmination of Founders' Day will be our Colour Run on Wednesday 19th July. Look out for the photos in our next newsletter!



CARE HOME CREATIVES

On Tuesday 11th July, a group of students spent the morning at Cheshire Grange.

Working with the residents, our students got their creative juices flowing creating a piece of art to reflect the Lymm area. They used specially made stencils, created by our Art department, which depicted local landmarks. There were also lots of floral and water-based stencils so they could create their own 'Lymm scene'.

The colourful canvases can be seen on page 1 and will be on display at Wednesday's Founders' Day church service. They will then be displayed in school to remind staff and students of our important links with the community.

Upstairs on the 'Dementia Floor', the students were given a really poignant, insightful overview of dementia and what it's like for those living with it. They were informed about how it occurs, and how it can affect people in different

ways. They were also explained the value of a routine to people with dementia. The students were so respectful and listened intently throughout, asking really thoughtful questions.

Mrs Edge and Miss Carrington accompanied the students and were really quite moved with how well the young people interacted with the residents. The care home staff also commented on how caring the Lymm High students were and said they were a credit to the school.



Aine McAfee

Our trip to the Cheshire Grange Care Home was fun and educational. I learned about what causes dementia and what that can mean (people may remember earlier memories such as when they were in school but may not remember things from a few minutes ago). I also saw how they care for and help the people with dementia, they just treat them the same as any other person and keep a nice routine. Overall, this trip was really eye opening and it was amazing doing art with the residents. One day I might volunteer at the care home because it felt nice to spend time with the residents.

Alexandra Knowles

One of the ladies who worked there, Jo, spoke to us about dementia and it



helped me to get a better understanding of what it's like to have to deal with dementia or live with someone who has dementia. While helping the residents with the paintings, I began to understand why it is important to interact with elderly people as it helps them to feel a sense of community and it will hopefully be something that they will remember for a long time.

Oliver Dobson

We met Sophie who introduced us to some of the wonderful members of the care home. We then painted with them and created some beautiful art. It was a heart-warming experience. On the bottom floor we spent time with Norma

and Judy. On the second floor we painted another picture with Jeanne and Jean: their faces shone with happiness while painting and picking out colours with us. It was a beautiful and joyous time with them and it made my day.

It was a fun experience helping them understand the drawings. Furthermore, we spent time with the best dementia patients ever, they were kind, chatty and seemed to beam with a pure radiant glow.

We created two big canvases of trees, flowers and canals with LYMM in the middle of each one, which caught your eye. They all seemed to enjoy this, especially the way we spoke to them in a gentle manner allowing them to understand easily.

Felicity Jacques

Going to the care home is important because it helps us feel grateful for the things we have and helps us gain more respect for people in different positions to us. It was a really heart warming experience and made a lot of people very happy. I think the elderly people really enjoyed it and it gave them something unusual to do that they don't do very often.

Liv Cooper

We met with Jeanne and Jean who reside at the home. They were incredibly nice and helped us with the art project. On this trip I learnt the importance of care of the community which is a big topic to talk about as Founders' Day is approaching. Working with patients who have dementia showed me that it is important to interact with elderly people and to be a part of their community, which I am proud to be included in.

Finlay Tucker

Our brilliant guide Sophie introduced us to some of the residents who we began



painting our first canvas with. Norma was happy to pick out colours and objects for us to draw and Judy helped to paint. Furthermore, we went up to the second floor of the care home and met Jean, Jeanne and Audrey. Jean was very happy to paint the stencils and did a fantastic job in creating the big word 'LYMM' and Jeanne loved to tell us what colours to use and made some amazing choices. Audrey also enjoyed the painting and was quite chatty and nice.

It was important to see the people at the care home as human interaction is vital to being happy. Community is very important because they are the people around us and should help us as we help them, but most importantly

they all seemed to have a fun day!

Georgina Osborne

It was a great experience and I really enjoyed spending time with the elderly people. All the staff were so hospitable, especially Sophie who introduced us to the project, and Jo, who taught us more about dementia and how they look after the residents. Seeing how happy the people were when we spent time with them just inspired me to maybe volunteer one day at the care home.

Overall, it is important that we appreciate and spend time with the wider community, and this was just a really beneficial and fun experience to take part in.

FASHION SHOW

The Lymm High School Graduate Fashion & Textile Show 2023 took place on Thursday 6th July.

Our Year 13 students presented their finished garments. Each student has created garments inspired by the themes 'Landscape', 'Metamorphosis' and 'Risk & Opportunity'.

This year, in addition to our Year 13 BTEC Level 3 fashion and textile collections, some of our Year 11 students presented their GCSE outcomes.

It was a fantastic evening. We'd like to thank the students from Years 7, 8 and 9 who give up their evening to model and assist with the running of the show. "They all did an amazing job", said Miss Simms.

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

Thank you to Year 12 Ruby Stephens for the excellent photography.



FOUNDERS' DAY

A group of students helped St. Mary's Church with an eco-community project.

We helped to make Founders' Day a true celebration of our founding principles of community service and social responsibility by helping on an eco-community project with St. Mary's Church.

Several students were selected to represent the school in this project, supporting St. Mary's Church in a garden tidy up. The purpose of the project was to help the church in being

able to offer a calming and peaceful green space where the community can come together for reflection and a moment of quiet.

"As part of our values and ethos as a school, we feel that this project in particular, allowed our students to demonstrate their social responsibility in giving back to our community, which has always provided us with

support as a school", said Mr Hayes.

On Monday 10th and Wednesday 12th July, the students spent Periods 1-4 undertaking the gardening work. The 'before' and 'after' photos show what a remarkable job the students did. Some of the students were asked to share their thoughts with us on how they felt the eco-community project went.





Sophia Bernstein

We went to St. Mary's Church today to help out George and Jill with the garden behind the actual church. They gave us biscuits and they tasted nice.

We showed them that Lymm are socially responsible when we represented the school.

Edward Nicholls

Today we went to St. Mary's Church and de-weeded the flower beds, and semi-cleaned the areas. This helps Lymm by making it appear as more eco-friendly. George and Jill were very nice to us, gave us biscuits and juice, and we missed lessons.

Evie Strangeways

To be socially responsible citizens, we travelled to St. Mary's Church to help improve the biodiversity of the community garden and get rid of any weeds growing in the flower beds, and we also did a light survey for them.



This shows Lymm High School is connected with the community and offers to help them out if needed. It was really fun to help make a nice space for other people and the people were very friendly.

Eloise Taylor

Today we went to St. Mary's Church and went to help clean up the gardens and be socially responsible citizens. Then at break time we went to the actual church and did a light survey so they could install new lights and figure out which lights needed to be fixed. It was very fun.

Evie Kelly

We went to St. Mary's Church to help out and be socially responsible citizens. We cleared out the garden to make room for more plants, which increase the biodiversity, and did a light survey to fit energy-saving bulbs. We had a great time even though it started to rain at one point!



TOP SCORERS



Congratulations to Alex Smith, Bethany Worrall, Dan Steel in Year 7, and Alex Davies and Finlay Tucker in Year 8 who were invited to participate in the UK maths competition the 'Junior Kangaroo'. Around 8000 students are invited to participate across the UK based on excellent performance in the UKMT Junior Maths Challenge.

The top 25% nationally then receive a certificate of merit. We are proud to say Alex Davies and Finlay Tucker both achieved this, placing them in the top 2000 pupils nationally in Year 7 and 8. Well done!



YORKSHIRE SCULPTURE PARK



On Thursday 25th May a group of Year 7 students visited a very sunny Yorkshire Sculpture Park in Wakefield to gather primary research for their current Art project. Students and staff had a fantastic time exploring the park and the sculptures within it.

Students completed a range of tasks from observational drawings and photography to creating their very own piece of Land Art using found materials within their surroundings. Having the chance to gather primary research outside of the school setting is so valuable; the drawings and photographs gathered during the trip will be beneficial in developing students' current 'Organic Forms' project.



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DROP DOWN DAY

Drop Down Day on Thursday 6th July was a great success, developing students' character and confidence. We explored numerous key themes throughout the day.



Year 9 learnt about British Parliamentary systems and democracy, asking good questions of the UK Parliament representative speaker.

Year 8 were taken on a journey around crime, the law and the justice system, including visiting a real prison cell in the English Yard. We're hopeful it will have put off some students from considering a criminal career!

Year 12 learnt about the Magistrate court system and our budding Year 12 lawyers practised a mock trial at lunch.



RELATIONSHIP LESSONS

Year 9 had two sessions on harassment, sexual harassment and nude image sharing. Thank you to our speaker Claire Salih for stepping in last minute. You can find out more about her work [here](#).

Claire also workshopped with Year 12 about consent and the law.

FIRST AID

Year 7 and Year 9 picked up their First Aid skills again after the CPR session in previous Drop Down Days.

Year 7 learnt how to handle bleeding and shock injuries whilst Year 9 learnt about responding to choking and head injuries.

FUTURES AND SKILLS

Year 7 had the opportunity to put their leadership and communication skills into practice presenting business proposals in the main hall.



Year 12 have now started their university applications. They had a talk on employability and Apprenticeships. Students met with our Careers Advisor to find out about local and national apprenticeship opportunities in their area.

Year 10 honed their interview skills with mock interviews. Thank you to all the parents who volunteered their time. Year 10 visited the Sixth Form to consider A' Levels, heard about T' Levels from an external provider and discovered Apprenticeships from our Careers Advisor. They also had a talk from Warrington Vale (see also p.16).



CAPTIVATING CREATIONS

The poems of three of our Year 7 students have been selected for publication in *'The Power of Poetry 2023 – Captivating Creations'*.

Certificates were awarded to Lucy Drewe-Smith, Maggie Clair and Emily Burnett.

The collection of poems is to be published on 29th September 2023 and a copy will be sent to Lymm High for the school library. You can read two of these poems below.



A crocodile's point of view

My territory used to be rich & lush.
Now, I am restricted to one bush.
Trees were spread as far as eye
could see.
I can only wonder where they be.
My family were here.
Now, there is nothing but me and a
can of beer.

Bird songs once danced on the
breeze.
Now, there is just a rustle in the
trees.
This needs to stop.
Tell me why you need that extra
shop?
Pick up litter.
Stop being bitter.
It may be hard.
Now, walk don't use your car.
Restore my home.
I don't want to be alone.
We have got this together.
On earth, our home forever.

Lucy Drewe-Smith

In salty seas

In salty seas, where
tempests wail,
A pirate sailed with wind and
gale.
Her spirit fierce, her heart
unbound,
She sought a treasure yet
and found.

Cutlass gleamed in moon-
light's kiss,
Her eyes ablaze with dreams
amiss.
She dared defy the tides of
fate,

To seize her life she'd
recreate.

But beneath her swashbuck-
ling guise,
Lay tales of strength that
mesmerise.

For she, a woman forged in
fire,
navigated a world that
conspired.

In wakes vast, she stood
alone,
Her voice a siren's haunting

tone.

For in a realm ruled by men's might,
Her worth eclipsed by biased sight.

Yet with each scar upon her soul,
She broke the change that sought control.
A symbol of resistance true;
A testament to what women do.

Amidst the battles fierce and grim,
She fought not just for gold and whim:
She fought for every woman's right,
To claim their place within the light.

Her ship sailed on a floating shrine,
To all the women left behind.
Their dreams set alight upon the shore,
Yearning for freedom ever more.

Her plundered wealth, a metaphor,
For stolen dreams forever more.
The doubloons and jewels that she
amassed,
Represented dreams that time surpassed.

So raise a glass, ye men and all,
To pirates bold who dared to call.
Attention to all women's plight -
To struggles faced in day and night.

For in her journey, fierce and grand,
The pirate sailed to distant lands,
To give a voice to silent cries,
To break the chains, let truth arise.

And though her tail, may seemed con-
fined,
Within the depths of ancient time,
Her spirit echoes unconfined,
In every woman's heart and mind.

Emily Burnett

DARESBURY LABORATORIES OPEN DAY

On 11th July, 30 lucky
Year 9 students got
the opportunity to ex-
plore Daresbury Labs.

We started the day
with a talk from
the co-founder of Rasp-
berry Pi, Pete Lomas. Pete
talked to students about
his journey into the in-
dustry and offered our
future engineers and in-
ventors some words of
wisdom.

We then headed into the
science fair, which hosted
many different interactive
stalls. Students had a
great time making their
own ice-cream, grabbing
lots of freebies, and
speaking to some inspir-
ing teams, including the
BBC *Robot Wars* champi-
ons who spoke about pro-
gramming robots. The
staff had a
great time
exploring the
fair too, spot
Mr Barrett
and Dr
Dodds in the
thermal cam-
era photo.



We ended our day at
Daresbury delving into
the world of engineering,
having a tour of the facili-
ties, and getting involved
in a structural engineer-
ing workshop.

“Thank you to those who
organised the Open Day
and to those families who
contacted school to let us
know about it”, says Miss
Farmer. “Our students
have been inspired by the
work that they saw going
on and the people that
they spoke to. We can’t
wait for the next Open
Day.”



LYMM HIGH SCHOOL AWARDS EVENING 2023



Students were once again recognised for their high achievements with an annual Awards Evening on Thursday 13th July.

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

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

pastoral, personal and sporting achievements over the past year.

The evening was also filled with musical performances from Year 13 Ruby Cook and Year 8 Sonya Kladko.

One of the Deputy Heads of the Student Leadership Team, Ella McCarthy, was awarded the Woodyatt Cup for Social Responsibility. Together with the other Deputy Head, Louisa James, and the Head of the Student Leadership Team,

Atticus Burnett, Ella was also awarded the Archer Award for Service.

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

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

them in their endeavours.

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

Deputy Headteacher Mrs Feast said: “Awards Evening is one of the most heart-warming events on the school calendar and importantly allows us to take a moment to pause and recognise the outstanding achievements of our students. It reminds us of just how privileged we are to work alongside such remarkable young people. Congratulations to all of our award winners!”

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



BASTILLE DAY



Year 7 celebrated Bastille Day on ‘le quatorze juillet’ and attended school in the French colours of blue, white and red. This is the first year that Lymm High has recognised the French ‘fête nationale’ and students were treated to French fun throughout the morning.

The day started with a French breakfast of a croissant for each student. They then used the French reading skills they have developed over the year to learn about the history of the French national day. The Performing Arts department joined Year 7 in the Main Hall, and, accompanied by Mr Starkey on the trumpet, Ms McQuillan and Mrs Tasker performed a rousing rendition of *La Marseillaise*, the national anthem of France. Students joined in singing the chorus with lots of feet stamping and flag waving. The morning’s activities were rounded off practising numbers in French with a competitive game of ‘Loto’.

There were cries of ‘Liberté, égalité, fraternité’ and an enjoyable time was had by all.





CAREERS EDUCATION AT LYMM HIGH SCHOOL

During the course of the year students have accessed careers education through tutorial times, Drop Down Days and assemblies.

Whilst there has been a wealth of activities, we are aware that parents may not always find out about exactly what your child has accessed. We therefore hope that the following information gives you a brief overview.

This year we launched our Unifrog platform to all year groups and students have begun to explore this during Form time, completing various activities, quizzes and searching for careers they may be in-

terested in. We have also shared the labour market information for our local area ([see here](#)) to advise students on those industries likely to be in demand in the future.

Students in Year 9 have had a number of additional careers sessions to support them with their option choices, including subject-specific assemblies, CV masterclasses with employers, stereotyping in the workplace activities with employers, and ensuring all students have an

awareness of the different pathways (i.e. apprenticeships, vocational education, A' Levels and T' levels). The 'Take my Child to Work Day' in December was a huge success, [read more about this here](#).

Year 10 students took part in a Post-16 Choices Day on 6th July (see p.11). This involved a mock interview with an employer and talks about studying A' Levels (from Lymm High School), T' Levels (from Priestley College), Vocational



Our Careers Fair this month was a huge success. [Click here](#) to see the full programme.

courses (from Warrington Vale and Royal College) and Apprenticeships from an ex-student and our Careers Advisor. Please do ask your child about this as the earlier they begin to consider their options after Year 11, the more support we can put in place for them.

In addition to the activities mentioned above, our Year 11 students have had additional assemblies on Apprenticeships and had access to our Careers Advisor for one-to-one appointments. Details of what was discussed during this appointment can be found on your child's Unifrog account,



please ask them to show you this under their 'Interactions.' Our Sixth Form students have been well supported in making decisions about their futures through visits to both the University of Liverpool and Chester University, a number of talks from apprentices from a variety of industries, taking part in mock interviews; and for those keen to pursue competitive apprenticeships, we took part in a mock assessment centre. Work experience, which took place in June, was a highlight for many of our students: this really has shaped some of their decisions and provided them with an insight into the world of work. Each week we share numerous careers events in *The Sixth* bulletin, [find a sample of this here](#).

Earlier this year we also asked you for your views on our careers provision. Thank you to those of you who kindly took the time to complete this. We have used this feedback to inform our careers provision next year, but we thought it worthwhile to draw your attention to the following:

- **Careers website** – [found here](#). Checking this regularly will allow you to see an overview of our programme, keep up to date with our careers events, labour market information, and to find apprenticeship vacancies. There is also a reminder of how parents/carers can access the Unifrog platform ([see here](#)). The Unifrog platform has a

huge number of resources, including the different options available for young people, how to find an apprenticeship, searching for university and Apprenticeship courses/vacancies, and information about a wide variety of careers. A reminder that if your child has had a careers appointment, the notes of this can only be found on their Unifrog account (see details above). Please do ask them to show this to you and please do not hesitate to get in touch if you need further information. If

you haven't yet accessed this platform, please do have a look.

- **Careers Programme 23–24.** For the next academic year we will share the Careers Programme with you during our Information, Advice and Guidance (IAG) sessions at the start of the year, allowing you a deeper insight into what to expect throughout the course of the year.
- **Parental support.** We were delighted that there were a number of parents who, on the survey, shared they would be happy to support us in

the future, thank you! If you are willing to help, please do get in touch with Mrs Hughes (lhughes@lymmhigh.org.uk) and we will add you to our parent database, which thanks to your support, is growing rapidly!

We hope this gives you an overview of our current provision. If you do have any queries, please do not hesitate to get in touch.

*Mrs H Jennings,
Assistant Headteacher,
Head of Sixth Form and
Careers Lead.*

AMAZING YEAR FOR WONDERFUL WELLBEING CHAMPIONS

Our Wellbeing Champions have achieved so much this year.

They have given multiple assemblies in the support of mental health campaigns, given Christmas cards to care homes in the community, hosted a signposting stall at break times and delivered wellbeing sessions in seven different primary schools! The most recent primary

schools they have visited were Bradshaw, Oughtrington and St Wilfrid's. The Wellbeing Champions were able to deliver interesting and engaging sessions to Year 6s. They helped them to think of people who they can speak to for sup-



port as well as ways that they can challenge themselves whilst promoting positive wellbeing. The primary stu-



dents enjoyed asking lots of questions before they go to high school in September. Our Wellbeing Champions reassured them that there is lots of support available at high school and everything will be okay. Well done to you all for being excellent role models.

As a result of all of their hard work the Wellbeing Champions, Miss Newton and Miss McMullen took a trip to Walton Gardens for a well-deserved rewards trip. While they were there the students did a scavenger hunt and found lots of interesting things around the gardens, their favourite was definitely the ice cream. They then did an activity where they shared positive things about each other to help spread some positivity. After this they put some inspiration-

al quotes on stones and distributed them around Walton Gardens for people to find to bring some happiness to other people's day.

Finally, after a group picnic, the Wellbeing Champions made and decorated some stress balls. They loved all of

the activities and said that the day was 'amazing', 'creative' and 'it was nice to build relationships as a group'.

Well done Wellbeing Champions! We could not be prouder of all of your hard work and we cannot wait to see what you achieve next year!



GOODBYE YEAR 11



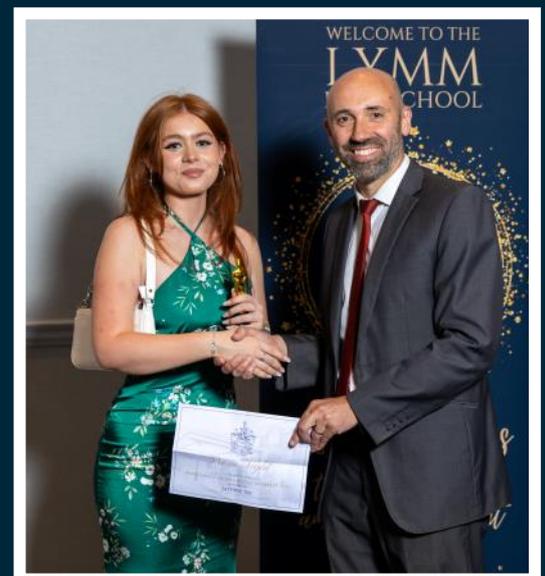
A huge thank you to all of the Year 11 students who attended the Prom on Thursday 29th June at the Park Royal in Stretton, writes Mr Scott.

It was such a fitting end to a fantastic year for our Year 11 students. Traffic problems and delays affected the start, but were quickly forgotten as the students enjoyed their evening dancing the night away.

The students were a credit to the school and their parents.

I'd like to thank all of the Year 11 parents for the support they have given to the students and the school over the last 5 years. It's been a pleasure to have been their Head of Year during this time and I wish each and every one of them the very best of luck for the future.

The photos were taken by Andrew Collier Photography.





SELF-CARE TIPS TO MAKE YOUR SUMMER SPECTACULAR!



As we welcome the summer break after a long school year, it is important to prioritise your own wellbeing while you have some much-needed time off.

Self-care can seem complicated and difficult, but it is a really simple thing to implement into your daily routine now as you have some more time on your hands.

The meaning of self-care is in the name: it is all about taking care of yourself, doing things that make you happy and bring positive things into your life.

Here are some suggestions of positive things you could do physically, emotionally and socially this summer break to help support your wellbeing and leave you feeling refreshed when we return in September.

Physical Tips

- **Get outdoors!** Being outside in the fresh air has been proven to have a positive effect on your wellbeing, so grab a book and your sunglasses and have a relax outside!
- **Go for a walk & explore your local area.** A long walk can be a great way to clear your head and enjoy a warm summer afternoon. You can also grab a friend and get your exercise while catching up. Take a step out and start to appreciate again what is on your doorstep!

- **Give Gardening a go.** Gardening can be a nice way to enjoy the outdoors and get some sunshine. It can also serve as a bonding time with your family or a way to make new friends.
- **Try a new exercise.** Getting those endorphins flowing can help calm your mind and improve your mood. Think about doing something outdoors like hiking, a bike ride, tennis or swimming. Just don't forget your sunscreen.
- **Do an at-home spa day.** Taking a bubble bath, using a face mask or doing a DIY pedicure can all be affordable ways to help yourself feel cared for.
- **Make time to relax.** Allowing yourself time for rest is important to give your mind and body a break from stress. You could try a guided meditation, or you could do an online yoga tutorial. Relaxation could also be about giving yourself a break from technology, so putting your phone down for an hour and reading a book may benefit your wellbeing.

Social Tips

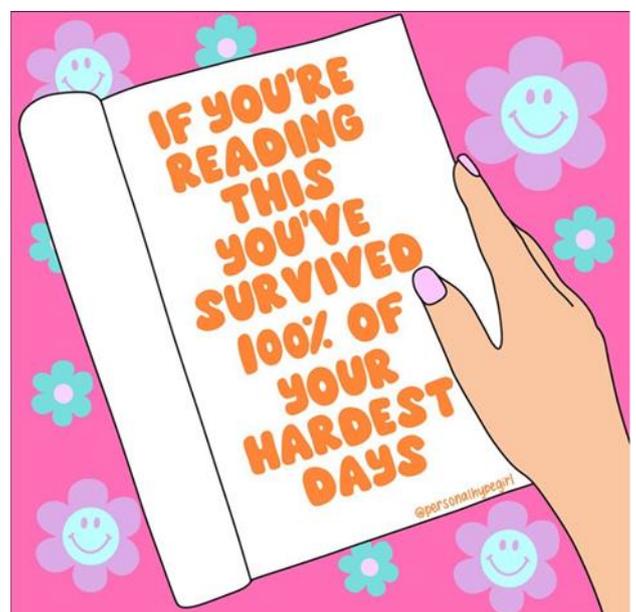
- **Have a picnic with friends.** Enjoy a meal outside. This can be an easy way to get some fresh air and sunshine, and shake up your daily routine.
- **Reconnect with someone.** Call an old friend – or even a grandparent or other relative.
- **Join a new group!** Is there a dance group, running group or maybe a youth group you could find in your area? Thinking about doing this may be daunting, but it can help you meet new people and learn new things.

- **Ask for help!** If you need to speak to someone but are finding it difficult reach out to a support service or helpline:



Emotional Tips

- **Make a summer feel-good playlist.** Bring on the summer tunes! Music can be an effortless way to improve your mood and motivate you to get moving. Bonus points for listening while exercising or cleaning.
- **Start, or continue, a journal.** Writing can be a great way to express how you feel and check-in with your emotions. Or, it can just be a place to doodle or draw. Make it whatever you need.



- **Be kind to yourself!** Try to focus on your positive qualities. Think about how you can be kinder to yourself, such as doing more things you enjoy.
- **What are you grateful for?** Writing down three things every day you are grateful or happy about can re-focus our thoughts so we can see the positives in daily life.
- **Make a list.** Jot down two or three things you would like to achieve the next day. Small, achievable goals are best.
- **Keep your morning routine the same.** This will help your motivation for the rest of the day.
- **Learn a new skill.** Create a podcast, write an article about something you are passionate about, or learn a new language!



RESEARCHING BOTANICALS



Year 10 Fashion & Textile students visited High Legh Garden Centre in June. Students recently started their new coursework project 'Botanicals', and with its huge selection of beautiful plants and flowers, High Legh Garden Centre was the perfect place to visit.

A vital part of the Fashion & Textiles course is to evidence primary research, which has been gathered outside of the school environment. Therefore, students spent time sketching from observation as well as taking hundreds of photographs capturing the wide array of differing textures, shapes and colours. Students will now utilise these drawings and photographs within their current projects.

Mrs Chidlow, Mrs Morris and Miss Simms are excited to see how students respond to this research using a variety of textile techniques and processes.



You are not alone this summer

Find support on kooth.com





DOFE SILVER & GOLD EXPEDITION

Forty Year 10 students and 18 Year 12s have successfully completed their Duke of Edinburgh qualifying expeditions at Silver and Gold level.

The hot weather and humid conditions certainly made it challenging, particularly at the start. The students were walking around Llangollen and Carrog – a beautiful part of Wales – but one that is also hilly and challenging as you'd expect on the Silver and Gold Duke of Edinburgh Award expeditions.

“I don't think any student would say they found it easy, but then again there is a reason why the Duke of Edinburgh's Award is so prestigious and highly thought of”, said Ms Dixon. “That said, our students were amazing, a true credit to

themselves and the school”. This was most evident when the students had to show extremely



high levels of resilience, teamwork and determination to get to the end.

Of particular note was an email sent by a parent of a student from Helsby High School who Lymm High shared a campsite with; her daughter had been left quite alone because of a dropout by her friend during the expedition meaning she was now the only girl at her school. Without being asked, our students approached her, invited her to join their group where she did yoga and socialised for the remainder of the expedition – a true testament to the kindness and social responsibility our students routinely show in everything they do. “We are extremely proud of them all and look forward to signing off their Duke of Edinburgh’s Award.”

Next steps

We ask that Silver students get their assessor reports completed, scanned as PDF files onto eDofE (they can do this using the school print-



ers) by the end of the summer term (students should not take photos of assessor reports as they cannot be read). If they can do this sooner, it is likely they will receive their certificate and



SCHOOL NEWS

badge before the end of term, otherwise they will receive these in September.

For Gold students, we ask that the volunteering, physical and skill sections are signed off in the same way by the end of the summer term if students have finished them. If not, we ask that they do it as soon as possible so that we can celebrate their completion before they leave Year 13. If any Gold student is having difficulty with their residential section, please ask them to see Ms Dixon as soon as possible.

The assessor report for the Residential section also needs to be uploaded. Please [click here](#) for information and the rules about the Residential (i.e. what counts and what doesn't). Please [click here](#) for the DofE's Residential Opportunity Finder.

Huge congratulations to all students on their successful qualifying expedition!





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WITHOUT
LIMITS**

Thank you

to

The Duke of Edinburgh's Award participants

from

Lymm High School

who spent

5772 Hours

**volunteering between
1 April 2022 and 31 March 2023.**

We are immensely proud of the dedication, effort and achievement of young people making an impact in their community.

The social value of these hours is

£27762

RUTH MARVEL, CHIEF EXECUTIVE

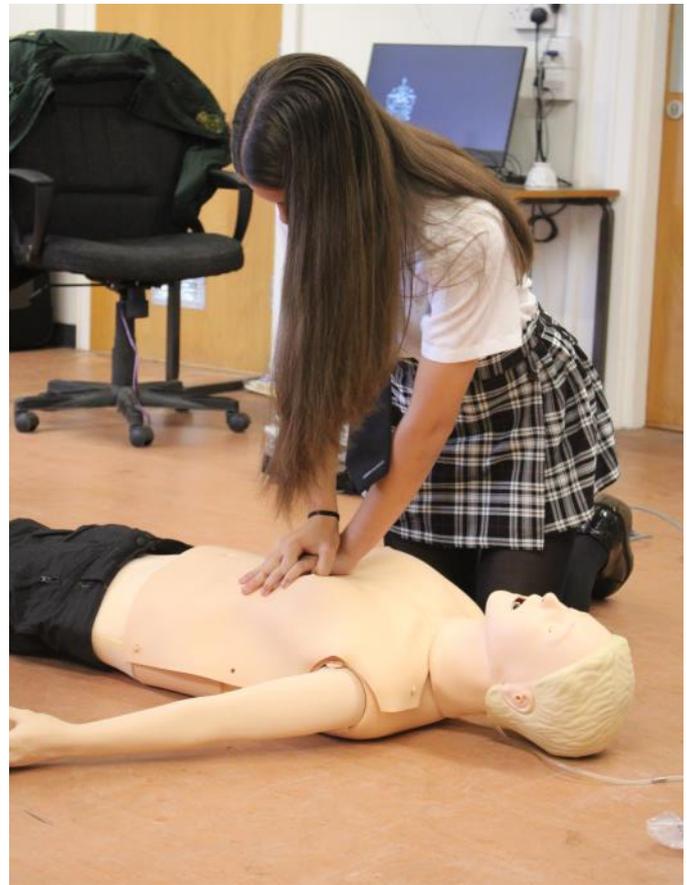
June 2023

PARAMEDIC PATHWAYS

As part of the careers awareness programme for Health and Social Care we had a Paramedic visit Lymm High to deliver some training. Scott, from Northwest Ambulance Service, came into school on Monday 3rd July and delivered training to 40 Year 10 students and 15 Year 9 students who will be starting the BTEC Level 2 Health and Social course next academic year.

Scott spoke about the different pathways into becoming a Paramedic and advocated the Level 2 and Level 3 courses we run at Lymm High School as supporting access to careers in Health and Social Care. He demonstrated CPR using a high-tech resuscitation manikin and students then took part in replicating these skills used as a Paramedic. The ECG machine was used to look at heart rhythm.

Students commented on how engaging and passionate Scott is about his role in the NHS and how helping people on a daily basis is so rewarding.



GET SET FOR SUMMER READING

Borrow a book from the ILC and it won't need to be returned until September.

That's a full summer to enjoy reading for pleasure, writes Ms Timson.

We have lots of fabulous new books available so before you buy a holiday read think about borrowing one for free from the school library collection.

You can also make the most of reading time in the holidays by logging into Sora to download eBooks and Audiobooks for free. If you haven't used Sora before, now is a good time to try – getting started is easy. When logging onto the site for the first time enter the setup code 'uksecondary', followed by 'Lymm High School' from the drop-down list. Type in your usual school email and password to access your individual account. Details of how to access Sora can also be found in the Independent Learning Centre pages of the [school website](#).

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

Take some time to explore and find a book ... maybe a graphic novel, a modern mystery, or a sporting biography. There is a full range of genres, styles and formats to choose from along with collections in Ukrainian, Chinese and Welsh to try.

Books in the 'Sweet Reads' collection have unlimited issues, so they are always available to multiple borrowers from 15th May to 28th August. These have been specially chosen to offer a range of great reads for summer ... and no waiting time, just visit the App and start reading!



The graphic features a purple background with a circular logo at the top center that says 'Sora SWEET READS' with a lollipop icon. Below the logo, the text 'ALWAYS AVAILABLE EBOOKS AND AUDIOBOOKS' is written in large, bold, yellow letters. Underneath that, the dates 'MAY 15 - AUGUST 28' are displayed in a smaller yellow font. At the bottom, there is a row of book covers including 'STAR WARS HIGH REPUBLIC', 'HEIRETS TO APPEAR', 'BE A MAKER', 'WILD TYLE', and 'OKI'. A QR code and the Sora logo with the tagline 'The student reading app' are located at the bottom right of the graphic.

NAPOLEON INVADES LYMM!

Who would have thought that Napoleon would be back to haunt England's shores some 208 years after his defeat at Waterloo.

But fear not, writes Mr Morrison, the Emperor was not marching down Oughttrington Lane to Lymm High School, he was more anachronistically being driven there while himself, Josephine, his Army and his favourite Horse (Marengo) reclined on the back seat in the form of a chess set. A chess set which had been very kindly donated to Lymm High School by Mrs Joyce Dodds.

Mrs Dodds contacted the school by email and stated that she had a 'very nice' chess set that she would like to donate to the school if they were interested. Post-haste I quickly Googled Mrs Dodds' address and within the space of 6 minutes we had met up for a little chat. It seems that her and her husband John, who were both originally from Manchester, had resided in the Lymm area for over 55 years. Sadly Joyce was now



a widower and unlike her husband was not a chess player. John had been presented with the chess set as a gift from his work place for services rendered. Joyce had decided to make good use of it by giving it to the school who were only too glad to take receipt of it – especially since we have a thriving chess club with lots of keen members.





On opening the set and carefully unwrapping the well cared for pieces it appeared that it was a facsimile of Napoleonic figures standing some 10cm high in gold and silver colouring, very ornate!

The school has been so impressed that they are planning on holding a 'John Dodds Memorial Competition' with the final being played on the aforementioned 64-square battlefield.

The school would like to thank Mrs Dodds and her family for this special donation which once more shows what a kind and thoughtful community base there is in the Lymm area.

I am quite sure that Napoleon will encounter more battles and victories before he finally encounters his next Waterloo.

MANOR ROAD TENNIS CLUB

SUMMER CAMPS
2023

**LEARNING THE KEY SKILLS OF
TENNIS, IN A FUN, FRIENDLY AND
ENGAGING STYLE!**

**PRIZES ARE AWARDED EACH
DAY FOR GREAT EFFORT AND
ACHIEVEMENTS!**

**COME AND JOIN US ON OUR BRAND NEW TENNIS
COURTS! RUNNING EVERY TUESDAY, WEDNESDAY
AND THURSDAY FROM 25TH JULY TO 31ST AUGUST!**

<p>MORNING 9:00-12:00 £14!</p>	<p>ALL DAY 9:00-16:00 £24!</p>	<p>AFTERNOON 13:00-16:00 £14!</p>
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**LYMM HIGH STUDENTS WILL RECEIVE 10% OFF
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EXCEPTIONAL EXHIBITION

The Visual Arts and Technology faculty celebrated their end-of-year exhibition on the evening of Wednesday 28th June.

The exhibition extended to both the Lower Hex and Upper Hex, with even more space to exhibit the vast amount of exceptional work produced by students this year.

The work displayed was produced by students from GCSE Art, Design & Technology, Fashion & Textiles, and Photography, as well as A' Level 3D Design, Fine Art and Photography.

The evening was a great success. The atmosphere was buzzing with plenty of visitors all evening. The standard and quantity of the work produced by students this year was truly exceptional, making what felt like the best year yet for the show.

The Visual Arts and Technology faculty would like to thank all those who took time to visit the show, and also wish a huge well done to all GCSE and A' Level students on all of their hard work and efforts.



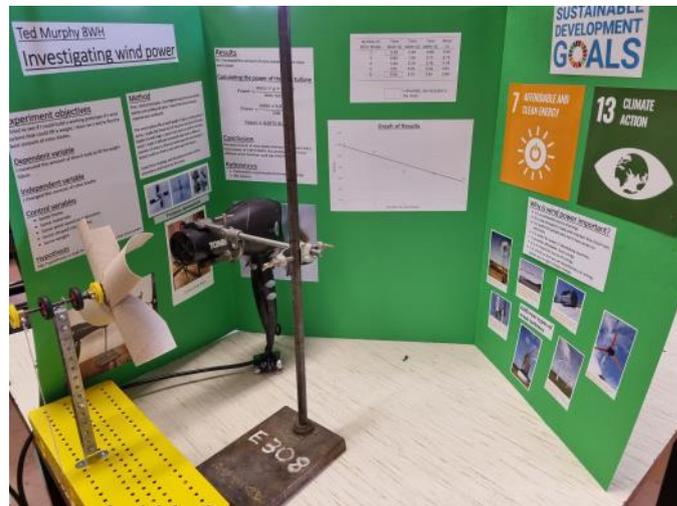


SCIENCE FAIR

This half-term saw the first Lymm High Science Fair for Year 7 and 8.

The students were tasked with applying their science skills to complete either an investigation, piece of research, or model, to be presented on a display board. Working independently or in small groups at home, the students produced some incredible projects. The best projects were chosen from each Year 7 and 8 class to go through to the final Science Fair which was held in the Science faculty on Wednesday 12th July.

Science staff and parents were floored by the ingenuity and creativity on display, and the commitment to the scientific process. There were working volcanoes, investigations into bacterial growth, model turbines and pinball machines, research into bees, pandas and puppies amongst scores of other amazing pieces of work. Huge congratulations to our prize-winning projects:



Year 7

Emma Howarth + Isla Sweet (3rd place):

Investigating tooth decay

Aya Al-Rawi (2nd place):

Spherification - Investigating molecular gastronomy

Anthony Nicolaou (1st place):

Modelling renewable energy in the home



Year 8

Olivia Cooper (3rd place):

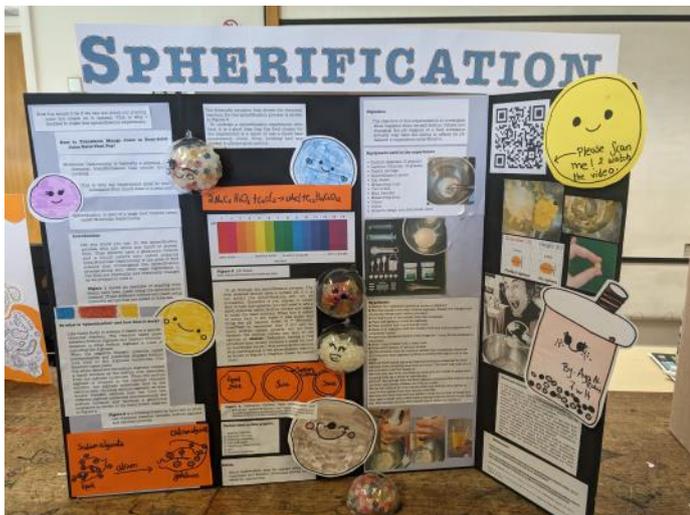
Sustainable cleaning of oil spills on Mauritius

Ted Murphy (2nd place):

Model wind turbine and investigating rotor blades

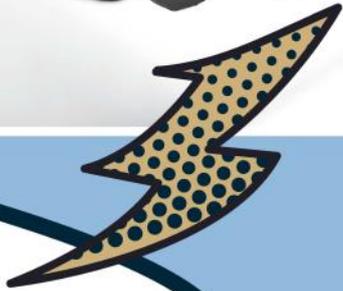
Evie Kelly (1st place):

Healthy Plants - Investigating plant growth in different media





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



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IT TO
YOURSELF -
TELL US!**

BOOM!



FRIENDS OF LYMM HIGH

We have had another busy and successful fundraising year at Lymm High PTA, all of which has provided additional money for school to purchase extra equipment for departments.

We have stocked and manned the bars at the school production, summer concert and Lymm Festival nights, which have been very successful. Of the people getting refreshments at the events, many have commented that it really enhanced their night out knowing there would be a well stocked bar with really reasonable prices!

We held a quiz in January, in school, which was well attended. This was a hugely successful evening thanks to Mr Hayes with his tricky and funny quiz questions and for the fish and chip supper!

As well as internal fundraising

in school, we have also been out in the wider community collecting for the Santa Float in December and volunteering for Transport Day. Both of these events rely on volunteers to run and raise a huge amount for all the local charities in Lymm. Everyone who volunteered on behalf of Lymm PTA commented how rewarding these events were and, without people volunteering to help, these fantastic village events could not run.

Lastly, our infamous Doughnut Day has been well received yet again – with hundreds of doughnuts flying

out at break time to lots of smiles and “Thank you”s from the students!

With our fundraising this year we have been really pleased to purchase items for faculties to help enhance student experiences at school. Over £12k has been spent on items that benefit all students. These have included a large TV display screen positioned in a prominent place for all students to see announcements. The Performing Arts department has been able to purchase a dance floor and piano. Food Technology has bought some new up-to-date equipment for their kitchens,





and Sixth Formers have been given knitting equipment for their wellbeing time.

We have lots more planned for the next academic year and would love more to join us. We have a meeting once a term but if you can't commit to this, but would still like to get involved, then that is fine. Any help at all is appreciated. Whether this is helping us count money after events, volunteering for the Santa Float collection or Transport Day, manning a PTA event bar, buying stock, helping us market events, or helping with match funding.

Next year we have a vacancy for a Treasurer and Secretary. The Treasurer maintains our accounts and provides us with financial updates at meetings. They also authorise payments and floats for our events.

The Secretary gathers items for

agendas and types up minutes of meetings. Neither of these roles are required to be at every event. If this is something you would be interested in, please contact us at pta@lymmhigh.org.uk.

Lastly, we would just like to say a huge thank you to everyone who has helped out with the PTA this year. For those who have volunteered,

you have made a difference and without you we could not continue! We look forward to continuing with our success next year. Our first meeting of the new academic year is on the 18th September. Look out for social media and gateway notices for more details. All are welcome!

Have a fantastic summer!
Clare Martin and Kerry Spink
 PTA Chairs





TAKING PRIDE

As part of Pride month, our students undertook LGBTQ+ related activities during Form time and Life Programme sessions.

Pride is celebrated every June to commemorate the 1969 Stonewall riots and aims to achieve equal opportunities for people of all sexual orientations/gender identities. Even if you are not a member of the LGBTQ+ community, pride in one's identity is important for everyone. While the gay rights movement does precede Pride Month, it has also become a well-known annual celebration of LGBTQ+ rights that dedicates itself to: *The uplifting of LGBT voices, celebration of LGBT culture, and the support of LGBT rights.* Traditionally, at this time of year there are parades, protests, drag performances, live theatre acts, memorials and celebrations of life for members of the community who lost their lives to HIV/AIDS.

History of Pride Month

The Stonewall riots occurred in June 1969 when patrons of the Stonewall Inn, fed up with constant police harassment and social discrimination, engaged in physical conflict with the police officers that had been raiding the bar and manhandling patrons. The angered protestors attempted to set fire to the Inn, where the police, prisoners and a *Village Voice* journalist had barricaded themselves in. Everyone from inside the inn was saved and the flames were doused, but protests continued for 5 more days. Though this incident didn't start the gay rights movement, the Stonewall riots were a turning point for LGBTQ+ activism, with the

first Pride parade taking place on the 1-year anniversary of the riots, and the first UK Pride parade on the 1st July 1972.



Protesters took to the streets in the aftermath of the Stonewall riots in lower Manhattan in the summer of 1969. Stonewall marked a turning point in the gay rights movement.

Leonard Fink/The LGBT Community Center National History Archive



The importance of Pride Month

Pride Month can be especially important for teenagers and young adults as it is vital that everyone feels comfortable in their identity and feels free to express themselves without judgement. As young people, we may be confused or possibly worried about how our sexual orientation or gender identity may be perceived; therefore it is important to create safe spaces to combat feelings of alienation. Sexual orientation or gender identity shouldn't be a marker of indifference, but rather a celebration of who we are. Students that are not members of the LGBTQ+ community should aim to be as inclusive and supportive as possible and celebrate the achievements and progress that the community has made throughout history.

How to celebrate!

You can celebrate Pride in almost any city in Britain: Manchester Pride takes place from 25–28th August, and Liverpool Pride is on 30th July. Within school, we also have Pride

Club every Monday and Friday. This is run by Miss Tunstall in A210.

Happy Pride!

*Written by Pride Ambassadors Freya Bottomley
and Ruby Davies*

For advice, support and information, you can [click here](#) to access the LGBT Foundation website.

PQA WARRINGTON PRESENT

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MONDAY 14TH AUGUST - THURSDAY 17TH AUGUST

4 DAY FILM CHALLENGE AND A FULLY EDITED SHORT FILM
BRIDGEWATER HIGH SCHOOL (LOWER) HALL DRIVE
COST: £100 FOR PQA STUDENTS | £120 FOR NON-PQA STUDENTS

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MAN CITY DEBUT

Year 8 students made their debut playing for Manchester City in the Wheelchair Football Association (WFA).

Identical twins Oscar and Seb Spink took part in the Championship League playoffs on Saturday 15th July.

They travelled to Nottingham Trent University where they had their official classification by the WFA medical team,

before having their specialist football powerchairs speed tested by the referee and officials.

Wheelchair football is always played indoors on a hard surface court, so the boys took to the basketball court pitch at the university's Lee Westwood

sports centre to play their first matches as City blues.

Despite being defeated by older, more experienced teams Teesside Steel and Aston Villa Rockets, the boys' played well enough to secure a spot each on the Man City squad for the 23/24 Championship season

and are now official players for the national wheelchair football squad.

Seb said, "It was really exciting playing at national level against some very experienced players. It was hard in the matches but good to get the experience at this higher level. I'm really looking forward to playing against all the other Championship teams in the League next season."

Oscar added, "I couldn't believe our matches were being broadcast live by the WFA with full commentary, but it was great that our family and friends got to watch! We're huge City fans and have a season ticket for the Etihad so it feels very special to be asked to join the wheelchair squad in their treble winning year".



Please [click here](#) to complete a consent form for extra-curricular sport and clubs next school year.

SPORTS FESTIVAL



On Wednesday 12th July we had some of our local primary schools in Lymm, as well as schools across Warrington, come to join us for a KS1 Sports Festival.

The children had a performance from our very talented Year 7 and 8 dancers as part of our opening ceremony, and they participated in a range of activities from cheerleading to obstacles courses and parachute games. This was all planned and led entirely by our Year 8 and 9 Sports Leaders who were absolutely incredible demonstrating a variety of their leadership skills, which they have learnt as part of their Level 1 Sports Leaders Award.

It was an enjoyable day for all and we hope our Leaders will go on and run many more fantastic events.





ATHLETICS CHAMPIONS

On Tuesday 4th July, the athletics squad competed in the annual Warrington Schools Championships.

Every student played their part and there were some amazing individual performances on the day. Most notably, Year 10 Jack Marwood broke the Warrington Schools' record for the 1500m.

Our girls won their competition and our boys came third.

When all scores were added up... Lymm came out as overall winners!

As Warrington Schools Athletics Champions we now have the impressive trophy back in our awards cabinet.

A huge well done to all involved!



WINNING PENGUIN

Sophia Thomas has just competed in her first show with her horse 'Penguin'.



After not expecting to do so well in her first horse show, the Year 7 student ended up winning her first class and came second in her second class. She then went on to win Overall Reserve Champion. This has resulted in Sophia qualifying for this year's Northern Counties and Northern Lights Showing Masters Championship. "We are all so proud of her", said mum Gemma.

Well done Sophia. If that's what you can achieve on your first show, the sky's the limit!



NEXT STEP: TEAM GB!

Many congratulations to Ben Ross who won the British Junior European Open Water Selection event at Llandegfedd Reservoir on Saturday 24th June to become the British Open Water Champion (14/15 years).

The win means that the Year 10 student has earned selection to represent Team GB at the European Junior Championships in Greece in September.

This is a fantastic achievement. Well done Ben!

WHAT A WEEK!

A week in June was one of the most successful yet for brothers Jake and Harry.



Jake became Cheshire Schools Champion in the Hammer with a personal best of 35.53m. The Year 10 student goes to Warrington Athletics where he competes in the Hammer, Discus and Shot.

The same week, his younger sibling Harry finished second in the National Silver Tumbling Championships. You can watch the video of his performance by [clicking here](#).

Year 8 Harry tumbles three times a week at Cheshire Gymnastics, Northwich. He's also qualified to represent the North West in the regional finals at the Utilita Arena Birmingham in September.

UPCOMING IMPORTANT DATES

Thursday 17th August
A' Level Results Day

Thursday 24th August
GCSE Results Day

Monday 4th September
INSET Day

Tuesday 5th September
INSET Day

Wednesday 6th September
Year 7 and Year 12
back at school

Thursday 7th September
All school back

Monday 18th September
PTA AGM, 7pm
(see p.38)

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

Friday 6th October
INSET Day

**27th October to
6th November**
Half-term break

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- Kitchen Assistant



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For full details visit www.lymmhigh.org.uk