



The Word

THE BEST FROM EVERYONE, ALL OF THE TIME

5 FEBRUARY 21

Headteacher's Roundup

Welcome to February! The dark nights are diminishing, and hopefully Spring is around the corner. We are all waiting for better times!

Well done to year 8 and 11 for engaging so diligently in their PSHEC lessons this week.

Parents/carers of year 9 parents, please don't forget year 9 options evening appointments are now open, and the Options page on our website has the options booklet and useful links. (<https://www.lighthall.co.uk/curriculum/options/>)

Tutor time will be going live next week, with House Tutors engaging students with our thought for the week, a news section, our usual assembly slot, and our weekly Life Ready and Learning Skills inputs. Students will have the opportunity to discuss and debate key issues and tutors can further support students' well-being.

Our routine COVID staff testing is continuing and going well. As you will

have seen on the news we currently have no firm information from the Government as to when students will return. We really hope it will be soon! However, for parents/carers with students currently at home, please remember to complete our testing consent form, so that we are ready to go when students return. *Please note this is entirely voluntary.* More details can be found [here: https://www.lighthall.co.uk/covid-19-mass-testing/](https://www.lighthall.co.uk/covid-19-mass-testing/).

We are all concerned about the wellbeing of our young people at this time. Please do join the webinar by Elevate on Tuesday 9th February between 6 and 7pm if you would like some further advice and support to help you as Parents/Carers. More details are further on in the "the Word".

For parents/carers of year 8, a date for your diaries is the Year 8 assessments, which will still be going ahead, during the week commencing 22nd February. Mr Hall will be publishing a timetable for your information next week.

Thank you so much to all the parents who have completed our survey about remote education. Your feedback helps us to ensure that our provision is as effective as it can be.

We are reviewing the length of lessons and will provide further details of any changes next week.

Wishing you all a lovely weekend.





Annette Kumbler

Year 9 Options

The booking system for appointments with Year 9 Options teachers opened on 29th January. Any queries or issues please contact Mrs Regan. kregan@lighthall.co.uk

House Points Totals

The running totals for number of house points so far are:

			
15924	16269	16403	16099

Parents Information

All Years:

Tuesday 9th February 6-7pm - webinar on supporting children's stress and well-being - <https://get.elevatecoaching.info/uk/register>
Monday 15th February – Friday 19th February – Half Term

Year 7:

Attendance and learning: online learning continues to be a great success with **average weekly attendance up to 95%**. Keep up the good work year 7!

Monday 8th February – PSHE Day

Year 8:

Attendance and learning: online learning continues to be going extremely well with **average weekly attendance of 92.9%**. Keep up the good work year 8!

Week beginning 22nd February – Year 8 Assessment week

Year 9:

Attendance and learning: online learning is going extremely well with **average weekly attendance of 90%**. Keep up the good work year 9!

Thursday 11th February. Option evening

Thursday 11th February – PSHE day

Friday 12th February – Full School Reports

Year 10:

Attendance and learning: online learning is going extremely well with **average weekly attendance of 94%**. Keep up the good work year 10!

Monday 8th February – Sports Science Course Work is due.

Tuesday 9th February – PSHE Day

Year 11:

Attendance and learning: online learning is going extremely well with **average weekly attendance of 90.3%**. Keep up the good work year 11!

Form Time Competition Year 10

The first to log in every morning over the week during tutor time – congratulations to...

AMK- Scarlett H
DBU- Tobias A
HSN-Shiv C
NPL- Kyla A



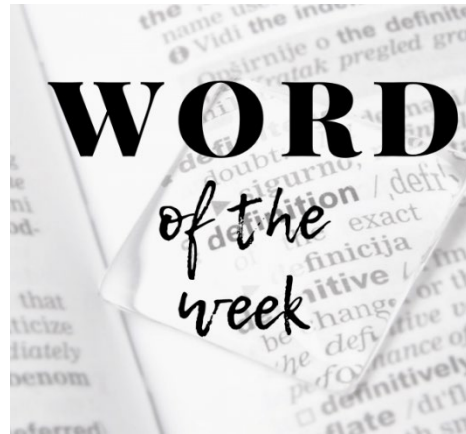
NRA- Chloe S
AHU- Holly H
JHA- Lexi S
JHU- Amina H

Parent Webinar

Free parent webinar on supporting children's stress and well-being:

- The surprising symptoms of stress and how to identify them,
- How parents can support and stabilise their children through tougher periods,
- Strategies to manage exam and study-related stress,
- How establish and maintain a routine that protects wellbeing in lockdown.

The webinar is on **Tuesday 9th February 6-7pm** and registration is **completely free for all parents**. The registration link is: <https://get.elevatecoaching.info/uk/register>



Word of the Week

SHOW

Verb: Allow or cause (something) to be visible
To show holiday photos to friends.

Allow (a quality or emotion) to be perceived; display
Buddhists express gratitude and respect for Buddha and show how important he is in their lives.

Rewards and Competitions

Congratulations to the following who have engaged fantastically with their online learning this week.

Art & DT	Music	Humanities	Humanities	Humanities	Humanities	English	IT	Maths	Languages
Jude M	Louison D	Aimee B	Devon M	Kaleem K	Reece C	Lucas A	Ishaq R	Ryan W	Daisy L
Presley D	Jude M	Alex S	Dimple K	Kuldeep V	Roda T	Jannat K	Louison D	Scott W	Heidi N
Isaac	Kaleem K	Amy P	Ellie W	Kyarna Y	Ruby B	Kaleem K	Jude M	Ruby B	Amy P
Aaron O	Fin M	Amy P	Eve D	Louison D	Ryan W	Codey W	Tobey T	Priyesh J	Devon M
Libby M	Nelson S	Avani B	Faith M	Lucas A	Samir S	Ikra H	Aimee B	Eve D	Isaac R
Roda T	Ajay N	Caitlin P	Fin M	Matthew F	Sania S	Fin M	Olivia L		
Matthew F	Miguel S	Chloe H	Heidi N	Megan B	Scott W	Miguel S	Ollie S		
Sania S	Ruby B	Chloe M	Husayn D	Megan J	Sofia R	Esah S	Gabriel I		
Aimee B	Tia W	Connor M	Isaac M	Megan L	Sophie E	Scott W	Aimee G		
Jack G	Esha S	Daisy G	James J	Megan U	Tabassum A	Ishaq R	Cirlus L		
Raindy M	Jannat K	Daisy L	Jamie H	Miguel S	Tallulah H	Zaynab R			
Ismail K	Nikita K	Daniel G	Jerry C	Olivia B	Thomas F	Jude M			
Shayan Z	Megan J	Daniel S	Jon B	Owen G	Uzair K				
Gabriella C	Alex B	Danny M	Jude M	Poppy B	Yukio B				
Poppy B	Olivia L								



Shout Outs



Huge congratulations to the following students. They have been commended for their Excellent effort and engagement by their teachers:

Technology - engagement

Ben C, Ishy S, Jack E, Jamie C, Morgan.

Technology - Good Work!

Niamh C, Arjun B, James M

Music

Tobias A, Ben R, Lillia J, Mckenzie T, Ramzan A, Ellie E, Mya C, Riya V, Kyla A

French

Lexi S, Holly H, Alicia H, Amandeep K, Harry W, Callum H, Dolsie H, Lola S, Aishah A and Jess

iMedia

Grace H, Maddie C, Millee C, Jeevan B, Josh J, Leah W, Ibrahim N

Computing

Dan, Pascal, Anish P, Tobias A, Cerys B

Food

AK W, Amber E, Aishah A

From Mr Brookes:

Amber E, Aaliah H, Usmaan H, Hamzah J, Mya M, Ramzan M, Maya P, Holly P, Mahinooz S, Hillah S, Chloe S, Leah W, Zahra Y

English

Sareen M, Lexi S, Darcy S
Joe S, Hillah Y, Chloe S, James M, Grace H, Alisha S, Jess N, Jeevan, Avneet, Paul F

History

Aaliyah H, Hammad A, Avneet B, Jess N, Cormac S, Pascal Y, Callum, Millee C, Kevina S, Karam K, Alicia H, Jeevan B, Samiq D, Madison M, Nicky K

Sports Science

Oscar L, Aaliah H, Avneet B, Amann R, Hannah W, Holly H, Sam C, Mackenzie W, Jeevan B

Geography & History

Tobias A, Mahinooz S, Mya M, Ellie E
Hamzah j, Hillah S, Aatikah



Maths Challenge

KS3 Maths Challenge



- Next week we are asking you to take part in the **Picture Perfect Maths Challenge**
- From Monday to Friday, every day you need to find as many objects in your house, garden, local park, etc. to represent one of the mathematical concepts given.
- Try to think outside of the box and don't go always for the obvious ideas.
- TRY TO EXPRESS YOURSELF and BE CREATIVE
- Each day take a picture of your chosen objects, people, etc. to create a collage/PowerPoint to present your work.

KS3 Maths Challenge

HOW TO ENTER?

- Every day next week, there is a new theme... take a photo for that day's mathematical concept and send them through at the end of the week in a collage.

- Monday: **CYLINDERS**
- Tuesday: **REFLECTIONS**
- Wednesday: **BALANCE**
- Thursday: **WEIGHTS & HEIGHTS**
- Friday: **GOLDEN RATIO**

- At the end of the week, email your entries to Mrs Snell
hsnell@lighthall.co.uk GOOD LUCK! 😊





Online Safety at Home

Steps you can take to help keep your child safer online

Sharing information, images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of reasons, and some situations are more risky than others. For information about the contexts in which images are shared and how best to respond, take a look at [nude selfies: a parents guide](#).

If your child enjoys being online and uses social media apps, games and more, it's important you know how to protect their personal information and support them to make safe choices about what they share online. Read this [parents guide to personal information](#) and [how to protect it](#) for more information to support your child.

Some of the most popular apps, sites and games are designed to make it easy to share information online. But once information is shared, you can never be sure who has seen it, saved it or shared it.

If your child has shared something online they wish they hadn't – don't panic. Read [my child has shared too much online](#) for advice on how to support your child.

Livestreaming

Live streaming is now a very popular feature of many apps and platforms, and all you need to livestream is an internet enabled device like a laptop or a smart phone.

If your child enjoys livestreaming, you may want to read [what is livestreaming](#) to find out more about it and help your child have a positive online experience.

Over the past few months, many of you may have watched a livestream, or taken part in a video chat. Livestreaming can be a fun and enjoyable online activity for young people.

If you want to know more about livestreaming, the risks and safe use, watch this short video: [video](#) or download this [handy guide](#).

Steps you can take to help keep your child safer online

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read [having a conversation with your child](#).

Be non-judgemental: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor.

Talk about how their online actions can affect others: If your child is engaging with peers online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

Tell them about Thinkuknow: Our websites provide open and honest guidance for young people on friends, relationships and the internet, covering topics like dealing with pressure; consent; and getting support when you're worried. Visit our [website for 11-13's](#) or our [website for 14+](#) for age appropriate information.

Direct your child to age appropriate information about relationships and sex: It's natural for young people to start exploring their sexual feelings online and adolescents are more inclined to take risks. It's important to understand this and to talk to your child in a positive, encouraging and safe way. [Thinkuknow](#), [Brook](#), [The Mix](#) and [Childline](#) all provide age appropriate information about relationships and sex that you can signpost your child to.

Thought of the Week

What can the Buddha teach us?

Nirvana Day, 18th February



Nirvana Day refers to an annual Buddhist festival that is celebrated on February 15th in commemoration of the death of Buddha at the age of 80 years when he reached Nirvana.

The day is also known as Parinirvana Day. According to the Buddhist faith, Nirvana is believed to be the festival that marks the end of the cycle of death and rebirth.

Read more at World Religion News: "Why Buddhists Celebrate Nirvana Day" <https://www.worldreligionnews.com/?p=23632> The Buddhist celebrates Buddha's death since they believe that he had attained his Enlightenment stage. He spent his last 40 years teaching, and it's believed that Buddha met his death in a state of meditation and attained Nirvana. Buddhism faith teaches that a state of Nirvana is achieved when one gets rid of every suffering and need. Today, a Buddhist commemorates Nirvana Day either through meditation or even going to the Buddhist temples or

monasteries. However, Nirvana Day is celebrated by Buddhists in different ways all over the globe. There are Buddhists who spend the Parinirvana Day reading scriptures from the Parinirvana Sutra, an ancient chronicle that explains the last days of Buddha. Some Buddhists hold their celebrations in monasteries and treat the festival as a social occasion. They prepare food while others bring valuable items such as money, clothes and household goods to mark the day.

Read more at World Religion News: "Why Buddhists Celebrate Nirvana Day" <https://www.worldreligionnews.com/?p=23632>

But why is Nirvana Day so important to Buddhists? Buddhists use Nirvana Day as an occasion for reflecting on one's future death and their relations to friends and those who have of passed away recently. Buddhist teachings remind them that everything is temporary, and nothing remains the same. They are encouraged that matters of death should be accepted as something normal, and it should not cause grief. On this festival, meditations are done to the recently deceased so as to give them help and support wherever they are.

