



THE BEST FROM EVERYONE, ALL OF THE TIME

# The Word

26<sup>TH</sup> MARCH 2021

## Headteacher's Roundup

Well done everyone – Spring is definitely here. Our daffodils are looking lovely and we are taking them as sign of good things to come!

I have seen some really excellent learning in lessons this week. Year 8 were fully engaged in Miss Savva's history lesson, Miss Munn's art group are working brilliantly with acrylics and every drama lesson I have seen has been full of active participation. Mr Butler and Miss Killick were stretching our scientists in year 10. I have seen some fantastic focus in year 7 maths and I have been impressed with all the analysis of language and structure in poetry this week, in many English lessons.

PHSEC lessons this week have provoked thought and useful discussion. I am always so impressed by the way in which our students

engage in thinking about life and society, and their responsibilities to themselves and others. Thank you to all our staff for their inspiring work with our young people.

Despite everything, our students continue to achieve very well. Subject and house point braids will be distributed at the end of term.

As we edge along the road map of the lifting of restrictions, we are starting to think about the future and what it might look like. Staff are considering the positive changes that have had to be made during COVID. We will be consulting our student body, very soon, to gain their views. After Easter I hope to ask you, the Parent/Carer body, for your views, so that we can make an informed decision, moving forward.

Finally, though it's hard to believe, BST starts on Sunday 28<sup>th</sup> March. Don't forget to change your clocks!

Have a lovely a weekend.

*Annette Kumbler*

### Word of the Week

#### IMPACT





Definition: Have a strong effect on someone or something.

Taking time out of your day to relax or do something that you enjoy will *impact* on your emotional wellbeing.

Example: After a very busy day Tina curled up on the sofa to read her new book and found that this *impacted* on her ability to sleep well at night.

### House Points Totals

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

 ATLANTIS	 CHALLENGER	 DISCOVERY	 ENDEAVOUR
22366	22995	23210	23537

## Diary Reminders

### All Years:

Friday 2<sup>nd</sup> April – Friday 16<sup>th</sup> April – Easter Holidays

### Year 7:

Thursday 1<sup>st</sup> April – Assessment and BfL grades to parents

### Year 8:

### Year 9:

### Year 10:

Wednesday 31<sup>st</sup> March – PSHEC Day

### Year 11:

W/c Monday 29<sup>th</sup> March – Year 11 Assessments

## Apprenticeship support & knowledge for schools (ASK)

ASK is a government funded programme designed to give schools free support to develop and transform how students think about apprenticeships. We will be holding a virtual parents information evening (primarily designed for parents and carers of Year 10 and 11 students) which will be a whistle-stop tour of apprenticeships at all levels on **Thursday 22<sup>nd</sup> April at 6-7pm**. If you would like to attend, please email me on: [kmohomed@lighthall.co.uk](mailto:kmohomed@lighthall.co.uk)  
We look forward to seeing you there!



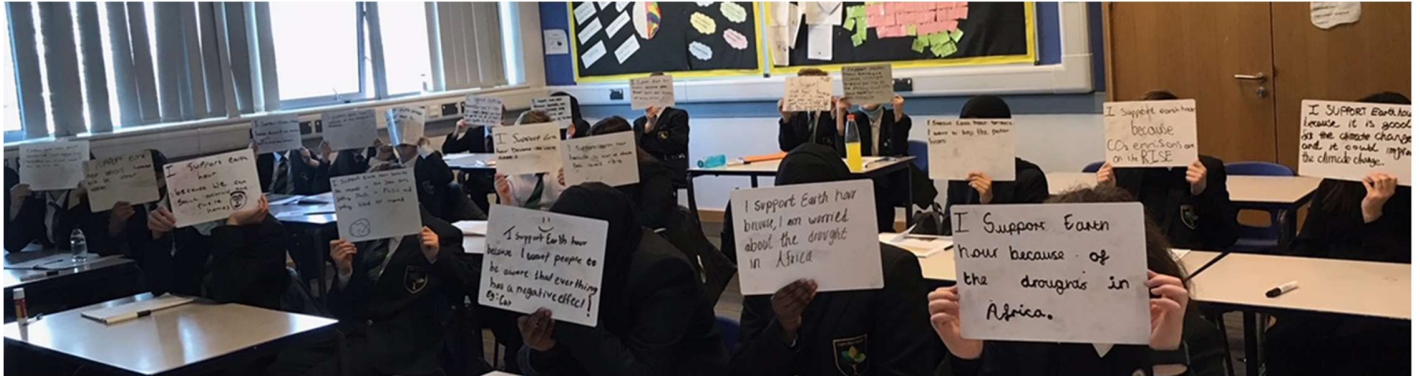
## Lateral Flow Tests

Students must remember to continue doing their Lateral Flow Tests on Wednesdays and Sundays throughout the Easter Break. It is recommended that they complete a test on the Sunday evening before they return to school on Monday 19<sup>th</sup> April. If anyone tests positive, please inform the NHS, book a PCR test and email [attendance@lighthall.co.uk](mailto:attendance@lighthall.co.uk).



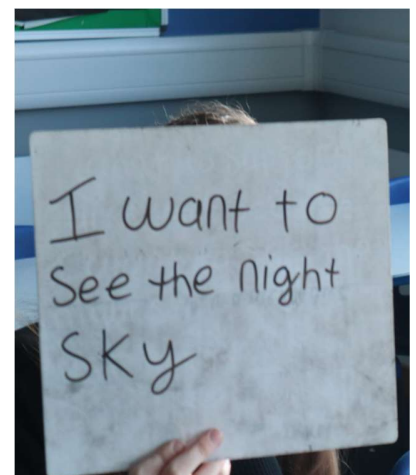
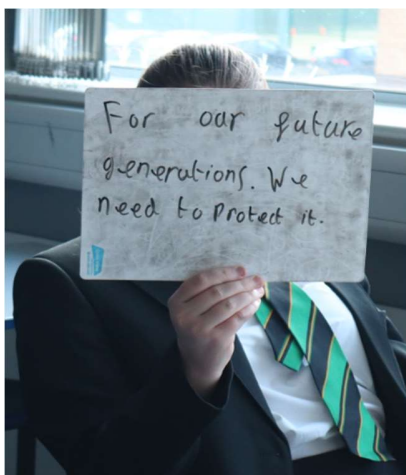
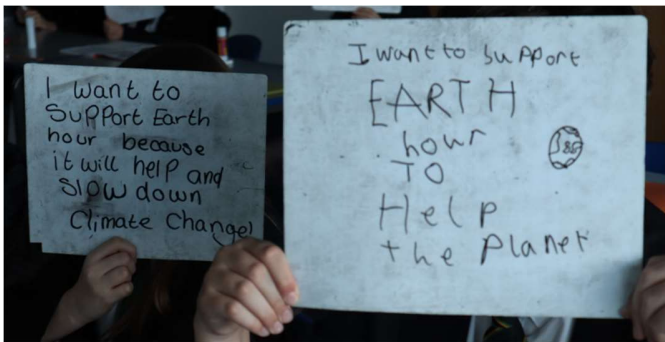
## Earth Hour

Here are some of our students showing why they will be supporting Earth Hour this Saturday 27<sup>th</sup> March from 8.30pm – 9.30pm.



Earth Hour is a global environmental movement organized by the World Wide Fund for Nature (WWF) aiming to raise awareness and inspire people to take tangible action for the environment.

The event is held annually encouraging individuals, communities, and businesses to turn off non-essential electric lights, for one hour, from 8:30 to 9:30 p.m. usually on the last Saturday in March, as a symbol of commitment to the planet.



## Drinking Water

With the warmer weather approaching, please can you ensure that you send your child to school with enough water to last the day.

## Thought of the week

### How can we beat stress?

Stress Awareness Month – April

- Stress Awareness Month has been held every April, since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic. Despite this running for 29 years we have got a long way to go. According to the Mental Health Foundation 74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope.
- Millions of us around the UK are experiencing high levels of stress and it is damaging our health. Stress is one of the great public health challenges of our time, but it still isn't being taken as seriously as physical health concerns. Stress is a significant factor in mental health problems including anxiety and depression. It is also linked to physical health problems like heart disease, problems with our immune system, insomnia and digestive problems. Individually we need to understand what is causing us personal stress and learn what steps we can take to reduce it for ourselves and those around us.

## Bike Locks

If any students have a bike lock in the bike shed, please can you ask that they remove them before the Easter break, otherwise they will be cut off by the caretakers.

### What could you do for Stress Awareness Month?

- Talk about Stress and its effects – lets work together to reduce the stigma that is associated with stress by talking about the topic openly and freely with friends, family and colleagues.
- Share your coping mechanisms – if something has worked for you why not share it. It might benefit someone you care about and in the meantime it might help you take your focus off your own challenges.
- Be nice to those who are stressed and anxious – we are all undoubtedly going to experience stress and anxiety in our lifetime so treat others going through with compassion and empathy.
- Look after yourself – we all need to think more about self –care. Take time out of your day to relax or do something that you enjoy. Don't forget to exercise and eat well, even when you feel too stressed.

The most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to and learn to say no to requests that are too much for you.

