



# The Word

THE BEST FROM EVERYONE, ALL OF THE TIME

14<sup>TH</sup> MAY 2021

## Headteacher's Roundup

Really well done to year 11. The majority of our students have finished their written assessments and the more practical elements are being completed this week and next. They have been a credit to themselves with their application and dedication and we really hope all their hard work pays off for them in terms of their grades in the summer.

I have seen some excellent learning this week in lessons. Year 7 have been getting to grips with e-safety. Year 8 have enjoyed grappling with the legal system in their PSHEC lessons. Geography in year 9 has been focused on map work (which we hope will be useful as the restrictions lift and we travel more!!). Year 10 were enthralled in their science. Really well done to all

our students for their hard work and commitment.

We are so proud of Lottie P in year 11 for her amazing success in two sporting areas. She has been selected for Warwickshire U18 Girls Cricket and Warwickshire U17 Girls Hockey – go Lottie!

Finally, a bit closer to home, our resident family of blue tits, who built a nest in the wall of our millennium garden have fledged and we are all very excited about their tentative flights into the world.

My best wishes for a relaxing weekend.

*Annette Kamblin*

### Word of the Week

#### REALISE

Verb: To understand a situation, sometimes suddenly.





Louise quickly **realised** that doing her textile work in the sunny garden made her feel peaceful.

To perceive (an idea or situation).

The haunted house was described so spectacularly that the reader could **realise** the sheet menacing theme of the story.

### House Points Totals

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

			
<b>27384</b>	<b>27757</b>	<b>28227</b>	<b>28267</b>

## Diary Reminders

### All Years:

Monday 31<sup>st</sup> May – Friday 4<sup>th</sup> June – Half Term  
Monday 7<sup>th</sup> June – Virtual Curriculum Day

### Year 7:

Tuesday 25<sup>th</sup> May – PSHEC Day  
Thursday 27<sup>th</sup> May – Parents' Evening – Virtual  
Monday 28<sup>th</sup> June – Friday 2<sup>nd</sup> July - End of year exam week

### Year 8:

Monday 21<sup>st</sup> June – Friday 25<sup>th</sup> June – End of year exam week

### Year 9:

Thursday 27<sup>th</sup> May – PSHEC Day  
Monday 14<sup>th</sup> June – Friday 18<sup>th</sup> June – End of year exam week

### Year 10:

Friday 28<sup>th</sup> May – PSHEC Day  
Tuesday 8<sup>th</sup> June – Monday 14<sup>th</sup> June – End of year exams

### Year 11:

10<sup>th</sup> – 25<sup>th</sup> May – Year 11 Assessments  
26<sup>th</sup> – 27<sup>th</sup> May – PSHEC Day  
Tuesday 29<sup>th</sup> June – Leavers' Assembly  
Wednesday 14<sup>th</sup> July - Prom



### Year 11 Reminder

Payments for year book and Prom will close on Friday 28<sup>th</sup> May.  
No payments can be accepted after this date.

## School start time

As a reminder, please be aware that students are expected in school in their allocated zones by 8.40am. This will allow them to attend registration on time and start their day on a positive note. Poor punctuality will be sanctioned with a detention on the same day as the lateness. Mr. Hooper will be contacting the parents of students who are not on time. Thank you for support in this matter.



## Thought of the week

Why should I try and practice mindfulness?

### World Meditation Day, 21<sup>st</sup> May

When the world around you is ensconced in madness, and you can't quite seem to find a moment of peace in the storm of the day, it's time to step back and remember those blissful moments as a child where we merely lost ourselves in the world. World Meditation Day is a call to the world to take time to participate in this millennia-old practice and clear our minds, remembering that we are people first, and workers second.

#### History of World Meditation Day

The History of World Meditation Day can be traced through the History of Meditation itself. Meditation has been an integral part of many religions and was first found spoken of in written form in about 1500 BCE in India.

It plays a prominent role in many religions throughout the world, especially Buddhism and other Eastern faiths, but is also practiced by those who are neither spiritual nor religious as a way of easing stress and clearing their mind. In today's world meditation is vital regardless of whether you're a spiritual person or not, the frantic hustle and bustle of daily activity prevent many of us from ever having a moment's peace.

#### The benefits of meditation

While extremist religious groups have sometimes villainized meditation, it has in fact been scientifically proven to have positive mental and physical effects when

practiced regularly. Some of the key benefits of meditation include:

#### Helping with anxiety

Across the world, anxiety remains one of the leading mental health conditions. Although in severe cases doctors may prescribe medication to help people with their anxiety, they often tend to try a more holistic approach first. Meditation is one of the most common holistic ways to treat the symptoms of anxiety, helping individuals to slow their heart rate, control harmful thoughts and prevent anxiety episodes.

#### Reducing stress

There's no doubt that the world we live in can be stressful. Although stress is a completely normal bodily response, we shouldn't be feeling stressed regularly as constant stress can cause serious problems in the body. Meditation is a great way to take time out from the busy world and to focus inwardly on yourself. The breathing exercises conducted while meditating can reduce blood pressure and lower stress levels, calming the mind and giving the body time to recover from periods of prolonged stress.

#### Reducing distractions

The human brain has more things than ever to keep up with and these combined with the internet and our access to smartphones means that many of us struggle with concentration. Practicing meditation and mindfulness encourages you to think about the present, to live in the current moment and to dismiss distractions, helping you to remain focused when you need to be and to improve your overall productivity.



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## Year 7 Parents' Evening

Parents' evening will take place on Thursday 27<sup>th</sup> May. The booking system is open.

Any queries or issues please contact Mrs. Regan.

[kregan@lighthall.co.uk](mailto:kregan@lighthall.co.uk)



## Art Materials

A reminder to all Year 7, 8 and 9 students to bring in their art materials to use for each lesson.



## Happy News

We would like to share some really great news! After lots of hard work and training on her own, Lottie in Year 11 has now had her selection confirmed for Warwickshire, in two sports!!

She is now in Warwickshire U18 Girls Cricket Programme AND Warwickshire U17 Girls Hockey Squad!

Well done Lottie!

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## Standards

Thank you to all parents for your tremendous support in helping our students maintain high standards of dress, punctuality and behaviour in these difficult times. As restrictions are eased and it becomes easier to purchase uniform items, to travel more freely and to allow visitors on site, our period of grace regarding the standard of uniform, punctuality to school and students having mobile phones in school will end. Students are being reminded of our high expectations regarding such standards. We anticipate that school rules regarding confiscation of mobile phones etc. will be in place after half term. Thank you for your understanding with this.

## Uniform Policy

### UNIFORM POLICY



# Uniform Policy

THE BEST FROM EVERYONE, ALL OF THE TIME

SEPTEMBER 20- JULY 21

Our uniform bears our logo, which represents our core values. Our uniform should be worn with pride. Students are expected to adhere to the uniform rules and present themselves smartly every day as they would in the world of work.

### SHOES

We do appreciate that shoes can be an expensive item for parents to buy and we are therefore keen to ensure the correct version is purchased. Your child may tell you differently. Trainer type shoes are not permitted, nor are canvas pumps, trainers or mules. There should be no added "bling" in the form of glittery stones and studs. Shoes should be flat or with a minimal heel, sensible plain style. Black, clean and polished.

Below are examples of shoes the school deems unacceptable.



### JEWELLERY & PIERCINGS

A watch for telling the time and one small plain metal stud in each pierced ear lobe are permitted. These must be removed for safety reasons during PE lessons.

No large earrings, glass studs or stretchers.

Only one plain stud per ear lobe is permitted for pupils with pierced ears. No other body piercings are allowed, or piercings covered with plasters.

If your child is going to have their ears pierced please ensure this takes place at the beginning of the six week holiday so that pupils are able to remove earrings if requested without still undergoing the "settling in" period.

### MAKE-UP, NAIL VARNISH & FALSE EYE LASHES

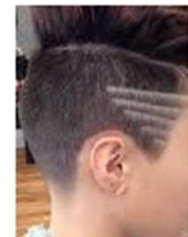
Make-up is inappropriate with school uniform and should not be worn.

No nail varnish or false nails to be worn.

False eye lashes are unacceptable due to Health & Safety concerns.

### HAIRCUTS & ACCESSORIES

Conventional hairstyle/colour. No coloured hair/stripes shaved in. Hair not be shorter than a 'No. 2'. cut. Hair accessories must be functional, small and black.



## LIGHT HALL UNIFORM (BOYS & GIRLS)

- Black Blazer with Badge
- Black Trousers (conventional width – no tight fitting trousers)
- Black Pleated School Skirt (supplied by either Early Years, Clive Mark or Concept school wear) with pre-embroidered tree on the hemline. The hemline must be on the knee
- Black Straight Skirt supplied by either Early Years, Clive Mark or Concept school wear) with pre-embroidered tree on the hemline or alternatively a black straight skirt can be purchased from a high street store and a badge purchased from school to be sewn onto the hemline (front left). This hemline must be on the knee. The skirt fabric must not be stretch, tube, knitted, leather or faux leather
- Black Socks/Tights. We recommend that tights are worn with skirts.
- White Collared Shirt
- School House Tie – Clip-on
- Black formal shoes (no pumps or trainer style)
- Plain black V neck sweater (to ensure that tie can be seen). No hoodies, sweatshirts or logos.
- Appropriate outdoor coat (no denim, no logos, no hoodies, no sportswear, no leather)
- Headscarves to be plain black only

## SPORTSWEAR (BOYS & GIRLS)

- Light Hall Polo Shirt with Light Hall Badge
- Black Shorts with Light Hall Badge or Light Hall Skort
- Universal Sports Top with Light Hall Badge
- Shin Pads
- Black Football Socks
- Trainers
- Gum Shield (advisable for hockey and rugby)
- Football Boots (required for football or rugby)

## OPTIONAL

School Base Layer – black

School Track Suit bottoms - from approved supplier with logo. *(During the Covid crisis, on the days they have PE, students may wear plain black track suit bottoms. No leggings or coloured track suit bottoms.)*

*All students uniform should be clearly named.*

*All students should have an appropriate school bag, suitable to carry a day's books and their pencil case.*