



The Word

THE BEST FROM EVERYONE, ALL OF THE TIME

17TH DECEMBER 2021

Governor's Update

May I take this opportunity to wish all the Light Hall family a Happy Christmas and the very best 2022 that it is possible to have. These last two years have been exceptionally challenging, so next year has to be better.

There have been some highlights, however. The two that stand out for me, are the Ofsted inspections and the awards evening, which took place after a cancellation last year.

Over the last few years, it has been hard to live with a judgement of the school that described a place I did not recognise; this year's Ofsted was a deserved reflection of the school. It recognised the efforts the school members have made to be the best they can be. Our children did us proud. They impressed the inspectors in many ways.

The awards evening, celebrating the achievements of our students, had a lovely feel this year. The layout of the room was very different from previous years. In the old days the parents sat as they would have in the past during a school assembly. As a result, it was difficult to take pictures of a child receiving an award. This year, in recognition of the needs for social distancing, families sat in small groups which allowed them to move to take a photograph. Our guest, the mayor, has a real connection to the school, and it showed. We have always been well supported by our guests at these occasions, but this year, the association shone through. I do not want to forget the achievements of the children, especially those who either got the form prizes, which recognise involvement and citizenship, or received progress awards. They should all be proud of themselves. I also enjoyed talking with those students who had come back to celebrate with us after leaving Light Hall for the next stage of their journey. I wish all Light Hall students success in the future.

Thank you to all parents and staff who have supported us and our children this year.

Elizabeth Baker, Chair of Governors.



Headteacher's Roundup

I had the best lunch time of the entire term this week, when I was privileged to judge the Light Hall's Got Talent competition. The standard was exceptional. Each act was a winner in its own right. I was proud, moved, entertained, and made to laugh in equal measures, as our students played musical instruments, danced and performed comedic sketches. Thank you to Mrs Mohamed and the Progress & Development leaders for organising this house event.

Despite the festive season rapidly approaching, hard work has continued in all lessons. Year 11 tackled some difficult topics in PHSEC this week, and did so with maturity and thoughtfulness.

Thank you so much to everyone who has donated to our food bank collection. I must give a particular mention to Darcy M, who purchased a significant amount of food for the food bank with her birthday money.

It has been a long term, and a very "GOOD" term, but now it is time for some rest and relaxation. Students and staff have worked tirelessly and I would like to thank everyone in our Light Hall family for their ongoing support and positive outlook. I hope that each and every one of you has a good holiday and I look forward to seeing everyone in the new year.

Annette Kamblin



Word of the Week

DISCOVER

Verb: Find unexpectedly or during a search.

While searching their family tree they **discovered** that a great grandparent had led a very adventurous life.

She loved to **discover** new gruesome facts from the 'Horrible Histories' series of books.

House Points Totals

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

 ATLANTIS	 CHALLENGER	 DISCOVERY	 ENDEAVOUR
19074	18012	19122	19606

Class Charts

Class Charts is an online system which teachers use to track achievement and behaviour throughout the school day. We believe in working closely with parents and carers. One of the key benefits of using Class Charts is that we are able to securely share your child(s) achievements with you and to keep you up to date in real-time.

Students have been given an access code to take home, so please ensure you create an account and enter the code here: <https://www.classcharts.com/parent/login>

If you have more than one child in the school, you can enter additional codes directly into your created account. Please email office@lighthall.co.uk if you have not received an access code and we can send one out to you.



Diary Reminders

All Years:

Wednesday 5th January – Lateral Flow Testing in School for all students with consent
Tuesday 25th and Wednesday 26th January – Flu Vaccinations

Year 7:

Thursday 6th January – School starts for Year 7 at 8.40am
Tuesday 18th January - Year 7 Netball (A) v Coleshill – Return by 5.45pm
Monday 31st January – Year 7 Netball (H) v St Peters

Year 8:

Thursday 6th January – School starts for Year 8 at 8.40am
Tuesday 11th January – Year 8 Basketball Playoffs Round 1 – Opposition and venue TBC
Thursday 25th January – Year 8 Basketball Playoffs Round 2 – Opposition and venue TBC
Wednesday 26th January – Year 8 Netball (A) v Grace Academy

Year 9:

Thursday 6th January – School starts for Year 9 at 8.40am
Thursday 20th January – Year 9 Basketball (H) v Park Hall – 5.15pm – 5.30pm finish
Wednesday 26th January – Year 8 Netball (A) v Grace Academy
Thursday 27th January – Year 9 Basketball (A) v Alderbrook – 5.15pm return

Year 10:

Wednesday 5th January – School starts for Year 10 at 8.40am
Monday 10th January – Friday 14th January – Year 10 mid-year exams
Thursday 20th January – Year 10 Basketball (H) v Park Hall – 5.15pm – 5.30pm finish
Thursday 27th January – Year 10 Basketball (A) v Alderbrook – 5.15pm return

Year 11:

Wednesday 5th January – School starts for Year 11 at 8.40am
Wednesday 12th January – Year 11 Photographs

Thought of the week

Christmas - 25th December

It's that time of year again. December has come and with it all the joys of Christmas. But what is the real meaning of Christmas? Is it the gifts under the tree, the lights in the windows, the cards in the mail, turkey dinners with family and friends, snow in the yard, stockings hanging in the living room, and shouts of "Merry Christmas" to those who pass us in the streets? Is this really Christmas?



Christmas can be a season of great joy. For Christians, it is a time when they celebrate the birth of Jesus Christ.

Christians believe that God sent His Son, Jesus, into the world to be born. His birth brought great joy to the world. Shepherds, wise men, and angels all shared in the excitement of knowing about this great event.

No matter what your religion or faith is, Christmas is a time for sharing, for families and friends, and to reflect on all of the things in life you are grateful for.

Key Questions:

1. How can you show kindness to people this Christmastime?
2. What things do you feel grateful for?
3. Does it matter whether you are religious to understand the spirit of Christmas?

Linguist of the Half Term

Modern Foreign Languages at Light Hall are celebrating the linguists of Half term 2.



Teacher	KS3	KS4
Mrs Hughes	Y7Fr Amina N excellent contributions and enthusiasm Y8Fr Lucy S great work ethic Y9Fr Jana t excellent work ethic and quality of French	Y10GR Alex S great work ethic Y11GR Amber E great attitude to revision and preparations
Miss Garcia	Y7H1/SP Ruby L great participation and effort Y8L2/SP Lily D always working hard in lessons and at home Y9 L1 Isaac D very good participation in lessons and great effort all round	Y10 Jerry C excellent progress Y11 SP1 Noora K memrise champion
Mrs Scobie	Y7L FR1 Sophie G shows real enthusiasm for French Y8L FR1 Corey T always takes part in lessons and shows real enthusiasm Y9H FR2 Freya BB works really hard in every lesson	Y11 Harry W works really hard in every lesson and did really well on assessment
Miss Lahure	Y7 Zak A showing enthusiasm and having a great auditory memory Y8 Avtar S showing enthusiasm in French and always doing his best Y9 Lauren B consistently working hard and challenging her French skills	Y10 FR Matthew F impressive extended writing Y11 SP Neha K works really hard in every lesson



Well done to all students demonstrating a love of learning and active participation in their language lessons.

Reverse Advent Calendar

Mrs Covell had the wonderful idea to do a reverse advent calendar where items (toiletries, pasta, Christmas food etc.) are collected in a box throughout December. With all of the donations we have had from staff members, we have been able to offer a food hamper to ten families in need of support in the local community.



Extra-Curricular Activities

Light Hall Extra Curricular Spring 2022										
Monday	Tuesday	Wednesday	Thursday	Friday						
Lunch time	Lunch time	After school	After school	Lunch time						
Magma/Anime Y7-9 Miss Munn*A3 1:25pm	Drama Club Y7-9 Miss Brown Drama Studio 1:25pm	Netball – Squad Y9-11 Mrs Burnham*Miss Durrant Netball Court/Sports Hall	Science Club Y7 Miss Dhanjal Room D3	Postcard Pals Miss Munn A3						
After school		Football – Recreational Y7-11 Mr Nicholls Field	Basketball – Squad Y9-10 Mr Churchill Sports Hall	After school						
Basketball – Recreational Y7-11 Mr Nicholls Gym		Football – Squad Y9 Mr Churchill Field	Football – Squad Y7-8 Mr Nicholls & Miss Durrant Field	Basketball – Squad Y7-8 Mr Churchill*Mr Nicholls Gym						
Netball – Squad Y7-8 Miss Durrant Netball Court/Sports Hall		Orchestra Y7-11 Mr Hackett MR2	Multi-Sports - Recreational Y7-11 Mrs Burnham Gym	Dance Y7-11 Mrs Burnham Lower School Hall						
Music Production Y7-11 Mr Homer MR2		Guitar Club Y7-11 Mr Homer MR1	Rock and Pop Band Y7-11 Mr Sanson MR2 <small>Please see Mr Hackett or Mr Homer in advance if you would like to sign up</small>	Netball - Recreational Y7-11 Miss Durrant Netball Courts/Sports Hall						
Art Open Studio Y10-11 Art Staff A3, A5, A6		Art Open Studio Y10-11 Art Staff A3, A5, A6	Art Open Studio Y10-11 Art Staff A3, A5, A6	Choir Y7-8 Mr Hackett MR2						
Art Club Y7-9 Mr Marsh A6			Photography Club Y7-9 Mrs Munn A3							
<p>After school clubs are 3pm – 4pm unless stated. Please inform parents/carers that you will be attending.</p> <p>PE Clubs Meet outside Gym changing rooms Students must ensure they bring the correct kit for their activity</p> <p>Squad nights are for students who are representing school teams</p> <p>Recreational clubs are open for all to attend</p>										
<p>Key</p> <table border="0"> <tr> <td>Science</td> <td>Music</td> <td>PE</td> </tr> <tr> <td>Art</td> <td>Drama</td> <td></td> </tr> </table> 					Science	Music	PE	Art	Drama	
Science	Music	PE								
Art	Drama									



Light Hall House Reports



Atlantis House Lilia and Ben House Captains



We are proud that Atlantis have managed to increase the amount of house points we earn each week, achieving second place in the house points total at the end of the term!

Also, as a house we have been involved in events and raising money for charity, including Louise R who won for the bake sale in Year 7. Atlantis house has been kind and helpful to others and been a pleasant house to be in, excelling in the Talent Show where we had a Year 7 winner.

What's On Next Term?

However, we needed to contribute more to other competitions such as art competitions and creative ones like the Build a Book challenge next term and the Music competition. Atlantis are good at taking part in sports events but need to show the passion with have in other events.



Challenger House Lexi and Dlan House Captains



Challenger house had a great start to the year with the bake sale with two of the finalists from Challenger. We came third in the KS3 house football contest and overall we need to get more people involved in the house events, a target for us as house captains to achieve next term.

We were proud of Zoe L, who created a beautiful Christmas Card in that competition though. Well done.

What's On Next Term?

Our very own PDL Mr Williams is organising a Save the Egg science competition. We have music, orienteering, quizzes, book making and even Easter Egg hunts coming our way next term. Many opportunities for Challenger house to excel.



Discovery House Jorja and Tobias House Captains



Mr Cooney has led the way this term with the Visual Arts Cup which was linked to the theme of 'lockdown' and we were pleased to see that many Discovery students entered and that Ajay N from Discovery won the cup!

Discovery also excelled in the Christmas Card competition for the most participants, truly living our school's value of active participation!

What's On Next Term?

We are particularly looking forward to the House Challenge Quiz, the science Save the Egg challenge and the Easter Egg Hunt just before the Easter holidays.



Endeavour House Avneet and Mckenzie House Captains



On a whole, Miss Johnson has always been passionate about the amount of house points we receive as a house. We always seem to be top of the proud of our always leader board. We are very strong participation and supporting each other.

As a whole, bake sale this winners pleased that money for well in the finalists also.

we have been amazing at the year with 5 out of the 8 being Endeavour, and are we helped to raise so much charity. We did amazingly Talent Show having three

What's On Next Term?

Next term we want more! We can be excellent in the orienteering and Easter Egg Hunt, I'm sure.



SCHOOL NURSE NEWSLETTER FOR PUPILS AGED 11-19 YEARS



festive welcome to the December
school nursing newsletter.

COVID-19 INFORMATION

Testing

- PCR test

Visit your local COVID-19 testing hub or order a free PCR test kit online from www.gov.uk/order-coronavirus-rapid-lateral-flow-tests or collect from your local pharmacy to test the level of your symptoms to determine whether you will need to self-isolate or not.

VACCINATION

To be eligible for the COVID-19 vaccination you must be aged 12 years old or over.

If you do meet the criteria and are interested in getting your COVID-19 vaccination, please visit the link below to find out more information or speak to your school:



NHS Coronavirus (COVID-19) Vaccines
www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/



Covid personal safety and hygiene

- Wear a mask when going to shops and other public spaces.
- Carry and use mini hand gels when out and about.
- Ventilation and fresh air in the home and on public transport.
- Wash your hands regularly for 20 seconds and follow the steps as shown.



HEALTHY EATING

It is important to have and maintain a healthy diet and to try and eat 5 fruit and veg a day.

Whilst at home during the Christmas break, it is tempting to tuck into unhealthy snacking such as eating crisps, chocolate, fizzy drinks and take away meals. But it is very important to eat healthy, have healthy snacks to help support growth and development and to have a healthy weight.



TOP TIPS FOR EATING HEALTHILY:

- Use the Eat well plate as a guide for snacking and meal prep
 - Drinking at least 1.5L of water per day
 - Ensure any drinks are sugar free
 - Eating 3 meals per day
- Eat healthy snacks such as fruit and veg sticks, popcorn, yoghurt, etc
 - make meals as colourful as possible



EXERCISE

It is just as important to maintain a healthy lifestyle just as a healthy diet. Performing exercise will boost your mental, emotional and physical wellbeing. Whether you enjoy exercising or not, you can find a physical exercise method that suits you. Why not try the following activities:

- Going for a walk with family or friends
 - Going for a jog
- Playing football, basketball, netball etc
 - Swimming activities
- Martial Arts such as boxing, kickboxing etc at your local gym



Online Safety



It is important to keep safe when online. This includes gaming and chatting via messaging portals or phone calls. It has been advised that you do keep your social media accounts on private and only accept requests from people you personally know such as friends and family. Avoid speaking with people you do not know as they may be impersonating others.

During the Christmas period, you may receive new gadgets as Christmas presents from family members, very exciting! Please remember to be safe whilst using new gadgets and if you are unsure on anything, seek help from an adult. Avoid accepting all gifts from strangers online and in person, as this may cause harm and danger.



ONLINE GAMING SAFETY:

- Only access games that are age appropriate
- Switch your settings to private mode
- Don't give out any private information such as real names, ages, email addresses, home addresses and photos
- Block unknown gamers contacting you
- Do not accept online gifts and avoid trading with others
- Take regular breaks when gaming, remember to spend time with family



HOW TO CONTACT US

Chat health 11-19 year olds
07520 615 730





Happy New Year!



NEW YEAR GOALS

Start planning your new year goals early. Identify goals that you would like to achieve and why you want to achieve these. The goals can be previous goals if not already met, goals you would like to further improve and achieving new ones.

Let's be 2022 ready!

Back to School

GETTING SCHOOL READY

Preparing to return:

During the end of your Christmas break, it is important to get back into school ready mode.

Top tips:

- Make sure to get any schoolwork completed before you return
- Ensure that your uniform and stationery are prepared
- Create a routine for your school weeks and weekends, such as setting a fixed time for bed and waking up
- Create an exam timetable



@Solihull School Nurses



@SolihullSchoolNurses



@SolSchNurses



OTHER SERVICES TO CONTACT IF YOU REQUIRE FURTHER SUPPORT:

Childline
Ring: 0800 1111

Samaritan
Call: 116 123

YoungMinds
Textline: Text YM to 85258

Solihull Carers Trust Young Carers
9 am to 5.00 pm Monday to Thursday
9 am to 4.30 pm Friday
Ring: 0121 788 1143

Bereavement Support
0121 687 8010

Birmingham (Forward Thinking)
0-18 years
Ring: 0207 841 4470

Solihull (Solar)
0-19 year old service
0121 301 2750



@Solihull School Nurses



@SolihullSchoolNurses



@SolSchNurses



WEBSITES YOU MAY FIND USEFUL:

NHS

How to wash your hands
www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands

The Eatwell Guide

www.nhs.uk/live-well/eat-well/the-eatwell-guide/

Coronavirus (COVID-19)

www.nhs.uk/conditions/coronavirus-covid-19

GOV.UK

Coronavirus (COVID-19)
www.gov.uk/coronavirus

Childline

Gaming

www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-gaming

Change4life

Easy ways to eat well and move more
www.nhs.uk/change4life

Health for teens

www.healthforteens.co.uk

Chat Health

chathealth.nhs.uk

Kooth

www.kooth.com

BBC Bitesize

GCSE Subject guides

www.bbc.co.uk/bitesize/levels/z98jmp3



Mayor's Christmas Message

Advent marks the traditional start to the Christmas season, so I am delighted to send greetings on behalf of the Mayoress, myself and all the councillors and officers of Solihull council.

Last year our celebrations were subject to many restrictions due to Covid but the remarkable development of vaccines and massive roll-out of the immunisation programme hopefully means that this year we are free to properly celebrate with our families and friends – something for which we are all thankful.

We know of course that there are still emerging threats from this dreadful pandemic and we still need to take sensible precautions to keep ourselves and others safe – and that includes making sure each one of us is fully vaccinated and takes up a booster jab as soon as we are eligible.

2021 has been a really difficult year and so many familiar events have had to be cancelled or scaled back, including those that help raise funds for voluntary organisations who despite the challenges, have continued to provide outstanding service to support local need. Some weeks ago I had the privilege of attending the West Midlands ceremony for the Queen's Award for Voluntary Service at which Solihull Talking Newspaper for the Blind received its award - and previously I was at the award of British Empire Medals to 10 Solihull people, most in recognition of their voluntary work.

Without the fantastic network of our voluntary organisations life would be so much poorer in Solihull and they all deserve our support for their work in the community.

Whilst my first few months as Mayor were spent sitting at home or attending virtual meetings by video call, it has been great to now start getting out to meet people again in person and in particular to attend ceremonies around the borough as things begin to open up. At Citizenship Ceremonies it has been a pleasure to welcome those from around the world who have chosen Solihull as their new home and Remembrance events have been an opportunity to pay our respect and thanks for the sacrifice of those men and women who died in the cause of justice and freedom.

Just recently I have had the opportunity to join with our local Hindu community in switching on of lights to mark the festival of Diwali; our Jewish citizens for lighting of the Menorah for Chanukah and also Peace and Remembrance Candles in Churches. The common theme has been the significance of light overcoming darkness - and that is something we all need at a time when the world has been in a dark place with the devastation of a deadly virus, the increased tension between countries and the threats of climate change.

Christmas is also about bringing light into darkness and as we follow the star and listen to the message of peace and goodwill, let us all join in the spirit of sharing, caring and togetherness, whilst remembering those whose lives have been affected by loss of loved ones, by loneliness or disability and illness – and let us all look forward with hope to a brighter and safer 2022.

Councillor Ken Meeson

Mayor of Solihull