



The Word

THE BEST FROM EVERYONE, ALL OF THE TIME

31ST MARCH 2023

Headteacher's Roundup

The end of another term has arrived, they seem to come around more quickly each year. Despite the rain, Spring is in full bloom, here at school, with our daffodils and crocuses raising their lovely sunny heads to brighten our days.

This week our students had great fun in our Light Hall Easter Egg hunt. The students followed clues around school and everyone who participated received a reward. We will definitely be adding this to our annual house events.

Year 9 had their PHSEC day, where they participated in workshops which gave them a flavour of what to expect from future careers.

Year 7 had their assessments and I was very impressed with how well they coped with these.

I am sure I don't need to mention the need for year 11 to really give a final push to their revision over the Easter break. If anyone is struggling or needs further assistance, in any subject, please contact Mr Hayfield, Head of KS4. nhayfield@lighthall.co.uk

Congratulations to all our students who have been awarded certificates and braids. It is a testament of how hard our students work that, term on term, our order for braids increases significantly!

Further in the Word you will find details of our school mobile phone policy and our uniform policy. For any parents who are considering buying new uniform over Easter please do check with this policy before purchasing. Additionally, don't forget second hand uniform can be purchased through our app UNIFORMD.

Finally, I wish you a safe and peaceful holiday. I look forward to seeing all our Light Hall family back in school on Monday 17th April, ready to start our final term of this academic year.

Best wishes

Annette Karblin

Year 9 Booster Vaccinations

Please ensure all forms are handed back to their form tutor by Monday 27th March. Vaccinations will take place on 17th and 18th April.

Word of the Week

NOTE

Verb: Notice or pay particular attention to (something).





The audience **noted** the elaborate scenery for the theatre production.

Noun: A brief record of points or ideas written down as an aid to memory.

They made a **note** of the gym session.

House Points Totals

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

			
39988	38087	40415	37800

Diary Reminders

All Years:

Monday 1st May – May Day – School Closed
Monday 8th May – King's Coronation – School Closed
Friday 26th May – INSET Day
Monday 29th May – Friday 2nd June – Half Term

Year 7:

Thursday 27th April – Street Dance Workshop – 3.15pm – 4.45pm
Friday 19th May – Year 7 PSHEC Day
Thursday 25th May – Year 7 Parents' Evening

Year 8:

Thursday 20th April – Year 8 Rugby Taster at Camp Hill – 4.30pm – 5.30pm
Friday 21st April – Year 8 reports issued to parents
Thursday 27th April – Year 8 Parents' Evening
Thursday 27th April – Street Dance Workshop – 3.15pm – 4.45pm
Thursday 18th May – Year 8 PSHEC Day

Year 9:

Monday 17th and Tuesday 18th April – Year 9 Teenage Booster Vaccines
Thursday 27th April – Street Dance Workshop – 3.15pm – 4.45pm
Monday 15th May – Year 9 PSHEC Day

Year 10:

Thursday 27th April – Street Dance Workshop – 3.15pm – 4.45pm
Monday 22nd May – Year 10 PSHEC Day

Year 11:

Friday 21st April – Year 11 Grades & BFL issued to parents

Thought of the week

Why is it important to be and stay active?

Move more month – April

WHAT IS NATIONAL MOVE MORE MONTH?

National Move More Month is every April and the objective of this month is clear and simple: get up and move! Created by the American Heart Association as a way to help improve health of Americans everywhere, National Move Month is aimed at getting more of us to hit 10,000 steps everyday or, even better, to hit that 20-minutes of aerobic exercise mark everyday.

HISTORY OF NATIONAL MOVE MORE MONTH

The benefits of living an active lifestyle have been known since antiquity. Cicero said many things, but he also said that “it is exercise alone that supports the spirits, and keeps the mind in vigor.” The Romans prized physical fitness, especially among their well-trained armies.

Since then exercise has evolved into the complex science we now know it. But this month isn't so much about perfecting a form of exercise to Olympic-standards but simply embracing the foundations that movement and living an active lifestyle are key components to being a healthier person. In fact, in the 1950s a study of bus conductors versus bus drivers who didn't have any additional exercise regimens beyond work found that conductors (who are much more active than the sedentary drivers) suffered less from heart disease and other health conditions. Even just being more active at work is a proven way to reduce cardiovascular disease.

Regardless of whether you choose the ancient art of hurling a discus or the more modern takes on weightlifting and

calisthenics, getting out and moving more during the month of April is what's important – even if it's just walking for a half hour everyday.

NATIONAL MOVE MORE MONTH TRADITIONS

Go for a walk

You've been doing it for most of your life and it's one of the healthiest things you can do. Go get those 10,000 steps!

Go for a run

A little more advanced than walking but just as healthy and just as good for you. Get some miles in and chase that runner's high.

Lift some weights

Or, if cardio isn't your thing, you could always work those gains and hit the weight room for some good, ole fashioned lifting. Just remember to get a spotter!

NATIONAL MOVE MORE MONTH STATISTICS

\$1 trillion – the cost of heart disease

The economic costs (both direct and indirect) of cardiovascular and heart disease are projected to reach \$1 trillion by 2035 unless we take the time to move more and get more exercise.

69% of people are overweight

About sixty-nine percent of US adults are obese and that statistic will only rise unless we do our part to create healthy habits and exercise more.

80% is preventable

Eighty percent of cardiovascular disease in the US is considered preventable, especially by getting out and moving more.

Year 8 enrichment trip to the National Space Centre - Wednesday 5th July 2023

If your child would like to attend, please pay £34.00 due by 1st May via Parent Pay. All Year 8 students have been invited to attend this trip, subject to behaviour, attendance and other contributing factors. If interested **please pay promptly** to secure your child's space. Until payment has been made your child's space is not reserved.

All students will be given access to the Planetarium throughout the day which includes:

- Entrance to the Rocket Tower and all 6 interactive galleries
- Reserved space in our shared lunch room to eat your packed lunch
- Entrance to the Sir Patrick Moore Planetarium: <https://education.spacecentre.co.uk/visiting-us/sir-patrick-moore-planetarium>

The students will also be divided into groups during the day to participate in workshops on:

- Astronaut education
- The Great Rocket Challenge! : <https://education.spacecentre.co.uk/visiting-us/activities/the-great-rocket-challenge-ks3>

House Periodic Table Scavenger Hunt

Students have been on a treasure hunt around school to look for questions on the elements in the periodic table. Mr Abbas set up the challenge which was against the clock and relied on our young treasure hunters knowing their periodic table!

The winners with the most amount of answers were:

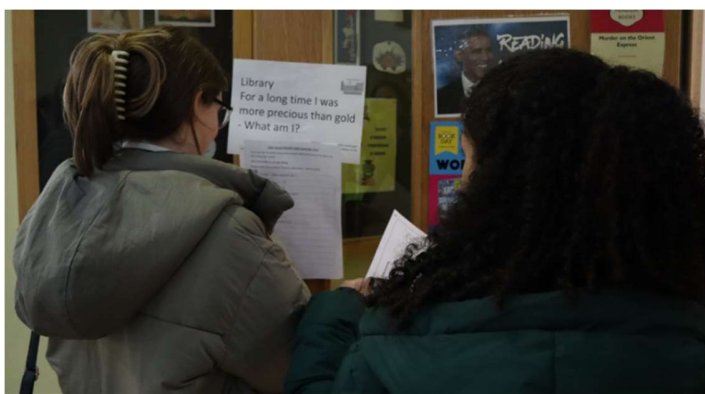
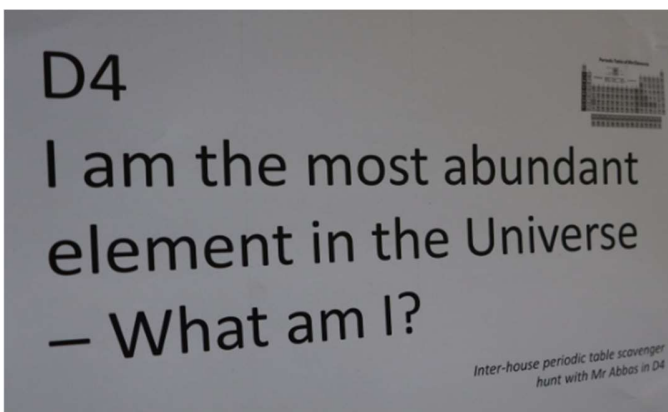
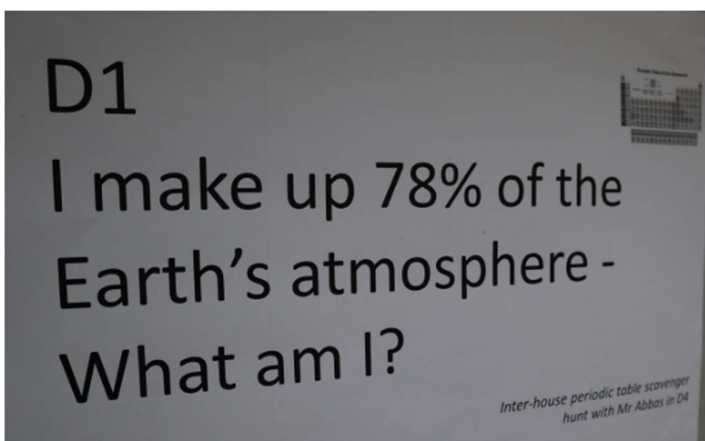
Victoria O 8ERRA

Beth S 8CAAT

The winners who completed the hunt in the fastest time were:

Marius L 8AJHO

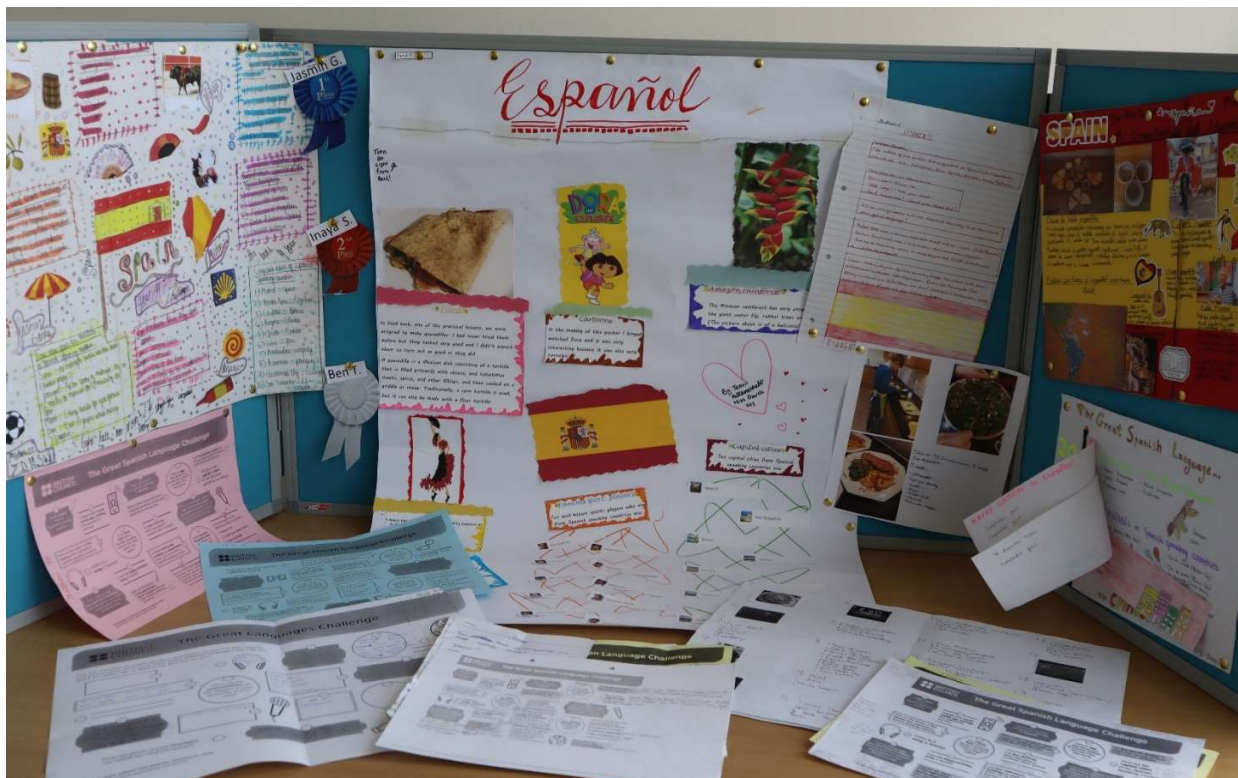
Sheldon C 8DEGA



MFL Language Winners

Our year 7 and year 8 students of Modern Foreign Languages at Light Hall School were invited to take part at the Great Modern Foreign Language Spring Challenge. We received a fantastic range of very artistic and colourful entries - well done to everybody who participated.

Congratulations to the overall winners: 1st Jasmin G, 2nd Inayah S and 3rd Ben T!



Reporting Student Absence

If your child is unable to attend school, you are required to contact us as soon as possible.

This can be done by any one of the following methods:

- Class Charts
- SIMS 'in touch' message
- Telephone
- Email
- Via our website



If you do not contact school, your child's attendance will be recorded as unauthorised, as per our attendance policy which can be found on our website.

Students who have ten or more 'O' (unauthorised) or 'G' (holiday) codes for attendance will be referred to the local authority, who will consider issuing a fixed penalty notice (FPN).

It is important to note that every day in school consists of two sessions. Therefore, ten absences equates to five school days.

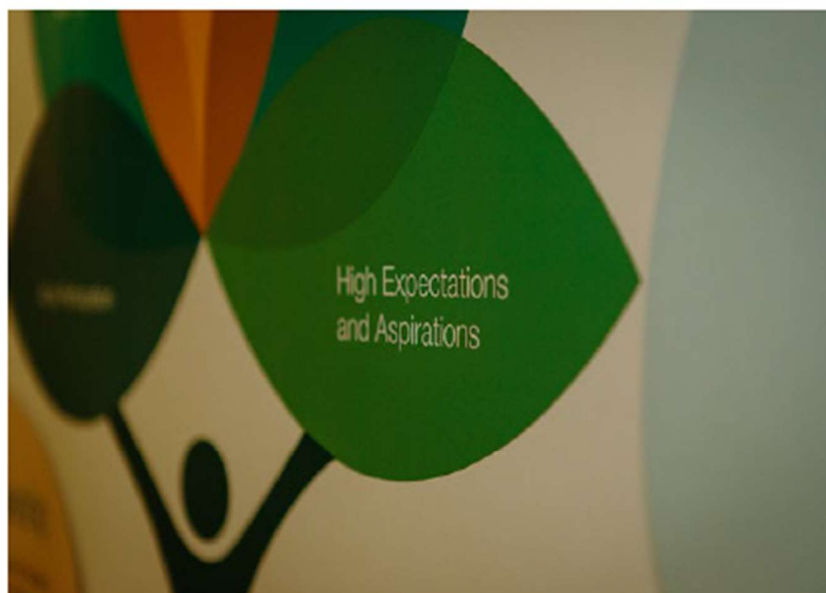
Statistics show that students who attend school regularly and have over 95% attendance are more likely to achieve or exceed their expected progress targets.

Mobile Phones

Whilst the school accepts that mobile phones are now a part of everyday life, the students are not allowed to bring them into school as they can be a distraction. If a phone goes off during a lesson or a mobile phone is being used during break/lunch time, it will be confiscated and kept at school until a parent/carer can come and collect it.

The school will also not accept responsibility for loss, theft or damage for any mobile phones on school site.





THE BEST FROM EVERYONE, ALL OF THE TIME

Uniform Policy

REVIEWED MAY 22

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 eyes 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.



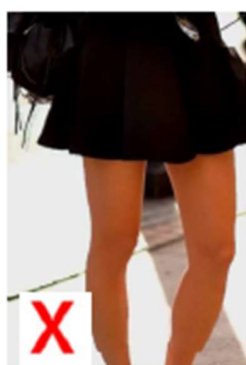
Uniform suppliers:

Monkhouse, Shirley
Clive Mark, Kings Heath

Concept Schoolwear, Hall Green
Midland Schoolwear, Acocks Green

LIGHT HALL UNIFORM (BOYS & GIRLS)

- Black Blazer with Badge
- Black Trousers (conventional width – no tight fitting trousers)
- Black Pleated School Skirt (supplied by approved stockist) with pre-embroidered tree on the hemline. The hemline must be on the knee; or
- Black Straight Skirt supplied by approved stockist with pre-embroidered tree on the hemline; or
- Black straight skirt can be purchased from any 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 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



Skirt should be no more than 5 cm above the top of knee



No lycra/tube skirts



No leggings



No skinny or cropped trousers

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. Strictly no leggings or coloured tracksuit bottoms.

UNIFORMD

Don't forget, we are taking donations from parents and selling pre-owned uniforms and sports kits online, with all funds raised going straight back into our school.

Please use the following link to view what items we have in stock: www.uniformd.co.uk/lighthallschool



A BETTER WAY TO BUY SCHOOL UNIFORMS

AFFORDABLE UNIFORMS FOR PARENTS. ESSENTIAL FUNDS FOR SCHOOLS

With Uniformd, parents can rest easy, knowing that they can access affordable uniform year-round while schools can efficiently sell donated second-hand uniforms, raising essential funds for their own initiatives. Meanwhile, we collectively cut our environmental impact - It's a win-win.

How It Started

As part of his work experience, 15-year-old Sam took part in Elemental Concept's Student Entrepreneur Programme, giving students the opportunity to identify real issues facing society and find a way to solve them using technology.

Sam saw the burden his parents were under having to pay over £250 a head per for him and his siblings on school uniforms and wanted to create a workable solution that focused on sustainability. Elemental Concept worked with Sam to bring his uniform resale market to life: Uniformd is the result.

Visit us at:

- www.uniformd.co.uk
- Uniformd
- UniformdUK

For Parents

We are living in uncertain times, where every penny counts when livelihoods are actively at risk. We wanted to take the financial burden off parents by creating a way to easily access affordable gently used school uniform, with all sale proceeds going straight back into the school.

Parents simply browse for what they need, purchase and receive their pickup information - no sign up required, no banks broken. In turn, when parents are ready to donate, they'll be adding to a wonderful ecosystem that keeps funds coming in for the school and making it a little greener too.



“The Uniformd app is a sustainable way to access great quality school uniforms at a fraction of the price. The app is very easy to use, allowing you to filter specifically what you are looking for. Good quality photos also help with selecting items. It is an excellent resource to have, supporting the school & reducing costs for families. Thank you.

Breege
Parent at Great Missenden School
and Uniformd User

PE Extra-Curricular Clubs – Summer 1 – 2023














Time: 3.00 – 4.00pm



Students must bring the appropriate PE kit for the activity that they are attending.

Students should go to the appropriate changing room for their activity and get changed as quickly as possible so that clubs can start on time.

Clubs will change from Monday 17th April 2023 (PLEASE NOTE NO BADMINTON OR ROUNDERS ON THE FIRST MONDAY BACK!)

Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime
	 Netball Sports Hall Mrs Pemberton (Just trainers required)			
After School		After School	After School	After School
Boxing Fitness All Years Mr Andrews  Gym		Athletics All Years  Mrs Pemberton Track & Field	Cricket All Years  Mr Nicholls & Mr Yates Astro	Multi-Sports Years 7-11 Mr Nicholls Sports Hall 
 Rounders Years 8-11 Mrs Pemberton Field		 Softball All years Mr Yates Field	 Rounders Year 7 Mrs White Field	
Badminton Year 7-9 Mr Yates  Sports Hall		Tennis All Years  Mrs White Courts	Street Dance Workshop Thurs 27th April 3.15-4.45pm Years 7-10 (Working towards performance in show) Mrs Pemberton Gym 	
OCR Sports Science Catch Up Year 10 & 11 Mr Nicholls/Mrs White Library 		Light Hall Basketball Cup Years 7-11 Mr Nicholls & Mr Andrews Sports Hall 		

NEVER HELD A RACKET? NO PROBLEM

All sessions are designed to ensure girls have an enjoyable and positive experience. The sessions include:

- A six-week introductory coaching course
- A tennis racket and set of balls
- A t-shirt and pair of wristbands
- Access to a fun sociable tennis community

All for just £35 (including postage).

Courses starting week commencing 17th April 2023
at West Warwickshire Sports Complex,
Grange Road, Solihull, B91 1DA.

- Ages 5-8 | Fridays 5pm-6pm & Sundays 9am-10am
- Ages 9-11 | Wednesdays 4.45pm-5.45pm
- Ages 12-16 | Wednesdays 5.45pm-6.45pm

Book online today!

clubspark.lta.org.uk/westwarwicks/LTAYouthGirls

prime video

LTA
YOUTH GIRLS

