

# **Light Hall School**

# THE WORD

The best from everyone, all of the time

14th July 2023

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### WORD OF THE WEEK

#### **COMMENT**

Verb: Express an opinion in speech or writing.
The spokesperson declined to *comment*.
Noun: A remark, observation, or criticism.
The author said he would welcome *comments* on his new book.

#### **Headteacher's Roundup**

School has been a hive of activity again this week. I am so proud of the students and staff for their effort and active participation.

We started the week with work experience. This is the first time we have been able to run this for our year 10 students for some years. I am so pleased with the reports being received from the places of work who were able to support us with giving this valuable experience to our students. Our students are conducting themselves with maturity and are a credit to themselves, you, and to Light Hall.

On Wednesday, following hot on the heels of the school production, we had an Arts extravaganza in the shape of our Performing Arts festival. All performances were excellent. We are so fortunate to have so many talented artists, actors, dancers, musicians and vocalists in our student body. It was a very special evening, enjoyed by everyone and a real celebration of what is "Light Hall". It was so heartwarming to see the students' confidence and enjoyment in what they do. I was a very proud Headteacher on Wednesday evening. My heartfelt thanks to everyone in our Light Hall family, and especially our staff and parents who support our young people to achieve in this way.

Trustees have met this week and approved the plans for our Sixth Form Common room and study area. This work will get underway, with the orders being placed. I am delighted to give you a sneak peak of a couple of the CAD drawings that will be posted on our Instagram page. During our journey to develop these plans we consulted with our current year 10 and student voice to find out their views of our proposed space, with the plans being amended accordingly.

Year 7 have visited Warwick Castle this week and thoroughly enjoyed their time.

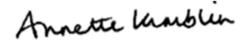
Next week will be just as exciting with a number of visits and different events

taking place.

We are very much looking forward to seeing all our year 11 in their finery next week at the Prom.

Have a restful weekend.





### **Diary Reminders**

#### **All Years:**

Tuesday 25th July - End of Term - 12.30pm finish - non-uniform day

#### Year 7:

Thursday 20<sup>th</sup> July – Year 7 Outdoor Enrichment to Conkers

#### Year 8

Tuesday 18<sup>th</sup> July – Year 8 PSHEC Day

#### Year 9

Thursday 20<sup>th</sup> July – Energy Quest Workshop

#### Year 10

Monday 17<sup>th</sup> July – Year 10 PSHEC Day Wednesday 19<sup>th</sup> July – Year 10 History Trip to Thackray Museum Friday 21st July - Year 10 visit to Bletchley Park

#### Year 11

Thursday 20<sup>th</sup> July - Prom

#### **PE Extra Curricular Clubs**

Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Lunchtime	Lunchtime	Lunchtime	Lunchtime
After School		After School	After School	After School
Boxing Fitness		Athletics	Cricket	Multi-Sports
All Years		All Years	All Years 🔏	All Years
Mr Andrews		Mrs Pemberton	Mr Yates	Mr Yates
Gym		Track & Field	Astro	Sports Hall
Football		Tennis	Rounders	W. W. A
All Years		All Years	All Years	イベク・グ
Mr Yates		Mrs White	Mrs White & Mrs	
Astro		Outdoor Courts	Pemberton Field	X-XX
Netball 🦱		Basketball		,
All Years		All Years		
Mrs Pemberton		Mr Andrews		
Sports Hall		Sports Hall		
		OCR Sports Science Catch		
		Up		
		Year 10		
		Mr Yates		
		E3		
		OCR Oxford Cambridge and RSA		

# THOUGHT OF THE WEEK

# Why is it important for our wellbeing that we become better listeners? 24/7 Samaritans Awareness Day - 24th July

The Samaritans foundation was founded in the U.K. in 1953 by Chad Varah. He was a vicar and cartoonist who would offer to counsel his parishioners and someone who prioritized listening to their problems above all else. He established a suicide hotline in that same year, which would later grow into the Samaritan's foundation. Today, Samaritans is a leading self-help foundation dedicated to aiding depression sufferers in the U.K.

Depression is one of the world's most severe mental disorders. Depression is expected to affect up to 280 million individuals worldwide, with 4.5 % of adults in the United Kingdom suffering from it. As a result, Samaritans Awareness Day seeks to emphasize the necessity of listening to persons who are depressed or suicidal.

The reasons for depression range widely from issues such as stress, family, societal pressures, anxiety, loneliness, loss, and disillusionment.

It is still treatable, despite the fact that it is a serious and crippling sickness. If you know someone who is depressed or has suicidal thoughts, it is critical that you listen to them.

The key to being a good listener is to pause and consider why the individual is having these feelings. Not interrupting their request or pointing out errors in their explanation can help them open up and feel heard. It's important to be nonjudgmental in your approach. Doing so can help the person develop a sense of security that assures them that there is somewhere or someone safe to confide in their thoughts.



#### **Non-Uniform Day**

On Tuesday 25<sup>th</sup> July, it will be non-uniform day for all students as a reward for all of their hard work and effort this academic year.

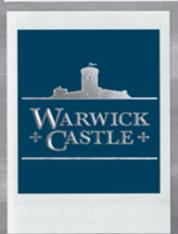
#### **Warwick Castle**

The year 7s had a great time visiting Warwick castle this week. They were taken back in time during the fantastic horse display in the War of the Roses Live event, saw the birds of prey that would have been found at the castle in the Falconers adventure display and learnt about the castles 900-year History from the castle Historian during their Warwick Castle unwrapped tour.





















## **The National Space Centre**



# **Summer Performing Arts Festival**

