



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 heart-warming 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.

Annette Kambin

 ATLANTIS	 CHALLENGER	 DISCOVERY	 ENDEAVOUR
53250	51266	53953	53903

Diary Reminders

All Years:

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

Year 7:

Thursday 20th July – Year 7 Outdoor Enrichment to Conkers

Year 8

Tuesday 18th July – Year 8 PSHEC Day

Year 9

Thursday 20th July – Energy Quest Workshop

Year 10

Monday 17th July – Year 10 PSHEC Day











Wednesday 19th July – Year 10 History Trip to Thackray Museum

Friday 21st July - Year 10 visit to Bletchley Park

Year 11

Thursday 20th 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 All Years Mr Andrews  Gym		Athletics  All Years Mrs Pemberton Track & Field	Cricket  All Years Mr Yates Astro	Multi-Sports All Years Mr Yates Sports Hall
 Football All Years Mr Yates Astro		 Tennis All Years Mrs White Outdoor Courts	 Rounders All Years Mrs White & Mrs Pemberton Field	
 Netball All Years Mrs Pemberton Sports Hall		 Basketball All Years Mr Andrews Sports Hall		
		OCR Sports Science Catch Up Year 10 Mr Yates E3  <small>Oxford Cambridge and RSA</small>		

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.

SAMARITANS

Call us free 24/7 on

116 123

samaritans.org

Non-Uniform Day

On Tuesday 25th 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

Students in Year 8 visited The National Space Centre in Leicester.

They demonstrated active participation in creating and firing their own built rockets and showing a love of learning with exploring space in an epic planetarium.



Summer Performing Arts Festival



Summer Performing Arts Festival