



10 MAY 2024

THE WORD

Light Hall School

The best from everyone, all of the time.

HEADTEACHER'S ROUND-UP

It has been really lovely to see the sunshine this week.

Well done to Year 11 for settling into the written exams so well. It has been a very positive start.

We are so proud of our Year 10s, who are now stepping into the leadership roles. The interviews which took place for all the roles were exceptional. I know that they will do an amazing job as they follow in the footsteps of the current prefects, who have all been excellent role models, whilst they have been in the post.

Really well done to all our sports men and women. Years 7, 8, 9 and 10 girls performed at a street dance competition this week with Year 7 and 8 performing a dance choreographed and designed by a Year 10 student. They did tremendously well and were 1 point away from 3rd place. On Tuesday, our Year 7 basketball team narrowly missed out on a place in the final for the Junior NBA, they played very well as a team.

Hope you all enjoy the promised sunny weekend.

Annette Krambler

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WORD OF THE WEEK

INEVITABLE

Adjective: Certain to happen and unable to be avoided or prevented. Life is full of **inevitable** highs and lows. Nancy braced herself for the **inevitable** arguments.

HOUSE POINTS



ATLANTIS
56296



CHALLENGER
55150



DISCOVERY
60544



ENDEAVOUR
58955

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DIARY REMINDERS

ALL YEARS:

Monday 27th May - Friday 31st May - Half Term

YEAR 7:

Monday 13th May - Year 7 Boys Football @ Moseley School
 Thursday 20th May - Year 7 Girls Rugby Festival - Camp Hill RC - 4pm - 5.30pm
 Wednesday 5th June - Year 7 Basketball Finals Day - Worcester Arena

YEAR 8:

Thursday 13th May - Year 8 Rounders Tournament - Alderbrook
 Wednesday 5th June - Year 8 Basketball Finals Day - Worcester Arena
 Thursday 20th June - Year 8 Girls Rugby Festival - Camp Hill RC - 4pm - 5.30pm

YEAR 9:














Thursday 23rd June - Year 9 Rounders Tournament at Alderbrook School

YEAR 10:

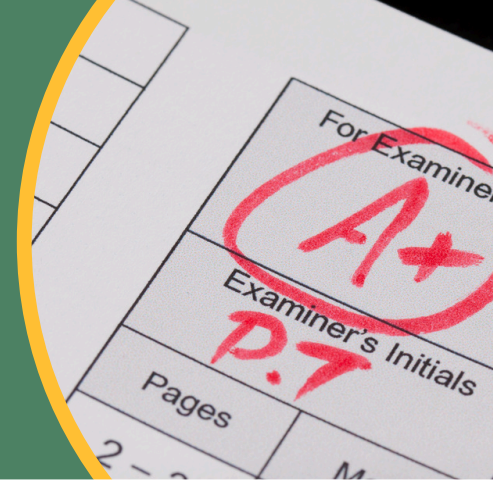
Tuesday 14th May - Year 10 Rounders Tournament at Alderbrook School
 Thursday 20th June - Year 9 Touch Tournament at Worcester Warriors Stadium - 10am - 3.30pm

YEAR 11:

PE Extra-Curricular Timetable

Monday 13 th May	Tuesday	Wednesday 15 th May	Thursday 16 th May	Friday 17 th May
 Athletics All Years Mrs Pemberton Fields		 Cricket All Years Mr Cole Astro	 Rounders All Years Mrs White & Mrs Pemberton Field	 Girls Football All Years Astro Mrs Pemberton
 Softball All Years Mr Grasso Field		 Boxing All Years Mr Grasso Gym	 Basketball All Years (first 30) Mr Cole Gym	 Tennis All Years Mr Yates Tennis Courts
 Tennis All Years Mrs White Tennis Courts			 Netball Academy Mrs Pemberton Sports Hall Starts 4pm	
 Rugby Festival Year 7 Mr Cole BEES RFC			 Boys Football Year 7 & 8 Mr Grasso Astro	
			 Football Fixture Year 7 Mr Yates AWAY @ Arden	

Extra-Curricular PE Clubs
13th May – 17th May

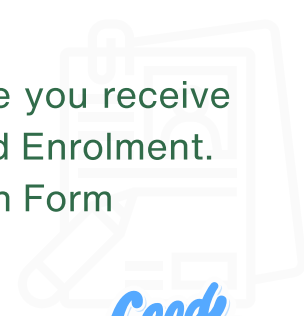


GCSE Exams begin!

Application Updates

Offers - Go to lighthall.applicaa.com to accept your offer to ensure you receive information about our Induction Days and plans for Results Day and Enrolment.

What's next? Keep an eye on your school email and follow the Sixth Form Instagram (@lhs6thform) for updates!



Year 11 GCSE Exams

Tips for the exam period:

1. On exam day, eat a good breakfast and stay hydrated. Remove labels from water bottles.
2. Sleep well the night before!
3. Have your clear pencil case and stationary ready the night before.
4. Attend planned revision sessions before your exam (8:00am or 12:25pm).
5. Know your exam dates and times and don't be late.



Send us an email at sixthform@lighthall.co.uk if you have any questions or queries.



Follow us on Instagram for all updates and content to help with revision and exam preparation @lhs6thform.

THOUGHT OF THE WEEK

Looking after our mental health Mental Health Awareness Week

Why movement matters

Being physically active is great for our bodies and our minds.

Exercise has been proven to reduce anxiety and depression, and it can help us to prevent physical illnesses. Sadly, people living with mental illness die on average 20 years younger than the general population, often from avoidable physical illness. This group is more likely to develop preventable conditions like diabetes, heart disease, bowel cancer and breast cancer.

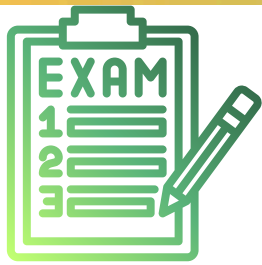
Move your way

Despite the evidence that keeping physically active can promote good mental health, we know there are barriers preventing us doing so, like accessibility, time, money, body image, lack of open space, or the negative connotations we might commonly associated with 'exercise' itself.

This Mental Health Awareness Week, we want you to 'move' for your mental health. Movement doesn't need to look like going to the gym, running a marathon or taking part in a team sport – and it doesn't need to cost the earth. It can be as simple as stepping off the bus a stop early, moving a 1-2-1 meeting to a walking call, giving your child a push on a park swing after school, or dancing in your kitchen while you cook dinner.

Overcoming barriers to movement

There can be numerous barriers to being physically active and moving such as low energy, lack of confidence, or financial constraints. It's likely all of us will face one or more of these barriers at some point in our lives - rather than be hard on ourselves, it's important to recognise their validity and find what works for each of us.



Summer 2024 Examination Timetable

	AM	PM
06/05/2024		
07/05/2024		
08/05/2024		
09/05/2024	RE Paper 1	Drama
10/05/2024	Science Biology Paper 1	German Papers 1 & 3
13/05/2024	English Literature Paper 1	
14/05/2024	French Papers 1 & 3	Business Studies Paper 1/Chinese 1 & 3
15/05/2024	History Paper 1	Computer Science Paper 1
16/05/2024	Maths Paper 1 non-calculator	RE Paper 2
17/05/2024	Science Chemistry Paper 1	Geography Paper 1
20/05/2024	English Literature Paper 2	Sport Science
21/05/2024	German Paper 4	Computer Science 2/Child Development
22/05/2024	Science Physics Paper 1	Chinese Paper 4
23/05/2024	English Language Paper 1	
24/05/2024	French Paper 4	
Half term 25 May - 3 June		
03/06/2024	Maths Paper 2 calculator	
04/06/2024	Spanish Papers 1 & 3	History Paper 2
05/06/2024	Geography Paper 2	Business Studies Paper 2
06/06/2024	English Language Paper 2	Contingency
07/06/2024		Science Biology Paper 2
10/06/2024	Maths Paper 3 calculator	Spanish Paper 4/Creative iMedia
11/06/2024	Science Chemistry Paper 2	History Paper 3
12/06/2024		
13/06/2024		Contingency
14/06/2024	Geography Paper 3	Science Physics Paper 2
17/06/2024		Music
18/06/2024	Design and Technology	
19/06/2024	Food Prep and Nutrition	
20/06/2024		
21/06/2024		
24/06/2024		
25/06/2024		
26/06/2024	Contingency	Contingency
20/06/2024		
21/06/2024		

YEAR 7 ASSESSMENT SCHEDULE

English		Maths		Science		L&M		Drama	
H1	03.06.24 – P3	H1	05.06.24 - P5	H1	03.06.24 - P2	H1	13.05.24 - P1	H1	04.06.24
HE	03.06.24 – P3	H2	06.06.24 - P1	H2	04.06.24 P1	H2	15.06.24 - P4	HE	03.06.24
HN	03.06.24 – P3	H3	05.06.24 - P1	HE	04.06.24 - P3	HE	13.06.24 - P1	H2	05.06.24
HG	03.06.24 – P3	H4	06.06.24 - P1	HN	04.06.24 - P1	HN	13.06.24 - P2	HN	06.06.24
L1	03.06.24 – P3	L1	05.06.24 - P2	L1	04.06.24 - P1	L1	11.06.24 - P2	L1	05.06.24
LE	03.06.24 – P3	L2	06.06.24 - P1	L2	04.06.24 - P1	L2	12.06.24 - P2	LE	06.06.24
LN	03.06.24 – P3	L3	06.06.24 - P1	LE	05.06.24 - P1	LE	14.03.24 - P2	L2	03.06.24
LG	03.06.24 – P3	L4	06.06.24 - P1	LN	03.06.24 - P5	LN	13.06.24 - P1	LN	07.06.24

History		Geography		IT		Music		Design Tech		
H1	06.06.24 - P2	H1	03.06 - P1 & 05.06 - P1	H1	04.06.24 - P2	H1	03.06.24 - P5	H1	07.06.24 - P4	
H2	04.06.24 - P4	H2	03.06 - P3 & 07.06 - P2	H2	05.06.24 - P1	H2	03.06.24 - P4	H2	07.06.24 - P4	
HE	07.06.24 - P5	H3	03.06 - P3 & 05.06 - P5	HA	04.06.24 - P2	HE	06.06.24 - P4	H3	07.06.24 - P4	
HN	07.06.24 - P3	H4	04.06 - P2 & 05.06 - P1	HM	03.06.24 - P3	HN	03.06.24 - P2	H4	07.06.24 - P4	
L1	06.06.24 - P5	L1	03.06 - P3 & 06.06 - P1	L1	07.06.24 - P4	L1	05.06.24 - P4	H5	07.06.24 - P4	
L2	06.06.24 - P5	L2	04.06 - P5 & 05.06 - P2	L2	03.06.24 - P2	L2	05.06.24 - P3	L1	04.06.24 -P2	
LE	06.06.24 - P5	L3	04.06 - P4 & 07.06 - P1	LA	07.06.24 - P4	LE	05.06.24 - P5	L2	04.06.24 - P2	
LN	04.06.24 - P3	L4	05.06 - P2 & 07.06 - P1	LM	03.06.24 - P3	LN	06.06.24 - P5	L3	04.06.24 - P2	
									L4	01.03.26 – P5
									L5	01.03.26 – P5

French		Spanish		Art and D		Art and Design	
L1	03.06, 06.06, 13.06	HE	04.06, 05.06, 11.06	H1	07.06.24 - P4	L2	07.06.24 - P1
L2	04.06, 05.06, 10.06	H1	05.06, 07.06, 11.06	L3	06.06.24 - P5	L1	04.06.24 - P4
LE	03.06, 07.06, 13.06	HN	04.06, 06.06, 12.06	L4	03.06.24 - P2	H3	06.06.24 - P1
LN	05.06, 06.06, 11.06	H2	03.06, 05.06, 10.06	H2	03.06.24 - P1	H4	05.06.24 - P3

Recommended Reads for this week

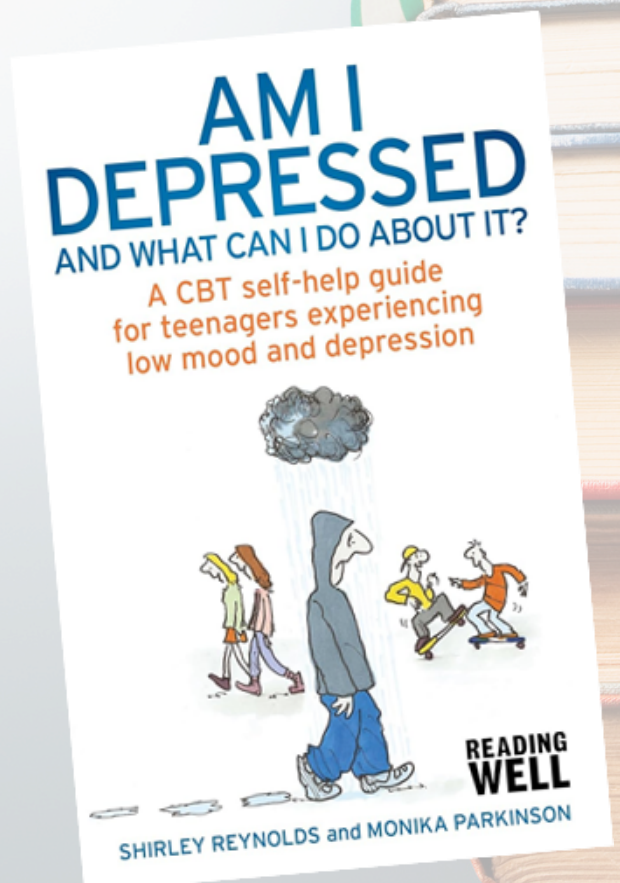
Read
more
books



The author and mental health activist, Lisa Bailey, delivers an authentic, sensitively handled tale of living with OCD as a new boy at school learns to cope with the bully in his head with the help of friendship and understanding.

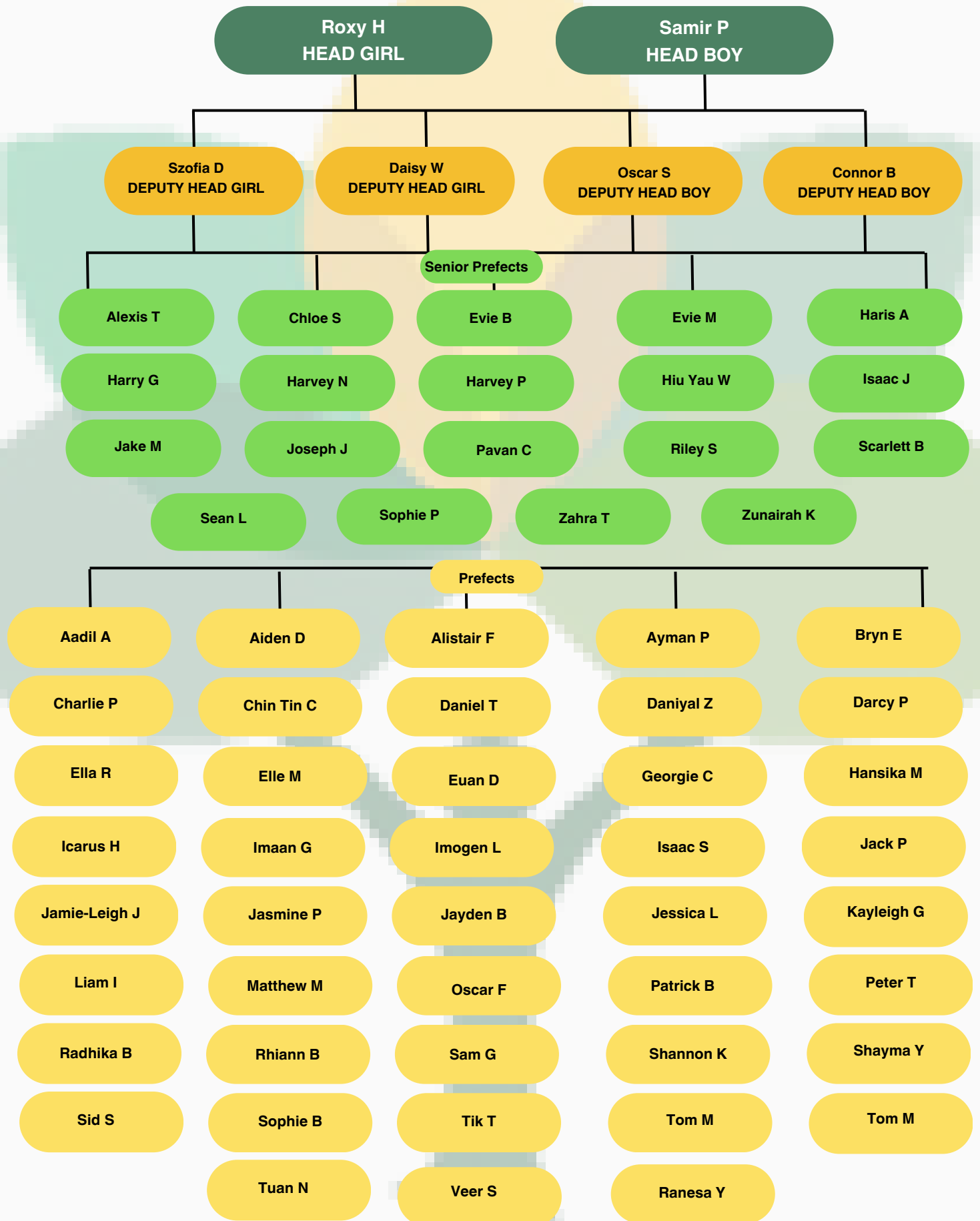
This accessible, engaging and age-appropriate self-help guide is aimed at young people who experience low mood and depression.

The book adopts a narrative approach with graphic elements, incorporating case studies and including some interactive exercises.



NEVER
STOP
READING

PREFECTS 2024/2025



INTRODUCING.....



Light Hall School's



24th June - 4th July 2024



Our arts and culture festival will celebrate the talents and endeavours of our Light Hall students!

The festival will be a competition between our four houses, with an overall winner of the Eisteddfod Cup.

THIS YEAR, THE THEME IS OUR 60TH BIRTHDAY CELEBRATIONS!

60

Our programme of events will be available soon, including competitions in:



**Creative writing
Public speaking
Dance
Drama
Music
Baking
Science
Technology
Video game design
Photography**

Please encourage your child to take part in the competitions this summer...