

09 FEBRUARY 24



THE WORD

Light Hall School

The best from everyone, all of the time.

HEADTEACHER'S ROUND-UP

So the first half of Spring term has drawn to a close already! It has been a very industrious half term with our students working diligently towards their exams, whether it be Year 11 GCSEs or mid year assessments. Our PSHEC lessons, for year 9, and 7, have continued this week and I was impressed with the engagement of all years.

This week has seen a successful training day for all staff involved. We were fortunate enough to lead on several workshops in partnerships with schools in the south of Birmingham, and we were able to share best practices between us all.

Some of our students were able to enjoy attending the Girls' Football Leadership Conference at Tudor Grange. Thank you to Ms Pemberton for organising the event. Also, a thank you to Mr Gara for organising our wonderful STEM day for year 8 today.

I do hope that year 11 students will be making the most of the opportunity for lots of revision during half term. They should have their revision timetables to assist with this. Their second round of mocks will be happening from 19th February and it is only a very short time after that they begin their actual exams. This is their final push – at such an important time. If they do need any further support please do not hesitate to contact Ms Struthers lstruthers@lighthall.co.uk;

I would like to share my heartfelt thanks to all our students who have continued to smile and brighten our days throughout this half term, along with every member of staff, who has worked incredibly hard, and has gone above and beyond for our Light Hall children, and to you the parents/carers, for your continued support.

It is good to see so many of our children reading throughout the school day. Please do encourage your children to take the opportunity to read a book in the holiday.

I do hope you have a restful and enjoyable half term break and I look forward to seeing everyone return on Monday 19th February.

Annette Kamblin

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WORD OF THE WEEK

QUESTION

Noun: A sentence or phrase used to find out information.

We hope this leaflet has been helpful in answering your **questions**.

To ask someone questions, especially in an official context.

He used to set the **questions** for a TV quiz show.

HOUSE POINTS



39000



40277



42486



41304

The best from everyone, all of the time.

DIARY REMINDERS

ALL YEARS:

Monday 12th February - Friday 16th February - Half Term
Tuesday 5th March - School closes at 2pm
Monday 25th March - Friday 5th April - Easter Holidays

YEAR 7:

Monday 26th February - Year 7 Jr. NBA v St George (A) - 3pm - 6.30pm
Wednesday 6th March - Year 7 Sports Hall Athletic Competition at North Solihull Sports Centre - 1pm - 3.30pm
Wednesday 20th March - Year 7 PSHEC Day

YEAR 8:

Monday 26th February - Year 8 Jr. NBA v St George (A) - 3pm - 6.30pm
Wednesday 6th March - Year 7 Sports Hall Athletic Competition at North Solihull Sports Centre - 1pm - 3.30pm
Monday 11th March - Friday 15th March - Year 8 Assessment Week
Tuesday 19th March - Year 8 PSHEC Day

YEAR 9:

Thursday 29th February - Options Evening
Friday 1st March - Year 9 Reports to Parents
Tuesday 5th March - Year 9 Parents' Evening
Thursday 21st March - Year 9 PSHEC Day

YEAR 10:

Friday 15th March - Year 10 PSHEC Day

YEAR 11:

Monday 19th February - Friday 23rd February - Year 11 Mock Week
Wednesday 28th February - Year 11 PSHEC Day
Friday 8th March - Year 11 mock results to parents

Reading Book

We would like to inform you that after half term we would like all Key Stage 3 students to bring in a reading book every day to school in order to help support our reading for pleasure agenda. This will be used for a few minutes of silent reading every day whilst the form tutors take their morning registers. It will also help to inform one tutor time slot every week where students will be discussing reading for pleasure and using their reading books to help talk about books and to share ideas about characters and plot lines.

It is important to note that there will be no sanctions if students do not bring in a book. The form tutors will have a box of spare books that they will be able to lend out. Students are also able to rent out books from our school library at break time, lunch time and after school.

Year 9 GCSE Options Evening

Thursday 29th February 2024

5:00pm and 6:00pm slots are available to book now

<https://www.lighthall.co.uk/curriculum/options/>

We look forward to introducing the GCSE Options programme to both yourself and your child soon. This includes our popular Options Evening at school with both parents and students' on Thursday 29th February. This evening is an opportunity to find out more about the GCSE subjects we have on offer, and which subjects' are best suited to your child.



Light Hall

Sixth Form

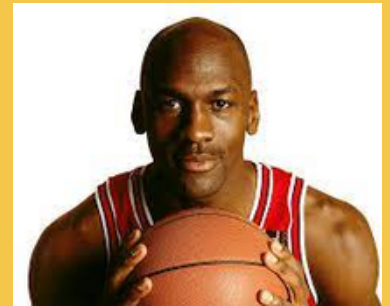
Sixth Form Update

WHY STUDY GEOGRAPHY AT A-LEVEL?

Geography is the study of the world, and how and why changes are taking place within it. Physical Geography includes studying earthquakes, volcanoes, coasts, water and carbon cycles. Human Geography includes studying global systems and governance, changing places and population.



FAMOUS FACES WHO HAVE AN A-LEVEL IN GEOGRAPHY:



MEET MISS HARRISON - SUBJECT LEADER OF GEOGRAPHY:

- Miss Harrison studied A-Level Geography, Maths and Business Studies
- She went on to study Geography at the University of Brighton
- “Field trips! Learning about lots of different aspects of life - through human and physical geography. It is so broad that there is so much available to study. It was nice to study in a coastal location so we could actually go and see coastal features.”



You can find out more about the A-Levels on offer at Light Hall here:

<https://www.lighthall.co.uk/student-support/a-level-subjects/>. If your son/daughter or you have any questions relating to the Sixth Form, then please contact Mr Brookes to discuss at sixthform@lighthall.co.uk

THOUGHT OF THE WEEK

LGBTQ+ History Month February

LGBT History Month, celebrated throughout February, is a time to recognize and honor the contributions and struggles of lesbian, gay, bisexual, and transgender individuals. It's an opportunity to educate, raise awareness, and promote equality for the LGBTQ+ community.

What is LGBT History Month?

LGBT History Month is an annual observance that celebrates the rich history and achievements of the LGBTQ+ community. It provides a platform to highlight key figures, events, and milestones in the ongoing fight for LGBTQ+ rights and acceptance.

When is LGBT History Month?

LGBT History Month takes place every February in the United Kingdom. It is a time when various organizations, schools, and communities come together to organize events, discussions, and activities that promote understanding and inclusion.

How to Get Involved in LGBT History Month

There are numerous ways to participate in and support LGBT History Month:

- **Attend Events:** Look for local events, workshops, and lectures that focus on LGBTQ+ history, culture, and rights. Many communities host educational and entertaining activities.
- **Educate Yourself:** Take the opportunity to learn about the history of LGBTQ+ activism, the struggles faced by the community, and the progress that has been made.
- **Share Stories:** Encourage LGBTQ+ individuals to share their stories and experiences. Listening to personal narratives can foster empathy and understanding.
- **Advocate for Inclusivity:** Promote inclusivity and acceptance in your workplace, school, or community. Advocate for LGBTQ+ rights and support local LGBTQ+ organizations.
- **Engage on Social Media:** Use social media platforms to share LGBTQ+ history, facts, and positive messages. Connect with LGBTQ+ organizations and activists online.

History of LGBT History Month

LGBT History Month originated in the United States in the early 1990s. It was established to recognize and celebrate the history and achievements of LGBTQ+ individuals. Over time, the observance spread to other countries, including the United Kingdom.

Since its inception, LGBT History Month has grown in significance and visibility. It serves as a reminder of the progress made in LGBTQ+ rights and the work that remains to be done to achieve full equality.

Hashtags for LGBT History Month

When posting or engaging in conversations related to LGBT History Month on social media, consider using these hashtags to join the discussion and show your support:

- #LGBTHistoryMonth
- #LovelsLove
- #Pride
- #EqualityForAll
- #LGBTQHistory

LGBTQ+

Year 11 Mock Assessment 2 – Week commencing Monday 19th February

Assessments completed in the Sports Hall and E block rooms

Date	Session 1 (P1&2) – 9am	Session 2 (P3&4) – 11:30	Session 3 (P5) – 2pm
Monday 19/02	Maths 1 – Non calculator 90 mins	English Language 105 mins	Languages Writing 50 mins
Tuesday 20/02	Science 1 – Biology 75/105 mins	Option A	Life and Morality 1 50 mins
Wednesday 21/02	English Literature 105 mins	Option B	Life and Morality 2 50 mins
Thursday 22/02	Science 2 – Chemistry 75/105 mins	Option C	
Friday 23/02	Maths 2 – Calculator 90 mins	History/Geography 80 mins/90 mins	Catch up assessments

Option A, B, C duration (minutes)

Design Tech 120min
 Computing 90min
 Drama 105min
 Music 90min
 Sport Science 75min
 iMedia 90min
 Food Tech 105min
 Business 105min
 Languages Reading F - 95/H - 110min
 Separate Science
 Physics 105min
 Geography 90min
 Child Development 75min

Languages listening to take place in lessons & no speaking assessments to run
 Combined science students will only sit biology and chemistry papers
 Art students to be given time for classroom intervention work



CHRIS BRADFORD

Best-selling children's author Chris Bradford will be visiting us on Wednesday 13th March!

Chris will be meeting all of our Year 7 students and there is a chance to purchase a signed book in advance. Why not encourage your child to take a look at his books in the library!

In the run up to his visit, each week we will introduce students to some of his books, starting with...

BODYGUARD SERIES!

Light Hall's Literacy for Learning

We know how important reading and literacy are and the pleasure and enjoyment we can get from sharing stories. It also has a huge positive impact on our mental health and progress at school.

As such, we are really excited to be welcoming children's author Chris Bradford to Light Hall School!

Chris' life goal is #GettingKidsReading



THE TOP TEN BEST SELLING SERIES

Bodyguard - winner of the Hampshire Book Award
 Assess the Threat
 Counter the Danger
 Escape the Killzone

In a dangerous world, everyone needs protection. Since the best bodyguard is the one nobody notices, who would ever suspect a teenager of being a bodyguard?

Join Connor, Charley and the rest of Alpha Squad in their mission to protect...

My VOICE MATTERS

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

Here are some brilliant tips from young people just like you on how you can look after your mental health.



- 1 Don't keep it all to yourself and spend too much time in your own head. This can sometimes make it keep piling up, and make you feel worse.
- 2 Talk to someone you trust and feel comfortable with – a teacher, parent, sibling, cousin, friend... if you can't think of anyone and need to talk, try talking to someone like Shout by texting SHOUT to 85258 for free.
- 3 Write your thoughts and feelings down.
- 4 Keep in contact with people, don't isolate yourself.
- 5 Don't dismiss your feelings because you think they aren't valid. Everything you feel is valid and important to you.
- 6 Focus on the good parts of your life and doing what you love, rather than the negative.
- 7 If you feel like harming yourself then tell someone you trust and distract yourself in the meanwhile.
- 8 Do something you enjoy to help you relax and have a break – watch a film, play a game, watch your favourite YouTuber, listen to music.
- 9 Be your own best friend because at the end of the day, you're stuck with you – so look after yourself!
- 10 Remember that you're not alone, even if it sometimes feels like you are.

*With thanks to students at Stewards Academy and Ark Globe Academy

ASK FOR HELP

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:

- Text P2B to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit
- [childline.org.uk](https://www.childline.org.uk) for their free online chat
- Visit place2be.org.uk/help for more advice



My VOICE MATTERS

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school – because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCG18](https://bit.ly/3PzCG18)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

Recommended Reads for this week



'We Are All Greta' sets out the ideas required to understand climate change, explained in a scientific and accessible way and drawn from the most authoritative sources. With a chapter on key words to help you understand the climate challenge and a list of websites to visit for further information, this is a book for young people, for parents, for grandparents and anyone wanting answers on what must be done to protect our world. Join the global mission to save our planet from climate change.

Packed with simple and practical ways to start reducing the amount of plastic you use, 'How to Go Plastic Free' will show you how to eliminate plastic from your life, one step at a time. With 100 easy-to-follow tips championing the plastic-free cause, this is the stress-free, guilt-free guide to:














- Getting started simply
- Plastic-free eating and drinking
- Maintaining the lifestyle you love, without plastic
- Shopping responsibly and resourcefully
- Creative ways to phase plastic out of your life



PE Extra-Curricular Timetable

Please ensure students bring the appropriate PE kit for the activity they are attending. Shin pads should be worn for football and gum shields for rugby.

All 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.

Monday 19 th February	Tuesday	Wednesday 21 st February	Thursday 22 nd February	Friday 23 rd February
 Dance All Years Mrs White Gym		 Basketball Year 7 & 8 Cancelled – no Sports Hall due to mock exams	 Netball All Years Mrs White Outdoor Courts	 Girls Football All Years Mrs Pemberton Astro
Fitness Year 9-11 Mr Grasso Fitness Suite 		Table Tennis All Years Mr Grasso Churchill Hall 	OCR Sport Science Intervention Year 11 Mr Yates E7 	Badminton Year 9-11 Cancelled – no Sports Hall due to mock exams 
 Badminton Year 7 & 8 Cancelled – no Sports Hall due to mock exams		 Basketball Year 9-11 Mrs Covell Gym	 Rugby All Years Mr Cole Field	
		OCR Sport Studies Intervention Year 10 Mr Yates E7 	Girls Indoor Rowing Year 7/8 Team Year 9/10 Team Mrs Pemberton AWAY @ Langley 	
			Boys Football Year 7 & 8 Mr Grasso Astro 