



Dear Parents/Carers

As we approach the end of a very busy first half of the summer term, I would like to commend our Year 11 students who have been amazing in their approach to the exams, with excellent attendance to a range of revision sessions and crammers over the last few months. Staff have worked tirelessly to prepare our students for the exams and I would, personally, like to thank our hard working and dedicated staff for their continued guidance and support for the Year 11 students. Exams continue until 21st June, and the Year 11 celebration events all take place after the half-term break. We are looking forward to celebrating together, their five years at Culcheth High School.

Throughout their time at Culcheth High School, our Year 11 students have approached school life in a manner that reflects our school values and they have certainly tried to 'be the best that they can be.' The staff, governors and students at Culcheth High School wish the Class of 2023, all the very best for the future!

As the Year 11 students come to the end of their time with us, it is with great pleasure that we welcome 241 new Year 7 students to Culcheth High School in September 2023. We extend a warm welcome to the families of our new students and look forward to meeting you all at our induction events in July. The Year 6 Parent Induction Evening is on Tuesday 4th July and the Year 6 Induction Day is on Wednesday 5th July.

After the May half-term, we have a very busy seven weeks ahead of us taking us into the summer holidays. We also look forward to our Celebration Evening, Sports Day, the London Visit, the Paris Visit, the Alton Towers Visit, the Patric Wilson Memorial Day and many more in-school events.

May I take this opportunity to thank all of the wonderful staff at Culcheth High School for their amazing commitment, support and hard work during this very busy half-term; especially their dedication in supporting the Year 11 students prepare for their exams. May I also thank parents and carers for your continued support and wish you, your family and loved ones a safe and restful half-term break. #WeAreCHS.

Mr C P Hunt, Headteacher

Tower of London Competition Entry

Our Key Stage 3 Art Club recently entered the Tower of London Competition. The students were asked to design a church bench for the King's Coronation, which allowed students to explore the Coronation, discussing British Values and Symbols, as well as looking at the history of the Royal Family. The top 15 designs were offered a VIP trip to visit the Tower of London in the summer, where they would have the opportunity to see their bench and take part in themed activities.

Although we were not successful, we are really proud of our Art Club members, and are excited that

all participating schools will be entered into a ballot to win a free class visit to the London Tower in the autumn term. More than 1500 designs were received and you will soon be able to view all of these designs on the Tower of London's online gallery, which is launching this month. Some of the designs were also used to create bunting for the Coronation. A huge congratulations to our Art Club members for all their hard work and exciting ideas!



Key School Dates

8th June 2023
Year 7 Parents' Evening (A Side)

15th June 2023
Year 7 Parents' Evening (B Side)

4th July 2023
Year 6 Induction Eve

5th July 2023
Year 6 Induction Day

7th July 2023
Y7-9 Reports Home

11th July 2023
Sports Day

13th July 2023
Celebration Evening

20th July 2023
Rewards Visit

20th July 2023
Y10 Reports Home

Monday Week 2

12th June 2023

28th June 2023

10th July 2023

Publication Dates

14th July 2023

Spring Music Showcase

March was host to the Culcheth High School Spring Music Showcase. The concert involved the many school ensembles and a number of soloists.

As always, the students held their nerve and stunned the audience with the plethora of musical talent, from vocal soloists to piano soloists.

A big well done to everyone involved from the musicians to the tech crew. It was also the final performance for a number of our Year 11 students who have been involved in our concerts throughout their time at Culcheth. We wish them all the very best for the future.



Parking Around School

A note for parents who drive students to school and use the school car park, Withington Avenue and Culcheth Hall Drive. If you drop your child off or collect them from school, please use the drop-off bay in the school car park or, if using Withington Avenue or Culcheth Hall Drive:

- Please drive slowly – children are crossing to and from the ginnel
- Please park considerately so that driveways are not blocked and grass verges are not damaged
- Please do not use residents' driveways to turn

Please also be reminded not to use the primary school car park.

School Uniform 2022-23

School uniform for 2022-23 has not changed, however there are a number of points that parents/carers need to be aware of:

1. The 'School Shoe Guidance' that remains applicable for September 2022 is available on the school website, along with the 2022-23 uniform statement.
2. Hairstyles must be suitable for school. (Extreme hairstyles including patterns, lines or indentations shaved or sculptured onto the hair are not acceptable. Other examples include 'Mohicans', 'Skinheads' and inappropriate use of natural coloured dye to create clashing and/or extreme hair colour patterns. Non-natural colours are not acceptable.)
3. Excessive make-up is unnecessary and inappropriate and must not be worn; this includes false eyelashes and fake tan.

School Gates

A reminder to all parents/carers that the school gates open at 8.15am. Students arriving on site before 8.15am will be unable to enter the school site until this time.

MFL Spelling Bee

On 27th March, six budding linguists in Year 7 hopped on the train to the University of Liverpool to take part in the North West Regional Final of the 'Routes into Languages Foreign Language Spelling Bee'. With word lists informed by the latest research, the aim of the Spelling Bee was for students across the country in Year 7 who are learning a foreign language to practise and improve their vocabulary, spelling, pronunciation and memory skills in the target language.

Proudly representing CHS in the French section of the competition were Elizabeth Pritchard (7Y), Paco Bruce (7N) and Alice Hughes (7U). Cheering them on in the crowd (and quizzing them on their all-important spellings!) were Charlie France (7Y), Indie Kirk (7N) and Alfie Warlow (7N). Competitors were required to spell as many words in French - citing the French alphabet - in under a minute. All this took place in front of a panel of judges and a live audience - no mean feat when they had just a week to learn over 100 words! All of the linguists (and cheerleaders!) did CHS very proud. Despite unfortunately missing out on making the national final in Cambridge, the students had a wonderful day seeing the University Languages department and Liverpool City Centre – there's always next year! C'est la vie!



CHS in the Community – Year 9

On 26th March, Emmie competed in the Tallinn Open Youth Freestyle Wrestling Tournament in Estonia.

The competition is the biggest in Europe, with over 2300 wrestlers who have travelled from all around the globe to compete. It took place at the Unibet Arena in Tallinn. Emmie travelled as a member of the Great Britain National Team and wrestled in the U15, 54kg weight category. This was her first year in this category and only her second international competition. She had two matches, one with a Slovakian girl, and one with a Finnish girl.

It was a fantastic experience to compete in such a high-level competition and to wrestle against high level wrestlers. She also gained a wealth of knowledge from the additional all-female training camp after the competition. It was amazing for her to be a part of the female wrestling community and to be able to train with girls from all around the world.

Out of Emmie's squad, there were several wrestlers who achieved podium positions across many different age groups and weight classes. She continues to train and prepare with her club, region, and GB National Squad for upcoming competitions - The British Junior Championships in May, and Helsinki Open later on in the year.



CHS In the Community – Focus on Year 10

Wigan Warriors

Year 10 students Sara and Caitlin have been selected for the Wigan Warriors Girls' Under 16s Rugby League Academy. Both began playing for Culcheth Eagles girls Under 12s. Sara joined the Warriors a year ago, and Caitlin joined recently after attending the development sessions.

Both girls play for Leigh Miners Rangers Under 16s: Sara in the backs and Caitlin in the forwards. They have a bright future ahead in the game, and we look forward to hearing more about their achievements in the future.

Artistic Swimming

Three CHS students recently took part in the Artistic Swimming National Age Group Champions, and secured first place!

Neve, Lotti and Lena swim for the City of Salford Synchronised Swimming Club, and train five times a week, clocking up 13 hours of swimming each, per week.

The Championships took place in Gloucester, in March, and the girls' team won. Their next big competition is in July, and we wish them every success. Well done girls!



Referee Success

Year 10 student Esmai has recently been recognised for her hard work in the world of refereeing, and was awarded for her efforts, at the Warrington Rugby League Referee Society, in March. Esmai was awarded Young Referee of the Year. She has been refereeing for only 18 months, so to be recognised so soon is a real credit to her hard work and talent. We are so proud of Esmai – well done!



PERSONAL DEVELOPMENT

Personal Development Star Student

The majority of our wonderful CHS students follow the school rules and values and conduct themselves with 'Respect, Honesty and Excellence' at all times, and we recognise this as a school community by rewarding students in a number of ways: via our #WeAreCHS rewards system; with Blue Tickets; 1s on the register; Form Tutor/Progress Leader and subject 'praise postcards', rewards visits, celebration events, and much more. However, Personal Development is about 'growth' as an individual and recognising when and how the choices we make affect ourselves and others around us, and making the decision to reassess and improve. As such, the Personal Development Department has decided to identify and praise students who have engaged with the 'growth mindset' philosophy and demonstrated huge strides and progress in all aspects of their attitude, focus and behaviour.

It has not always been plain sailing but, since the start of the Key Stage 4 GCSE journey, Freya has transformed herself into the respectful, diligent, polite, studious, conscientious and genuinely lovely student we always knew that she could be. It has been an absolute pleasure to behold. Not only this, but Freya has gone on to advise other younger students (not just at CHS) about how she made this happen! Taking time out of her studies to encourage them to think about how they too can change their mindset and grow into young adults in a positive way.

What a fantastic achievement to conclude her time as part of our CHS community. We are very proud of you, Freya. Good luck!



Mental Health Awareness Week

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem. Many things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events.

Anxiety is one of the most common mental health issues we can face. Focusing on anxiety for this year's Mental Health Awareness Week will increase young people's awareness and understanding of anxiety, by providing information on the things that can help prevent it from becoming a problem. At the same time, we keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.

Students had dedicated assemblies during Mental Health Awareness Week, where they were provided with information about anxiety aggravators and mitigators, and Top Tips for overcoming challenges and pressures in a healthy, positive way.

Information has been attached to this article (and the Care, Support and Guidance section of the CHS website) for both students and parents, and slides and links sent to students via Gmail.

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

Clear Fear

Why not try the stem4 Clear Fear app?

Clear Fear is an app to help young people manage the symptoms of anxiety, developed by a clinician in collaboration with young people.

The Clear Fear app uses evidence-based Cognitive Behavioural Therapy (CBT).

It is FREE to download from the Apple Store and Google Play.



Asking for help

stem4 has an Asking for help booklet available on our Resources page www.stem4.org.uk/resources



Take5

Try stem4's Take5 Controlled Breathing exercise.





FOCUS ON SPORT



Rugby League Edition

When we last reported to you, our Year 10 team had a Champion Schools National Cup last-16 match in the offing, against defending champions Castleford Academy. Unfortunately, what was bound to be a very tough encounter was made all the more difficult by a number of key players missing the game, due to injury and unavailability. Despite a very spirited attempt, our experimental team fell well short, with Castleford running out convincing 50-6 winners. We wish them all the best in the defence of their title – it will certainly take a top team to beat them!

The Warrington Schools' 9-a-side rugby tournaments kicked off earlier this month, with our combined Year 7/8 and Year 9 teams getting off to a flying start. Both sides won all the games in their qualifying pools to comfortably top their groups and qualify for the semi-finals.

In their semi-final, the Year 7/8 team faced an early setback as they fell behind to Penketh High School. Further errors, and some good play from the opposition, saw Penketh stretch their advantage to 4 tries to 1, leaving us staring elimination in the face. In such situations, Culheth teams have been known to crumble, but our new brood of young eagles proved they are made of far sterner stuff, as they roared back to win by 5 tries to 4. They will now play Great Sankey High School in the final on Tuesday 13th June.

The Year 9 team had a far more straightforward semi-final, as they put in a tremendous performance to blow William Beaumont away by 14 tries to 1. Their match, on the same finals' night, will be against long time adversaries Bridgewater High School, so if you are looking for something to do on Tuesday 13th June, come along and support the lads at Victoria park, starting from 6.30pm.

And not to be outdone by the boys, our Year 10 girls' team have also been lighting up the world of rugby league!! In late April they participated in the North West qualifying stages of their Champion Schools National Cup competition, facing teams from Wade Deacon, St Peters High School, Haydock High School and Kings Leadership Academy. The girls put in some excellent performances, recording three wins, and just the sole defeat, which left us as tournament runners up and earned us qualification for the Champions Schools National Finals Festival, on 9th May.

Our first group match was against Yorkshire Champions, Brooksbank High School, and it was an enthralling game. Culheth took the lead, only for Brooksbank to peg us back on no fewer than four occasions, to take a narrow 2-point lead into the closing stages. But the girls refused to be beaten, roaring back to score the final try of the game and secure a crucial 24-22 victory. The second group match, against Cumbrian Champions West Lakes Academy, was a comparatively simple affair, as the girls scored three early tries without reply to take a 16-0 lead. Four further tries were shared between the two sides, and the girls ran out comfortable winners, to qualify for the semi-final.

This pitted us against Yorkshire side Sirius Academy West, who had finished second in the other pool behind Wade Deacon. Again, the girls started strongly, taking a 4-0 lead, before once again being pegged back to level. This pattern repeated itself until the teams entered the last two minutes of the match tied at 12 point apiece. We were on the attack, but found ourselves just short of the try line on our final tackle, so had to kick, hoping to regain possession and secure the vital winning try. Unfortunately, the Sirius Academy full back took a fine catch to secure possession, but worse was yet to come. She set off on a full length of the pitch run, leaving several of our defenders in her wake, to score the try of the day and win the semi-final for her team. Whilst it was a try worthy of winning any match, it was absolutely gut-wrenching for our girls, who had been just one good kick away from winning the game for themselves. Nevertheless, reaching the National Semi-final is a fabulous achievement, and something for which we are really proud of the girls!



Focus on Year 7

Rubik's Cube Competition

They say that seeing is believing, and this is certainly true for Year 7 at break and lunchtime at the minute. The Rubik's Cube craze is sweeping the Year 7 Quad, and the speed with which some are able to solve the iconic 80's cube is astounding!

As a result of this, we decided to see who was the fastest at solving the Rubik's Cube. The inaugural competition was announced on Friday 12th May during assembly, entrants gave their names at breaktime and the competition officially got underway at lunchtime that day. Not all of our entrants had their own cubes with them that day, so for fairness, they all used the same one – mine. This seemed to slow some competitors down somewhat, as they are used to much smoother manoeuvres. There was a close finish at the top, with Freddie solving the cube in exactly 60 seconds, just 6 seconds faster than Tommy in second place.

The next time we have the competition, we will allow entrants to bring their own cubes. This should reduce the time taken to solve the cube by over 30 seconds; it has to be seen to be believed!



Focus on 7A

7A have had an excellent first year at Culcheth High School. I have really enjoyed getting to know them all, particularly with their Good to Talk presentations each week. We have a very sporty form and can get into some quite heated debates over who is the best football team! They have also immersed themselves into the school community and we have members on the school football, rugby and netball teams. Students in our form also have lots of interests outside of school which are very diverse.

Laken races motorbikes competitively and gets to travel to lots of places, including Spain, to compete in various competitions. His biggest achievement so far has been finishing 2nd in the MiniGP 140 British Championship in 2021. I'm sure he will continue to excel and we wish him the best of luck.

We also have Phoebe who is attempting to enter the Guinness World Record book for having the largest display of origami frogs! The current record is held by the Japan Hospital Clown Association who have 3542 frogs. Phoebe currently has just over 1300 of all different shapes, sizes and colours so has made a great start, but a little way to go yet! Good luck Phoebe. 7A is a lovely form to be a part of, and will make great progress over their next four years here.

Miss D Prince, Form Tutor 7A

Focus on 7Y

I would like to start this newsletter by congratulating 7Y on their excellent behaviour and attendance. This year, they have all been a pleasure to teach. They have been respectful to each other, to their teachers, and to the school staff. 7Y have also been very conscientious about attending school; attendance has been excellent, and I am very proud of them for that.

I would also like to give a special mention to a few students in 7Y; Alex has had the most outstanding lessons in Year 7 with over 100. Alex is always willing to participate in class discussions, activities and is also a great help to his classmates. We also have two future motorsport superstars in our class: Edward and Charlie, who are both very passionate about racing. Finally, I would like to commend one of our students for overcoming a large time off with an operation and returning to school with a smile.

There are many other fantastic students in 7Y that I do not have space to mention, and I will save for another newsletter. From writers to dancers, to future comedians and chefs, 7Y really does have it all. I am very proud of 7Y and all of their accomplishments this year.

Mr S Hiller, Form Tutor 7Y

ILC News – Summer 2023

We have purchased a number of new books from the student wish list, perfect for holiday reading, and the summer issue of the new books newsletter can be accessed here:

<https://culchethhigh.org.uk/wp-content/uploads/2023/05/New-Books-newsletter-summer-23.pdf>

All book or ILC related enquiries can be emailed directly to ILC@culchethhigh.net and books can be delivered in form or collected in person.

Ms Byrne, ILC Manager

Edge Hill Careers Visit

Recently, several Year 10 students were invited to attend the Edge Hill University visit. This was an exciting opportunity to visit the campus and learn all about higher education. The Study SMART programme is to encourage students to consider going to university and learn about how the choices they make can affect their future. For example, making the correct subject choices at GCSE and post-16, depending on what they would like to study at university and the career path it can lead to.

Whilst at the university, the students attended two workshops – “Paving the Way” which explored the pathways through GCSE, further and higher education, and “Project Boost”, working in teams to create a service to support students at university. Students were given a tour around their extensive facilities, found out about life at university and had lots of questions answered. The student guides on the day did an excellent job of answering all questions and giving our students a fantastic insight into life as a student.

This was an inspiring event that really engaged the students – some of whom didn't know what to expect from a university. They had never known anyone go to university and had never had the opportunity to visit one. The idea that you are able to live on campus in a flat with friends was an exciting revelation to quite a few. The students were amazed by the range of courses on offer, and the social clubs available. Quite a number of students set this as their future goal and it's now their ambition to go to university.

Mrs Quicler and Mrs Anderton-Warne had a delightful day, sharing their university experiences with students and helping to answer all of their queries. We look forward to making this visit part of our annual careers offer, taking other students in years to come.

Our careers advisor, Paul, is in school one day a week and is meeting Year 11 about further education options and applications. Please contact Mrs Quicler (Careers lead) and Paul at Careers@culchethhigh.org.uk.



Healthy Eating Week

The British Nutrition Foundation's Healthy Eating Week is taking place 12th-16th June 2023. At Culcheth High School, we will be covering the five Healthy Eating Week tips, however could this be something you would like to focus on at home?

1. Focus on fibre
2. Get your 5 A DAY
3. Vary your protein
4. Stay hydrated
5. Reduce food waste



Healthy Eating Week – For Everyone!



Have more wholegrain foods, fruit and vegetables, beans, peas and lentils.



Have at least 5 portions of a variety of fruit and vegetables every day.



Eat a wider variety of protein foods and choose plant protein sources more often.



Have about 6-8 drinks a day and choose reusable or recyclable drinks containers.



Aim for the right amount when you shop, cook and eat to avoid throwing food away.

Year 7 Horse-riding

As part of our Pupil Premium initiative at Culcheth High School, ten Year 7 students have been selected to participate in a six-week course of horse-riding lessons, at Croft Riding Centre. The activity started in May and finishes in July. The lessons are one hour long and consist of thirty minutes riding time and thirty minutes stable time.

Most of the students have never ridden before and they are thoroughly enjoying the experience. The lessons are a great opportunity to build confidence and place some of our students out of their comfort zone. The first session went really well and we will keep you informed of the group's progress in the coming weeks.



Pupil Premium Uniform/Educational Voucher Deadlines

As we are coming to the close of this academic school year for 2022-23, I would like to remind all of our PP families who are yet to access their Pupil Premium Educational Voucher to the full amount of £100.00, that orders need to be placed by Friday 7th July 2023.

For our new Year 7 cohort currently in Year 6, should you wish to access your child's PP Educational Voucher before they start in September, please be aware that the deadline for uniform orders is Friday 30th June.

These deadlines need to be adhered to ensure delivery before the next academic year. Any orders placed over the summer break will only be actioned at the end of August or beginning of September. Orders placed after these deadlines will not guarantee delivery before school starts in September.

To place an order, you will need to go to the school website, go to the curriculum tab and under SEND & Pastoral, you will see the link for Pupil Premium Uniform.

If you have any questions regarding your current balance, or orders you wish to place that are not uniform, you can contact the PP team via the following emails: -

PPTeam@culchethhigh.org.uk – to email the whole PP team

CFL@culchethhigh.org.uk – PP progress leader Mrs West

Alternatively, please ring the school reception team and asked to be put through to the PP team.

Information from the Early Help Division – Warrington Borough Council

Early help means taking action to support a child, young person and their family early on when a situation emerges. It can be required at any stage in a child's life from pre-birth through to adulthood and applies to any situation or need that the family cannot deal with or meet on its own. Early Help is a strength-based approach enabling families to develop the skills to prevent issues from getting worse by offering the right support at the right time.

Any professional working with a family, such as those based in schools, health services, or in voluntary sector organisations, can offer early help services by responding to identified needs in order to offer advice, support and intervention. Early help is provided to prevent or reduce the need for statutory or social care interventions wherever possible.

The Early Help Division wants the services supporting children and families to work much more closely together, forging lasting and meaningful relationships that improve the lives of the children of Warrington in the short, medium and long term, whilst enabling families to develop skills to be independent and feel empowered.

Youth in Mind at Warrington Youth Zone

Youth In Mind is a free and discrete drop-in service for young people aged 7-19 (up to 25 with additional needs) who are experiencing problems relating to their emotional wellbeing.

No appointment or referral is necessary.

Opening Hours

Mon-Fri, 3pm – 7pm
Sat & Sun, 11am – 3pm

Open 7 Days
a Week



<https://warringtonyouthzone.org>

Charity Number: 1101086

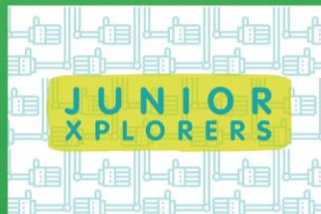
CODING | ROBOTICS | ANIMATION | & MORE

SATURDAYS @

FREE
TRIAL SESSION
AVAILABLE!

ComputerXplorers

Bolton & Wigan



7-9 YRS
10-11am



10-13 YRS
11.15am -12.15pm



@CompXBolton

CULCHETH HIGH SCHOOL

Warrington Road, Culcheth, WA3 5HH

Prices

Treatment	Price
Chest, neck and shoulders massage	£25
Back massage	£30
Leg massage	£30
Full body massage (45mins)	£45

Deep tissue sports massage treatments

Chest, neck and shoulders (deep tissue)	£30
Back massage (deep tissue)	£35
Leg massage (deep tissue)	£35
Full body deep tissue massage (60 mins)	£50



Sports Massage

Have you been experiencing neck & back pain lately?

Deep tissue massage is a type of therapeutic massage that helps treat muscular and systemic problems.

If you would like to book a massage appointment please contact Paulina on:

07544960411