

The lead up to Christmas was a very busy period with Year 10 students taking every opportunity to be involved in the Christmas spirit and good will.



The hugely popular Auction Assembly was another great success with students entering bidding wars for CUFC merchandise, cinema tickets, pizza delivery and much more. **Adam Hopper** received recognition for the most Learner of the Lesson nominations and **Morven Yerbury** was awarded for racking up the most house points since the beginning of term.



House points are awarded not only for hard work in lessons but for your contribution to whole school events and extracurricular activities. If you are involved, you will get the well-deserved house points which will be needed for the next Auction Assembly.

We are encouraging students to take ownership of their areas in school and be responsible for ensuring they 'leave no trace'. Five house points are available to those students who help ensure the common room is left tidy at the end of each break – an easy way to rack up points and take responsibility for your area.

As we continue to work through the GCSE courses, it is imperative students remain focused and resilient if they are to make progress. We have recently discussed what would help students to achieve success and defined these as our four pillars: inclusive community, academic excellence, powerful learners and high performance.

Every Year 10 student has the ability to develop characteristics of a powerful learner. Powerful learners are highly focused, motivated and resilient, they are able to communicate effectively, work together in teams, identify and solve problems and are always looking for ways to improve. Even when they don't find an aspect of learning interesting, they keep learning. Aspiring to be a powerful learner will undoubtedly result in greater academic success which will go a long way in securing post-16 choices. To help with those all-important post 16 decisions, some of our students will be invited to a seminar in school with Oxford University in the coming weeks. This is a great opportunity as they will be given a general introduction to university and what you can gain from attending. There will also be information on funding a university place. We will look to have more sessions like this in the future to ensure all students who are interested have this opportunity.

The house point totals start again from the beginning of the Spring term, as does the accumulation of the Learner of the Lessons. Currently, **Adam Hopper** has achieved the most Learners of the Lesson so far - well done! The following students have also achieved a number of Learner of the Lesson nominations since the beginning of the Spring term: **Aidan Forster**, **Ruby Penkeyman** and **Jasmine Ridley**. I'm sure the house points will serve you well in our end of term Auction Assembly.

## Polite Reminders

### Uniform

With the recent cold weather, we encourage students to wear a coat to school. However, coats must be removed once inside the school building. A small minority are failing to adhere to this therefore I would like to take this opportunity to remind all students of the expectation. The full uniform policy can be found on the school website (<https://www.williamhoward.cumbria.sch.uk/parent-hub/uniform/>).

The vast majority of students continue to follow uniform expectations and your continued support is appreciated. As a school community we pride ourselves on 'Being the best we can be' in every aspect of school life.

## Attendance

We continue to encourage students to build resilience and push through on the days they do not feel 100%. School attendance is imperative for academic success and social and emotional well-being. Year 10 is a crucial year for building those foundations for GCSE examinations and every lesson counts. Time away from school will inevitably create gaps in knowledge creating a disadvantage. We understand that, on occasion, there are medical needs or circumstances which result in school absence; in this instance students are encouraged to catch up with their missed learning by checking edulink for any homework and speaking to class teachers about topics and skills covered in their absence. This will ensure students are reducing their gaps in knowledge and prepared for future lessons.

Students are encouraged to have knowledge of their attendance and log this every week in their planners during tutor time. It is crucial students in Year 10 understand the importance of attending school as research shows that students with attendance figures of 90% or below are less likely to do well at school, underachieving compared to their ability. Attendance is something further educational settings and employers will take into consideration.

Tutors continue to work with a number of identified students to improve attendance which we hope will allow our students to be more successful. To those students with attendance of 97% or above, a huge well done – keep it up!

## Special Recognition Award

Emilia completed her Young Leader Qualification and uses this to support young students in her community in their Girl Guiding sessions. Emilia started as a Rainbow and has progressed through Brownies and Guides.

Her contribution to the community ensures other young girls have the support and facilities to take part in fun, challenges and adventure, developing friendships and empowering girls to find their voice, inspiring them to discover the best in themselves and to make a positive difference in their community.

Emilia not only volunteers during the weekly sessions, which she has to plan, she also helps with the accounts to support other volunteers in their role to ensure the community can continue to benefit from their goodwill. Emilia is hoping to become an accountant and is seeking every opportunity to gain experience in this field.

She's a true inspiration to young girls and a credit to her community!



## A Visit to Carlisle College

On Tuesday, 28th November 2023 a group of Year 10 students were invited to have a tour of Carlisle College. College staff had previously come into school to answer any questions this group of young people had and to talk about college life, support available and the different courses the college have to offer. It was an interesting and informative morning, and the students were given the opportunity to visit the different areas of the college, speak with course tutors and current students and sample the delicious food in the college refectory cafe.



It is great to see so many students trying something new and getting involved with opportunities available to them. Please familiarise yourselves with the Extra-curricular timetable on the school website as this is updated regularly.

## Girls Rugby Triumph

A gigantic well done to Anna and Maddie who played in the Annan Rugby U16 Hornets Team at Murrayfield Stadium in Edinburgh, for the Girls U16 National Cup and Shield. They faced the Dumfries Girls in a very hard-fought match, but in the very last minutes of the game the Hornets scored, turning the tables and winning 38-34.

Maddie acknowledged, "It was a tough game, the Dumfries Girls are a really strong team."



Anna was awarded player of the match. She said, "It was so exciting to play at Murrayfield. We had a great celebration on the bus on the way home."

Congratulations girls!

Since this game, Anna has had trials with Scotland and has been selected for the Scotland team. This a huge achievement - congratulations Anna! We look forward to hearing about your success.

## Orchestra

The run up to Christmas was a busy time for the school orchestra which includes a number of Year 10 students: Heilani Acton, Jack Bowker, Merry Lambert-Sams, Angus Macdonald, Zac Kirby and Hope O'Connor. They gave fantastic performances at Brampton's Community Carol Service and WHS Carol Service at Brampton's Methodist Church. A number of our musicians played in the school foyer during breaks on the lead up to Christmas. A huge well done for your dedication, commitment and positive contribution to the community. This term the choir will be competing in the Carlisle Music Festival.



Well done to Angus MacDonald who achieved a distinction in his Grade 2 clarinet.

Some Year 10 students will also be taking part in the school production of 'Little Shop of Horrors' and also gigging at 'The Source Café' in Denton Holme.



## Choir

Carlisle Cathedral was the beautiful backdrop for our annual Presentation Evening earlier this month when last summer's GCSE and A Level students' exam achievements were celebrated. Year 10 students: Morven Yerbury, Sofia Currie, Abigail Dawson, AJ Chandler, Lydia Connolly, Isabella Mackay, Will Taylor and Beth Rutherford formed part of the choir who performed beautifully at such a prestigious event; they punctuated the ceremony with wonderful renditions of 'World in Union' and 'Winter Hymnal'.



## Football - Oldham Fixture

*Match Report by Mr Davies*

The boys arrived in Oldham having spent 2.5 hours on the minibus finding their vibe with some questionable song choices on their speaker. They started the game really well and created several chances and should have been 4 or 5 goals ahead after 10 minutes after chances fell to Ben Williamson, Olly Martindale, Will Harper and Will Rafferty.

However, on 25 minutes the ball fell to Ben Williamson who took one touch and scored a fantastic goal from 25 yards and the keeper could not get near it. 1-0. It stayed at this scoreline until half time. The second half began as the first ended, with WHS boys playing some lovely football and applying a work ethic that matched their win in the previous round the week before. Ten minutes in to the second half, a great ball by Will Rafferty played in Ben Morton who calmly slotted past the rushing keeper from 18 yards. 2-0.

Oasis Academy found their fight and had 15 minutes of pressure which brought some fantastic blocks from Tom Bolger, Dan Cattermole and a few fine saves from Shaun Petry. However, they scored soon after to make it 2-1. After a scare when Oasis Academy hit crossbar and post, WHS worked the counterattack really well, Shaun found Will Rafferty who played the ball wide to Owen Ridley. Owen crossed to the back post and found Ben Morton who headed his second goal from close range. 3-1.



The game was coming to a close when a ball played over the top found Ben Morton who sent the ball across goal and repaid Owen Ridley who tapped in at the back post. 4-1.

With that result, the boys now enter the last 32 schools in the country.

Top work from all 13 boys who had a faultless attitude from the moment we left school. Joe Reid even showed his sophisticated side, ordering himself an Earl Grey tea at Costa.



## ESFA Cup stations

*Match report by Mr Davies*

On Monday, 18<sup>th</sup> December William Howard just overwhelmed a decent Whitley Bay High School team and ran away with a 4-1 victory.

To be honest the game is a blur. The lads were terrific from start to finish and continued to show the hard work, endeavour and teamwork which separates them from any other team I have had the pleasure of coaching at WHS.



This one is short. Oliver Martindale got our first goal after 15 minutes when a great ball into the box found him at the back post and he bundled it over the line. 1-0.

Ben Morton gave the WBHS fullback the run around throughout the game but was rewarded for his early attacking threat after 20 minutes when he scored from 10 yards after some nice football. 2-0.

William Howard continued to use the advantage of the conditions in the first half when a long ball was played through by Tom Bolger, Oliver Martindale used his pace to latch on the end of the pass and roll the ball under the rushing keeper from 20 yards. 3-0 at HT.

The second half had us against the wind and the horizontal rain. The boys dug in deep and defended well against the WBHS tactics of hit it long to the big lads and use the wind. 20 minutes in to the second half they got their reward; after battling the elements, WHS broke on the counterattack. The ball was played down the left by Theo Taylor and the ball found itself being cleared by the defender. Olly Martindale latched on to the loose ball, took a touch and let fly from 25 yards. This had the keeper scrambling and he could only watch the ball go over his head and into the net. 4-0.

WBHS scored 10 minutes from time and continued to cause a threat. Thankfully, 4-1 was the final score and the lads are now into the draw for the **final 16 in the country**. Huge achievement and we await the draw in the new year.

## Cross country

On 21<sup>st</sup> November 2023 Ollie Martindale, Hope O'Connor, Issy Milligan and Maddie Grierson all performed very well, reaching the county championships in January. The girls represented Carlisle Schools in the Cumbria Cross Country Championships - Izzy Milligan, Hope O'Connor & Maddie Grierson. Izzy made a strong start but unfortunately pulled up with an injury - she showed great resilience to complete the race. Hope & Maddie both ran well and should be proud of representing Carlisle.



## SUBJECT NEWS

### Maths

A special mention for Year 10 students who completed their Year 10 assignments over the Christmas break. The efforts put in here will help reinforce the key skills needed for the end of year exams, their GCSE's next summer, and their mathematical ability, which will most certainly benefit them in later life.

### Food Technology

Year 10 Food have been studying carbohydrates and have just moved on to fats. We have been completing some pastry investigations to see what fat and what flour make the best pastry and they have enjoyed making a variety of products. Everyone has enjoyed looking at the functions of foods and especially enjoyed tasting them when they are cooked!

### DT

In DT students are spending the term being light designers. The iterative design process means they are spending most of their time modelling, experimenting and adapting in order to develop their ideas. Mrs Dixon has been very impressed so far and is looking forward to lighting up her classroom!

Just a quick reminder of weekly homework - this includes revision flash cards for theory to help with revision both for the end of unit tests but also for mocks.

### Geography

A shoutout to Maddison Grierson, Isabelle Milligan, Hope O'Connor and Morven Yerbury who all scored on average 97%+ in their homework. Keep up the fantastic work!



## Modern Foreign Languages

The Spanish and French students have been making excellent progress. In Spanish the classes have been studying the world of work and expressing their thoughts about different types of jobs and their opinions about part time posts. In addition, they have developed their understanding of using complex language, from subjunctive phrases to embedding idioms.



To continue with their learning outside of the classroom pupils should remember that they can watch their favourite shows on Netflix by adapting the language (and they can have English subtitles), as well as more conventional methods such as using the revision guide books (available to purchase from school). Many students do buy these and so we are keen to make sure they are used and not buried in a teenager's bedroom; parents could support pupils by scheduling time for their children to work on particular pages and engaging with their child by quizzing them on the different sections (answers are often at the back).

Homework is a combination of vocabulary learning (tested in class) and independent written or reading work to develop resilience and stamina. All homework is on Edulink and students are encouraged to seek help by emailing teachers before the due date if there are any issues. Students who do better with vocabulary learning are those who are given help at home. Having a partner to ask the word in English is always useful so parents can support by taking on this role.

We are exceptionally proud of the excellence we see from our MFL students, and they all deserve praise. Our Year 10 are a particularly talented group of linguists. At times students really do stand out; Charlie Graham is one such example who in a recent vocabulary test achieved the top score. Well done, Charlie.

We really enjoy our Year 10 language lessons with our enthusiastic students. We have high hopes for them in their Year 10 exams this summer and it is fantastic to see so many young people ready to embrace the modern world with this language skill tucked so firmly under their belt. This July we are taking many of our Year 10 languages students to France or Spain (the Balearic island of Menorca) where they will have the opportunity to put their talents into action and see for themselves just how fabulous they are. We cannot wait!



## STUDENT ACHIEVEMENTS

Many of our students are always seeking new opportunities and developing their passions. It is inspiring to hear of their wonderful achievements. I challenge you to try something new and step out of your comfort zone – if it doesn't challenge you, it won't change you. Seize every opportunity to learn something new, build on skills and foster habits of commitment and discipline. It is wonderful hearing from students and parents about the success of our students outside of school, please do continue to keep us updated so we can recognise this in school.



### Shaun Petry

*I started playing for CUFC in September 2022 after a trial with Morecambe the previous summer. This requires a lot of comitment and dedication as there are three training sessions a week and one match. I enjoy the high standard of the training sessions as the coaches are always pushing standards so we become the very best and develop our skills.*

*My position is goalkeeper which requires high focus levels, good people skills and the ability to keep the team motivated and the ball out of the net. Most recently, I played in the Youth Floodlit Cup which is a high level competitive competition in the youth academy. This was against Blackpool where we achieved a 2-0 victory.*

*I made a number of crucial saves during the game with the first save coming within the first five minutes of the match, which gave the defense confidence to turn the tide and start posing an attack towards Blackpool resulting in a win for CUFC. We are now top of the group stage and look forward to playing Morecambe. My hope for the future is to continue the journey with Carlisle United and go as far as I possibly can.*

## **Luke Parkinson**

*I started playing badminton when I was 4 in my local community centre with my dad. I joined the Penrith Performance Centre and soon developed a passion for the sport which was aided by my mum's enthusiasm. I continue to train with the county and have entered a number of competitions from an early age. Very recently I have competed in the Swedish Badminton Games in Malmö, Sweden. This is a huge competition involving all countries across Europe. This competition gave me the opportunity to play singles, doubles and mixed as well as meeting new people and getting an insight into international badminton. My best performance was in the mixed badminton where I reached the quarterfinals. It was a very close game between myself and the eventual winners. I am looking forward to representing Cumbria this month. Badminton has allowed me to develop a sense of commitment and dedication and I hope to continue to develop my skills and play in more major international competitions.*



As always, your school experience is what you make it: "Some people want it to happen; some wish it would happen, others make it happen." (Michael Jordan). Make it happen Year 10!

Look out for more inspiring stories in our next newsletter. Please send updates of your child's achievements to either me or Mr Dawson ([mdawson@williamhoward.cumbria.sch.uk](mailto:mdawson@williamhoward.cumbria.sch.uk))

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