



RANGE HIGH SCHOOL & SIXTH FORM NEWSLETTER

Issue 19— October Half Term 2022





Headteacher's Message

Welcome to the new academic year and welcome to a 'bumper' edition of our newsletter!

It's full steam ahead at school this term and although Covid continues to affect some in our community, it really does feel that we are back in more normal times with our full range of extra-curricular activities coming back online. I am grateful to all of our colleagues who are once again planning and running such an array of local, national and international trips with Iceland, Wales, The Lakes, Berlin, Italy and Spain, to mention a few, all currently in the pipeline for this year alone! As well as that, our sports, Arts and academic clubs, fixtures and societies are once again flourishing. Thank you to all of the staff who give so generously of their time to organise and run our vast range of enrichment activities, this does not happen in all schools and should never be taken for granted.

It is great to see everyone arriving in their new uniforms looking smart and ready for a great day's learning. Your support with ensuring your child arrives on time, in the correct dress, and with the right equipment is much appreciated. Please be aware that we will continue to work closely with families on the rare occasion where our expectations are not being met. That relationship between home and school, parents and staff, is crucial if we are all to ensure the very best outcomes for all of our students. On that note, I would once again like to repeat my huge congratulations to our Y11 and Y13 cohorts of last year. Their performance at GCSE, BTec and A-Level was the best ever in the history of the school. 84% of our Y13 leavers went on to their first choice university or apprenticeship course- an amazing achievement considering the challenges we have all faced in recent years. The same outcomes are more than possible with our current and future cohorts especially when we all work together in a spirit of community, support and respect.

In the midst of the myriad of wonderful stories and articles, I would also like to draw your attention to our section on school attendance. It goes without saying how important being in school on a daily basis is to your child's education. Please do have a look at the statistics relating to outcomes when attendance is below what it should be. If you have any concerns or questions, please get in touch with Mrs Dillon our Attendance Manager or your child's Head of Year.

I would like to extend a warm welcome to all of our new staff who are settling in so well and really enjoying their new roles. I would also like to give a warm welcome to all of our new students, in Y7 and across different year groups, who have joined us since September. You and your families are most welcome to the Range community as we all work together to make the school the very best place to work and to learn.

Finally, from me, a huge well done to everyone who features in our newsletter in this edition. I would like to make a special 'shout-out' to Daniel Hibbert in Year 13 who reached the televised, final stages of this year's BBC Young Musician of the Year competition- an amazing achievement from a very talented young man. Daniel, we are all very proud of you and wish you every success in your musical career moving forward.

Enjoy the Half Term break and reading the newsletter.

With very best wishes,

Mr. McGarry

Headteacher



Trading Day—2022

Three classes of Year 10 GCSE Business Studies students set up their own mini businesses and sold their products on Wednesday 13th July to all students in the school.

The classes worked really hard using their business studies knowledge of market research, pricing strategies, promotional strategies, costs and revenue, human resources, health and safety, food hygiene and logistics and put that knowledge into action in real life!

We had stalls selling cookies, waffles, toasties, fried chicken, fresh fruit smoothies, home-baked cakes, nail varnish, festival makeup, smoothies, and handmade jewellery – to name but a few!



As a mini business, they had to abide by normal business practices. They paid for the rent of their stall and the use of electricity as well as being subject to business tax on any profits made. It was an all-around great day and the Business Studies students thoroughly enjoyed putting what they learnt in the classroom into real-life action!

- Mrs. Raffo (Head of Business and Economics)

Keep on running!

Congratulations to Jacky Ridgway who is our cleaning supervisor here at school. She successfully completed the London Marathon earlier this month with an absolutely fantastic personal best of 4 hours 46 minutes. She has been fundraising tirelessly for the past six months in aid of Crimestoppers and raised an amazing £2300.

In true Jacky style, she was quickly back in work keeping the place sparkling!

- Mrs Donbavand



Super star Dancers

We currently have over 50 lower school dancers from Y7 & Y8 working hard every week preparing for the Jolly Christmas show and the Spring Spectacular. The dancers can't wait to get on the stage and perform! We will keep you updated on how rehearsals are going!

- Mrs. Gallagher



**Ever wanted to try
archery?**

**WE SHOOT AT RANGE HIGH
SCHOOL
PLEASE VISIT OUR FACEBOOK
PAGE PHOENIX BOWMEN –
MERSEYSIDE TO CONTACT US
FOR MORE
INFORMATION.**

JOIN NOW

**PLEASE VISIT OUR FACEBOOK PAGE PHOENIX BOWMEN
– MERSEYSIDE TO CONTACT US FOR MORE
INFORMATION.**



Bronze Award

Congratulations to the following pupils who have completed their full Bronze Duke of Edinburgh Award this half term.

NIAMH BARNES

AIMEE WALSH

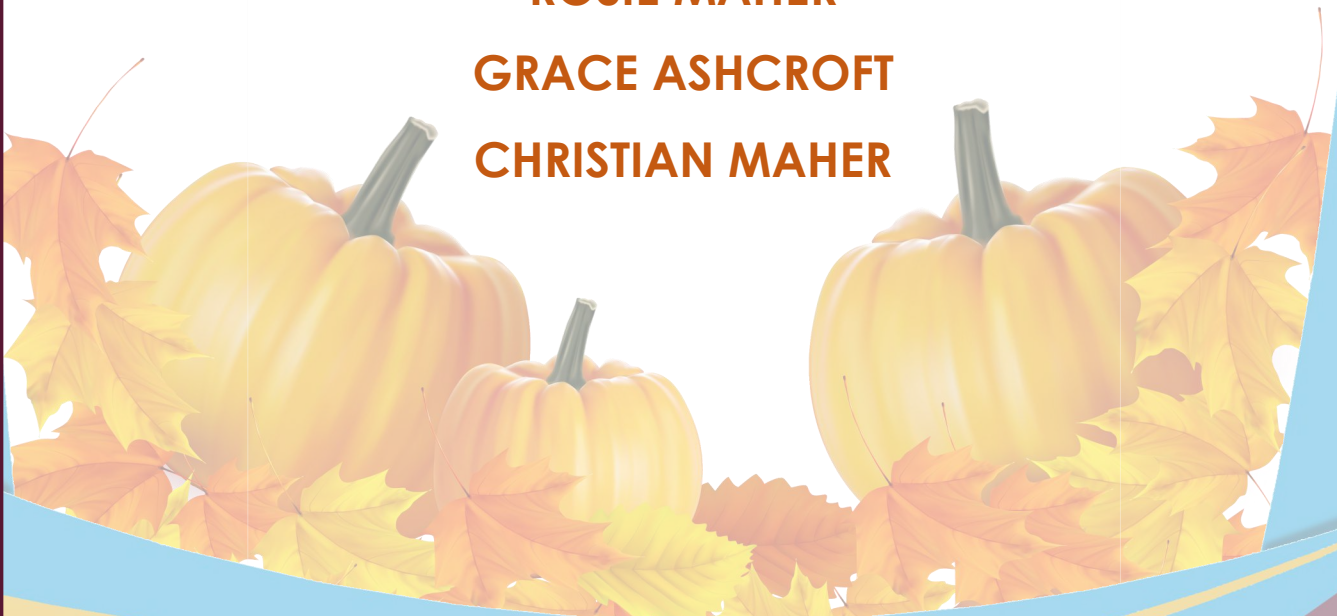
ISABELLA McDIARMID

ABBIE FEARNEHOUGH

ROSIE MAHER

GRACE ASHCROFT

CHRISTIAN MAHER



FOR THOSE STILL TO COMPLETE AN AWARD

Help is available in Room 49 every Tuesday after school to update and complete eDofE, your online account.

We would like pupils to now add evidence and record on eDofE, what they are doing or have completed for the Physical Activity, Skill Activity, and the Volunteering Activity.

How to log into eDofE

<https://www.youtube.com/watch?v=2jNfHskqZ-E>

Once you have done this on a laptop or desk top computer you can use the eDofE App which is simpler.

<https://www.youtube.com/watch?v=WvgHrrdRMD4>

How to fill in a section

<https://www.youtube.com/watch?v=WvgHrrdRMD4>

Activities and Sections

You do not have to attend specific classes for your sections. For example, you could improve your cycling and fitness, monitor via an app or stop watch and ask a family member to sign it off.

https://www.youtube.com/results?search_query=edofe

<https://www.dofe.org/do/ideas/>

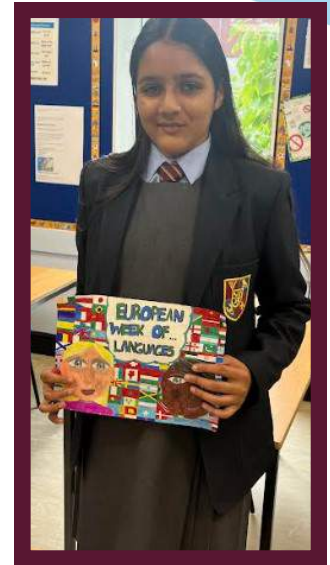
If you have lost or forgotten your username or password, please email jr@range.sefton.sch.uk

The school website has a Duke of Edinburgh Section containing all the information and forms you need to complete your award:

<http://www.range.sefton.sch.uk/school-life/duke-of-edinburgh-award/>

Bonjour/Hola/Hallo!

Monday 26th September marked the start of European Week of Languages at Range High School...and what a week we had! In tutor time, pupils were asked to complete different challenges related to European languages, for example by completing some mathematical calculations in French, Spanish and German. In language lessons, we took some time to look beyond the languages we study at school and explored languages such as Italian, Greek, Hungarian and Norwegian, not only to learn some basic vocabulary but consider how languages are related to each other and have similarities. For example, we could use our knowledge of the words 'cuisine' in French and 'cocina' in Spanish to work out that 'cucina' means 'kitchen' in Italian! We also completed some activities linked to European cultures, including a Eurovision Song Contest challenge where pupils had to listen to the songs and research the cultures of each country.



The languages teachers were absolutely overwhelmed with the amount of fantastic entries we had for our European Week of Languages competition. Pupils were asked to create something which represents European languages and cultures. It was really difficult to judge a winner as we had so many great ideas - ranging from a rap in three different languages, many delicious cakes and some fantastic posters. Our overall winners and recipients of a £15 Amazon voucher were:

- Bethany in Year 8 who created an engaging board game about Europe, including creating famous landmarks out of cardboard
- Raphaella in Year 9 for a breathtaking and illuminating golden Eiffel Tower
- Lara in Year 10 who had two entries - as part of a team with Bethany and Caitlin creating a Spanish flag themed cake and also for a brilliant solo music effort performing the song 'Dos Oruguitas' from the film 'Encanto'.

Well done everyone and thank you for your participation!

- Miss Parry



Duolingo

The Languages Faculty have also launched the Range High Duolingo Competition. The competition resets each week and all staff and students have been invited to participate. Some have chosen to reinforce their language skills in French, Spanish or German, while others have been experimental and have tried out some new languages on offer on the app (why not give Korean, Ukrainian, Irish or Czech a try?) It has been exciting to see which pupils and staff members are topping the leaderboard and we have had several winners of 'Top Duolinguist' already - the weekly winners can collect a prize from Mr Stalker in Room 38.

- Mr Stalker


duolingo

RANGE HIGH SCHOOL DUOLINGO COMPETITION

Compete against **other students** and **your teachers**!

Earn experience points learning French, Spanish, German, Italian, Japanese, Korean, Chinese, Russian, Portuguese and a huge variety of other languages!

European Day of Languages
26 September



**Keep an eye on
the weekly
league table!**



Happy
language
learning!

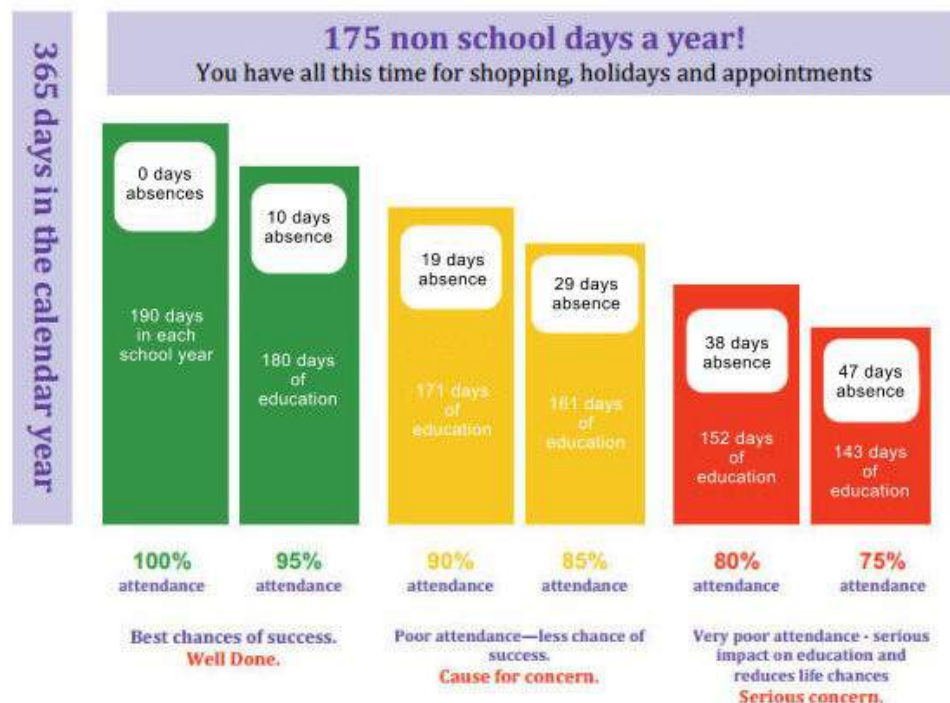




Attendance matters

Good Attendance Means...

being in school at least 95% of the time or 180-190 days



The attendance team are very busy supporting our young people to attend school as much as possible, to achieve their best and to get the year off to a good start.

Our school target is **at least** 95%!



We have already sent letters out to those whose attendance last year was below what we hoped. We realise that Covid was still a big factor last year but Government guidance has now changed and students are expected to be in school as much as possible. We are working very closely with the local authority, busy doing home welfare visits keeping in touch with the families of absent children, sending letters, making telephone calls to families and generally keeping in touch as much as possible. Minor illness is not generally a reason to stay off school. Please see the link from NHS with guidance <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

-Mrs Dillon (Attendance officer)

Every day
COUNTS!

School success starts
with attendance

Reverend Matt's Q&A Session with GCSE Students

Reverend Matt visited Range High School to take part in a Q&A session with our Year 10 GCSE Religious Studies students. The students have been studying Christian beliefs, teachings and practices and relished the opportunity to quiz Reverend Matt. Each student had prepared some questions that they wanted to ask, and these were then sent to Reverend Matt so that he knew what to expect and had time to think about how he was to answer some very challenging questions. Students asked questions such as:

What is the Church of England's position on predestination?

- ⇒ How do free will and God's omniscience co-exist?
- ⇒ How does science fit into your beliefs?
- ⇒ Do you believe miracles are real or metaphorical?
- ⇒ Do you believe God created the universe and that he guided evolution?
- ⇒ What is the Church of England's teaching on euthanasia and abortion?
- ⇒ Have you been on pilgrimage?
- ⇒ Which teaching in Christianity do you believe is the most significant?
- ⇒ Why is there suffering on earth?
- ⇒ Who created God? What's the Church of England's belief on this?
- ⇒ What are the different stages in Jesus' crucifixion, resurrection and ascension to heaven and what are the days called?

Unfortunately, Reverend Matt didn't have time to answer all of the questions, as the lesson ended. We have agreed to continue our Q&A session and hopefully tie it in with a visit to St Luke's Church.

Reverend Matt was very impressed with the questions put to him, and also with the conduct of the students.

- Caroline Bridge (Curriculum Area Leader for Religious Education)



Our New Year 7!

We welcomed our new Year 7 to Range in September. Since starting many have joined clubs including Dance, Football and Drama. We also had our annual Year 7 disco which was well attended not only by students but staff as well. Prizes were awarded to the best dancers. As part of personal development, Year 7 are collecting Socks for Socktober in aid of The Whitechapel Centre in Liverpool. If you would like to donate send your child in with some socks (new or old) and bring them to the Year 7 office.

Best wishes

- Mr Rudd & Mrs Gallagher

Year 8 - Full Steam Ahead!

I have enjoyed my first full half term as Head of Year 8 and I am really pleased to have got to know many of you. I am impressed with the number of Year 8 pupils who take advantage of the extra-curricular offer here at Range - I hope this continues throughout the academic year. We have a fun packed residential trip to Winmarleigh Hall taking place in February 2023. This is an exciting team building opportunity for pupils to experience a variety of Outdoor and Adventurous Activities in a beautiful setting. I hope as many of you as possible are able to join us on the trip!

In addition to our school's ethos of 'Ready, Respectful, Safe' we have a year group ethos of 'Kindness, Tolerance, Compassion'. The majority of our Year 8 pupils adhere to this ethos on a daily basis which is fantastic, I want all Year 8 pupils to have this at the forefront of their minds moving forwards.

I hope you all have a lovely half term break and I look forward to continuing our good work together and building relationships with you all.

- Miss Singleton & Ms McCarthy

Year 9 – Moving on up!

It has been a pleasure and a privilege getting to know Year 9 this half term and I am so excited for our next few years together. The move from lower to upper school can be daunting as we move into GCSE territory. However, most have settled well and are displaying a more mature attitude to their learning and to each other. This will serve them well when they come to choose their GCSE options in a few months time.



Our year group motto

'I will constantly strive to be the best version of myself' is the mind-set all of our Year 9 pupils need as we move forward.

Last weekend we embarked on our first of many trips. We visited Boreatton Park in Shrewsbury where pupils had the chance to engage in many exciting activities; giant stand-up paddle boarding, high ropes, fencing, rifle shooting and lots more. These trips are important for developing so many valuable skills, problem-solving, teamwork, leadership, communication, adaptability, and confidence for building strong relationships with their peers and year group. The trip was a great success and as always our pupil's behaviour was exemplary.



A few quotes from our pupils on the trip;

'I enjoyed bonding with everyone. My friends became my family.'

'Stand-up paddle boarding was very fun and the people were very nice.'

'The campfire was fun with music and our selfie competition.'

'I liked making fun memories and the high ropes.'

- Ms Wilson & Mr Wilson

Year 10—Start well and keep the momentum going...

Welcome back Year 10 - Mrs Lawrence and I have been really impressed with the start you have made. I want to impress upon you all that maintaining that momentum is a key to success when working at GCSE level. We have had a difficult last few years and you all need to make sure that you continue to seek support from your teachers to ensure that you are doing all you can to reach your goals. There are times when you need to be selfish and look after yourself. Make sure you are showing the required commitment to each of your subjects. It's a competitive world out there and GCSEs are the first important step to setting yourself up for success in the future.

It was a real pleasure to meet some of you at the Year 10 support evening, and I wanted to reemphasise the offer of support available to you all should you need it. Please do not hesitate to get in contact with us if you need anything.

Throughout this year we will constantly be keeping thought on future qualifications, college/sixth form prospects and employment possibilities through our careers sessions. It is really important to keep our eye on the future while doing our best to control the present. There is a wealth of experience and expertise at Range and as a member of staff who has attended Range as a student, I can say that pupils get a really good deal here; take full advantage of the whole experience on offer!

Keep working hard and look after each other.

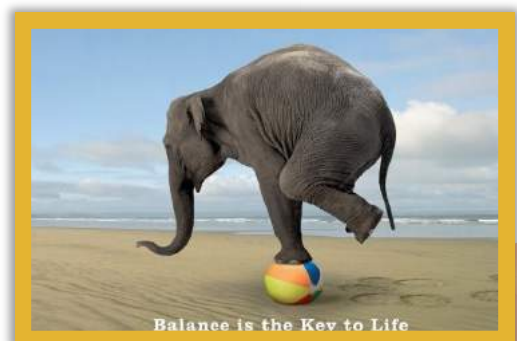
- Mr Jump & Mrs Lawrence

Year 11 – Balance is the key

Year 11 have made a strong start to this academic year and I want to take this opportunity to share our priorities and congratulate them on a good start. Due to the nature of Year 11 our priorities are supporting revision and mental health. As a result of this I have collaborated with the Head of PSHE and we have tailored those lessons to support key exam skills. This means that both in tutor time and during lessons we are sharing different ways to plan, prepare and finally revise in preparation for the mocks in November. We are offering a number of strategies and timetables with support from staff to support students and ensure that they feel confident approaching the mocks, but we also want to enable them to manage their own revision time and organise their revision looking at specific targets. We want the students to be realistic about what revision should look like and to help them in support of achievable goals that will ensure further development and progress. Obviously all this will also be balanced with supporting their mental health and this too will be looked at and enhanced through a personal development programme. There is a lot to do but we feel confident that our young people will rise once again to the challenge.

Good luck and keep up the good work!

- Mrs Plumbley & Mr Duddridge



New Year New Starts

As a new school year has started, so have the PE department's extra curricular clubs and school team fixtures. So far this term we have had an excellent turnout out at all of our clubs including Football, Netball, Rugby, Dance, Fitness, Basketball and Badminton to name a few. Students have been demonstrating the skills and techniques they have learnt in their core PE lessons and are developing these further. The involvement of Key Stage 4 and 5 students acting as Sports Leaders for the younger groups has been fantastic and a great experience for all involved.



Football fixtures have begun across all year groups with a positive start in terms of all performances and some impressive results.

- ⇒ Year 7's put on a resilient display in their first ever game, losing 2-1 to Holy Family. This was followed up by a second place group stage finish in the Football Festival at Stanley High, only to lose on penalties in the third place play off. Mr Robinson was really pleased with their performances and has high hopes for the season ahead. Unfortunately, their next game resulted in a first round exit for the team vs Chesterfield High.
- ⇒ Year 8's had a hard fought 3-2 win against local rivals Formby High school in their first game of the season. The football on show on the night was exceptional and a pleasure to watch with Mr Cropper waxing lyrical about the performances of all players. A solid performance led to a comfortable 5-1 win securing a place in the next round of the Cup vs a strong Cardinal Heenan side in the English Schools Cup and then an even more impressive 11-0 win in the Merseyside Cup.
- ⇒ Year 9's, under the management of Mr Critchley gave a great account of themselves in the first Festival of the year, winning one of their games and put on a good show in their final two games. A match versus an extremely strong Formby High in the Sefton Cup followed with the opponents proceeding through to the next round of the Sefton Cup.
- ⇒ Year 10's began their campaign in the Football Festival at Stanley High with two wins and two losses, a solid foundation to build on. Their next game was in the Sefton Cup against Deyes High with the Year 10s victorious and through to the second round following a 2-1 victory.
- ⇒ Year 11 started the season with an emphatic 10-0 home win versus Christ the King. A mature and dominant performance gave Mr Owens real hope of silverware in his first year at the school. Next up was a first round tie against Hillside in the Sefton Cup and the team gave a fantastic account of themselves, winning 5-0 and making it through to the next round.
- ⇒ Year 7 & 8 girls won their first round match in the Merseyside Cup vs Ormiston Bollingbrooke in their first outing as a team. A 6-3 victory sends them through to the next round of the cup. Two third place finishes for the Year 7 and 8 five-a-side teams in the Liverpool schools tournament followed for the girls who gave great accounts of themselves on the day.

Powerchair Football

We entered a team for the first time in the Powerchair Football tournament at Greenbank High School and our representatives, Jacob and Oliver Buch-Platt, Oliver Plunkett and Thomas Moore secured gold on the day! A fantastic achievement and one that all 4 will remember fondly! Jacob reports, 'On Monday I took part in a powerchair football tournament, representing Range High School in an inter school competition. I usually play for Greenbank PFC. We played 4 games, against Sandford Park A and B and Woodchurch A and B. We won all our games and so we were the overall winners. We were all awarded gold medals for winning.'



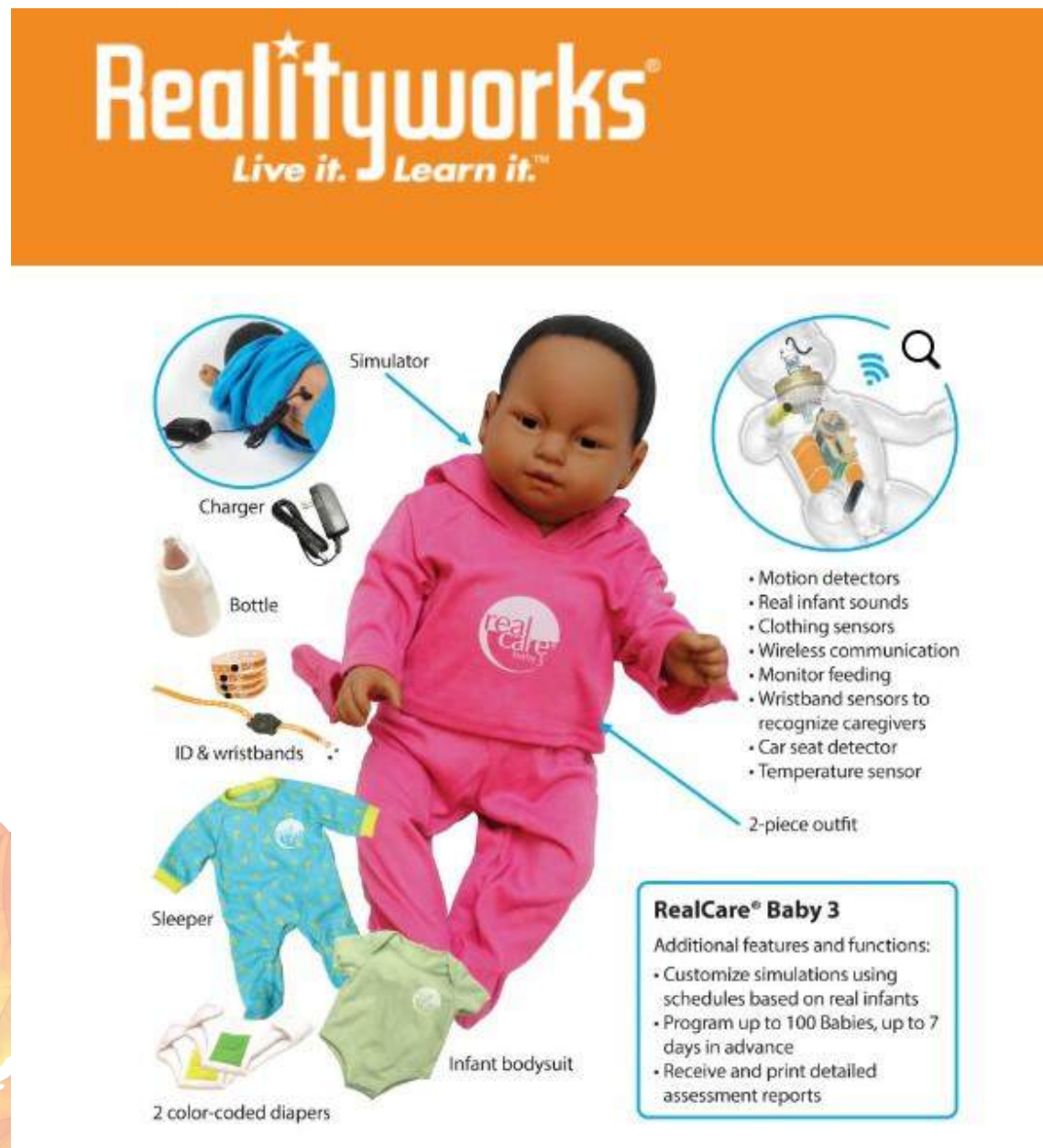

Child Development Cambridge National Levels 1&2

This term, our 'Reality Works' real care baby is now on loan to pupils from both classes in Year 10 who are willing and interested to experience the reality of caring for a newborn infant. The experience is entirely voluntary and not essential to the course, but supports the specification well when learning about the specific needs of a newborn and S.I.D.S.

The baby is programmed to start the simulation from approximately 5pm on Friday until 5pm Sunday. Each pupil who borrows the baby must assess and meet the needs of the infant day and night, whilst handling the baby as sensitively as a real newborn due to all the sensors on board. This offers our pupils a realistic snapshot experience of the demands of parenting a newborn.

Each pupil receives a detailed report and overall percentage. Congratulations to Olivia Wagstaff who made an excellent start to this year's programme!

- Mrs DeBelle



Realityworks
Live it. Learn it.™

Simulator

Charger

Bottle

ID & wristbands

Sleeper

Infant bodysuit

2 color-coded diapers

2-piece outfit

- Motion detectors
- Real infant sounds
- Clothing sensors
- Wireless communication
- Monitor feeding
- Wristband sensors to recognize caregivers
- Car seat detector
- Temperature sensor

RealCare® Baby 3

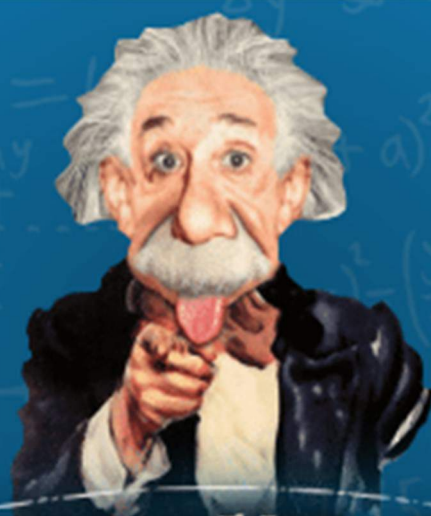
Additional features and functions:

- Customize simulations using schedules based on real infants
- Program up to 100 Babies, up to 7 days in advance
- Receive and print detailed assessment reports

MATHS

IN THE WORKPLACE

Do you use maths in your job? If so, we would like to hear from you.



WE WANT YOU

WE ARE LOOKING FOR ANYONE WHO USES
MATHS IN THEIR EVERYDAY JOB WHO WOULD
BE WILLING TO SUBMIT A PICTURE AND A
SHORT DESCRIPTION OUTLINING HOW MATHS
IS USED. THIS WOULD BE USED FOR A DISPLAY
WITHIN THE SCHOOL TO PROMOTE MATHS IN
THE WORKPLACE.

CONTRIBUTE

Please send a picture and a short
description to:

mathsalumni@range.sefton.sch.uk



Read, Learn, Grow The Library is the place to GO!

Finally...gone are Covid restrictions to the Library and – just like the butterfly emerging from its darkened cocoon – the library is blossoming into a space where students can once again flourish. A re-imagined, communal space to share. The sound of busy keys tapping from students completing homework on computers, provides a rhythmic background beat, as year 7 pupils happily participate in Lego therapy, year 8 play chess, and GCSE students complete coursework. Most importantly, it is once again a place to share those much-loved books to read, together or alone, and escape to the realms that reading and imagination affords them.

7JHS/E on completion of their 'Introduction to the Library' lesson, declared it 'a nicer, more relaxing way to read.' It is still a work-in-progress so watch this space...bloom.



Coursework
Complete



Active maths minds
games in action



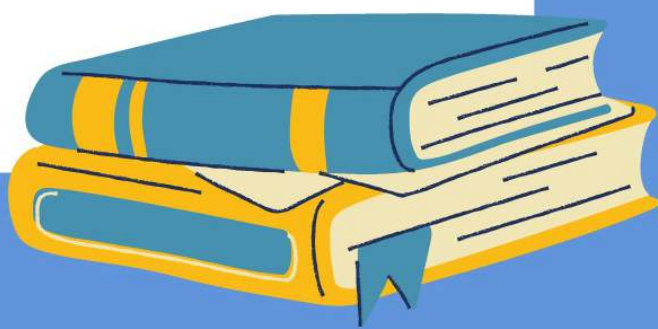
Lego Stars

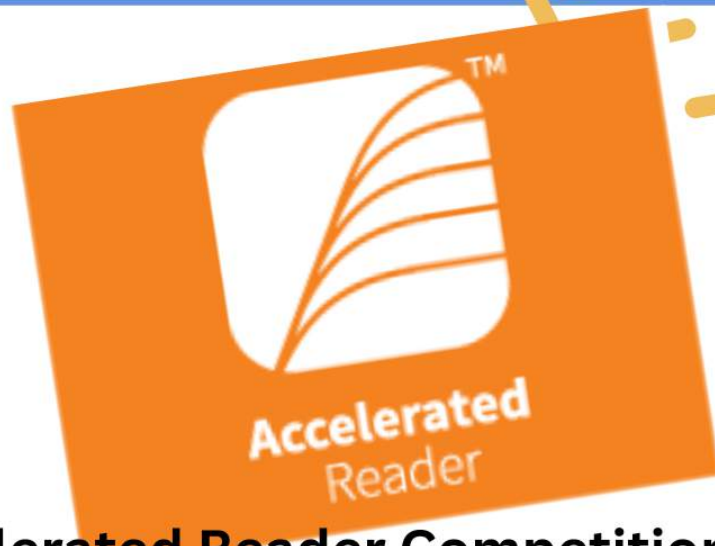


Homework



7JHS/E Introduction to the library
'reading is nicer and more relaxed'





We are aiming to make every student in year 8 a millionaire – a millionaire reader! Every book read and quizzed, gains points and wins prizes. To encourage you along the way we have prizes galore to give away. Posters are appearing around school...check them out to see what you can win!

The class with the most points by the 9th December will celebrate their way into the holidays with a Christmas Party on the 20th December.

The race is on and anyone can win so get those reading heads on – points makes prizes!

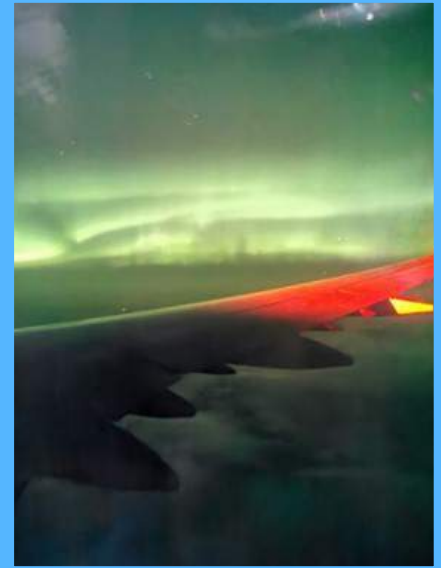
Accelerated Reader Book Level Guide

words make wins

The English class with the most Accelerated Reader points this term will win an exciting party

Range students head back to Iceland

Range High students will be heading back to Iceland this October. After a 2 year absence, Geography students will be making their way back to Iceland to see some of the unbelievable scenery it has to offer. A massive 82 students will be attending this year, with the group being split into two. In 2019, as we approached Keflavik and began our descent, we were blessed with an unbelievable sight of the northern lights from the plane window. We are hoping to be as lucky this time around. Pupils will be taking part in a busy itinerary of activities including whale watching, a northern lights tour, Hellishollar Cabins, Hellisheidi Power Plant, Lake Thingvallarvatn, Kerið crater, Þingvellir National Park, Gullfoss, Seljalandsfoss, Sólheimajökull Glacier and much more. We are always trying to fit as much geography in as possible and we hope that this year is the best yet.



Itinerary – Group A

Saturday 22nd October

- Travel to Iceland from Manchester Airport
- Evening in Reykjavik

Sunday 23rd October

- Blue Lagoon
- Whale Watching Tour

Monday 24th October

- Hellisheidi Power Plant,
- Thingvellir National Park,
- Kerid Crater,
- Gullfoss Waterfalls,
- Hellishollar Cabins,
- Northern Lights Tour



Tuesday 25th October

- Solheimajokull Glacier
- Seljalandsfoss
- Skogar, Glacier hike
- Vik village
- Reynisfjara



Itinerary – Group B

Saturday 22nd October

- Travel to Iceland from Manchester Airport
- Evening in Reykjavik

Sunday 23rd October

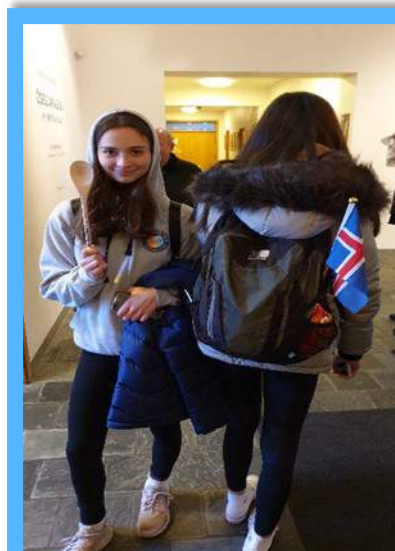
- Hellisheidi Power Plant,
- Thingvellir National Park,
- Kerid Crater,
- Gullfoss Waterfalls,
- Hellisholar Cabins,
- Northern Lights Tour

Monday 24th October

- Solheimajokull Glacier
- Seljalandsfoss
- Skogar, Glacier hike
- Vik village
- Reynisfjara

Tuesday 25th October

- Blue Lagoon
- Whale Watching Tour



We will be launching another trip for the current Year 10 and any other 6th formers who didn't get to go again this year. The trip will be launched sometime after half term, so keep an eye out for an announcement!

- Mr K Hughes (Head of Geography)



active sefton

PARK NIGHTS

**FREE Floodlit Sports & Activities
for young people over the
Halloween season**

See reverse for details



@actlivesefton



active sefton



@active_sefton

MONDAY 24TH & 31ST OCTOBER

at Bowersdale Park, Seaforth & Hesketh Park, Southport
between 5pm-7pm both weeks

TUESDAY 25TH OCTOBER & 1ST NOVEMBER

at South Park, Bootle & Bedford Park, Birkdale
between 5pm-7pm both weeks

WEDNESDAY 26TH OCTOBER & 2ND NOVEMBER

at Kirkstone Park, Litherland & King George V, Maghull
between 5pm-7pm both weeks

THURSDAY 27TH OCTOBER & 3RD NOVEMBER

at Coronation Park, Crosby & Duke Street Park, Formby
between 5pm-7pm both weeks

active sefton

PARK NIGHTS

All sessions are free and there is no need
to pre book, just turn up and have fun



@activesefton



active sefton



@active_sefton

Call 0151 288 6286 or Email Active.Sports@sefton.gov.uk for any queries

Sunflowers

Last July 9JJW planted sunflower seeds in their science lessons. Over the summer Mrs Williams transplanted them at the edge of the field in the Year 10 zone where they have brightened up the field this half-term. Pictured below are Y10 pupils Tom Henderson, Lexi-Jo McMinn and Mia Rickards.

- Mrs Williams



Bon Appetit!

Our Year 10 & 11 students have been busy this term, jointing chickens, making homemade stock, chicken and sweet corn soup and chicken fajitas.

Alongside this, the Year 11's have begun their Non Exam Assessment 1 practical work, investigating choux pastry and have been carrying out various tests.

Fantastic work everyone!

- Mrs Holker & Mrs de Belle



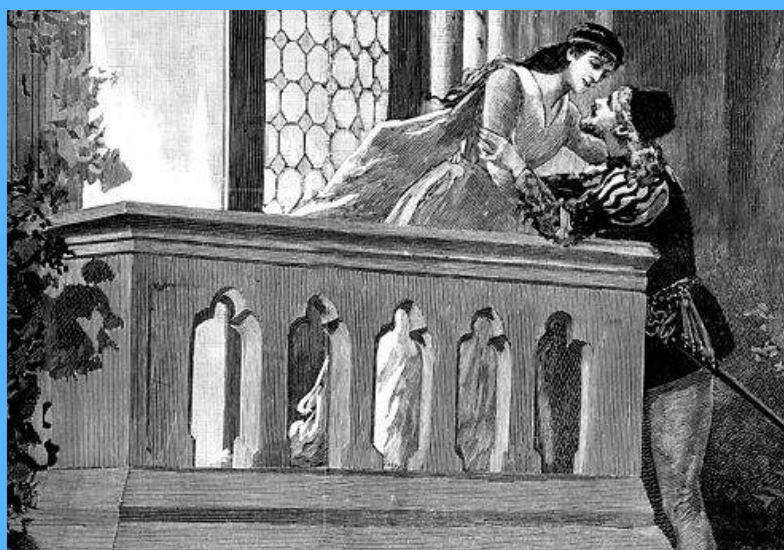
Owl Day

This October the art department sees the return of its annual "Owl Day". Our original 'owl man,' Nick Henderson has retired and we are pleased to welcome in his place Stephen Green and his birds.

Stephen has been keeping raptors for about 37 years at his wildlife refuge in Haskayne, Lancashire. Year 10 students really enjoyed the birds of prey drawing day and it provided them with valuable first-hand observations in colour and pencil for their coursework portfolios.

School Production

The design of the set for the school production of 'Romeo and Juliet' is now well under way. There has been help since early on in the year from students from key stage 3 to Sixth Form in various capacities. They have helped to make papier-mâché columns and archways, elaborate candelabras and a boar's head! The play takes place early in the new term.



Arts Star 2022

In the run up to this year's Arts Star inter house competition, students have been working hard to produce a variety of fantastic artwork. Lots of talented photographers have also entered some very creative photos. Some of our students have also been out to the local primary schools to audition small groups of willing year 5s and 6s for the showcase to be held on Thursday 13th October

Good luck everyone!

- Mrs Fox



"I thoroughly enjoyed participating in the judging for this year's arts star showcase! Visiting Woodlands Primary school was amazing; there was lots of talent on show that will hopefully be joining us in the future! I love being a part of the Arts Star process every year, it reminds me of how lucky we are to have a rich combination of talents here at Range High."

- Matthew Senior 6SHN

Netball Star!

Emily Phillips, 10LR has recently been selected for the U15 Netball Merseyside Performance Squad. She was selected from over 80 girls who took part in the trials from across Merseyside. Well done Emily!

Thank you also to Formby Netball Club who have strong links with the school and have supported many of our students in their netball development. If your child would like to join Formby netball please see either Ms Singleton or Miss Seagraves and they will put you in contact with Ann Tuft (Formby Netball Club lead coach)

- Ms Singleton



Meet our new Sixth Form Team at Range!



Alex P	"Hello! My name's Alex, I'm studying Biology, Chemistry and Computer Science. I'm hoping to become an army doctor in the future. My main goal is to improve support for students especially during exam years ."
Matthew W	"Hey - I'm Matthew I'm studying Chemistry and Geography A Level and Digital Content Production BTEC. I hope to get into the computing or video game industry. And I am a very passionate action/superhero movie fan."
Sophie K	"Hi, I'm Sophie and I study Maths, Physics and History. I work with year 8 within the head team and my role is to work on inclusion. I joined the head team in order to help the school become a more inclusive place and in the future I hope to go on to be a formula 1 race engineer. "
Megan M	Hello I'm Megan and I study Psychology, History and Health and Social Care. I'm a proud member of the inclusion club and hope to continue to put an emphasis on this during my time on the head team
Isabel N	"Hi, I am Isabel and I study History, Theatre Studies and Health and Social Care at A-Level. I am one of the Year 7 mentors in the Head Team. I will always be here to look out for you and to be a friendly face! I love to sing and am currently studying for my Grade 8 Musical Theatre Award. I am looking forward to advocating for equality and diversity for all in school."
Annabel L	"Hello, I'm Annabel, and I am a member of the Sixth Form Head Team! I enjoy participating in sports, particularly athletics and cross country, and also going on walks to the beach! At Sixth Form, I study Geography, Psychology and Physical Education A Level. I hope to guide and support students from all years throughout their time at Range High School."
Lily P	"Hi, I'm Lily and I'm studying A-level chemistry, biology and maths here at Range. As a member of the head team I aim to help all students feel like they are heard and that they shouldn't be afraid to share their opinions. After my time at Range Sixth Form I hope to study mathematics at university."
Rosie D	"Hi, my name is Rosie. I'm studying A Level Chemistry, Biology and Maths hoping to study medicine in university. I am currently in the Royal Navy Reserve and hope to pursue this career in the future. As part of the head team, I have chosen to represent year 11 and attend their council meeting. I look forward to working with the year 11 representatives and improving our school through this."
Thomas B	"Hey, my name is Tom I am studying P.E, History, and Psychology at A-level, I am one of the Head Students responsible for helping out with year 10. I also have a personal interest in both sports and politics. And I am hoping to go on to study Sports Psychology at University."
Thomas O	"Hi, I'm Tom, I'm currently studying biology, chemistry and maths at sixth form, aiming to study biomedical sciences at University. I'm a competitive swimmer and have just placed second at English summer nationals. On the head team I aim to support younger members of the school to ensure they enjoy their time at Range High."
Matthew S	"Hi my name is Matthew, and I am Head Student at Range. I am currently studying Drama, Art and History for A Level, with the hopes of pursuing a career in the fashion industry. My main aims of what I want to achieve as being a part of Head Team is I hope to help Range continue on its journey of becoming a more inclusive and welcoming environment, whilst helping students flourish into their best selves!"
Eniola T	"Hi, I'm Eniola I have been a student at Range since year 7 and I am currently in my final year studying Economics, Geography and Psychology. I am hoping to study at Manchester University next year as I love the city. For me, the role of head student means being a voice for all pupils so that everyone can be heard. I want to listen, act and achieve."

Attention!

Huge congratulations to Alex Petrie in the Sixth Form on being awarded a very prestigious Army Officer Scholarship. Alex is one of very few people in the country, in his age group, to secure such an award. He has been recognised for having 'exceptional leadership potential' and has secured a place to study as an Officer at the Royal Military Academy, Sandhurst following his university studies. Well done Alex, we are all incredibly proud of you and wish you every success in the future.

- Mr McGarry (Headteacher)



BBC Music Star —Daniel Hibbert

Each year, approximately 500 young people from across the country apply and compete in the highly esteemed BBC Young Musician competition. This year, our very own Year 12 student, Daniel Hibbert, is one of them.

As I sit here and write this article, Daniel is currently preparing to take part in what is, to date, the most important performance of his musical career. Daniel has, over the course of several months, competed against 125 other young musicians from across the country in five rounds of category auditions. Having successfully worked through these incredibly challenging auditions, he is now one of just five young people to participate in the Brass Category final.



I have spoken about Daniel's outstanding performance skills on many occasions. He is a fantastic French horn player, and his recent successes only consolidate that fact further. Most recently, Daniel was selected as the winner of the highly prestigious Lutine Prize at the Junior Guildhall School of Music and Drama. Following this success, Daniel will have the opportunity to perform a concerto with one of the Guildhall's fantastic ensembles. The Lutine Prize was founded in 1982, and the past winners have all gone on to have highly successful professional careers in music, something Daniel dreams of also doing. On Friday 8th July 2022, Daniel had the opportunity to take another step closer to achieving his dream by gaining a place in the much-coveted Grand final of the BBC Young Musician.

Now in its 43rd year, the competition has a long track record of serving as a launch pad for highly successful careers. Young musician alumni include the likes of Sheku Kanneh-Mason, who you may remember performed on his cello at the wedding of Prince Harry and Megan Markle in 2018.

The search for the next BBC Young Musician will reach its conclusion in October 2022, when three musicians will perform an entire concerto (or other work for their instrument and orchestra) with a professional BBC orchestra at the Grand Final. A panel of distinguished musicians will select the winner who will become BBC Young Musician 2022.

We are incredibly proud of Daniel and his many successes. He is a fantastic role model to younger students, who can see what can be achieved with hard work and commitment. Regardless of the outcome on Friday, Daniel is already a winner, but I and everyone here at Range wish him the greatest of luck!

- Mr Povey



Othello

On Thursday 6th October, twenty A Level English students went to the Everyman Theatre in Liverpool to watch Frantic Assembly's award winning production of Othello.

This modern reimagining of the classic Shakespearean tragedy set the paranoia, betrayal and murder of the original text, against the backdrop of a volatile and hostile 21st century. The students were able to watch how manipulation can cause destruction and act as a catalyst for heartbreak, jealousy and revenge.

Through intense and highly choreographed scenes the students were able to see how Othello's universal themes are as relevant today as they ever have been. Othello exposes the tension, fear and paranoia buried beneath the veneer of our relationships and how easily that can be maliciously exploited.

It was a fantastic afternoon filled with twists, tension and stellar performances for a very accomplished cast. This will help set the wheels in motion for the students gaining an insightful and perceptive understanding of the play, and support them with their analysis at A Level. It was a fantastic way to spend an afternoon.

The performance was very educational for Y12's studying Othello for the first time, as it portrayed the storyline in a memorable way. I personally enjoyed the 90's retro 'aesthetic' of the play, and the accents were particularly unforgettable. The actors did a fantastic job at recreating the classic play by William Shakespeare.

- Joss Morgan

"The setting and the actors were simply phenomenal. There was a decent mix of modern and traditional society, making it easy to get to grips on what was happening, while still staying true to the classic Shakespeare play. The use of lighting, set and music truly set the scene, and made for a highly enjoyable experience. I would definitely go and see it again."

- Courtney Burrows

"The performance of Othello by Frantic Assembly was wonderful. The performance was a classic Shakespeare with a modern twist that was interesting and entertaining to watch. As someone who had no prior knowledge on Othello the Frantic Assembly did a wonderful job at educating me on the play itself. The actors facial expressions portrayed the characters perfectly and their use of spacing and setting made the entire performance flow. I would definitely recommend someone to experience this play, especially if they like Shakespeare."

- Isobel Smith

"I had a brilliant time at the frantic assembly Othello performance on Thursday. I thought the acting skill and stage presence of the performers was impeccable, and I loved how they kept the authentic Shakespeare language but interpreted the plot in a modern, more relatable way. The movement was very well thought out and really conveyed the major plot points very creatively, while leaving some elements to interpretation. The costuming really worked with the modern day theme and made it a lot easier to identify the different characters, especially for someone who has little prior knowledge of the play."

- Gracie Davies



Our Sixth Form Well-Being Practitioner

As well as being a fully qualified Mentor, Lynn Gaskell is a fully qualified Solution Focused Clinical Hypnotherapist and Psychotherapist. Lynn has a Diploma in Solution Focused Hypnotherapy (DSFH), the Hypnotherapy in Practice Diploma (HPD), Diploma in Medical Hypnotherapy and has a degree in working with children and young people, which focused on how children develop, how they learn, and how best to support them.

Lynn is passionate about providing our students with a holistic approach to their physical and mental well-being. Lynn offers one-to-one support as well as group workshops, she can work positively with students without the need to relive the past or focus on the problem. Solution Focused Hypnotherapy and Psychotherapy is a brain-based approach to therapy. This combines the most relevant and up-to-date research in neuroscience and utilises a solution-focused approach to solving current problems. Hypnotherapy is a safe and effective way of harnessing our brain's natural power to achieve change and find the 'best version of you' that there is. It actively encourages young people to:

- Re-focus more on the positive aspects of their lives
- Recognise strengths and capabilities
- Improve quality of sleep
- Engage more in positive activities/interactions
- become more motivated
- Feel more in control of their emotions and lives
-

It is an evidence-based practice and Lynn has many years of evidence to highlight the benefits of working with her. Of course, if hypnotherapy isn't your thing, Lynn can still work successfully with you in a solution-focused way, to help you to achieve your goals. Although change can feel hard and take effort to begin with-the process should feel empowering

Lynn also runs a group relaxation class called 'Breath Space'. This is an opportunity to find a place of calm, stillness and tranquillity. Slow down, escape the day and find your breathing space. This class is designed to calm your sympathetic nervous system (fight/flight) and tame your cortisol levels (stress hormone). By taking the time to focus on yourself, you give yourself the power to safeguard your mental well-being and physical health; it helps to improve your focus, and insight and replenishes your serotonin and dopamine levels (mood stabiliser and reward chemical). You will be encouraged to consciously take control of your breathing, whilst resetting your internal narrative- helping you to discover the power of the 'here and now' This is achieved by using techniques such as; breathing (pranayama), mindfulness, meditation and guided imagery.

This class takes place every Tuesday at lunchtime and is currently only available to Sixth Form students. If you are interested, please register upstairs in the study area at 12.35 pm with Mrs Donovan. We begin at 12.40 pm and aim to be finished by 1.10 pm. Spaces are limited so please turn up on time. Please wear comfortable clothing. If you wish you can bring a small pillow, blanket, or eye mask to make your experience more comfortable, although these aren't essential.

Lynn welcomes any ideas for future support that she could offer, which will enhance how we support our Sixth Form students. She believes passionately in what she does and is always happy to listen, or to share her passion and knowledge. If you are a Sixth Form student or a parent/carer of a student in our Sixth form and you would like to know more or make any suggestions, you can reach Lynn via email - lg@range.sefton.sch.uk or ring 01704 879315 extension number 260.



Physical



Emotional



Environmental



Financial



Intellectual



Social



Spiritual



Occupational

Dimensions of Well-being



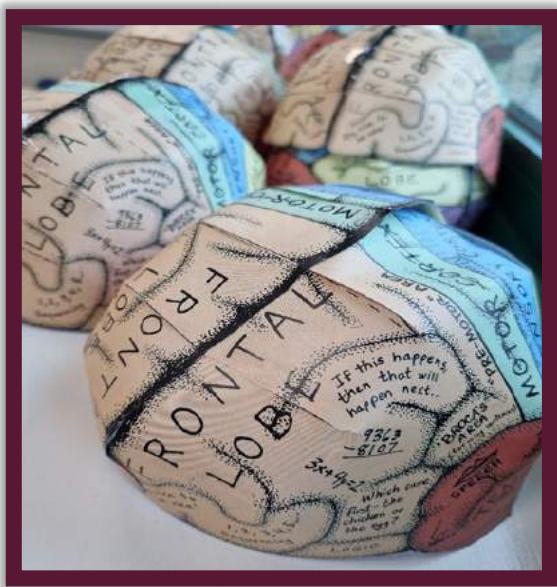
Grassheads


The Psychology department has hit the ground running this year with Mrs Povey as the new Curriculum Area Lead. Year 12 students have been studying Research Methods and Approaches with students creating Grassheads as part of their research! Year 13 students have been making brain hats and learning about Schizophrenia. All students are enjoying 'cake days' and we are looking forward to the year ahead!

Students are all invited to attend an 'Exam Skills Clinic' after school on Thursdays.


Follow [range_psychology](#) on Instagram to keep up to date with the Psychology department!

- Mrs Povey






A Level Psychology



Exam skills clinic

Thursdays 3.20pm – 4.20pm

S2





Art & Photography Trip

Plans are also underway for this year's Sixth Form festive trip to London which is taking place at the beginning of December. Highlights are to include a visit to the Tate Modern, the Shard, the Illuminated Thames along the South Bank and Winter Wonderland at Hyde Park. Students have a structured timetable in order to produce work to record their experiences, looking at the architecture and vibrant culture that makes our capital city.

- Mrs Swift



Just Keep Swimming!

Congratulations to Tom O'Donnell who recently competed in the Liverpool and District Swimming Championships 2022. Everybody at Range is immensely proud and we wish you the best for all future competitions.

- 200m Breaststroke - Champion
- 50m Backstroke - Champion
- 50m Freestyle - Silver
- 200 Individual Medley - Champion
- 50m Butterfly - Silver (open)
- 50m Butterfly - Gold (age group)
- 100m Breaststroke - Champion
- 50m Breaststroke - Champion

Tom also swam as part of Southport Swimming Club's

relay teams in the Medley and Freestyle, winning golds here too. It was a pretty successful weekend overall!

- Mr McKay



