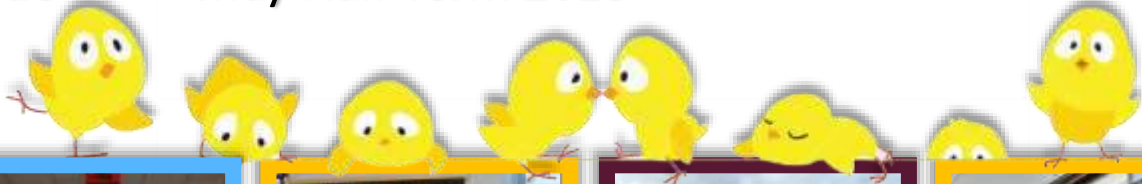




RANGE HIGH SCHOOL & SIXTH FORM NEWSLETTER

Issue 23 — May Half Term 2023





Dear All,

I hope you are well and enjoying the recent period of sunshine we have been having. 'Spring has definitely sprung'! Welcome to the latest edition of our newsletter which, once again, is packed full of interesting stories, information and articles relating to all kinds of activities happening in and around our Range community.

I am often amazed at what some of our students achieve and how they push themselves in the Arts, sport or community events. Some of them are performing at national and even international level and they often do it quietly and behind the scenes. In fact, they will often shy away from any kind of fanfare when suggested to them. I won't single out any individual here but I'm sure you will be interested to read of their achievements and will join me in congratulating them for their resilience, determination and hard work.

I know you will also join me in wishing all of our Y11 and Y13 students every success in their examinations. We are currently in the middle of exam season and although nerves are somewhat 'frayed' everyone is doing their best to remain focused and on-track. Our Y10 students have also been doing their mocks as well as their Citizenship GCSE. I am quietly confident that all of their hard work will translate into real success when the results come in. Thanks, as always, to all of our dedicated staff who are working tirelessly to support everyone at this challenging time. Thanks also to everyone at home. Your children would not be able to achieve to their ability without your ever present support and encouragement.

READY, RESPECTFUL, SAFE: as you will be aware, these three simple words lie at the very core of our behaviour policy and expectations for everyone at school. I have to say that for the vast majority of our students, this simple mantra causes no issue whatsoever. For the most part, our young people come to school on time, they are respectful and they get on with the business of learning on a daily basis. For a small minority however, this unfortunately, is not always the case. After the half-term holiday, we will be having a 'reset' period where we will be challenging everyone in school to consider their ClassCharts profile and we will be tightening up on some daily routines around arriving to school and to lessons on time. Mrs Ashworth will be in touch with some further detail after the break. There will be nothing new here, simply a reminder and a reaffirmation of our expectations around everyone in our school community playing their part to make Range the very best school it can be to allow everyone to succeed to their potential.

You will have no doubt read and heard about our new catering options. For the most part, the changes seem to be well received with lots of positive feedback from the students and staff. Like with any change, there will be a period of monitoring and we will continue to liaise with the students via their year councils. Taylor Shaw, the catering company are keen to work with the students and listen carefully to their views. We will keep you posted to developments in the coming months.

Finally and as always, thank you to all of our parents and carers, who work with us on a daily basis. Your positive support and input is much appreciated by me, the trustees of the school and the wider staff.

Wishing you all a 'sunny' and enjoyable half-term break!

- Mr McGarry, Headteacher



YEAR 7

Johnny Cooney is an exceptional showjumper who possesses an unyielding dedication to his craft. He spends his days caring for his cherished horse, tending to its every need until 7 pm. Johnny's profound love for his horse is unmistakable and evident in the meticulous attention he pays to its well-being. He firmly believes that a strong bond between rider and horse is essential for success in the sport. Johnny's unwavering commitment to maintaining his horse's physical fitness and health is a testament to his deep passion for show jumping and his profound respect for the animals that make it all possible.

- Mr Rudd & Mrs Gallagher



YEAR 8

It is with great pride and admiration that we share the news of Kieran's exceptional achievement. He has recently been awarded the prestigious title of European Club Championship Under 14 bronze medallist in Taekwondo, triumphing over opponents from a remarkable 17 different countries, each within a diverse range of age groups. This outstanding accomplishment is a testament to Kieran's remarkable talent and unwavering commitment to his craft and serves as a shining example of what can be achieved through hard work, determination, and a passion for excellence. Congratulations, Kieran, on this truly remarkable feat.

- Miss Singleton & Ms McCarthy

YEAR 9

Pupils have been finalising their option choices.

We have made our first very successful visit to Halcyon House nursing home and have another date in the diary for June. Many of our pupils have completed their Bronze Duke of Edinburgh award expeditions, a massive achievement, well done.

Just a reminder as we head into the holidays and pupils wind down, that after the break Year 9 will have a fortnight of assessments. Exam fortnight is valuable preparation for students getting ready for KS4. So pupils should spend some time revising and resting so they can be ready to showcase their knowledge and skills over the two week period.



Olivia's outstanding talent shone through in the Junior category of the celebrated British Gymnastics Championships at the Conference Centre in Liverpool. Her exceptional skills were showcased across all four pieces, earning her an impressive 14th overall ranking in Great Britain. Notably, her beam performance stood out, securing her a place in the top 8 and requiring her participation in the finals. Olivia's unwavering dedication and focus paid off as she achieved a remarkable 4th place finish in Great Britain for her exceptional beam performance, proving her to be a force to be reckoned with in the gymnastics world.

Stop press! We are proud to announce that after Olivia's great results in the British Championships, she was invited to trial for the England team where she has been offered a place in the England Squad!

- Mrs Wilson & Mr Wilson

YEAR 10

It's been a really busy half-term! With Year 10 being thrown into GCSE style Mock Exams for all of their subjects giving them a real feel for what GCSEs are going to feel like next year. Once they settled into the routine they all behaved very well. The next mock exams will be in November during Year 11.

Students have already completed their first GCSE in Citizenship. Students all did their very best and we're keeping our fingers crossed for their results in mid-August.

There have been some fantastic sporting achievements, with the boys football team getting into the semi-finals of the cup and the girl's netball team finishing second in the inter-county tournament.

Special mention to 10HP for raising money for WWF to adopt a baby elephant. It was a tight vote between an elephant or a panda and Mr McGarry got the deciding vote!

Wishing you all a long and restful week off. Come back refreshed and ready for the final half-term - it's going so quickly!

- Mr Jump & Ms Lawrence



YEAR 11

It has been fantastic to see Year 11 hit the exam season with enthusiasm and confidence. Overall they are coping well and finally the hard work is paying off! Every morning they are raring to go and it fills us with confidence to see them with their flashcards supporting each other with last minute advice and words of encouragement. They really have risen to the challenge of exams and alongside their teachers are optimistic and focused on the end goal.

- Mrs Plumbley & Mr Duddridge



Castles fit for a King/Queen!

We are thoroughly impressed by the creative and skilful work of the Year 7 students. They constructed castles using only cardboard boxes and sticks, showcasing their ingenuity and resourcefulness. The effort and dedication they put into bringing these masterpieces to life is truly remarkable. Their exceptional achievements are commendable, and they undoubtedly deserve a round of applause for their outstanding work.

- Mrs Murray



Celebrating Young Talent in Decoration Skills

We would like to extend our congratulations to Milly Blundell, Sophia Morton, and Ellen Furness for their outstanding work in the competition that marked the Coronation of King Charles III. These young decorators demonstrated exceptional independent decoration skills using fondant and free-hand piping. Whether they choose to pursue a career in the culinary arts or simply enjoy baking as a hobby, we have no doubt that these talented young decorators will continue to impress and inspire those around them. Congratulations again to Milly, Sophia, and Ellen for their hard work and exceptional talent!

- Mrs de Belle & Mrs Holker



We celebrated National Numeracy Day on 17 May!

Wednesday 17th May was National Numeracy Day!

It's a day that celebrates the importance of numbers for children and adults alike, building brighter futures through confidence with numbers and inspiring everyone to improve their numeracy skills.

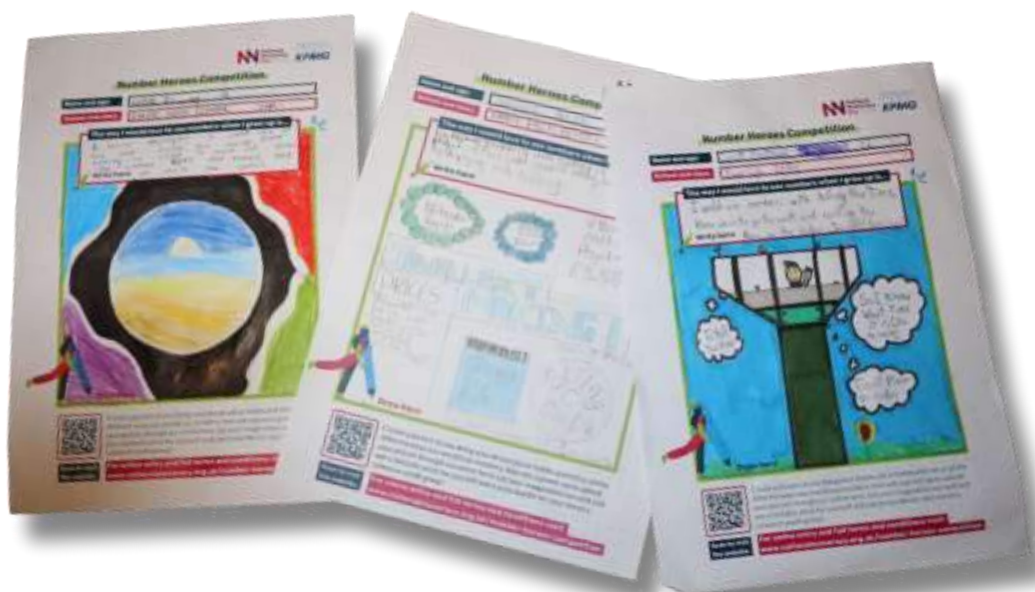
The charity National Numeracy has teamed up with celebrities and experts to create fun and engaging resources that will get children feeling good about numbers.

Number Heroes Competition

With Year 7 students, we have been sparking imaginations and conversations about using numbers and maths in our future dream jobs or hobbies. The lucky winners will receive a £50 voucher for themselves, as well as a £1,000 prize bundle for their school.

Thank you Year 7 for all of your wonderful entries and good luck! Entries will be sent off at the end of this half term. Bobby Seagull from the BBC and Celebrity Hunted will pick the winning entry based on the most imaginative picture, showing great effort and the most creative uses for numbers. We will share the news of any winners with you when we hear it!

Maths Department



Employment Opportunities

Have you ever thought about working in a school? Does having a break from work at every school holiday sound attractive? If these appeal to you then we might just have the job for you!

We have a number of employment opportunities, if you are interested please contact school as directed below:

...at Range High

Lunchtime Supervisor – 7.50 hours per week, term-time only

⇒ (Scale A - £3,942 per annum – Pay Award Pending)

Working as part of a team, duties will include; the supervision of students using the dining and packed lunch areas during lunchtime and maintaining the cleanliness of these areas whilst students enjoy their food.

For further information please contact Mr Pritchard, Resources Director on 01704 835609 or ap@range.sefton.sch.uk.

...at Taylor Shaw

Taylor Shaw is our Catering Partner and they have just been awarded a new five year contract. This is an exciting time in the development of our catering provision with the introduction of new menus and the pending refurbishment of the dining room. It is an ideal time to join the team as they transition to the new contract.

If you require any further information please contact Mr Phillips, Catering Manager (Taylor Shaw) on 01704 830278 or Andrew.Phillips@taylorshaw.com.

Cook – 30 hours per week, term-time only

⇒ (£11.50 per hour)

The successful candidate will be responsible for cooking, updating menus, basic food preparation, cleaning of areas, serving students and helping to clean the dining hall.

General Kitchen Assistant – 12.5 hours per week, term-time only

⇒ (£10.52 per hour)

The successful candidate will be responsible for basic food preparation, cleaning of areas, serving students and helping to clean the dining hall.



Range High's Catering Team

GOODLUCK!

Goodbye...

At the end of last term school waved goodbye to two colleagues from our school's Catering Team; Gill Jones, our Catering Manager, left us to take up a new position in a Primary school in Seaforth whilst Iris Clarke started her long awaited and much deserved retirement. Both members of staff have worked at Range for many years and have probably served millions of meals to our students during their time at school.



HAPPY
Retirement!

We wish Gill every success in her new role and for Iris, we hope she has a long, happy and healthy retirement. On behalf of all the students and staff at Range High, we wish them both the very best of luck for the future!



WELCOME

Hello...

This term we welcomed Andy Phillips as our new Catering Manager - he joins us from being an Area Supervisor for Taylor Shaw. Andy is highly experienced in school catering and joins us at an exciting time with the introduction of a new catering contract. Andy will be driving the changes in the food offered to students at both break and lunch times making menus more varied and exciting.



...and a Sad Farewell.

Sadly, over the Easter holiday, we lost a much loved member of the school's Catering Team, Alyson Penswick. Alyson's passing has left a massive hole in the Catering Team; besides being an integral part of the team, Alyson always had a smile to share and brightened the lives of everyone she met. On behalf of our school community, we passed on condolences to Alyson's family and many of her colleagues attended her funeral to show their respects. Alyson will be sadly missed but her memory will stay with all those who had the pleasure of knowing her.



P.E. News

Year 7 Football

Our Year 7 Football team faced St Mary's of Wallasey in the semi final of the Merseyside Small Cup. The PE department did literally everything to get the game on following 24 hours of rain leading up to the game. Thankfully the game got the go ahead. Having fallen behind early on in the game, the lads dusted themselves down and took the game by the scruff of the neck. A 3-2 win, with some tense final moments, sent them through to the final.

Commiserations to our Year 7 footballers who unfortunately lost 1-0 in a very close final to Oldershaw in the Small Merseyside Cup Final which took place at Jeffrey Humble Sports Centre. The lads were a credit to themselves and the school right the way through their cup run, their positive attitudes and squad togetherness were so pleasing to see. The squad went on an unbelievable journey en route to the final winning some outstanding games of football. A hugely successful first season at Range, hopefully we can go one better next year!



Year 7 and 8 girls Football:

The year 7 and 8 girls bowed out of the Merseyside Cup in the semi finals. They were beaten by Calderstones. The girls showed determination and grit in the second half to try and claw back a 2 nil deficit. Calderstones had lots of academy players representing their school and they proved their quality to see out the match. Well done to all the year 7 and 8 girls on a fantastic season- we go again next year.



Year 9 girls Football

The Year 9s participation at extracurricular football has been fantastic in the Southport and Formby tournament held at Greenbank, our A team narrowly missed out on a top 3 spot, but the B team won their tournament convincingly playing some fantastic football. Also a shout out to Mae Phillips and Darcey Martin who stepped in to help the winning B team. We look towards next season with a strong squad of players to compete in more tournaments.

Our 3 Representatives for Sefton Ella McGowan, Darci McGowan and Joanne Mountain competed in the English Schools FA Champions Cup, the girls made it through to the final held at Stoke City FC. (The Sefton schools team) ran out winners on the day vs East Riding FA. A fantastic achievement for the girls!

Year 10 Football

Year 10 boys/girls travelled to Birkdale, hoping to get the game on at the third time of asking. The game got the green light and Range were up against it early on, falling 2 goals behind and chasing the game. Even though they pulled a goal back late on, it was too little too late and they exited the competition at the semi final stage.

Range faced St Hilda's in the Merseyside Cup Semi Final. With important players missing, the team stuck to the game plan and ran out comfortable 3-1 winners which sealed a place in the final. A great season for the team, let's hope they can top the season off with some silverware!

Year 11 Football

In the Quarter Final of the Merseyside Cup, the previously postponed fixture was replayed. SFX (tipped as one of the favourites for the competition) were the visitors to Range High. Range were missing a few players due to injury and other commitments but the team that played were as gritty as usual. Having secured a lead, which is unlike the Year 11 team, they held on tight for the victory, securing a place in the semi final.

National Champions Formby High were next up in the Semi Final of the Sefton Cup. Range High

vs Formby High is always a highly anticipated fixture and this was no different. Formby High took the lead in the first half with a well taken goal. Range were on the back foot for most of the first half, struggling to retain possession of the ball. Some strong words at half time were shared and a completely different team came out for the second half. Range's hard work paid off when a penalty was awarded. The initial penalty was saved, only for the follow up to be buried and to take the game to penalties. Just like the previous penalty shoot out the 11s were involved in, all 5 penalties were scored and Range secured a place in the final!!



The Final of the Sefton Cup saw Range take on a very strong Chesterfield High side at Marine FC in Crosby. A fantastic venue and a crowd of over 200 came to watch a fine game of football. Range started the game in fantastic form, (unbeaten all season) but fell behind (again) early

on. A second Chesterfield High goal really did knock the wind out of Range's sails and it felt it was going to be a huge ask to turn this around. However adversity is exactly what this team thrives on. With 20 minutes remaining, and 2-0 down, Range pulled a goal back. A great team move finished with a sublime finish. With further chances at both ends and some exceptional goalkeeping performances from both keepers, it was not until the last minute that the Range pressure paid off. With the goalkeeper sent up, Range equalised from a header to send the spectators into hysteria and the final to penalties. Unfortunately the shootout was a step too far this time around, with Chesterfield High winning 3-2. A fantastic comeback by the team and something each and every one of the players should be proud of.

Year 7 and 8 Netball.

We have seen some fantastic progress in both the Year 7 and 8 teams. Their participation at extracurricular sessions has been fantastic and although no tournaments have been won, we have seen some fantastic netball from both teams. A special mention to Eva Robinson who has also played above her year group, supporting other teams.

Year 7 Rugby

Range hosted Formby High, to give both sets of teams some experience playing competitive rugby. For many of those in attendance it was their first opportunity to do so. Both sets of teams played with great passion and integrity and I am sure both teams have plenty to look forward to in the future.

Rounders

The Rounders season has started and we have seen fantastic numbers at extra curricular sessions. The Year 7,8,9s all played their first game against Greenbank last week. For some of the pupils this was their first time representing school competitively. The Year 9s won their game, Year 7s and 8s were beaten by a very good Greenbank side. We look forward to fixtures and tournaments as we progress through the summer term.

THE EQUALITY ACT



The Equality Act 2010 makes sure that people with particular characteristics are protected from discrimination¹. It is your right² that you should not be treated differently based on:

- 1 Age³
- 2 Disability
- 3 Gender reassignment
- 4 Marriage and civil partnerships
- 5 Pregnancy or maternity
- 6 Race
- 7 Religion or belief
- 8 Sex
- 9 Sexual orientation

- 1 Discrimination means unfair treatment of somebody based on a particular characteristic
- 2 Your rights are things you are born with that belong to you that nobody can take away
- 3 While you are attending school there is no protection against age discrimination (unless you are in a 6th form, FE college or University) or marriage or civil partnerships discrimination



Gong Bath



During exam season, students and staff will inevitably face higher levels of stress. With this in mind, the Expressive Arts faculty organised a gong bath for a selection of students from year 11 and 13 and also the current year 10 drama GCSE group. We strongly believe in supporting students mental health as part of our commitment to the Arts Mark ethos. The event was free to help promote wellbeing through the arts. Staff were also invited after school to help them unwind and achieve calmness of mind from the busy build up to GCSEs and A levels. The gong bath was hosted by Resonate UK on Friday 12th May and all agreed the event was really supportive, relaxing and an unusual experience to participate in.

Science Club

Year 7 Science club continues in room 57 at 12.30 on a Tuesday lunchtime with Miss Dennis and Mrs Williams. Last week they made copper sulfate crystals. The student in the pictures are Luke Patel, Tom Szabo and Amy Coulson. The pictures show them making the copper sulfate and the finished product.



Duke of Edinburgh

Congratulations to the following Bronze Award Participants who completed their Bronze Expedition Sections by camping overnight and completing a 2 day self-sufficient backpacking expedition.

Daisy Blake
Holly Foster
Elyssa Reece-archer
Sophia Morton
Rosie Morton
Sarah Barnes
Issy Cave.
Ava Witham
Abbey Drake
Evie Webster
Darcey Hayes
Andrew Donnelly
Alfie Griffiths
Luke Brabin



We have been running sessions to ensure all the participants are completing skills from the physical and volunteering sections in Room 2 on a Tuesday lunchtime.

There will also be a lunch time dining room drop-in on select Thursdays, further details to follow.

How to use eDofE

<https://www.youtube.com/watch?v=D80IGvCwbhM>

Contact jr@range.sefton.sch.uk for your username and password if you want to start over the holiday.

- Mrs Riding

Spring Spectacular at The Atkinson Theatre

Over 140 of our talented dancers and musicians recently performed at the Atkinson Theatre in Southport. It was our most successful spectacle to date with performances from all year groups and our local primary schools, St Luke's, St Jerome's and Woodlands.

The show was packed from start to finish with sequins, acrobatics, vocals and a grand piano! Saluting hit musicals including The Greatest Showman, Matilda, The Pyjama Game and the current west end Moulin Rouge. Vocal performances included a fantastic Abba medley, 'Shallow' from the hit musical A Star is Born and an original song written and performed by Cara Banks, 'Don't Close Your Eyes' that blew the audience away!

A huge thank you from Mrs Gallagher and Mr Povey to all the performers for your dedication and commitment to the Arts. The talent here at Range is outstanding and we can't wait to do it all again next year!

The Atkinson Theatre in Southport was the perfect venue for some Year 7 students to showcase their talent on the 29th March. The group had been rehearsing since January, practising every Thursday during school hours. The students performed three dances; Matilda, Attention and Hunger Games, all of which were received very well by the audience.

On the day of the show, the students were excited to perform and enjoyed the process of getting ready, including having their hair and makeup done and putting on their costumes. Although some felt nervous while waiting backstage, Miss Rudd and Mrs Gallagher were there to provide support from the side.

Overall, this experience was amazing for the students, who cannot wait for their next show.

- Sienna A, Isobel T, Alaina C, and Mea H!

What's happening next...

Our Year 8 dancers are currently rehearsing for Sefton's annual Wally Cain Dance Festival. The performance will take place on Wednesday 14th June at the Atkinson Theatre. Rehearsals are going well and the pupils are really excited to be performing again!

- Mrs Gallagher





Halcyon House

Last month, students from Year 9 eagerly participated in a programme aimed at bridging the generation gap. We set some time aside and visited nearby Halcyon House, bringing joy and companionship to the elderly residents. Our visit aimed to provide mutual benefits by fostering intergenerational relationships and encouraging a sense of purpose and fulfilment.

Initially, both the students and the care home residents were unsure of what to expect. However, these worries quickly dissipated as soon as conversations began flowing. Stories were shared, laughter filled the air, and common ground was discovered. It became evident that age was no obstacle when it came to forming meaningful connections.

Our visit proved to be a powerful learning experience for our students. As they interacted with the residents, they gained valuable insights into different life experiences, historical events, and personal challenges. We also took part in a WW2 themed exhibition where the students answered quiz questions and took part in lively debates with the residents. The atmosphere was electric!

Over the course of the next two years, we will be continuing with our programme of visits to Halcyon House. The next time we visit will coincide with Loneliness Awareness Week. With this in mind, we are delighted to share with you a heartwarming pen pal initiative that we are in the process of setting up between the students and residents. In a world where virtual communication has become the norm, this unique pen pal programme is bringing the joy of handwritten letters and the warmth of human connection back into our lives.

We look forward to our next visit and are excited to share the wonderful experiences and connections that await us!

- Mr Wilson



Looking After Your **WELLBEING ONLINE**

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the Internet.



LOOK FOR POSITIVE COMMUNITIES

Listen to me Awards

Courtney Heath nominated Miss Rose and Mrs Nolan for the Listen to Me Awards. This award is for adults that have made a positive difference for them this year—it's a fantastic award. Well done Miss Rose and Mrs Nolan!



"I felt so touched receiving an email to say that I had been nominated for this award. I'm very grateful to Courtney. It has been my pleasure watching you grow as a person. I look forward to seeing what you will achieve in the future with all your hard work and dedication." - Miss Rose

"I nominated Miss Rose and Mrs Nolan because they understand me and they have helped me grow as a person".

- Courtney Heath 10JCW



Arts News!

This month, as part of the A level Art and Photography courses, we have arranged a trip to the Liverpool Galleries for a group of Year 12 students. They will have the opportunity to visit exhibitions at the Tate and Walker Art Galleries, as a beneficial element of their Component 1 coursework. These trips to experience art and culture in our home city first-hand are an invaluable part of their studies.

Eurovision Liverpool 2023!

In celebration of Liverpool hosting the prestigious Eurovision song contest for Ukraine, the longest running annual international music festival in the world, work has been taking part on a large-scale painting. Our Ukrainian Year 9 students, Illia Hershchuk and Sofiia Lopes have been helping Mrs. Swift to complete the commemorative artwork.

Beach Trip

As part of the Year 8 subject on coastal locality this year, students have been studying the local architecture in Liverpool and also looking at the importance of the National Trust and the surrounding area.

Pupils have had the enjoyable experience of visiting the beach on nature walks to collect shells and coastal items to bring back to the classroom to do observational drawings.



A level Art



Our very talented Year 13 students have been finishing their final pieces and coursework as deadlines loom. They have been a joy to watch growing from Year 7 and becoming independent artists, flourishing and excelling in different mediums in their own right. It is the first time that we have had students accepted for prestigious degree courses at Goldsmiths, London, the launchpad for many a fine artist such as, Damien Hirst, Antony Gormley and Vivienne Westwood to name but a few. Well done, we will miss you!-

- Art Department

Year 7 French Stars

The French department has been so impressed with Year 7 this year and your approach to your language learning. You have worked so hard to improve your vocabulary, your grammatical accuracy and your pronunciation skills are incredible. We are really excited to see how you progress as we move into Year 8!

We are proud of you all, but there are some students who we think deserve a special mention for what they have achieved this year:

7A

- ⇒ Sarah Mihai - extraordinary progress in all areas
- ⇒ Alex Wright - terrific academic progress and excellent attitude to learning

7B

- ⇒ Olivia Watkins - fantastic effort and excellent achievement in assessments
- ⇒ Dylan Carr - impressive progress and improved confidence

7C

- ⇒ Kade Antoine Holt - huge increase in confidence and excellent enthusiasm
- ⇒ Belle Sloane - outstanding academic achievement throughout the year

7D

- ⇒ Herb Murphy - impressive academic achievement this year
- ⇒ Gabrielle Mycek - amazing progress after joining a little later in the year

7E

- ⇒ Isabelle Houghton - tremendous progress since September
- ⇒ Cate Alexander - brilliant achievement in all areas

7F

- ⇒ Adriana Squire da Silva - outstanding achievement in assessments
- ⇒ Serena Povey - incredible accuracy in written work and a brilliant attitude
- ⇒ Jamie Dowling - excellent progress and impressive written work

7G

Excellent academic achievement:

- ⇒ Amy Coulson
- ⇒ Thomas Szabo
- ⇒ Isla Goffey

For fantastic progress and effort this year:

- ⇒ Ryan Condon
- ⇒ Bobby A D Marshall
- ⇒ Alice Moors
- ⇒ Ella Foster
- ⇒ Adam Jackson





Recycled Reads

Year 7s we are asking if you have a spare book at home that you have read and loved, that you donate it to our new year 7 students who will be starting in September. There will be a sticker to write what you loved about the book and who you are. Not only will this help our planet but it will also help them feel more welcome on their first day of school.

Further details will be given soon during tutor.

An Afternoon of Murder Mystery

Due to unforeseen circumstance the Accelerated Reader reward for the top tutor group has been changed to an afternoon of Murder Mystery in July, complete with goody bag of treats, so let's keep those reading heads on...book points make prizes!



Social Protest Unit

Year 7 as part of their Social Protest Unit were tasked to complete a homework entitled 'No Planet B'.

The 'protesters' then took to the corridors to spread the word, and their amazing poster designs, that change is needed to help prevent climate change. Here are just some of our Eco-warriors in action and, well done to all of Y7 for their wonderful work!



Coping with anxiety



Feeling anxious can happen when we feel nervous, frightened, or uneasy about something such as starting a new school, waiting for exam results or friendship issues.

It's perfectly normal to feel this way from time to time, as it's our body's natural response to a situation we are not comfortable with. But sometimes our anxiety gets the better of us and it can start getting in the way of the things we enjoy.

We've shared some advice below.



Name it to tame it

It can be useful to know how anxiety shows up for you. It might be, for example, that you get butterflies in your stomach, or feel sweaty or tongue-tied. In these moments, it can be useful to say (aloud or in your head) 'oh, hello anxiety, you're here to let me know you think something might threaten me – thank you'.



Remind yourself of when you've overcome anxiety in the past

Think back to a time when you've felt anxious about something, but eventually overcame these feelings. For example, if you're feeling anxious about returning to school after the weekend, think back to a time you overcame these feelings by going to school. It can sometimes help by saying something like "thanks anxiety, but I've got this!"



Tell a friend or a grown up

Think about whether you can tell a friend, or a grown up at home or school. Everyone experiences anxiety from time to time and people are there to help you, so it's important to reach out and connect with others. It could be good to share things that help you to feel less anxious – and even to practise some of them together.



Keep a diary

If you're feeling anxious, it can sometimes be helpful to write some of your feelings down in a diary or on your phone. Make notes of things that you find helpful, or things that seem to make you feel worse.



Get active

When we feel anxious, our bodies get ready to cope with something that may threaten us. This is called the 'fight or flight' response. Our hearts beat faster, we sweat more, and our muscles become tense. To release these feelings, it often helps do something active. You may want to go for a walk, play football with friends, or go swimming.



Practise strategies that work well for you

Try different strategies that may help you to manage your anxiety. Finding and practising what works best for you can help reduce your anxiety quicker.

If you have tried these tips and still feel overwhelmed by your anxiety, then it is important to tell you parent or carer and to ask whether you need to get a GP appointment.

If you're feeling overwhelmed and need to talk:



Text CONNECT to 85258 for free to speak to Shout



Call 0800 1111 to speak to Childline, or visit childline.org.uk for their free online chat



Visit place2be.org.uk/help for more advice

Wear it Green

As part of Mental Health Awareness Week from the 15th of May, the Psychology Charity Committee ran a series of events to raise awareness for the Mental Health Foundation. Along with making and selling green ribbons, they ran a scavenger hunt for Years 7 and 8, and quizzes for Years 9 and 10. They also asked all staff and Sixth Form students to wear green on the 18th of May, raising over £75 for the charity - a huge well done and thank you to all who took part! Prizes for the winners of the scavenger hunt and quizzes will be announced before half term!

- Mrs Povey



Phoenix Bowmen



Archery course for beginners
(adults and students >14 years)

A course of five sessions

starting at 11.00 on

Saturday June 10th.

Cost £50

If you are interested, please email:

Phoenixbowmen.merseyside@gmail.com

Venue: playing field at Range High School.

Sixth Form News

Sixth Form offers

Offers recently went out to prospective Year 12 students with the vast majority getting their first choice of subjects. We look forward to welcoming them all in September!

Oxford Workshop

On Thursday 18th May we welcomed a representative from St Peter's College, Oxford University, who delivered another interesting and insightful session to 30 of our students. Students learnt about how to write a brilliant personal statement, how to choose a college, and how to succeed in an Oxford University interview.



MIND Charity

Congratulations on your outstanding achievement of raising £678 for the MIND charity. Your dedication, hard work, and commitment to such a noble cause have been truly inspiring and have left a lasting impact on us all. Your exceptional efforts have not gone unnoticed, and we are deeply touched and proud of you for making a significant and positive impact on the world around us. Your selfless act of kindness and generosity is a testament to your character and highlights your passion for making a difference in the lives of others. Please know that we fully support and admire you, and we look forward to seeing the continued impact you make on the world.



Well done Rhys! (pictured 3rd from left)

Rhys Davies recently represented Merseyside in the English Schools National Table Tennis Championships. Rhys won his group of 5 to make it into the last 16 and eventually to the final where he was finally beaten, improving on last year's 3rd place.

One week after Rhys' success at the English Schools Table Tennis Championships, he managed bronze in the U19 Junior Boys National Championship! Well done Rhys!

Head Team applications

Head team applications are well underway. Keen applicants have completed interviews with school council representatives, delivered a speech in a Year 12 assembly, and been interviewed by Mr McGarry and Mr McKay. We will be making decisions on our future head students and head team soon so keep an eye on our social media where results will be published.

- Sixth Form Team

Wellbeing Practitioner

Are you a Sixth Form Student who is looking to make changes in your life? I promise to offer you a safe, relaxing, and supportive space for you to explore what is currently going on for you. During our discussions, you will gain a fuller understanding of your mind, in relation to your thought processes, emotions, and behaviours.

We will explore evidence-based approaches to dial down overthinking and anxiety, leading to a clearer, calmer and happier you. So, if you want to be a master of your own thoughts, feelings, and behaviours then please email me to find out more. Please remember, our work together is solution-focused and doesn't focus too much on the problem, if at all. I can work positively with you without you having to disclose your situation, or dwell on it.

lg@range.sefton.sch.uk

[Parent reviews](#)

Thank you so much for all the help and support you gave my daughter whilst preparing for her A Levels. You really gave her confidence and she always came home and spoke about how much she got from the sessions. I can't thank you enough.

I look at my daughter now and I can physically see the changes in her and how well she is doing. I really don't know how we would have got through this without the help and support from Lynn, not just for myself and my daughter, but as a whole family.

[Student reviews](#)

Lynn goes above and beyond to provide the support needed for so many students. She is like a comfort in the Sixth Form. Someone I can go to if I am feeling stressed, anxious, overwhelmed, or just in need of someone to talk to. Her solution based approach means I know how to deal with my problems now and in the future.

Lynn has supported me in shaping my mind to a more positive way of thinking. I will carry what I have learnt about myself with Lynn throughout my whole life

I went to see Lynn, unaware of how amazing and life changing her support is. Her expertise, experience and outstanding knowledge helped me to make the changes I needed to put me in a better place. She has helped me to change my life.

- Lynn Gaskell BA (Hons), HPD, DSFH, AfSFH, MNCH (Reg), CNCH (Reg), NBMP (Reg)

Sixth Form Wellbeing Practitioner

Clinical Solution Focused Hypnotherapist & Psychotherapist



