



Issue No 42  
1st July 2022

**Important Dates:**

**Friday 1st July**  
Year 6 Induction  
Day

**Monday 11th July**  
Graduation  
Evening

**Tuesday 12th &  
Wednesday 13th  
July**  
BIG GIG

**Wednesday 13th  
July**  
Graduation Trip

**Thursday 14th July**  
Graduation Party

**Monday 18th July**  
Activities Day

**Wednesday 20th  
July**  
School Closes

E-mail [admin@millfield.lancs.sch.uk](mailto:admin@millfield.lancs.sch.uk)  
Website: [www.millfield.lancs.sch.uk](http://www.millfield.lancs.sch.uk)  
Twitter page @millfieldhighsc  
#BeExceptional  
#TeamMillfield



# Millfield MESSENGER

Belvedere Road, Thornton Cleveleys, FY5 5DG

Telephone 01253 865929



Dear Parents and Carers,

It was wonderful to celebrate the end of the summer final examinations with our Year 11s at their prom on Thursday. They have been a fantastic year group and they had a wonderful night – photos will be in the final, summer edition of the Messenger and we wish them all the very best in their bright futures.

Please can I again politely remind parents not to take to social media to criticise the school, or indeed individuals. The team work incredibly hard at ensuring our children receive not only a fantastic education, but also a wealth of opportunities, all done because they care and want the absolute best for every child. Mistakes can happen in every workplace, and sometimes not everyone agrees with the decisions that are made, but we cannot do anything about issues if we are not told about them first. As always, if you have a concern, please email or call and the team will go out of their way to help resolve issues. If you feel an issue remains unresolved, then contact school and your concern can be escalated. We are proud of the strong and effective partnerships we build with our families and working together makes our school the happy place it is.

We have had some fantastic events and opportunities happening in school over the last fortnight, just to give a taster:

We have welcomed Year 5s from Stanah and Baines Primary schools. The children have been taught performing arts skills by our students and staff in our beautiful environmental garden. This culminated in a drama and dance performance from Matilda – they were all absolute superstars!

It's been action packed for the Year 10s: the geographers have been on their field trip to Grasmere; they have visited Lancaster University for an aspirations event; they have all visited Blackpool and Fylde College and they have enjoyed a lecture from Dr Camilla De Camago, from Lancaster University Law School, on an introduction to criminology and how the media presents female offenders. This resulted in a number of students being really interested in a career in criminology!

And finally on Friday, we welcomed all 179 of our new Year 7s to school for their Induction Day. We are over our 175 published admission number again this year due to the vast number of appeals we had from parents who want their child to join Team Millfield: we had over 30 appeals, of which 4 were successful. Our newest members of the team had a fantastic day, meeting their new teachers, their new classmates, getting involved in lessons and of course enjoying the delicious food in our canteens – very important! We are looking forward to welcoming their families to our induction evening on July 14<sup>th</sup>.

We use Twitter to celebrate the achievements of our students and remind our families of events, please follow us at @millfieldhighsc.

Best wishes

*N. Regan*

Nicola Regan  
Headteacher

## **Be Exceptional!**



# KEY STAGE 3

In preparation for September 2022, I have been looking into the importance of developing Personal Development in our students. When you were in school, how much time did you spend learning about topics like personal development? The answer probably is not much, if any at all. It's hard to develop yourself when no one has taught you how to do it.

Studies have shown that individuals who prioritise their own growth and development are likely to be more successful, happier, and healthier. In a school setting, it can be argued that personal development is one of the most important things students need to learn. People only grow when they feel safe being vulnerable. Making mistakes, learning from them, and owning up to our failures can go a long way towards personal growth for students in a school setting. If schools teach children how to manage adversity while providing an encouraging environment, then children will develop into independent learners capable of growing into strong adults.

The earlier we help children cultivate resilience, vulnerability, and ownership over their thoughts and actions, then there is less chance they will end up feeling afraid or burdened by life later and less chance they will stagnate in whatever situation they find themselves in during adulthood.



With this in mind, next year we will be looking at many different ways to help develop our students' personal development in KS3. We will be making changes to the Graduation and Exceptional Programmes and also launching the programme with our Year 7 students starting after October half term. Changes will include revised tasks which will help prepare students for the next half term's learning, encouraging reading and taking part in the vast extra-curricular programme which will be taking place in school. This will allow students to

become independent learners and allow them to take responsibility for their own learning. We will also be changing the way we will be delivering our PSHE curriculum, having whole school drop down days dedicated to PSHE, RSE, British values and health and wellbeing, while also continuing with the rolling timetable of lessons. This will allow for more guest speakers to be invited into school to take a lead on sensitive topics whilst providing students with a more enriched learning environment.



The school achieved 100% on the Gatsby benchmark, the government's measure for careers in school.

However, we still want to do more. Students will be having more employee engagement sessions, where they will be able to ask questions and be given advice on how they can aspire to these different careers. We will also be developing our parent relations regarding careers. This will include a session on 'career myth busters' – removing stereotypes, ways into higher and further education, and an extension to the careers convention that parents will be able to attend.

At school we are really excited for next year and taking on the challenge of developing your child's Personal Development to make them exceptional.



Mr. Smith - Head of Personal Development





# KEY STAGE 4

This has been a really exciting couple of weeks for our Key Stage 4 students. GCSE exams have come to an end and a long summer now stretches ahead of our Year 11 Students. On Thursday we celebrated their time at Millfield with The Year 11 Prom at The Glasshouse. We were blown away by their arrivals, the beautiful dresses and the very smart suits. It was brilliant to be able to hold a Prom again after the two previous year groups missed out due to Covid restrictions. We hope everyone enjoyed themselves and we look forward to seeing our Year 11 students again on results day on 25<sup>th</sup> August.

More photographs will be in the next edition of the Millfield Messenger.

On Monday, the whole of Year 10 visited Blackpool and Fylde College to experience some of the courses available there. Our students took part in lots of activities ranging from cooking to motorsport engineering and from riot police training to childcare. It was a fantastic day. Our students did us proud and we hope they found it an interesting and enjoyable experience. All year 10 students will be visiting Blackpool Sixth Form on Friday 8<sup>th</sup> July.



## GCSE Results

Results will be available for collection on:

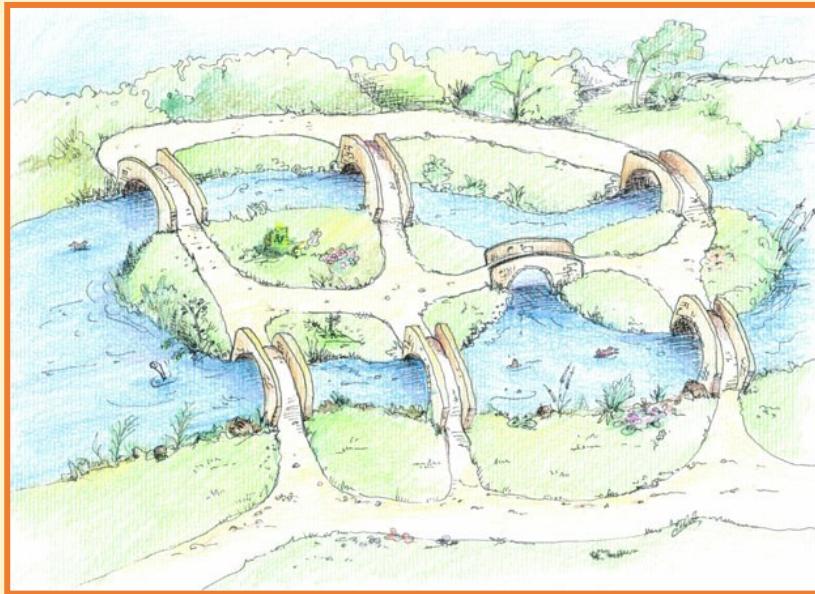
Thursday 25<sup>th</sup> August 2022  
From 9.30am for Year 11  
From 10am for Year 10

# Deputy Headteacher's Maths Challenge



## The Bridges of Konigsberg

Konigsberg (now called Kaliningrad) is a town which lies on both sides of the Pregel River, and there are also parts of the town on two large islands that lie in the river. In the 18th century the river banks and islands were connected with seven bridges (simplified diagram shown below).



A popular problem of the time was whether or not it was possible to go for a walk around Konigsberg crossing each bridge exactly once.

### Challenge:

- Can you find a route around Konigsberg which crosses each bridge exactly once?
- Can you remove a bridge and find a walk that crosses each remaining bridge exactly once?
- Can you add a bridge and find a walk that crosses all the bridges exactly once?

Email your answers to: [b.humphreys@millfield.lancs.sch.uk](mailto:b.humphreys@millfield.lancs.sch.uk)





# Home - Learning

## Why is it important?

Home-learning bridges the gap between school and home. Here at Millfield we believe in a collaborative approach, which allows students, teachers and parents to monitor the progress of their child in the learning process. Common home-learning assignments may include required reading, writing or typing projects, mathematical exercises to be completed, information to be reviewed before a test, or other skills to be practised.

As a parent, here are a few things you may wish to consider:

### **1. Home-learning improves student achievement.**

Studies show that home-learning improves student achievement in terms of improved grades, test results, and the likelihood to attend college

### **2. Home-learning helps to reinforce learning and develop good study habits and life skills.**

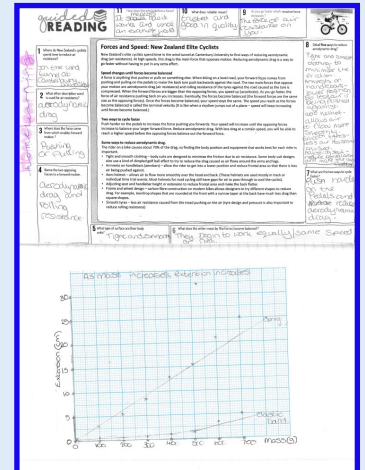
Everyone knows that practise makes perfect. Students typically retain only 50% of the information teachers provide in class, and they need to apply that information in order to truly learn it.

### **3. Home-learning allows parents to be involved with their child's learning.**

Thanks to take-home assignments, parents are able to track what their children are learning at school, as well as, their academic strengths and weaknesses.

Here at Millfield we celebrate excellence and home-learning is no exception:-

Congratulations go to a student in Science who produced an outstanding guided reading document in which she has highlighted key words as prompts in order for her to provide in-depth answers to extended writing tasks.



## Reminder

In order to support your child with their home learning, please regularly log into Synergy to monitor the tasks that have been set and remind your child to complete them. The home learning policy can be viewed on our school website; this explains how much home learning your child should be set each week and the types of tasks they could be set.

If you require any further information about our home-learning or how to register for Synergy, please visit the schools website: -

<http://www.millfield.lancs.sch.uk/parents/online-parental-reporting/>

If you require any further information about our home-learning please do not hesitate to contact me - [g.wood@millfield.lancs.sch.uk](mailto:g.wood@millfield.lancs.sch.uk)

Mr. G. Wood

Lead Practitioner of Teaching and Learning (Technology).



## **DATES FOR 2022/2023**

Year 7—CAT Tests 19th & 20th September 2022

Open Evening—Thursday 6th October 2022

Year 11 MFL Speaking Exams—14th & 15th November 2022

Year 11 Mock Exams—21st November—2nd December 2022

Year 11 Art Mock Exam—8th & 9th December 2022

All School—Carol Services 14th & 15th December 2022

Year 10 Mock Interview Day - 18th January 2023

Celebration of Music - 6th March 2023

Career's Fair Day 8th March 2023

## **WORK EXPERIENCE**



**Dates for next year's**

**Work Experience**

The dates for the Year 10 Work Experience will be

**20th March – 31st March 2023**

## HOT CHOCOLATE WITH THE HEADTEACHER

Year 9

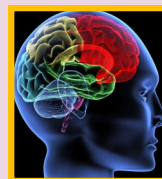
- Jake Turner
- Emily Draper
- Emily Hume
- Student from R5
- Student from R6
- Student from S6

All of the students have been nominated by the Food Technology department for their excellent work in Food Preparation and Nutrition.

*Be Exceptional!*

## DID YOU KNOW?

**Reading is one of the best ways you can exercise your brain!**



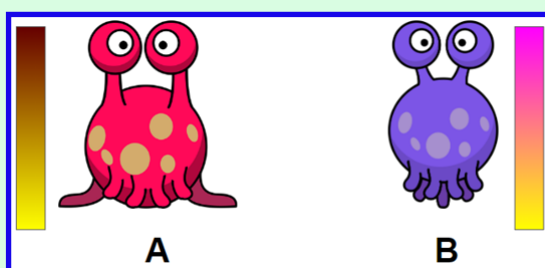
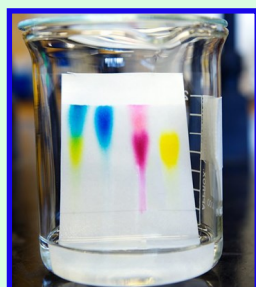
## Student Council

The student council have been exceptional at welcoming some of our new Year 7 students for September.

A group of Year 6 students attended Millfield on Wednesday 22nd June in order to boost their confidence and to allow them to become familiar with their new surroundings.

Ollie, Bella, Amelia and Rosie were selected from the council for a Q&A session and a guided tour of the school. As Year 7 students, they were in the best position to answer all the questions that the Year 6 students had.

As well as this, they also offered a helping hand in the classroom, aiding students in completing a chromatography task. The students had the task of identifying which alien had been abducting humans. This was done by testing their 'blood samples'! It was discovered that alien B was the guilty party!



Mr. D. Booth - Head of Aspirations

# Summer of Eco Love



Here are tips to help you have an eco-friendlier summer. If you have any other tips then please let us know on Twitter.

Plant some native plants to help provide for local pollinators and other wildlife, such as hedgehogs. British wildflowers are perfect and make the garden look beautiful. You don't need a lot of space as they look just as good in pots, whether on the ground or hanging from fences and windowsills. Lavender (especially the British variety) is a great plant for pollinators.

Plant your own fruit and vegetables, some from seed and others from young plants you can buy at garden centres. It's not too late to start planting foods such as:

Artichokes  
Savoy cabbage  
Leeks  
Spring onions (from seed)  
Sweet potatoes  
Oriental leaves/rocket (from seed)



Beetroot (from seed)  
Carrots (from seed)  
Lettuce (from seed)  
Pak choi (from seed)  
Turnips (from seed)

Runner Beans (from seed)  
Chard (from seed)  
Marrow (from seed)  
Peas (from seed)



Encourage local ladybirds to help reduce the need for chemicals. Ladybirds, especially their larvae, are fantastic for controlling greenfly and blackfly. The larvae should be starting to cocoon at this time of year, but it isn't too late to buy them online (both adults and larvae). However, make sure you only buy British species, such as the 7-spot (*Coccinella septempunctata*) or 2-spot ladybirds (*Adalia bipunctata*). Make sure you also provide them with somewhere to hibernate as the colder months set in. You can easily build your own ladybird house with some spare wood and hollowed out cane.

Invest in a water butt and reduce your water usage (and reduce your water bill at the same time!) You can hook them up to your drainpipe too to increase the volume of rainwater collected. Plants can also be watered with "grey water" from the shower, bath, and washing up bowl. Never use grey water on edible plants due to the risk of contamination.

Enjoy your summer, and remember to take home your rubbish, use sunscreen, and recycle your sunscreen bottles.

Mrs. L. McCaffery

## Not sure what your son or daughter is studying in school this term?

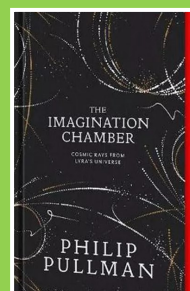


Have a look on our school website where you will find the 'Learning Journeys' for every subject. The Learning Journeys give details about what is being studied each half term from the start of Year 7 right up to when students leave in Year 11.

## Library Book of the Week

From the beginning of July, a Library Book of the Week has been posted on Twitter and displayed around school to encourage diverse reading for pleasure in our students. The selected book may be a brand new release, a debut novel, the newest offering from a popular children's or Young Adult fiction writer, an old favourite, or a non-fiction work.

The book of the week aims to celebrate diversity and encourage acceptance, as well as to promote positive mental health and a growth mindset. Most of all, the book of the week initiative is designed to engender a life long love of reading.



Our very first Library Book of the Week is a stunning collection of micro stories, 'The Imagination Chamber' by the ever popular, multiple award winning, fantasy writer Philip Pullman.

Mrs M. Bleakley  
Teacher of English and Sociology/  
Library Manager



# Teaching and Learning Tips

At the start of the year, I shared some helpful tips to support your child in becoming a better learner. Although we are nearing the end of the school year, it is important that students continue to stay motivated and maintain their high standards.

Keep your learning routines tight. Successful students share something in common. They are organised, plan ahead and learn to think independently. For example:

- They use their home learning timetable to stay organised.
- They stick to a routine e.g. get home, have a snack, complete home learning.
- They plan ahead to complete their work to the best of their ability. For example, students might complete some independent research to support their understanding in class when starting a new project.
- By reflecting on their work, they recognise when something isn't working and do something about it e.g. check their work from previous lessons or ask for extra help from the teacher, at home or from a friend.



Miss J. Copping  
Lead Practitioner of Teaching & Learning (Foundation Subjects).

*Before you speak*

# THINK

**T** = Is it **t** rue?

**H** = Is it **h** elpful?

**I** = Is it **i** nspiring?

**N** = Is it **n** ecessary?

**K** = Is it **k** ind?

**If not, don't say it, text it or post it!**

## DATES FOR 2022

Induction Day (Y6) - 1st July

Graduation Evening—11th July

Big Gig— 12th & 13th July

Graduation Trip—13th July

Graduation Party—14th July

Sports Day—15th July

Activities Day—18th July

School closes for Summer –20th July





# Pastoral and Wellbeing



At National Online Safety we believe in empowering parents, carers and educators with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. Please visit [nationalonlinesafety.com](http://nationalonlinesafety.com) for further guides, hints and tips for adults.

## What you need to know about... VIDEO STREAMING APPS & SITES

**NOS Social Media & Live Streaming**

Brought to you by **NOS National Online Safety**  
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

### What are they? Video Streaming Apps & Sites

Video streaming apps and sites can allow people to share activities and hobbies with others in real time or watch their favourite films and TV shows online. There are different types of video streaming services. Twitch is used for watching others play video games in real time; you can watch YouTube live and watch Netflix, Amazon Prime or Apple TV with friends and family. Video streaming has gained popularity in the last few years because there is a sense of community when watching with others and people can comment on videos and ask questions in real-time.

### Know the Risks

**Inappropriate videos**  
When watching on video streaming apps, it is difficult to filter the content that is out there. For instance, when a child is watching a YouTube video, they will get recommendations for other similar videos. The risk is even higher with videos which are live, as children could be watching inappropriate content in real time.

**Chatting with strangers**  
Video streaming apps or sites increase the risk of children communicating with strangers online. For example, most YouTube videos allow users to comment on the video. Whilst children could be watching something innocent, the comments section can be used by strangers to try and direct them towards private messaging.

**Binge-watching**  
Children can easily fall into 'binge-watching' on video streaming apps which can impact on sleep, mood and their ability to concentrate on other things. The autoplay function can make it difficult to find time for a break and often the recommended content is similar to what children are already watching based on the algorithms used.

**Screen addiction**  
In addition to binge-watching, most video streaming apps are available across all devices with an internet connection which can mean increased screen time. Popular apps, such as Netflix and Amazon Prime, have huge libraries of content which can mean hours of viewing time and potentially less time spent on learning, playing outdoors or interaction with friends and family.

### Safety Tips

**Check age-ratings** **13+**  
Ensure that children are at the right age to use the app. Most video streaming apps require users to be at least 13 years old. Be clear on what apps and sites children can use. Encourage them to never participate in online discussions that are offensive and never interact with strangers or people they don't trust.

**Change privacy settings**  
Check the privacy setting of children's app. Ensure that for whichever app they are using, the settings are set to private and disable comments if applicable. Furthermore, set screen time restrictions via the app or the device to limit children's use.

**Implement parental controls**  
Activate parental controls your child's devices and apps. This will prevent them from accessing content they shouldn't. For instance, on Netflix, create a kids profile. This way they will only be able to view videos appropriate for their age group. Likewise, use YouTube Kids over YouTube or apply restrictions and turn off features such as autoplay.

**Spend time on the app**  
Before allowing children to access a video streaming app, spend some time browsing through its content. Familiarise yourself with how it works, what content is available and what your child wants to watch. Check-in regularly and ask what they enjoy watching and how it makes them feel.

### Action & Support

**Report inappropriate content**  
If a child comes across inappropriate content or something that makes them feel uncomfortable on an app such as YouTube, you can report the content and the person who has uploaded the content to the platform. If a stranger is looking to engage with your child, block them and report them.

**Have an open and honest conversation**  
Adults can review the TV shows and films that have been watched many video streaming apps. If a child seems upset or shocked by something they have seen or if you are concerned about anything they've viewed, try to talk to them about it and have an open and honest conversation to help understand any concerns.

**Encourage other activities**  
If you think a child is spending too much time on a video streaming app, try to foster their interest in other activities or hobbies away from their device. Encourage them to get outdoors, play with friends, play board games or just simply spend more time together with you.

### Our Expert

**Parven Kaur**

Parven Kaur is social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks; a web resource that helps parents and children thrive in a digital world.

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

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Mr. Deville  
Assistant Headteacher in charge of Behaviour and Safeguarding