



Issue No 49
25 November 2022

**DATES FOR
2022/2023**

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

Year 11 Art Mock
Exam -
5th, 6th, 8th & 9th
December 2022

Parent Forum -
7th December 2022

All School Carol
Services -
13th, 14th & 15th
December 2022

Year 10 Mock
Interview Day -
18th January 2023

Celebration of Music -
6th March 2023

Careers Fayre Day -
8th March 2023

E-mail admin@millfield.lanacs.sch.uk
Website: www.millfield.lanacs.sch.uk
Twitter page @millfieldhighsc
#BeExceptional



Millfield MESSENGER

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Dear Parents and Carers

On Wednesday 16th November we welcomed back our Class of 2022 for their presentation evening; it was the best attended awards evening we can remember! This year, we made the evening even more special by formally setting up the sports hall and decorating both halls for this important event. We also enjoyed speeches from our former head boy and head girl, followed by everyone gathering for photos and refreshments in the main hall – it was a wonderful atmosphere of celebration, whilst recognising the upheaval this year group went through in Year 10, during the pandemic. It was fantastic to see them all and we wish each and every one of them every success in their bright futures.

On Tuesday 15th November, Miss Kilmartin took our superb dancers to the Winter Gardens, and they performed an incredibly moving piece representing Mo Farah and all he went through as a child refugee and as an athlete. Our dancers were absolutely incredible, and we are immensely proud of them and how they represented the school.

Dr Gorst ran a fantastic 'Spread the Word' challenge event whereby students had to collect as many new words as possible from staff. Over 200 students submitted entries after sourcing over 80 new words/vocabulary from staff. Prizes were awarded to students in each year group, top forms and best department for sharing their words. Well done to everyone who took part – it was a great effort!

Our Year 10 GCSE Food and Nutrition students enjoyed a 'Pasta making Masterclass' with our very own Vittoria; they all learned how to make *Orcecchiette* (little ears pasta).

And finally, our Year 11s have been gearing up to sit their mock exams; their behaviour in lessons and attitude to learning has been superb. We are incredibly proud of them, and they are a fantastic year group! I would also like to say thank you to all the parents/carers and students who attended our English Revision evening; the hall was packed, and the feedback was excellent – with everyone commenting how helpful the evening had been.

A reminder, if you are able to donate any stationery, toys or toiletries to the Team Millfield hamper/collection appeal that would be fantastic – every year we collect for families who may be struggling at Christmas, and this year we are conscious of the additional financial pressures everyone is going through – anything you can do to help will be much appreciated. Please send any donations in to school with your child.

We use Twitter to celebrate our students and remind parents of upcoming events, you can follow us at @millfieldhighsc.

Best wishes

N. Regan

Nicola Regan

Headteacher

Be Exceptional!

What's happening in Key Stage 3?

YEAR 8

Year 8 have been improving their learning behaviour in lessons, which is good to observe when I go to look at how they are getting on. They have also been receiving more high achievement slips, which shows how hard Year 8 are currently working. Keep up the amazing work!

Miss Miller-Cook - Progress Lead Year 8



YEAR 9

It was lovely to see so many Year 9 parents and carers at our recent **Progress Evening**; we hope that you had a good evening listening to how your son/daughter is getting on and what they need to do next to make further progress.

The Year 9 student council members have also been busy helping to wrap gifts for our **Christmas appeal** and we would like to thank you for your generosity in donating.

Mrs Clare - Progress Lead year 9



Reading across the curriculum Teachers' recommendations



Literacy also forms an integral part of the school curriculum. Departments across the school have mapped out opportunities for students to read academic texts which link to their subject area to give students the chance to deepen their subject knowledge whilst also giving them the opportunity to practice the discreet reading skills required to access a text.

Every week you will receive a 'recommended read' that will support students outside of their lessons. In the coming weeks you will see postcards delivered to you by email from Science, RE and history through Synergy. Keep an eye out for some fabulous recommendations from our teachers.

What's happening in Key Stage 4?

The past fortnight has been a busy one for KS4 students. We were really pleased to welcome back our Year 11 leavers to Certificate Evening on 16th November. Our current senior student team acquitted themselves admirably in giving speeches and introducing guests. We are very proud of them.

We had a visit from Rossall School during assembly and the students were informed of the opportunities available there along with the available scholarships. More information is available on their website.

In addition, we have also had an inspirational presentation from Cambridge University who spoke with a number of our Key Stage 4 students. I hope this has inspired some of our students to think about going to Cambridge or Oxford. We have a guest speaker from Oxford University coming in to speak to some of our KS4 students in January.

It was wonderful to see so many Year 11 students at the first "Supervised Study" of the year. This runs from 3pm - 5pm every Wednesday and is an opportunity for Year 11 students to continue their studies and revision after school in a supervised environment. Tea, coffee and biscuits are provided.

All our Key Stage 4 students are involved in mocks and other assessments at the moment and we wish them all the best. - *Miss Gower*

WORK EXPERIENCE

The dates for the Year 10 Work Experience will be
20th March – 31st March 2023

Please assist by talking to your child about work experience and supporting them with questions they may have.

**Self Placement Forms (Green Form) to be returned by
Thursday 1st December 2022.**

Work Experience Support Hub

Every Wednesday Lunchtime in A41

Students can receive advise, discuss work experience opportunities or make phone calls

Any problems, please send students to A50 to see me - Mrs Draper

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 practiced.

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

Congratulations go to the Year 7 students in history who were asked to complete a project about their favourite place in the UK and design a piece of work that convinced others to visit.

Examples of homeworking from the history department



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 contact the school.

Teaching and Learning Update

With revision weeks/mock exams taking place this Teaching and Learning update will give you revision tips as well as direct you to some useful websites/apps to support your son's/ daughter's revision.

One size doesn't fit all

Flash cards, past papers, mind maps etc. work for some but one size doesn't fit all. Find a revision technique that works for you. Try as many different techniques as possible and see which methods work best. Bear in mind that different revision techniques may be needed for different subjects. Starting your revision early gives you a better chance to find out which method(s) work for you.

Get organised!

Make a revision timetable to plan your sessions using a digital or paper diary. Avoid the temptation to jump straight into your revision without first making one. Making a plan does take time, but it will save you hours of figuring out what to revise each day. Include lots of detail in your plan like relevant readings or lesson notes. Block out time for socialising, exercising and other breaks. Stick to your timetable as best as you can.

Using technology to support Revision:

Seneca Learning - Seneca Learning is the U.K.'s most popular revision app for high school students with more than 2.5 million users in England alone. Seneca's mission is to reduce educational inequality by creating a free & effective learning resource that is accessible to all. There are over 500 free courses across 29 subjects available for high school students. Seneca is based on the most recent developments in cognitive science and reacts live to personalise your revision.

Gojimo - Access over 65,000 free revision questions for all major subjects, including English, Maths, Biology, Chemistry, Physics.

Kahoot - Create timed quizzes for key words or ideas. Kahoot can be used online or as an app so that students can work in teams or alone to get the correct answer. Also, Kahoot ghost allows students to try and beat their own scores! This is great to show progress from the start of a revision session compared to the end.

Class timetable - You can create an individual revision schedule for your subjects. The app syncs across all the devices you have. You can give people access to your schedule. Furthermore, when it's time for classes the app can automatically mute your mobile device.

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Student Council

The student council have been hard at work planning and preparing for the Christmas hamper appeal. They have planned a Christmas jingle, an advert to be shown in school and on social media, and they will be going around forms next week to promote the appeal. The student council will be requesting donations of toys, and other small Christmas presents, long-life food products and selection boxes. The student council would like to thank all people who donate and help to make someone's Christmas special this year.

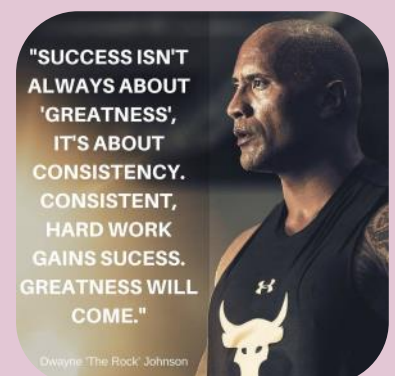
The student council have also been to introduce themselves to the Senior Leadership team and held a meeting discussing what they felt was good about school and also aspects which could be further developed. The student council were encouraged by the discussions stating it felt great that their opinions were being taken on board and changes will be being adopted in school. In the coming weeks leading up to Christmas, the student council team will be meeting the school mental health team and also be discussing the PSHE programme.

Year 8 Exceptional Awards and Year 9 Graduation

There has been a real buzz amongst Year 8 students in relation to the Exceptional Awards programme. Students have been eager to show off the fantastic work that they have been completing over half term to complete the tasks set out in the booklet.

The Year 9s have really embraced the Graduation Programme and have been making excellent progress. The work that has been created has been outstanding. One student has completed every challenge set in both half terms, others have been volunteering to litter pick around school, and we have had a massive increase in the number of students attending extracurricular activities across school.

It is never too late to engage in the Exceptional Awards and Graduation Programmes. These awards will run throughout the whole of the academic year. There is still plenty of opportunity for every student to be rewarded for their hard work and dedication.



HOT CHOCOLATE WITH THE HEADTEACHER

Oscar Atherton	8 R3 CCR
Delilah McMillan	8 B4 ELW
Hayden Humphreys	8 H4 TYE
Melissa Whitham	8 B3 LSM
Macey Taylor	8 B3 LSM



Be Exceptional!

All of the above students have been nominated by the History department for their excellent work in History



HISTORY

Be Exceptional!

HOT CHOCOLATE WITH THE HEADTEACHER

Alecia Atkinson	9 R5 SCN
Katie Croft	9 S5 CHY
Caillin Hornsby	11 B10 GLA
Archie Bowater	9 B5 CLO
Lauren Eastwood	9 H5 DJS
Aston Simpson	9 H5 DJS
Zack Hampson	9 S5 CHY



All of the above students have been nominated by the R.E. department for their excellent work in R.E.

The student below has been nominated by the science department for their excellent work in science.

Joseph Pook 9 BC



HAPPY TREE HUGGING!

Tree Week November 2022

National Tree Week is run by The Tree Council and is from 26th November to 4th December. Each year conservationists, tree lovers, and volunteer groups plant thousands of trees to celebrate the start of the tree planting season.

So how can you get involved?

- Celebrate trees by learning about their importance and take a walk in a nearby woodland.
- See if you can identify any trees in your local area.
- Share the campaign on social media
- Get planting trees and hedgerows with a local community group - maybe you have a spare place in your garden for a small tree.



Tower Woods, Cleveleys

The link below includes a tree planting guide and a link to local networks.

[National Tree Week - join the UK's largest tree celebration \(treecouncil.org.uk\)](https://www.treecouncil.org.uk)

- Donate to the Tree Council to help pay towards the planting of trees across the country.
- Join one of the podcast events being run by the Tree Council to learn more about trees and fungi.

Do you have a favourite tree in Thornton-Cleveleys? Take a photograph of it and share with us on Twitter (@MillfieldEco)

The oldest tree in the world?

An ancient 4,800-year old great basin bristlecone pine, the Methuselah Tree grows high in the White Mountains of eastern California.

Named after the Biblical figure that lived for 969 years, the Methuselah Tree grows in the Methuselah Grove, which is

in Inyo National Forest's "Forest of Ancients," where it is surrounded by other ancient trees. The exact location of the tree, though, is kept secret to protect it against vandalism.



Attendance

This continues to be exceptional – attendance at Millfield is currently 2.0% higher than the national average

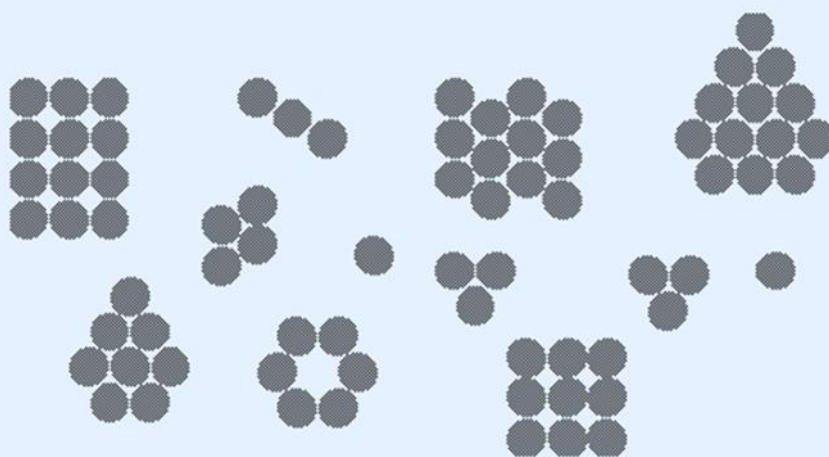
A+
Excellent!



Excellent attendance will be rewarded throughout the year and Activities Day in July will be for students who have outstanding attendance for the full year.

Deputy Headteacher's Maths Challenge

The Birthday Cake has all gone but there are twelve piles of Smarties left. Each pile is held together by icing so can't be split up. Most of the guests have gone, but Hungry Horace and his two friends want to share out the Smarties equally.

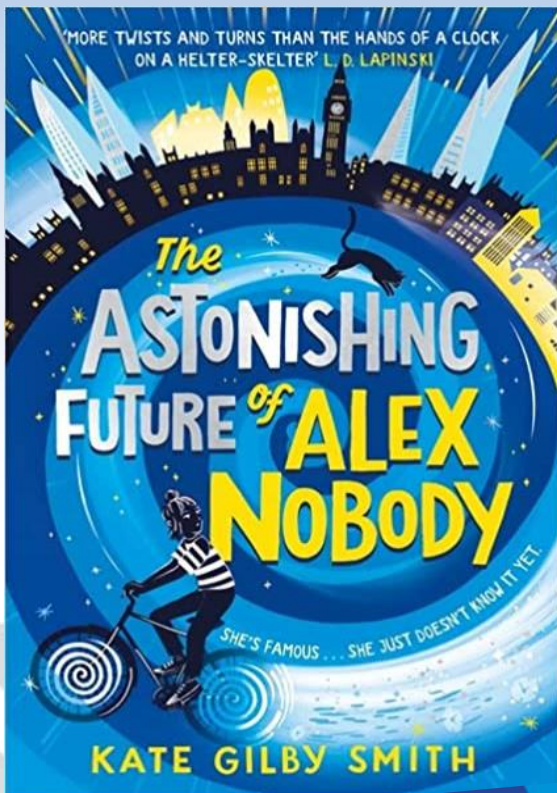


Can you draw around the piles so that everybody gets 25 Smarties each?

Please email your worked solution to Mr Humphreys - b.humphreys@millfield.lancs.sch.uk

Library Book of the week

This week's Library Book of the Week is 'The Astonishing Future of Alex Nobody' by Kate Gilby Smith. Packed with scientific and historical references, this time travel adventure teaches us about the value of friendship and being yourself.



Have you ever thought what it might be like if you were famous in the future? A brilliant adventure for fans of Ross Welford - a story about friendship, courage and embracing our talents even when they make us stand out.

On the day Alex was born, crowds surrounded the hospital. On her first day of school, people spied from the gates. And recently, strangers came to watch her perform in her school play ... as the llama.

But why? Alex has always been a nobody.

Then a mysterious boy named Jasper starts at school and he alone seems to know the answer. But before he can tell Alex, he disappears ... into the future. Can Alex brave traveling into the future to discover what's happened to him *and to unravel the secret of her own astonishing destiny ... before time runs out?*

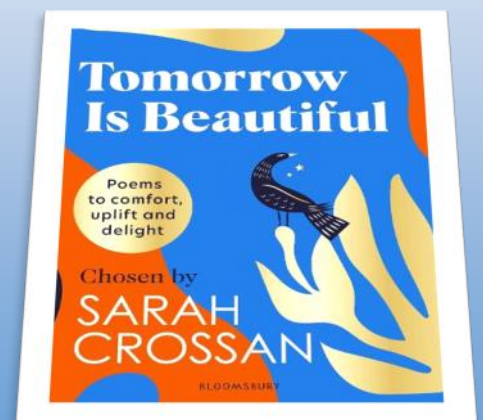
For fans of *Time Travelling with a Hamster*, a brilliant adventure about friendship, courage, time travel and embracing our talents, even when they make us stand out.

But when I read, I am completely alone. I have privacy from her and from everyone.

Sarah Crossan

This week's Library Book of the Week, 'Tomorrow is Beautiful' by Sarah Crossan is for anyone needing a bit of comfort as the colder, darker season sets in.

A mix of classic and contemporary poets, and poetry by Crossan herself, the book aims to help us to find light in dark times.



Uniform swap-Shop / Pre-loved Uniform

Due to the increasing living costs and our proactive approach to addressing the financial burden of uniform costs, we are proud of our newly opened "Uniform Swap Shop". We are encouraging all families and the local community to donate any unwanted uniform to school, which can then be re-used by others who are in need of specific items or whole uniforms. There is a drop off box at the front of school in reception for anybody wishing to donate. For anybody wishing to make the most of this cost saving initiative, please complete a request form which can be found in the main reception foyer or email your child's Progress Lead directly.



Year 7: Mr Greenall

r.greenall@millfield.lancs.sch.uk

Year 8: Miss Miller-Crook

g.miller-crook@millfield.lancs.sch.uk

Year 9: Mrs Clare

t.clare@millfield.lancs.sch.uk

Year 10: Mr Griffiths

k.griffiths@millfield.lancs.sch.uk

Year 11: Mrs Doran

c.doran@millfield.lancs.sch.uk

#DidYouKnow
if you try to say
the alphabet without
moving your lips
or tongue
every letter
will sound the same

**EDUCATION IS
WHAT REMAINS
AFTER ONE HAS
FORGOTTEN WHAT
ONE HAS LEARNED
IN SCHOOL.**

~ALBERT EINSTEIN



POLITE REMINDER:

For the safety of all of our students at the start and the end of the day can I remind parents who are dropping off and picking up by car not to drive too quickly down Belvedere Road and to be courteous of other road users when parking.

Many thanks for your understanding and support.

What Parents & Carers Need to Know about SETTING UP NEW DEVICES FOR CHILDREN

At Christmas, millions of lucky children will be excitedly ripping the wrapping off new phones, tablets, computers or consoles. However, in the rush to let young ones enjoy their shiny gadgets, many parents neglect to set these devices up safely – increasing the chances of children going online and stumbling across adult content, making expensive downloads or installing unsuitable apps. A little time configuring the device properly can save a lot of anguish later. Here are our top tips to ensure that a dream gift on Christmas morning doesn't turn into a nightmare by New Year.

PASSCODES FOR IPHONE/IPAD

If your child's getting their own iPhone or iPad, you can set parental controls that make it difficult for them to access inappropriate content or download expensive apps. Once the device is set up, go to the Settings app and tap Screen Time, then select Use Screen Time Passcode and enter a passcode. Keep it to yourself so your child can't switch the protection off.

SCREEN TIME SETTINGS ON IPHONE/IPAD

Once you've set a Screen Time Passcode, you can adjust various safety settings. You could, for example, only allow communication with people from the Contacts app, place restrictions on App Store purchases and apply age limits to movies, music and web content. There are many more protective options available within the Screen Time settings section.

FAMILY LINK FOR ANDROID

Parents can manage Android phones and tablets, as well as Google Chromebooks, through Google's Family Link app. This gives your child some independence (and their own Google account) but lets parents monitor which apps are being used, set limits on content and ensure that parental permission is required to install apps. Look for Family Link in the Google Play Store.

ADD A CHILD TO FAMILY LINK

The easiest way to add a child's device to Family Link is to set it up with its own Google account. It's a good idea to create this before they use their new phone, tablet or Chromebook. Once they're logged in, open the Family Link app on your phone, press '+' in the top right and add a new family member using their Google account details. Then follow the on-screen instructions.

FAMILY SHARING ON A MAC

Families using a Mac get similar screen time options to iPhone and iPad users. Again, if you're setting up a Mac for a child, make yourself the main admin and add them as a user. This is handled through Apple's Family Sharing service, which not only allows you to put controls on child accounts but share apps and other purchases with them too. Search 'family sharing' at <https://support.apple.com>.

PLAYSTATION PARENTAL CONTROLS

With parental controls for the PS5, you'll need a PlayStation Network account (as the 'family manager') and the child will need their own account, which they should sign in with on the console. This all needs to be set up in advance, so you might want to do it before the big day. Go to PlayStation.com and search 'family account' for instructions.

DISCUSS IT WITH YOUR CHILD

If you're planning to implement any kind of restriction or protection settings on your child's new device, we'd recommend having a discussion with your young one first about what these controls do, and what they are for. If you try to impose parental controls surreptitiously or with no advance warning, don't be surprised if your child tries to find a way around them.

SET AN ADMIN ON PCS

On Windows PCs and laptops, it's important not to let your child share a general user account or be the main admin on the device. If you're booting up a new family PC or a child's own device, set it up using your own account details and you'll become the admin by default. Then set up children with their own separate account: Settings > Accounts > Family & Other Users > Add Other User.

SET WINDOWS LIMITS

Once your child's account has been created, a parent admin can go back into the Family & Other Users menu and apply limits to it. These include restricting screen time, the type of games and apps that can be installed, web filters and more. Microsoft also includes reporting tools which, for example, can email you with a weekly summary of your child's activity on the device.

TREAT AN XBOX LIKE A PC

The same control settings you use for a PC can be used to apply parental controls on an Xbox. Again, once your child is signed into the Xbox with their own account, you can then monitor and regulate their activity from a PC or web browser. Microsoft's dashboard allows you to manage voice communication through the console, so you can limit who can contact your child, for example.

INSTALL XBOX FAMILY SETTINGS

If you don't have a PC, but your child does have an Xbox, it might be easier to use the Xbox Family Settings app for iPhone or Android. Here, you can restrict console screen time (particularly handy if the console is in a bedroom), restrict communication and monitor the types of game being played. There's also a feature where you can allocate spending money for games or in-game purchases.

STAY VIGILANT

It's important to remember that none of these methods is 100% foolproof. Nobody will ever invent flawless filters or parental controls – not least because what's unacceptable to some parents is perfectly acceptable to others. So although devices' parental controls will help to keep your child safe online, they work best side by side with good old-fashioned parental vigilance.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and *ITV News at Ten*. He has two children and writes regularly about internet safety issues.



NOS National Online Safety®
#WakeUpWednesday