



Issue No 51
13 January 2023

**DATES FOR
2022/2023**

Year 10 Mock
Interview Day -
18th January 2023

Year 11 Progress
Evening 25th January

Musical - Primary
matinee and 7pm
performance
7th February 2023

Musical - 7pm
performance
8th February 2023

Close for half term
10th February 2023

School reopens
20th February 2023

Celebration of Music -
Winter Gardens 6:30
6th March 2023

Careers Fayre Day -
8th March 2023

March Mocks - Yr11
Core Subjects
13-17th March 2023

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



Millfield MESSENGER

Belvedere Road, Thornton Cleveleys, FY5 5DG

Telephone 01253 865929



Dear Parents and Carers

Happy new year! I hope that you have had a peaceful and restful Christmas with your families.

Thank you once again for your kind donations of food, toiletries and toys for our hamper appeal. Mrs Clare also received donations from local businesses, such as hair cut vouchers from hairdressers and the difference you have made to our families was incredible.

The new year has started exceptionally well: there has been a real buzz around school – students happy to be back learning and enjoying social time and clubs with their friends.

I began the new year with a slightly different theme to my assembly this year: rather than thinking about our new year's resolutions (which can, unfortunately, fall by the wayside after a few weeks!), I reminded students about The Millfield Way. I discussed with them our expectations: working together as a team; being polite and mannerly and wearing the Millfield uniform with pride. We are Team Millfield, and we are proud of who we are.

Our languages department is going from strength to strength, this includes the fantastic extracurricular opportunities available, Welsh Club now has 13 students and we are really excited to welcome back our Mandarin teachers, who will begin teaching, after school every Tuesday, from 24th January.

A special mention must go to Maddie Gilby in Year 11. Maddie recently auditioned for Laine Theatre Arts college in London and has been offered a place to study there. It is probably one of the most difficult Performing Arts colleges in the UK to get into; this is a huge achievement and is a result of her talent, hard work and determination. Well done Maddie!

Thank you for the email comments regarding the proposed changes to the school day in September. If we do go ahead with the change, I shall write to you all in February to give you an update and plenty of notice.

Don't forget, 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!



KEY STAGE 3 UPDATE

Happy New Year!

I hope you all had a lovely Christmas break and are now ready to return to routine.

Student council are busy organising lots of events for the rest of the year, the graduation programmes are ongoing and lots of extra curricular activities are going on around school.

With year 9 choosing GCSE option subjects this year we are starting the process by having local colleges in taking assemblies and career interviews have also begun. Let's keep our attendance up, expectations high and have another good term.

Mrs Clare - year 9 Progress Lead

KEY STAGE 4 UPDATE

Happy New Year!

It has been great to see KS4 students return to school after Christmas with such a positive attitude. Year 10 have an exciting half term ahead with visitors in assembly from Blackpool and the Fylde College and Blackpool Sixth Form. They also have mock interview day on January 18th and all the preparation for work experience.

On 11th January, Year 11 students received their mock results and will shortly receive their reports. These and the upcoming Progress Evening should focus students' attention on exactly which aspects of revision they should be focussing on. Students should now be busy revising for the exams in the summer. They will be receiving lots of guidance from their teachers about the areas that they need to revise and tasks which will support that revision. They are also following a revision techniques programme during form time and Supervised Study runs every Wednesday from 2.50 – 5pm. This is an opportunity for students to spend time revising in school, supervised and supported by a member of staff.

I would also like to remind everyone how vitally important good attendance is, particularly for Year 11 at this stage of their school career. If a student is absent, they should make every effort to catch up any work they have missed.

One further reminder is that Year 11 students should now all have applied to college. Please let us know if any support is required with this.

I believe that the coming term will be a very positive one for KS4 students.

Miss Gower

Head of Key Stage 4



WELCOME BACK TO YEAR 10

A warm welcome back and I hope you all have an enjoyable break over the festive season.

January is an exciting time for year 10 as we have our mock interviews. These are taking place on Wednesday 18th January. We will be joined by industry experts from Victrex, H.S.B.C, Virgin Money to name a few.

Year 10 students should see this as an opportunity to practice highlighting all the good qualities they have, as they are all amazing!

Mr. Griffiths - Year 10 progress Lead

Language Ambassadors Required

If you would like to develop your leadership skills, support the MFL department and its staff, and support your peers, then fill in an application form to become a Language Ambassador.

Why be a language ambassador?

- ⇒ It develops your leadership skills
- ⇒ You will have the opportunity to lead on new projects or initiatives
- ⇒ You will represent your school community in front of visitors, your peers and your teachers
- ⇒ It gives you a sense of achievement by supporting others
- ⇒ It looks good on your CV, application forms, prefect or college interviews



We are looking forward to hearing your fresh and exciting ideas for the MFL department!

Application forms can be collected from any MFL teacher and the deadline for submission is January 27th 2023

Basic Mandarin Greetings

- Hello: 你好 – nǐ hǎo
- I am: 我是 – wǒ shì
- How are you?: 你好吗 – nǐ hǎo ma
- I'm good thanks: 我很好的谢谢 – wǒ hěn hǎo xiè xiè
- Nice to meet you: 很高兴认识你 – hěn gāo xìng rèn shi nǐ
- My name is: 我叫 – wǒ jiào

Mandarin Club

Mandarin Club is from 3 - 4pm
every Tuesday beginning
24th January 2023

It is held in B1 and is free to
all students

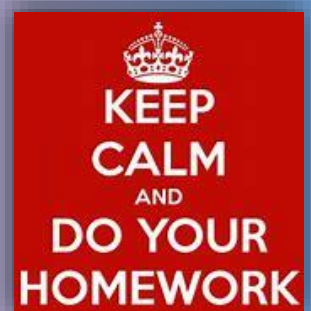
Home -Learning - why is it important?

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.

Delilah McMillan's (Year 8) History project - The Tudors



Delilah went the extra mile by creating a cardboard display with a huge Tudor Rose, a very detailed drawing of the Mary Rose warship, a copy of Anne Boleyn's iconic 'B' necklace, picture frames to discuss famous portraits and much more.



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: -

Gary Wood - Lead Practitioner of Teaching and Learning (Technology).

We have now used Sparx for a whole term and we have seen huge success achieved!

**Sparx™
Learning** 

Well done to the following students who have won 'Sparx Home Learners' for the Autumn Term:

Year 7: Sophie M & Ruby D

Year 8: Chloe H & Sophie S

Year 9: Layla T & Lauren E

Year 10: Chloe C & Olivia C

Year 11: Gracie B & Carys R



A huge THANK YOU for your comments at the parent forum. Here is the link to a short video that explains why and how we use Sparx: [https://f.hubspotusercontent30.net/hubfs/5530880/KB Resources Summer 2021/Parent video_v2.mp4](https://f.hubspotusercontent30.net/hubfs/5530880/KB_Resources_Summer_2021/Parent_video_v2.mp4)

If you have any further questions at all, please don't hesitate to contact Mrs Hall at: k.watkinson@millfield.lancs.sch.uk

HOT CHOCOLATE WITH THE HEADTEACHER

Alex Greaves	8 R3 CCR
Bobby Walsh	8 S3 PTY
Kian Forsyth	8 B4 ELW
Broghan Quaggan	8 B4 ELW
Dylan Terras	8 S4 CMC
Leo Robinson	8 S4 CMCL



All of the above students have been nominated by the ICT department for their excellent work in ICT - 9th December 2022

Work Experience Support Hub

Every Wednesday Lunchtime in A41

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

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

Student Council

This term the student council are going to be looking at ways that, as a school, we can encourage positive mental health for our students and staff. The student council are planning to update their school notice board to provide information on what support is available in school, and posters will be displayed in every classroom.

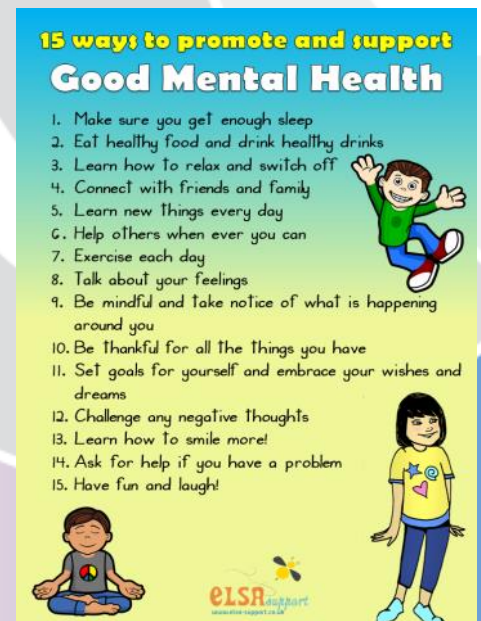
They will also be hosting assemblies in school and providing ways in which students can help themselves.

Most of the strategies that promote positive mental health and well-being in children are the same as they are for adults, for example:

- Healthy eating
- Physical activity
- Mindfulness
- Knowing the triggers for mental health difficulties
- Avoiding alcohol and drugs
- Sleeping well
- Improving self-esteem
- Sharing problems

However, some are particularly useful for children, and these include:

- Enabling them to play
- Setting appropriate boundaries and sticking to them
- Enabling independence



Year 8 Exceptional Awards and Year 9 Graduation

The aim of this unique programme is to give Key Stage 3 its own identity and to encourage our students to become exceptional by the end of their first three years at Team Millfield. The awards are an opportunity to celebrate and acknowledge students' achievements, but also to mark the next step in their educational journey.

In Key Stage 4 there is a shift in emphasis and maturity towards their studies and ways of learning.

The **Exceptional Awards** is one method we use to prepare them for this. At Team Millfield we encourage parent(s)/carer (s) to look at the booklet with their child and encourage them in their endeavours. The booklet can be found on the school website.

The starting date for the programme was the 26th September 2022, and all tasks and accompanying data needs to be completed by May half term i.e. Friday 26th May 2023. Students need to be attending school, completing tasks, attending extra-curricular clubs, and having a positive attitude to learning in school. Students will be scored on the four areas in the diagram to achieve their final grade.

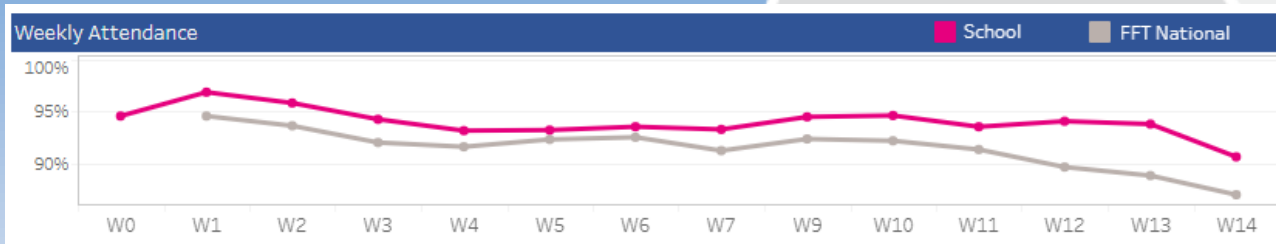
We will be looking to hold the year 9 Graduation Evening in the summer term and an internal assembly for the Year 8s. The Millfield party day and trip will be at the start of July., with the dates to be confirmed



Please contact Mr Smith if you require any further information or have any questions.

Attendance

This continues to be exceptional – attendance at Millfield in the Autumn term was 2.5% higher than the national average:



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.

Back to school advice from the UK Health Security Agency

There has recently been a press release about returning to school in the spring term amid high levels of flu, Covid-19 and scarlet fever. The advice given states:

Following simple steps can help protect children, minimise the spread of illness in education and childcare settings and protect wider communities.

Flu and coronavirus (COVID-19) are currently circulating at high levels and are likely to continue to increase in coming weeks. High numbers of scarlet fever, which is caused by group A streptococcus, also continue to be reported.

Professor Susan Hopkins, Chief Medical Adviser at the UK Health Security Agency (UKHSA), said:

It's important to minimise the spread of infection in schools and other education and childcare settings as much as possible. If your child is unwell and has a fever, they should stay home from school or nursery until they feel better, and the fever has resolved.

Helping children to learn about the importance of good hand hygiene is also key, so practice regular handwashing at home with soap and warm water. Catching coughs and sneezes in tissues then binning them is another simple way to help stop illness from spreading.

If your child feels unwell and you are unsure what to do, please get in contact with Miss Hale, our Attendance Manager, who will give you some useful advice.



HOT CHOCOLATE WITH THE HEADTEACHER

Harrison Prince	9 S5 CHY
Harriet Hutchinson	9 R5 SCN
Tyler Freeman	9 B6 CGO
Emily Ford	9 H5 DJS
Isaac Allen	9 R6 CHH



Be Exceptional

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

Teaching and Learning Update – Retrieval Practice

Retrieval practice is one of the core aspects of teaching and learning here at Millfield. Retrieval practice refers to the act of recalling learned information from memory without prompts or support. Every time that information is retrieved, it changes the original memory to make it stronger. Kate Jones, an expert on retrieval practice, explains how the process cements learned information in the long-term memory, making it easier to retrieve in the future. Professor of psychology, Robert Bjork says ‘using your memory shapes your memory’. Retrieval practice is a powerful learning tool which our students will encounter in most of their lessons every day with activities such as a ‘daily review’, ‘last lesson, last week, last month’ or ‘flashback Friday’.

Retrieval Practice
KATE JONES

The act of recalling learned information from memory (with little or no support) and every time that information is retrieved, or an answer is generated, it changes the original memory to make it **STRONGER!**

THE MULTI-STORE MODEL OF MEMORY BY ATKINSON & SHIFFRIN (1968)

Peterson & Peterson (1959)
→ Almost all information stored in short-term memory that is not rehearsed is lost within 18 to 30 seconds!

‘Using your memory shapes your memory’

RETRIEVAL STORAGE
→ how well information is embedded in long-term memory

RETRIEVAL STRENGTH
→ how easily a piece of information can be brought to mind when required

Learning = a change in long-term memory
‘if nothing has changed nothing has been learned’

Meaningful learning is about producing organised, coherent and integrated mental models that allow people to make inferences and apply their knowledge. (Karpicke, J. 2012)

THE BENEFITS:

- 1 Retrieval practice aids later retention “every time you retrieve a memory it becomes deeper, stronger and easier to access in the future”
- 2 Testing identifies gaps in knowledge
- 3 Testing causes students to learn more from the next learning episode
- 4 Testing produces better organisation of knowledge
- 5 Testing improves transfer of knowledge to new contexts
- 6 Facilitates retrieval of material that wasn't tested
- 7 Improves metacognition
- 8 Prevents interference from previous material when learning new content
- 9 Provides valuable feedback to teachers
- 10 Regular testing encourages students to study more

Continual review of learning and revision is incredibly important for all students and retrieval practice should play a big part in this. After mock exams, Year 11 students may now wish to hone their revision skills ready for their GCSE exams; students in other year groups may want to prepare for upcoming assessments, or simply wish to consolidate their learning. At home, parents and carers can support students with retrieval practice simply by having conversations. Questions like ‘What new vocabulary have you learned at school this week?’ or ‘Can you tell me three things you learned today in science?’ encourage students to retrieve information effectively.

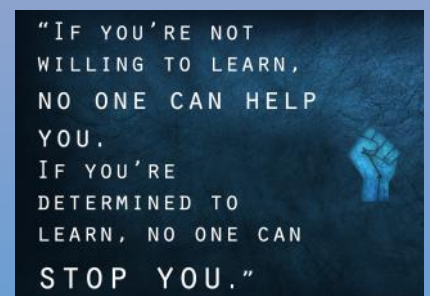
The following 3 strategies are really successful ways to support information retrieval and to embed learning at home.

Teach Me - Ask your child to teach you about a topic that they have been studying in one of their lessons. This will encourage them to recall key information and they will need to have an in-depth understanding of a topic in order to explain it clearly to you! If they struggle to explain, they can return to the topic and check their learning.

Brain Dump – Ask your child to write down literally everything they can remember from a lesson or a topic. Once they have exhausted their ideas, they can check missed information by comparing their ideas to their exercise books.

Cartoon or Comic Strips – If your child is creative, they may enjoy creating a cartoon strip to describe a particular process, or to explain an event. The limited number of words will force students to really consider the important facts and to make links.

There are, of course, hundreds of ways to retrieve information. If you would like to find out more about retrieval practice here at Millfield, or how you can encourage retrieval practice at home, please don't hesitate to contact the teaching and learning team who will be happy to discuss this with you.



RSPB Big Garden Bird Watch



What will you see?

The Big Garden Bird Watch runs from 27-29th January, and anyone can take part (you do not need to be a member of the RSPB). All you need to do to take part is count birds in your garden, from your balcony, or in public areas, areas such as parks.

Bird numbers are worryingly decreasing, especially songbirds, so it is important to keep a track of their populations and monitor how they are doing.

To take part, visit <https://www.rspb.org.uk/get-involved/activities/birdwatch/> and click "sign up to take part" at the bottom of the page.

There are things you can also do to help increase bird populations. One issue is with pet cats (I have three myself). As we all know, cats are natural hunters of birds. If your cat is an outdoor pet, make sure it has a bell on its collar to alert birds. Food sources are also declining for birds, especially as more hedgerows are being removed and lawns are being replaced with plastic grass or paving stones. Bird feeders are available in a lot of stores, but you can easily make one yourself

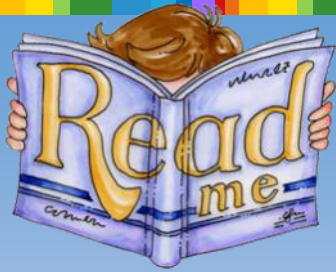
with an empty toilet roll tube, filled with a mixture of birdseed and lard. You can then hang it up with some natural wool on branches, fences, and pagodas. Increasing insect numbers in our garden can also help increase food supply for birds. Insect attracting plants, such as fruit bushes (which also supply food for birds themselves), buddleia, lavender and brassicas can be a useful addition to the garden

For more information on how to help our local bird populations, visit

<https://www.rspb.org.uk/birds-and-wildlife/advice/how-you-can-help-birds/>



If you do spot any birds, let us know on Twitter (@MillfieldEco) and if you aren't sure of the species, feel free to post a photograph and we will help you identify it.



Recommended Reads

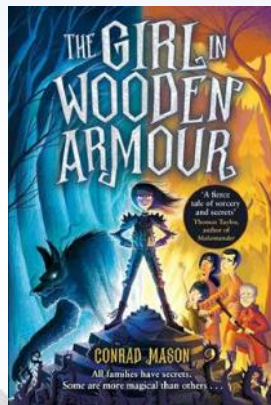
This fortnight's two 'Library Book of the Week' are:

'The Girl in Wooden Armour' by Conrad Mason

Hattie knows her grandmother Dee is quite eccentric. But even after receiving a cryptic note from her, asking the family to visit, when Hattie arrives in the town of Brokewood, the last thing she expects to discover is a magical legacy she knew nothing about, and that Brokewood shares an otherworldly border with a nightmare world called the Un Forest.

A deadly creature has slipped through from the Un Forest and stolen Dee away. It's searching for something and soon Hattie will become its target. But all this monster and magic stuff is new to Hattie, and she's got a bunch of other things to deal with too, like her mum's death, and her dad's surprise new girlfriend turning up 'to get to know her'.

Fantasy and horror combine in this edge-of-your-seat tale that is at times quite scary. There are lots of twists and turns, and the action-adventure side of the story is balanced by the very human and emotional themes of grief and change. As the various pieces of the puzzle of Hattie's family history, and of Brokewood itself, are revealed, it's up to Hattie to find the truth behind a tragic event that took place here six years ago, and prevent a terrifying monster from gaining power.



and 'Lu' by Jason Reynolds

Athletics star Lu is generally pretty sure of himself – who he is and what he's good at. But there's suddenly a lot of change in his life. The big end-of-season championships are looming; his parents have dropped the bombshell that they're having another kid; Coach has got him running hurdles but, after an embarrassing fall, he doesn't seem able to jump them anymore; and as some new things about his dad's past are revealed, Lu's faced with a lot of questions.

An incredibly real and relatable character, Lu is trying to figure out how to be himself as well as how to fit in. He's got a good home but a lot of the families around him face lots of disadvantages, and his dad's history – that he's now trying to atone for – casts a shadow.

Meanwhile, though the athletics team is like a family, like all families, not everyone always gets along. As Lu tries to find his pace again, can he get his head around



the line between right and wrong, how easy (or not) it is to fix mistakes, and what being cool really means?

Although it's the fourth title in the 'Run' series, *Lu* can be read as a standalone story. It's an accessible story in a down-to-earth urban setting about the importance of taking that leap and believing in yourself.

Deputy Headteacher's Maths Challenge - Hourglass Puzzle

An eccentric professor used a unique way to measure time for a test lasting 15 minutes.

He used just two hourglasses. One measured 7 minutes and the other 11 minutes.

During the whole time he turned the hourglasses only 3 times.

How did he measure the 15 minutes?



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

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

Spring Term

Open	Tuesday	3 rd January 2023
Close	Friday	10 th February 2023
Open	Monday	20 th February 2023
Close	Friday	31 st March 2023

Summer Term

Open	Monday	17 th April 2023
Close	Friday	28 th April 2023
Open	Tuesday	2 nd May 2023
Close	Friday	5 th May 2023
Open	Tuesday	9 th May 2023
Close	Friday	26 th May 2023
Open	Monday	5 th June 2023
Close	Wednesday	19 th July 2023

TERM DATES



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.

LOST PROPERTY

Please remember to label all clothing and equipment/ supplies, as this enables us to return any misplaced or lost items to their owners.

We have a number of items of clothing in Reception with no name in. If you think you have mislaid something in school, please feel free to ask if we have it

Many thanks for your help,

Reception Team

What Parents & Carers Need to Know about



YUBO

AGE LIMIT

13+

Under-17s must have parental permission to create an account

Yubo is a social networking platform where users can chat and livestream with up to 10 friends at once. People can connect with others based on location, with a Tinder-style 'swiping' mechanism to accept or reject someone based on their profile pictures. The app has approximately 50 million users worldwide – but despite its popularity, Yubo has not been free from controversy. While the app claims to monitor inappropriate content, a newspaper investigation in early 2022 found young users being exposed to sexual harassment, racism, bullying and conversations with adult themes.

WHAT ARE THE RISKS?

FLIMSAY AGE GATES

Yubo states it is only for over 13s, but there is no credible age-gate to prevent an even younger child joining the platform. An undercover journalist investigating dangerous content reported spending 10 days posing as a 15-year-old on the app without any age verification. This flaw, and the fact that it's impossible to verify a user's true identity on Yubo, raises serious concerns over potential grooming.

INAPPROPRIATE CONTENT

Yubo has experienced problems with inappropriate content being displayed to children and teens. Although the app's developers claim to monitor profiles and messages for adult-themed or unsuitable material, a *Sunday Times* investigation found young users being exposed to sexual harassment, racism and bullying, with many chats referencing self-harm, suicide and drug use.

LIVESTREAM RISKS

Due to Yubo's lax age verification, children are able to launch live video streams which strangers can then view and interact with via real-time text chat. Not only is the thought of strangers watching children's livestreams extremely worrying (they could also use these as a means to establish the child's location) but text chats might result in a young person disclosing personal information.

ON AIR

BULLYING POTENTIAL

Yubo users 'swipe' to accept or decline the chance to talk with each other. These decisions are entirely based on someone's profile picture, raising the potential for children to be left with low self-esteem if declined repeatedly. Negative feedback about their appearance can seriously damage a child's emotional wellbeing, causing a loss of confidence in how they look or how interesting they are.

EXTENSIVE ACCESS

Users of Yubo, no matter what their age, are required to grant access to their device's microphone and GPS. This means they are potentially revealing highly sensitive information, including their exact location. In addition, new users of the app are asked to provide personal details such as their name, date of birth and phone number, which – in the case of young people – represents a clear risk.

'GATEWAY' EFFECT

Yubo's swiping system (right for 'yes'; left for 'no') works much like Tinder and various other dating apps. This could lead to children exploring similarly designed apps that aren't intended for a young audience. Users can also link their Yubo account to social media such as Snapchat and Instagram, making it easier for a stranger to track them down on various platforms.

Advice for Parents & Carers

DISCOURAGE USE

We don't often advise totally avoiding an app, but due to the concerns that Yubo has generated of late (the February 2022 *Sunday Times* exposé and a recent abduction case in which the alleged perpetrator met a teenage girl through the app) and the fact that inappropriate content has been proved to be circulating on the platform, you may decide that the safest option is to dissuade your child from downloading it altogether.

STAY AWARE

It's important to stay attuned to how your child is using social media. If they only access Yubo in private, for example, you might reasonably question what they're potentially using it for. It's also important to watch for warning signs that they may be over-using the app: prioritising it over everyday routines like meals and homework, for instance, or showing signs of irritability and a lack of concentration.

DISCUSS IN ADVANCE

If your child is absolutely determined to join Yubo (perhaps their friends all use the platform, for instance), then it's essential to talk to them about the dangers of this type of app *before* they install it. It's vital they understand not to disclose personal information to people they don't know, for example, and that they're warned about the type of mature content they may be exposed to on the app.

ALTER THE SETTINGS

After the recent high-profile controversies surrounding the app, Yubo's developers have increased its security controls. Users can now choose to block profiles, screen out nudity in live streams and keep their location private. There's also an option to report inappropriate content, so make sure your child knows that they can now flag up anything they find disturbing via the app's Safety Centre.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



LOCATIONS



National Online Safety®

#WakeUpWednesday