

Issue No 58  
12th May 2023



**Progress Evening  
Year 8**

17th May 2023

**Reports - Year 9**

22nd May 2023

**Year 11 Leavers'  
Assembly / Day**

26th May 2023

**School Closes**

26th May 2023

**School Reopens**

5th June 2023

**Reports - Year 9**

22nd May 2023

**Graduation Evening  
Year 9**

21st June 2023

**Reports - Year 7**

3rd July 2023

**Reports - Year 10**

10th July 2023

**Party Day**

**Years 8 and 9**

13th July 2023

**End of School Year**

19th July 2023

E-mail [admin@millfield.lanacs.sch.uk](mailto:admin@millfield.lanacs.sch.uk)

Website: [www.millfield.lanacs.sch.uk](http://www.millfield.lanacs.sch.uk)

Twitter page @millfieldhighsc  
#BeExceptional



# Millfield MESSENGER

Belvedere Road, Thornton Cleveleys, FY5 5DG

Telephone 01253 865929



Dear Parents and Carers,

We have celebrated the King's Coronation in style: lots of bunting and flags, a 'visit' from King Charles and Camilla (well, life-size cut outs in reception!). Students have been learning about the Coronation in PSHE, chocolates were given out to all students on the gate on Friday and of course a delicious British menu was served in our canteens by our kitchen staff!

On the theme of Royalty, last year on June 13th 2022, we planted two cherry trees at the front of school for the national 'Plant a Tree for the Jubilee' campaign. Despite being planted in a very open spot and being very young trees, our beautiful *Prunus Cerasifera* 'Princess' tree came into its first white blossom before Easter and the stunning *Prunus* 'Kanzan' tree, came into its first pink blossom in the last week of April. They do look beautiful at the front of school – a big improvement on the old flag poles!

Even though our transition is superb, we are taking it to the next level, and I am excited to announce the launch of our application pack for our students to apply for the prestigious new role of Transition Ambassadors! These Ambassadors will be role models for our new Year 7s joining us in September. They will be a point of contact and a friendly face, answering our newest students' questions; visit local primary schools with me and Mr Smith; be attached to a form; be available to answer questions on our Welcome Evening and meet and greet Year 6 students and show them around school on our Year 6 Welcome Day and Open Evening.

Planning for the Duke of Edinburgh scheme has started; it's been a number of years since we last ran this, and we have a very excited cohort of Year 10s who have signed up to complete it. Our first training session has already begun with twenty of our Year 10 students. The Operations Officer from Duke of Edinburgh Northwest gave a talk and got the students set up on eDofE, which was very exciting.

The work on our new artificial pitch on the back field is well underway - it will be utilised for sport in lessons, at lunch times and after school. Students (and staff!) can't wait for its completion. A huge thank you goes to our Business Manager, Mrs Mountford, for all her time and hard work in the planning and organisation of such a huge, important addition to our school, which will be of huge benefit to our students! On the note of sport, well done to all our sports teams and all the students coming along and joining in with team games after school – great commitment to our school.

Follow us on Twitter, the only whole-school media we use, where we celebrate our students and you will find reminders of upcoming events. You can follow us at [@millfieldhighsc](https://twitter.com/millfieldhighsc). Best wishes

*N. Regan*

Nicola Regan

Headteacher

**Be Exceptional!**

"Plant a Tree for the Jubilee" 13th June 2022



Prunus 'Kansan' tree, one year later!



DID YOU KNOW?

Trees release chemicals that can make us happier

It's been proven that just looking at trees can make us feel happier, less stressed and more creative. That's partly because they release chemicals called phytoncides. Research has shown that when we breathe them in, it can have amazing effects, reducing blood pressure, lowering anxiety levels and increasing pain threshold – and they can even boost our levels of anti-cancer proteins!

Originating in Japan, forest bathing (also called Shinrin-yoku) is becoming hugely popular. This is a practice that involves doing mindful walks in forests, to soak up the relaxing vibes. It's thought that doing something as simple as immersing yourself in the calming atmosphere of a forest can have major benefits for mental wellbeing.

Find out more about the practice of forest bathing, and its incredible impact on our physical and mental health in this relaxing virtual forest bathing meditation video with [Sounds of the Forest](#). It's not only trees that make us feel happier.

Find out [how to create an eco-friendly, sustainable garden](#) and get happy in your own back yard.

# PASTORAL UPDATES

## Mr Griffiths - Year 10 Progress Lead

Congratulations to the Year 10 students who have been selected as next year's prefect team! It was also great to see so many applications for the Duke of Edinburgh Award Scheme - it will be a fantastic programme for all involved.



## Mrs Doran - Year 11 Progress Lead

Dear Year 11 students,  
As your exams approach, I wanted to take a moment to wish you the best of luck. You have worked hard to get to this point, and I have no doubt that you will do your best in your exams. Remember to stay focused, take breaks when you need them, and believe in yourself. You've got this! Whatever your results may be, always remember that they do not define you, and that you have a bright future ahead of you. Good luck, and go and smash those exams!

Mrs Doran

### Important reminder for Year 11

If you have a school laptop on loan, it will need to be returned to the school office AFTER your last exam. Please label it with your name and "for the attention of Mrs Fawcett".

Thank you.

PLACES ARE STILL AVAILABLE - CONTACT THE TEACHERS RUNNING EACH COURSE FOR MORE INFORMATION

Year 7 - Summer Term  
ALL SESSIONS RUN FROM 3-4 PM

| Week beginning | Tuesday  | Wednesday   | Thursday  |
|----------------|--|---|---|
| 17/04/23       |  |   | English: Writing song lyrics or a rap. (12 students)<br>J4 ACO      |
| 24/04/23       | PSHE: First aid training (max 24 students)<br>RYS Hall |   |   |
| 1/05/23        |  | Maths: Fractal Geometry<br>BHU A41  |   |
| 8/05/23        |  | Spanish - Ordering in a restaurant / understanding a recipe in Spanish.<br>SCR B4 |   |
| 15/05/23       | Food/Spanish: Practical (max 20 students)<br>CPN A24   |   |   |
| 22/05/23       | DT Sketchup tutorial<br>SCN A27                        | Music Samba and Structure<br>CHH A19  | History Archaeology finds with a guest speaker.<br>GHI F8           |
| 5/06/23        | Drama Acting for Camera<br>Drama studio                |   | Computer Science - Make your own Pacman game in scratch.<br>PTY A26 |
| 26/06/23       |  | Geography - Decision Making Exercise<br>ERO F1                                    |   |
| 3/07/23        |  | Science Forensics<br>DBO CS (max. 20 students)                                    |   |
| 10/07/23       | Art Working with Clay<br>JPT A23                       |   |   |

Year 8 - Summer Term  
ALL SESSIONS RUN FROM 3-4PM

| Week beginning | Monday | Tuesday   | Wednesday   | Thursday  | Friday                           |
|----------------|--------|---|---|---|----------------------------------|
| 24/04/23       |        |   | PSHE: First aid training (max. 24 students)<br>Hall RYS                     |   |                                  |
| 15/05/23       |        | Spanish: Understanding a Spanish recipe / ordering in a restaurant.<br>SCR B4   | French: Understanding a French recipe / ordering in a restaurant.<br>SCR B4 | Food: Spanish/French practical (max 20 pupils)<br>CPN A24         |                                  |
| 22/05/23       |        | English: Detective fiction - are you a super sleuth?<br>(12 students)<br>BBL J6 |   | Technology Sketchup tutorial<br>SCN A26                           |                                  |
| 5/06/23        |        |   | Music Samba and Rhythm<br>CHH A19   | History Archaeology finds with a guest speaker.<br>GHI F8         |                                  |
| 12/06/23       |        | Drama Acting for Camera<br>Drama Studio   |   | Computer Science Make your own Pacman game in scratch.<br>PTY A26 |                                  |
| 3/07/23        |        | Maths Can you catch a fiver?<br>KHA H8  | Geography Decision Making Exercise<br>ERO F1                                |   |                                  |
| 10/07/23       |        |   | Science Medical master class<br>DSS C4 (max. 20 students)                   |   | Art Working with clay<br>JPT A23 |

Masterclasses for Years 7 and 8

Available to Years 7 and 8 for the summer term, these Masterclasses are an exciting opportunity to try out different subjects and to learn new skills, from FIRST AID TRAINING to WRITING SONG LYRICS!

# HOME LEARNING PAGE

Home learning doesn't have to be a nightmare –  
here are a few tips to make the process an easy one.

## Use Resources

If there isn't suitable space in your home for working, try the local library or the home learning club. At the library, children can use computers to get on the internet if you don't have access at home.

## Get Tech Savvy

The internet can be great for looking things up and finding out more, so encourage your child to become an independent learner and to go the 'extra mile' with their studies.

## Read Together

As a parent you are your child's first teacher, and one really practical way to help your child to learn is to read together, particularly when your child first starts school. But even as children get older they still love to be read to. Remember to share storytelling duties between both parents if you have children still at primary school, as dads are powerful role models and have a strong influence on their sons' attitudes to reading. Let them see you (and older children) reading yourselves.

## Offer Rewards

Make home learning rewarding by setting up some treats like staying up 10 minutes later, spending 10 minutes extra on the computer, or having a friend round. It can help to keep your child motivated if they need that little extra encouragement from time to time.

## Talk About It

If there are continuing problems with home learning, get help. Talk about it with your child's teacher. Some students have trouble understanding home learning for one reason or another - don't suffer in silence. Contact us here at Millfield and we will help.

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

Congratulations go to students in **Food Technology** who have produced outstanding examples of home learning, in which they have focused on academic reading for the practical applications within the subject.

|   |   |
|---|---|
| <p>Dame <b>Mary Berry</b> is one of the most knowledgeable and experienced cooks in the country, but says that one her 'greatest pleasures, when it comes to food, is that there are always new ideas to discover."</p> <p><b>Plant-based cooking</b></p> <p>One style of cooking that's grown massively over the years is plant-based food. "When I was young, most people hadn't ever heard of vegetarian, let alone vegan, but times are changing fast and I'm eager to explore," said Mary, who has been cooking more plant-based foods this year, particularly cauliflower with lentils and <b>pulses</b>. Jackfruit, a staple ingredient from south-east Asia, is next to try. "It's a nice base to add other things too and it's got a good texture," says Mary.</p> <p><b>Learning from other cuisines</b></p> <p>"There's no better introduction to a culture than through its food [and] we are so lucky in this country to have dozens of cuisines to dip into, though a few are new to me," says Mary. "When I come back from perhaps a lovely restaurant meal and I've had something different, I come home and, now I'm terribly modern, I get my phone out and look on my phone about the ingredient." This is how Mary was introduced to Japanese <b>miso</b> paste that she uses in her miso prawn recipe. "It's <b>fermented</b> soya bean and the flavour is sort of <b>aromatic</b> and salty. [But] I'm not trying to be trendy! I'm becoming addicted," she says.</p> | <p><b>Before Reading</b><br/>What do you already know about Dame Mary Berry?<br/>she was on the show, 'British Bake off'. → As a judge, I think.</p>  |
|   | <p><b>During Reading</b><br/>What are the benefits of eating plant-based foods?<br/>Animals are not slaughtered for their produce - could be healthier + more humane</p>                          |
|   | <p><b>After reading</b><br/>Do you think you would be willing to try new food products from a different cuisine?<br/>Yes, as it is good to try new things, especially with the benefits of it</p> |
|   | <p><b>New Vocabulary</b> → definitions on<br/>Pulses Miso <del>one bean</del><br/>Aromatic Fermented</p>  |

## 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.

**Mr Wood**

**Lead Practitioner of Teaching and Learning (Technology)**

# Positive Mental Health

At Millfield we are constantly trying to support our students with their mental health and try to promote positive mental health through several approaches. We have a dedicated pastoral team to help and support anyone struggling with their mental health. Students should talk to their pastoral leads if they have any concerns. If appropriate, the pastoral team can refer students to the NHS SHINE team mental health nurses to receive specialist support. Through assemblies and PSHE lessons students also learn about the importance of talking to people about how they are feeling and are given strategies on how to deal with certain feelings of anxiety and worry.

To help maintain positive mental health students should aim to get good amounts of sleep, getting to bed early enough to be ready for the next day. They should also connect with friends and family so that they have a sense of belonging. Being physically active is also very important for our mental health. Even a walk for 20 minutes is shown to give us a boost. Finally, try to be 'present' and live in the moment and not dwell too much on things that have gone wrong in the past, or worry too much about events that have not happened yet.

## Graduation update

We are in the final weeks of the graduation and exceptional programmes. Students should remember that the final date for task submission is Friday 26<sup>th</sup> May. Students' attendance and behaviour scores will be calculated based on the data gathered between the launch date on the 26th September 2022 and the final Friday of this half term.

The Graduation Evening for the year 9s is Wednesday 21<sup>st</sup> June starting at 6pm.



Invites will be sent out to parents after we return from the half term break with more details. The party day for Years 8 and 9 is Thursday 13<sup>th</sup> July and the trip will be arranged once numbers have been confirmed.

## REMINDERS

Make time for yourself and take breaks.

It's ok to have bad and unproductive days.

You deserve love, care and support.

Allow yourself to feel, don't ignore and hide your feelings, try to hear and accept them.

Listen to your emotions and what they are trying to tell you.

The same good you see in others is within you too.

It's ok to have days where the only thing you do is survive.

Trust yourself, the journey you are on and that things get better.

# EXCITING NEWS FROM THE eco club

This month, our Eco Club has been hard at work preparing our Eco Garden for an exciting Year 7 form competition.



Each class will be growing and nurturing their own flower, with the tallest one winning the competition at the end of the summer term!

The competition is set to be a thrilling event, with our students putting their green thumbs to the test.



To prepare for the competition, the Eco Club has teamed up with members of the STEM Club to tidy up the garden and sow a variety of plants, fruits, and vegetables. Our dedicated team has been tirelessly working with wheelbarrows to transport and use topsoil dug up from the new football pitches. They have also been diligently weeding the garden and litter picking to ensure a beautiful and pristine space for our students.

In addition to the Year 7 competition, Millfield's Science Department has joined forces with the Eco Club to prepare the garden for future STEM projects. Our STEM Club is already planning to engineer a Chinese water feature that will use rainwater to create a soothing and beautiful addition to the garden.



We can't wait to see the amazing work of our students in the Year 7 form competition and are excited about the future possibilities for our Eco Garden. Stay tuned for more updates from the Eco Club and STEM Club!

*In Britain May is often the most beautiful month because not only does the whole natural world burgeon and blossom but there is a thrilling sense of hope and expansion like a slow and beautiful explosion of life.*

*In practical terms the soil is warming up and so anything planted in May will grow quickly and well. However in colder areas care should be taken to protect tender plants from late frosts. These rarely kill plants but they can and do nip off tender new growth and hold up future flowering.*

*Monty Don O.B.E. - the UK's leading garden writer.*

KING CHARLES III CORONATION 6<sup>TH</sup> MAY 2023



# KING CHARLES III CORONATION



SOUVENIR BOOKLET

**MILLFIELD**  
SCIENCE & PERFORMING ARTS COLLEGE

KING CHARLES III CORONATION 6<sup>TH</sup> MAY 2023

KING CHARLES III CORONATION 6<sup>TH</sup> MAY 2023



KING CHARLES III CORONATION 6<sup>TH</sup> MAY 2023



KING CHARLES III CORONATION 6<sup>TH</sup> MAY 2023



KING CHARLES III CORONATION 6<sup>TH</sup> MAY 2023



*Be Exceptional*

Keep Up  
The  
Good  
Work



## HOT CHOCOLATE WITH THE HEADTEACHER

|                   |              |
|-------------------|--------------|
| Theo Porter       | 7 B1 LMQ/LMC |
| Naomi Chelton     | 7 H2 STA     |
| George Davies     | 7 S1 ASN     |
| Tyler Carter      | 7 H2 STA     |
| Poppy Sugden      | 7 B1LMQ/LMC  |
| Kourtney Anderson | 7 B2 DSS     |

*Be Exceptional!*

All of the above students have been nominated by Mr Hodgkinson for their excellent work in RE



## Deputy Headteacher's Maths Challenge - A Weighty Problem

I have ten boxes, with a total weight of 75kg:

15 kg, 13 kg, 11 kg, 10 kg, 9 kg, 8 kg, 4 kg, 2 kg, 2 kg, 1 kg

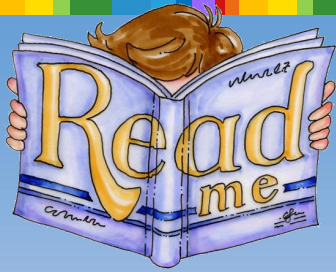


I want to pack the boxes into 3 crates, but each crate can carry a maximum of 25 kg.

How can I pack the boxes into the crates?

(There may, or may not, be more than one way!)

Please email your worked solution to Mr Humphreys - [b.humphreys@millfield.lancs.sch.uk](mailto:b.humphreys@millfield.lancs.sch.uk)



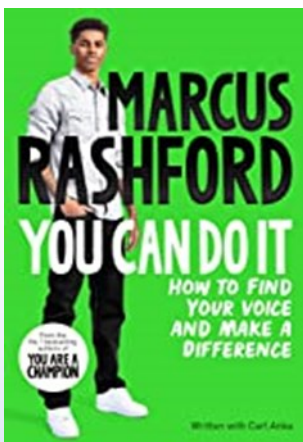
# Recommended Reads

The 'Library Books of the Week' are  
'You Can Do It - how to find your voice and make a difference.'  
by Marcus Rashford, and 'Waiting for Murder' by Fleur Hitchcock.

## You Can Do It

**Never underestimate your actions – even the smallest changes can have the biggest impact. That's the power of kindness.**

Marcus uses the power of his voice to shine a light on the injustices that he cares passionately about, and now he wants to help YOU find the power in yours! From surrounding yourself with the right team, to showing kindness to those around you, to celebrating and championing difference, *You Can Do It* shows you that your voice really does matter and that you can do anything you put your mind to.



You don't have to be an International footballer to make a difference – even the smallest changes can have the biggest impact.

Packed with more inspiring stories from Marcus's own life, brilliant advice, and top-tips from social justice educator Shannon Weber, this book will show you how to use your voice and make a difference in this world.

**This book shows young people how to:**

- Be kind to yourself – you can't change the world unless you look after yourself first!
- Be kind to other people
- That there's no such thing as normal – and it's GOOD to be different
- Celebrate and champion difference
- Use your voice to make a change
- Bounce back
- Appreciate your squad
- Always be a team player

## Waiting for Murder'

After a sunken car reveals a hidden corpse, Daniel and Florence start to investigate a long-ago robbery, missing gold and murder.

**This is one of the 22/23 Bookbuzz books for our Y7 students.**

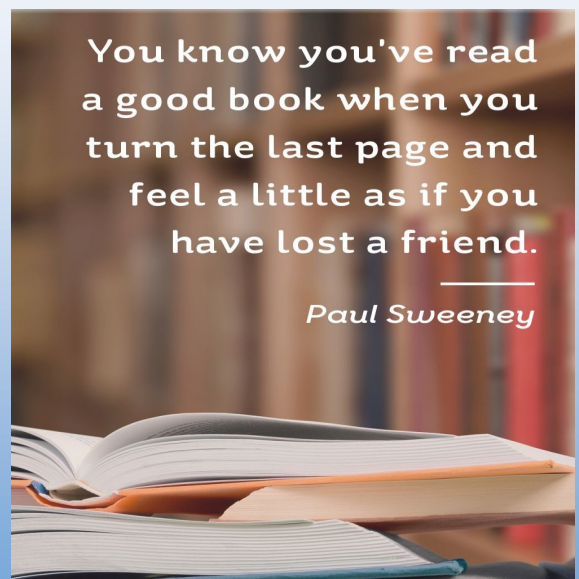
It's a long, hot summer. As the water drains away from the reservoir, a car emerges. And there seems to be a body in it, a body that then disappears...

Daniel and Florence start to investigate and uncover a long-ago robbery, missing gold and murder. When the drought breaks, everything is swept downstream and the truth is revealed...



You know you've read a good book when you turn the last page and feel a little as if you have lost a friend.

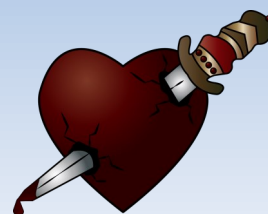
Paul Sweeney



# Romeo and Juliet

During their period 4 lesson on the 24th of April, Year 11 students took part in a '**Romeo and Juliet**' webinar with Kamilla Elliott (Professor of Literature, Media, and Creative Writing at Lancaster University). This was to help them with their preparation and revision for their GCSE English literature examination.

The focus of the webinar was to encourage students to consider how the language of courtship has changed over time. They were posed the question - 'How do people who are romantically interested in someone communicate that feeling today?' This brought about some interesting responses from the students, and English teachers certainly learned one or two new expressions!



The students were then invited to compare these ideas to Elizabethan beliefs and attitudes and specifically, to make comparisons with how Shakespeare presents this communication of romantic feelings in Romeo's sonnet in Act 1, Scene 2.



The Webinar was fascinating, incredibly useful and enjoyed by all who took part.

*That which we call a rose  
By any other word would smell as sweet.  
(Juliet, Act 2 Scene 1)*

## HOT CHOCOLATE WITH THE HEADTEACHER

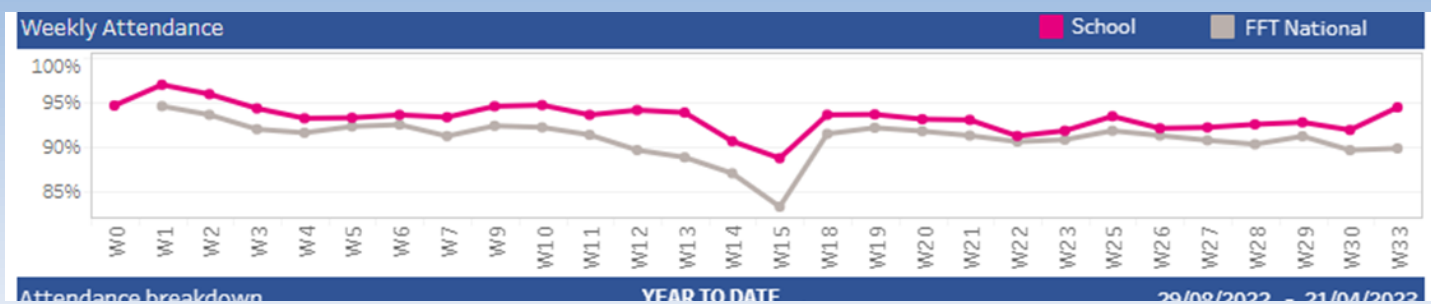
|                 |           |
|-----------------|-----------|
| Jack Parker     | 10 B7 HRD |
| Emily Draper    | 10 S7 JHO |
| Isabel Daniells | 10 H8 ERO |
| Thomas O'Neill  | 10 H8 ERO |
| Sophie Eden     | 10 B7 KHA |
| Erin Hill       | 10 B7 HRD |
| Elisha Stead    | 10 S7 HRD |

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



# NOTICE BOARD

**Attendance continues to be excellent!**  
We are currently 2.4% above the national average.



Students who have excellent attendance from now until July, with no unauthorised absences, will be invited to participate in our amazing activities day.

## NATIONAL NUMERACY DAY 17 MAY 2023

### Number Heroes Competition

Children across the UK can enter the competition by creating a picture of themselves doing their dream job or hobby and telling us all the different ways they'd use numbers and maths.

Name and age:

School and class:

The way I would love to use numbers when I grow up is...

Write here

#### Prizes:

- A winner in each category will win a £50 gift voucher and certificate for themselves, as well as a number confidence boosting prize bundle worth at least £1,000 for their chosen nursery, school or community group.
- A runner up in each category win a £20 gift voucher for themselves

The category Secondary A is relevant for secondary settings: England/Wales Y7 and Y8; Ireland Y8 and Y9; Scotland S1, S2.

#### Years 7 and 8

Students can create a picture of themselves doing their dream job or hobby. They can paint, collage, use a computer, or use any other way to create their picture! They need to also write how they will use numbers in their dream job or hobby.

They need to add their first name, last initial and age. Send all pictures to Mr Armstrong in H4 by 31st May. They will then be uploaded to the National Numeracy website.



Draw here



Create a picture of you doing your dream job or hobby and tell us all the different ways you would use numbers, then ask a grown-up to upload your picture through our online form. Let your imagination run wild and win a fantastic prize for yourself and a prize bundle for your nursery, school or youth group!

For online entry and full terms and conditions visit: [www.nationalnumeracy.org.uk/number-heroes-competition](http://www.nationalnumeracy.org.uk/number-heroes-competition)

#### Winning criteria





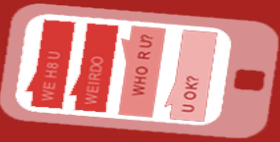






Bobby Seagull will pick the winning entry based on:

- The most imaginative picture, showing great effort
- The most creative uses for numbers



# Staying Safe Online



|   |   |   |   |
|---|---|---|---|
|  <p>Know who online 'friends' are</p>                          |  <p>Understand not everything online is true</p> |  <p>Consider using home internet filters</p>          |  <p>Check security settings are in place</p> |
| <p>Know how to block unwanted calls &amp; texts</p>            | <p>Make sure you have an Anti-Virus program</p>  | <p>Check age ratings on games</p>                      | <p>Be careful what you share</p>             |
|  <p>Ask your child to teach you about their online world</p> |  <p>Set expectations and time limits</p>       |  <p>Know how to report problems on Social Media</p> | <p>HELP!</p> <p>If in doubt, always ask for help</p>  |

...useful tips for Parents and Carers