



Longridge High School

Excellence and ambition from all, for all

NEWSLETTER 24th May 2024



Dear Parents/ carers,

As the May half term approaches, I would like to thank you for your continued support of the school. It has been really good to meet many of you over the past few weeks at school events, such as Frozen and also at Parents' Evenings.

This has been a very busy term, with GCSE examinations well under way. It is very important that Year 11 continue to study over the break and attend school after the holiday for the revision sessions that staff are running ahead of each examination.

Year 10 have completed a week of work experience and have received extremely positive feedback from a full range of employers – many thanks to all those who provided places for our pupils. Work experience is very important for young people, and we are very grateful to employers for giving them this experience. This marks the transition to Year 11 for the year group, as they now become the school's senior pupils. As such, Year 10 pupils recently applied for Head Prefect roles. The process was rigorous and those who got through to the final interview stage had to prepare a presentation outlining why they felt they were suitable for this role. Presentations were excellent – pupils all did themselves proud, with well-considered presentations delivered with passion and professionalism.

I am delighted to announce that this Year's Head Prefects are Alicia Gildert, Jack Greaves and Katrina Lancaster. They will be supported by Deputy Head Prefects Eddie Birch, Lauren Garth and Olly Pullen along with a team of 12 senior prefects, and 40 prefects.

Well done to all and good luck to you in your new roles.

Finally, we say goodbye to two of our fantastic support staff, Jane Brown our Science technician who will be retiring after 22 years' service and Wayne Downs our Chief Site Supervisor who is moving on to a new role after 9 years' service. We wish you both the best of luck in your onwards journeys. You will both be greatly missed.

As always, please get in touch if there is anything you wish to discuss.

Kind Regards Jane Green Headteacher





DOUBLE WHAMMY - PRESTON CUP SUCCESS!

On Wednesday 8th May, Longridge High School's Year 8 and Year 11 football teams were crowned Preston champions on Deepdale!

Year 8
Firstly, Year 8 had won the local derby against St Cecilia's in the semi-final to set up a tough match with Corpus Christi in the final. A brace from Ben Greaves and one from Rylan Ashby contributed to a convincing 3-1 victory. The team have been outstanding all year and have really started to gel! Amongst some excellent performances, Ben Connaughton was awarded man of the match after a brilliant all-round performance.

Year 11
Year 11 were crowned Preston Champions after a 3-1 win over Broughton. Goals from Jayden Sergeant, Hayden Ridgley and Reece Rutledge ensured that the cup came back to Longridge. Man of the match was awarded to Jack Airey who worked extremely hard and was relentless in centre midfield. This was the last ever fixture for our Year 11 pupils who have been unbeaten in Preston in all competitions over the past 4 years – an outstanding achievement!





Our new classroom block is taking shape, with the steel structure in place. Dan Hodgson, Site Manager for the John Turner Construction Group, said, 'The new classroom facility is coming along well. We have recently completed the structural steel frame, the first-floor concrete slab and we have almost completed the roof.'

Over the May half term, Dan and his team will be installing the ground floor slab, and then the external walls will be constructed.

Last week, we had a visit from Rupert Swarbrick, Cabinet Member for Highways & Transport and County Councillor for Longridge with Bowland, and Mrs Jayne Rear, Cabinet Member for Education and Skills and County Councillor for Leyland South Division. They came to look at the building work in progress, and to talk through the positive impact this will have on further enhancing the education for all our children.

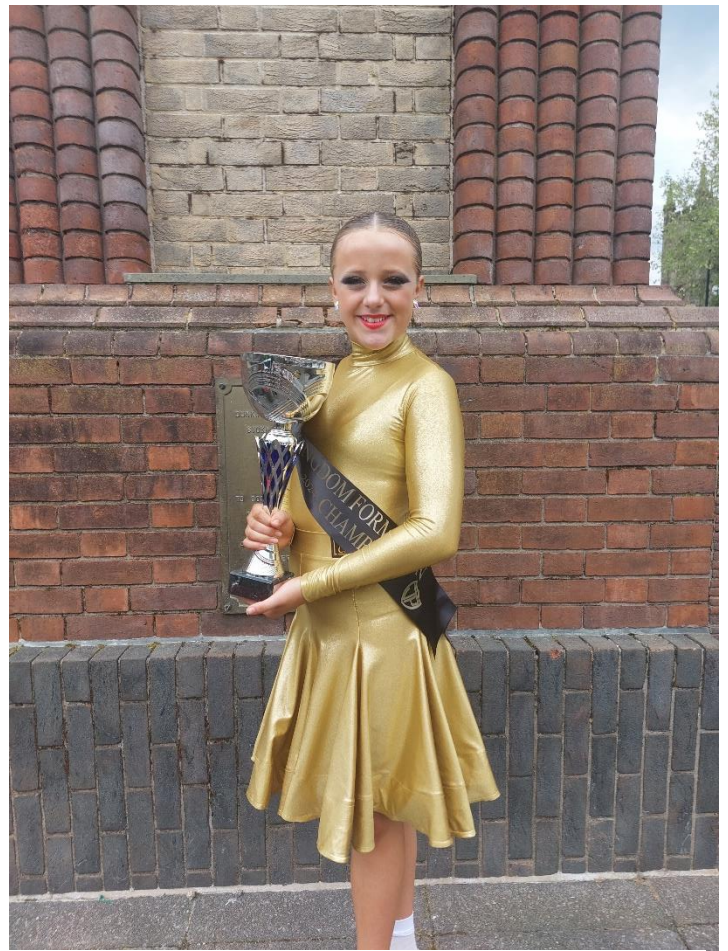


Update on the **BUILD**





Congratulations to Toby Gilmore for being selected as the lucky recipient for an Arts in Excellence Grant from the Ribble Valley Borough Council. This will be put towards anything he needs for dance such as fees, kit and travel. **Well Done Toby.**



Phoebe Lord is a member of a Latin Formation dance team who came 1st in the UK formation championships in Stoke a couple of weeks ago. An outstanding achievement – well done Phoebe!



CELEBRATING DEAF AWARENESS WEEK

This week, our ever-popular Sign Language Club marked Deaf Awareness Week with a brand-new competition run by Mr Anyon. The First Annual BSL Fingerspelling Bee was held over two lunchtimes, involving pupils from across many year groups and allowed pupils to compete for points for their House.

But what is a Fingerspelling Bee?

Essentially, this competition mirrors the classic American-style spelling bee wherein pupils have to spell progressively complex words correctly and publicly - the twist with this spelling bee is that all contestants had to spell the words correctly using BSL fingerspelling! This attracted both pupils who were regulars to our school's Sign Language Club, as well as those who felt confident enough with the BSL alphabet and fancied the challenge.

After three gruelling rounds of increasingly difficult words, we finally whittled down 11 keen contestants to a select few; these pupils faced the dreaded 'Sudden Death' round! At long last - our last signer standing was Dina, a Year 8 Beacon House pupil and a regular at Sign Language Club! Second place went to Kathryn, another Year 8 Beacon, and third place to Ruby, a Year 9 Fairsnape House pupil.

All who came along to support were astounded by the knowledge and courage of our pupils! Same time next year!

Who are BAE Systems?

BAE SYSTEMS

We were delighted to welcome two ex-pupils to talk to pupils in Year 10 and 11.



Finley Rhodes Profile

- Started Longridge High School in September 2010 and finished in June 2015
- Studied English, Science, Maths, PE, Graphic Design, Geography and Triple Science at GCSE.
- Studied BTEC Sport at college before going onto an apprenticeship in Civil Engineering.
- He is now a fully qualified Civil Engineer with over 6 years' experience.

Reece Rhode's Profile

- Started Longridge High School in September 2014 and finished in June 2019
- Studied English, Maths, Science, PE, German, History and Business Studies at GCSE.
- Represented the school at football, basketball & cricket.
- Hobbies include football and golf.
- He has worked at BAE Systems for 4 and a half years.

Finlay's Experience as an Apprentice

I started off as a junior engineer assisting our structural and highways' engineers in technical drawings for several clients.

- I then moved to Costain where I started as an apprentice site engineer learning the ropes out on site on a major highways' project.
- As a site engineer, we provide the plan to allow different trades to work on site. We then supervise these trades to ensure they are completing the work to the correct standard.

Any tips to get an Apprenticeship

- Where possible, start to look for some part time work to begin to create a work ethic.
- Start to do some research into an industry you may wish to get an apprenticeship in.
- Have a look around for any apprenticeships that are becoming available for after you have left school.

Reece's Experience as an Apprentice

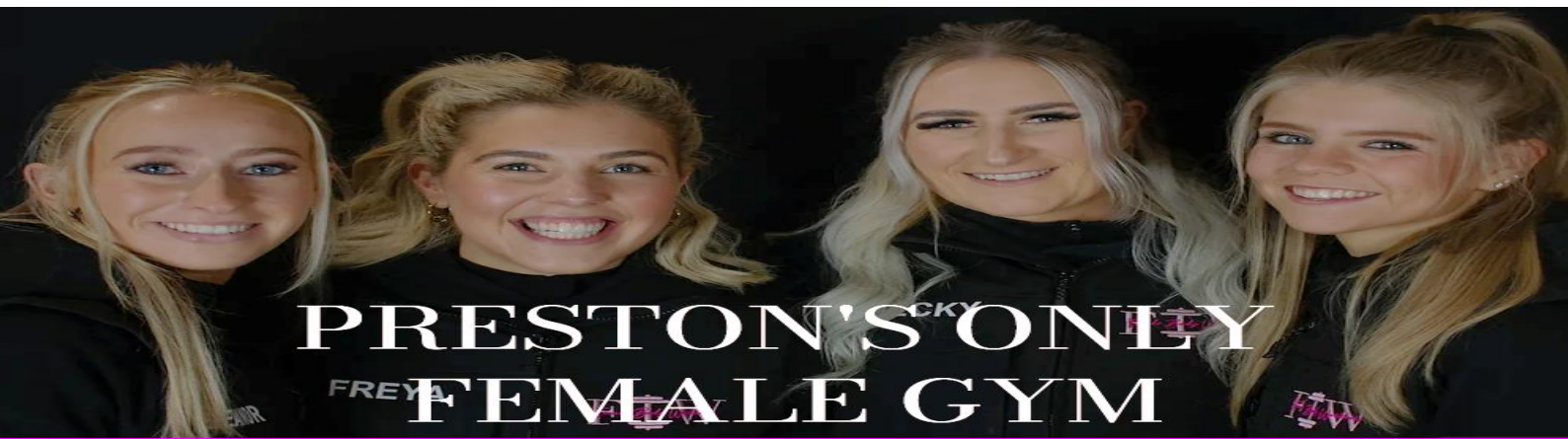
I joined the Business Administrative Apprenticeship straight from High School in September 2019.

On my Apprenticeship, I have been fortunate enough to work in 5 different areas of the business where I have had lots of opportunities including:

- A week's Outward-Bound Expedition.
- Numerous supplier visits across the UK.
- I took our CEO and UK Defence Minister on a tour of the Apprentice Training School.
- I have had opportunities to tour our various sites.
- I have worked with a variety of people across the world.

I exited the apprenticeship after 2 years when I was placed into a role within Procurement.

I now have 4 and a half years of experience working on all platforms for lots of different customers across the world, supporting all aircraft and regularly working with our European and American suppliers.



PRESTON'S ONLY FEMALE GYM

Freya Wood is an ex-pupil of Longridge High School, who came to talk to our Y11s to inspire and motivate them ahead of the GCSEs.

I am FREYA WOOD the founder and CEO of **Femalebodyworkouts**, a female only gym in Barton.

- I have over 400 members.
- I have 3 employees.
- I have my own 4-bedroom detached house.
- I have an amazing social life.

My goals for the future....

In the next 5 years....

1. Open up 2 more gyms, one in Clitheroe and one in Penwortham.
2. Buy another house.
3. Finish my pre and postnatal course.
4. Employ another 10 members of staff.
5. Travel the world.

In the next 10 years...

1. Have five gyms open across the country, starting in Manchester city centre and expanding from there.
2. Get into property.
3. Do a business degree.
4. Have children.

"If you work hard at anything you can achieve everything in life"

How I became a Personal Trainer...

- I studied Personal Training alongside my nursing career.
- I attended Preston College full time on my days off.
- I worked long hours, 5am until 9pm and every day, including the weekends.
- I became so busy that I had to reduce my hours at my current job and I was able to employ my best friend!

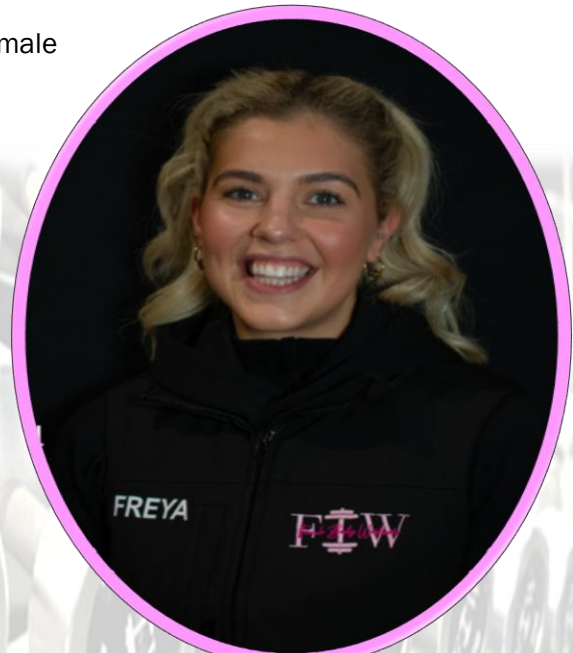
I didn't always want to be a Personal Trainer...

- I went to the University of Leeds to be a fully qualified Adult Nurse and achieved a BSc (Hons) in Adult Nursing.
- I moved away from home to become more independent.
- I learnt how to communicate and look after people.
- I learnt new skills which helped to improve my confidence which I still use to this day.
- I met new friends and experienced living in a city!

Longridge High School

I worked hard to get my GCSE's studying Maths, English, Science, Graphic Design, Health & Social Business Studies, PE and Religious Studies. Science was important for me to get into nursing and PE for my Personal Training – if I hadn't studied these subjects I wouldn't be where I am today. I knew that they were vital for me to get into college, and I didn't want to spend another year re-sitting them. I loved my time in school.

Freya



If you are interested in learning more about femalebodyworkouts please call me on 07972 136874.

My top tips before your exams, small steps make a big difference.

- Make a revision plan, setting aside a certain amount of time each day - set a timer
- Try not to be overwhelmed with how many exams you have
- Go to revision sessions and ask for help
- Practice with previous exam questions/mock papers
- Reward yourself for making time
- Make time to exercise and eat healthily during your exams.



CHAPTER 1.....

A TIME in a land far, far away there was an ambitious young girl who had become lost whilst nursing. Her days became long but her nights were not. For in her dreams she imagined a future very different from the one she felt bound for, filled with squats, hip thrusts and plenty of steps. But taking the first one, she knew, would be the hardest. Eventually, after a sprinkling of fairy dust from her friends, Molly & Sophie, she decided to go in a different direction. So off she set on her quest, in the dark, down the winding forest paths with nothing more than a packet of protein rich chicken, a dumbbell and a laptop. And that is where the dream started to come to life, Personal Training subjects in the park come morning, noon and night...

AND WHILST this brought her great joy, she knew she could do more. She was dedicated, determined and dependable. And as the sun set and the moon rose on her far away land, the dream grew and grew & one day she stumbled across an old, run down unit in the depths of Barton. Her rose hidden amongst the thorns. She peeked through the shutters & demanded attention of the landlord for she instantly knew, this was what she had been searching for. It didn't take long for them to believe in her dream as she did, decisions were soon made and contracts exchanged - the girl had secured her spot and the future was looking nothing but bright...

WHILST SHE WAS brave and feeling unstoppable, she knew she could not run the kingdom alone and so she sought the advice of her trusted counsellor, Becky. She too knew of the girls magic and together they decided to take the leap into the unknown...

THE JOURNEY WAS long and sometimes scary but by being together, the path seemed less daunting and so they never turned back. The girls persevered taking risk after risk, spending long days preparing and of course, celebrating all of the smaller wins in-between. For the kingdom was already growing, just like the glutes of their subjects, who too, believed in the magic of FBW. And one day, the kingdom was almost ready to be unleashed - showing girls everywhere that with hard work and determination, anything is possible...

HOWEVER, the girls were wise and asked themselves once more, what else do we need to elevate our gym floor? A team, was their answer, to bring a little more sparkle, so in came Eleanor and Emily, as the last pieces of the puzzle. Already loved by all as part of the FBW family, the team was better equipped than ever to turn its dreams into reality...

But don't close the book just yet dear girls, for it's time for us to write the next chapter. So get yourselves ready because it's time for you to come join us in our happily ever after.....



Fashion SHOP



Fun with Fashion

Curriculum Leader for Design Technology, Mrs Magowan, took 30 Year 9 pupils to visit UCLAN in Preston to part in an interactive Fashion Design Workshop. Pupils took inspiration from real-life models to create their own fashion designs on a wooden peg.

VOGUE.

-chairs made right-



CREATIVE PHOTOGRAPHY

"Well designed,
Well made,
Well liked."



Perfect Photography

Curriculum Leader for Computer Science, Mr Greaves, took 30 Year 9 pupils to visit UCLAN to take part in a Photography Workshop. Pupils were given a 'brief' from the University Lecturer with a task for them to complete based around photography. Pupils were shown different styles of photos and how stories can be told through them. Pupils learnt skills and techniques to capture beautiful and thought-provoking images, covering everything from the basics of using a digital camera to taking a portrait.

All pupils found the days very interesting and informative and were also treated to a tour of the campus with student ambassadors from UCLAN.

The UCLAN ambassadors gave excellent feedback too, saying pupils were, 'Very respectful - they have been brilliant!'