

Longridge High School

Excellence and ambition from all, for all

NEWSLETTER 19th December 2025



*Don't forget. Stay Safe and we are
back on Monday 5th of January 2026.*



*We wish you a very Happy Christmas
& a wonderful New Year*

Dear Parents/ Carers,

At the end of a very busy term, I would like to thank you for all your continued support of the school. Your children are a credit to you, and it is always a pleasure to walk around school and see them engaged so well with their learning. Over the past few weeks, there have been several school trips, and our pupils have been complimented on their excellent behaviour. Yesterday, over 140 year 7 pupils went to the Palace Theatre in Manchester to see Robin Hood starring Jason Manford. Again, the excellent behaviour of our pupils was complimented by several members of the public.

Today, many young people are being recognised in Rewards Assemblies, for their positive contributions to school life, and their excellent attendance and attitude to learning, which is wonderful to celebrate.

Tomorrow we say Goodbye and Good Luck to Mrs Studley who has been our fabulous Assistant Cook since 2016. We wish you all the best in your retirement and a massive thank you to you from all the staff and pupils at Longridge High School.

A reminder that school reopens for all pupils on Monday 5th January 2026. In the meantime, on behalf of everyone at the school, may I wish you a very enjoyable Christmas, with all Best Wishes for 2026.

Jane Green
Headteacher



The Longridge High School Bake Off Competition was great fun - here we see some wonderful delights. It was hard to pick a winner.....
Best Bake - Hannah Beswick
Most Creative - Julie Winstanley
Santa's Choice - Jade Mellor-Clark & Duncan Scott
Well done to all who entered.



T-LEVEL INSIGHTS

FRIDAY 5 DECEMBER, 9.30AM-2PM

PRESTON COLLEGE

On Friday 5th December, Mr Brown took a group of pupils to the T-Level Insight @ Preston College. The pupils thoroughly enjoyed the day, choosing a selection of workshops to attend.

- **T-Level Childcare & Education** - In the Childcare and Early Years workshop, prospective T level students put theory into practice, learning how making crispy cakes supports child development theory. They also learnt about Christmas around the world and why this is important for equality and diversity in early years development.
- **T-Level Digital** - In the Digital workshops, prospective T level students used Python programming skills to design and develop an interactive quiz. They also created their own fully functioning websites, employing professional HTML and CSS techniques to structure and style their pages. Students also took on the role of Digital Forensic Investigators, meticulously reconstructing a simulated cyber-attack scenario set at Preston College.
- **T-Level Professional Construction** - In the Professional Construction workshop, prospective T level students learnt about the importance of designing and planning in construction. They created their own 3D designs and put into practice their drawing skills to create a construction project.



EQUIVALENT TO 3 A LEVELS

T Levels are an alternative to A levels, apprenticeships and other 16 to 19 courses. Equivalent in size to 3 A levels, a T Level focuses on vocational skills and can help students into skilled employment, higher study or apprenticeships.

80% CLASSROOM, 20% WORK

T Level students spend 80% of the course in their learning environment, gaining the skills that employers need. The other 20% is a meaningful industry placement, where they put these skills into action.

A 45-DAY INDUSTRY PLACEMENT

Each T Level includes an in-depth industry placement that lasts at least 45 days. Students get valuable experience in the workplace; employers get early sight of the new talent in their industry.



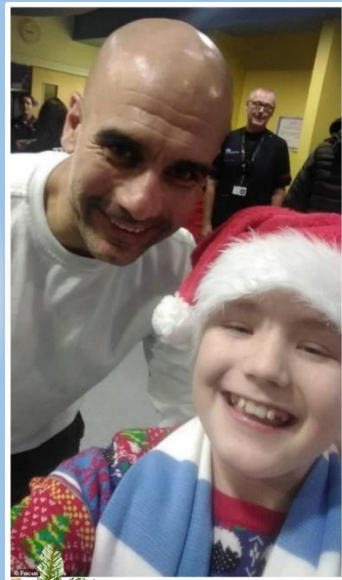
REMEMBERING JOEL!

In February 2020, Year 7 pupil Joel Shaw lost his fight against cancer. Joel had had all clear weeks previously, after enduring 56 rounds of chemotherapy and radiotherapy. Indeed, he rang the bell at Manchester Children's Hospital when he got all clear.

Sadly, the cancer returned with a vengeance and Joel, on learning that it was now incurable, shook the Doctor's hand and said, 'You tried your best.'

Every Christmas we have a **Jumpers for Joel** day where we raise money for Derian House Children's Hospice, who looked after Joel and his family in his final weeks. Joel was the most amazing and inspirational young man who never moaned or complained. His friends have said the following: 'It is a true honour for us to be able to carry on Joel Shaw's legacy. Joel was quite a character to all who knew him. He was funny and kind-hearted and would always make you smile and laugh even if you weren't in the mood. He always put a smile on everyone's faces and lightened the mood every single day. When Joel had cancer, he always looked on the bright side. The fact Joel could still joke about and be himself whilst undergoing treatment and battling this horrific illness, really inspires us and others who knew him.'

Joel embodies all that is good about Christmas – kindness, compassion, fun and love.



LHS DOES CHRISTMAS!

Thinking of others at Christmas

Staff and pupils at Longridge High School joined together to collect toys to support the Salvation Army Christmas Toy Appeal. Organised by Mrs Miles, this heart-warming initiative encouraged generous donations to support the Salvation Army charity, and the response from our community has been nothing short of incredible.

Thanks to the kindness and generosity of our pupils and their families, as well as our staff, we collected a fantastic selection of toys that will bring joy and smiles to children who might otherwise go without gifts this Christmas. Every contribution, big or small, will make a real difference and help spread festive cheer to families in need.

This initiative truly embodied the spirit of giving. As a school community we have shown that when our community comes together, we can make Christmas magical for those who need it most.





CALLING ALL PARENTS & CARERS!



Is your young person feeling more worried than usual?

Are those worries starting to get in the way of everyday life and would they like to access support from Compass Bloom for the first time?

We're here to help.



online group



We're running an online worry management group for secondary school aged young people across Central & West Lancashire.

- 6-week course
- Delivered on MS Teams
- Join alongside other young people who feel the same

What we'll cover (one topic each week):

Session 1 - Understanding anxiety – fight, flight, freeze + intro to CBT

Session 2 - Spotting & managing physical symptoms

Session 3 - Challenging negative thoughts – fact or opinion?

Session 4 - Worry tools – the worry tree, letting go & problem solving

Session 5 - Behaviours – safety, exposure & building confidence

Session 6 - Emotions – self-soothing, safe spaces & moving forward

A safe space to learn, share and discover new ways to manage worries.

TO REGISTER FOR OUR NEXT ONLINE GROUP

Scan the QR code or follow the MS link below to fill in a quick form.

<https://forms.cloud.microsoft/e/PKVvK3FqKY>

We'll then give you a call to organise an Assessment and confirm the date of the next course and answer any questions you might have.

SCAN ME!



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Want to know more?

Scan the QR code or follow the MS link below to fill in a quick form.

<https://forms.cloud.microsoft/e/x1asaVTeTL>

We'll then give you a call for a friendly chat about the Worry Management Course and answer any questions you might have.



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CARE YEAR 10 CAREERS DAY – INSPIRING FUTURES

We were delighted to host our Year 10 Careers Day; a dynamic event designed to broaden horizons and prepare pupils for the world beyond school. The day was packed with inspiring workshops delivered by industry professionals and education specialists, giving pupils the chance to develop practical skills, gain valuable insights into future career pathways, and build confidence for the challenges ahead. From road safety awareness to CV writing, exam positivity, and lifesaving first aid, every session offered something meaningful to help pupils take their next steps toward success.

Workshop One - Wasted Lives – Road Safety Awareness

WASTED LIVES

**CHANGING ATTITUDES
INFLUENCING BEHAVIOUR
SAVING LIVES**



Dave Gilmore from Lancashire Fire Service came into school to deliver a powerful workshop on Road Safety Awareness.

Wasted Lives is an award-winning road safety education programme aimed at reducing the number of young people killed or seriously injured on our roads. The session focused on the dangers of the Fatal 5 driving behaviours:

- Inappropriate Speed – Driving too fast for the conditions or exceeding speed limits greatly increases the risk of a crash and the severity of injuries.
- Not Wearing a Seatbelt – Seatbelts save lives. Failing to wear one is one of the most common causes of death and serious injury in collisions.
- Using a Mobile Phone While Driving – Distractions behind the wheel can be fatal. Even a quick glance at a phone takes your eyes off the road and your mind off driving.
- Careless Driving – Poor judgment, lack of attention, and risky manoeuvres put everyone at risk.
- Driving Under the Influence of Drink or Drugs – Alcohol and drugs impair reaction times and decision-making, making driving extremely dangerous.

The workshop also addressed other important topics such as peer pressure, car insurance, and the crucial role of passenger responsibility. Pupils were encouraged to speak up when they felt unsafe and to make responsible choices.

Why It Matters...Every year in Lancashire, over 700 young people are injured or killed in car crashes. Globally, road traffic collisions are the leading cause of death for 15–24-year-olds. These are not just statistics—they represent lives, families, and futures cut short. Wasted Lives exists to change this by raising awareness, challenging attitudes, and promoting safer behaviours.

**Remember: Your choices matter.
Speak up. Stay safe. Save lives.**



Workshop Two – Preston College CV Workshop

Pupils took part in an interactive and practical session led by Preston College, focusing on the essentials of creating a strong CV and understanding what employers look for.

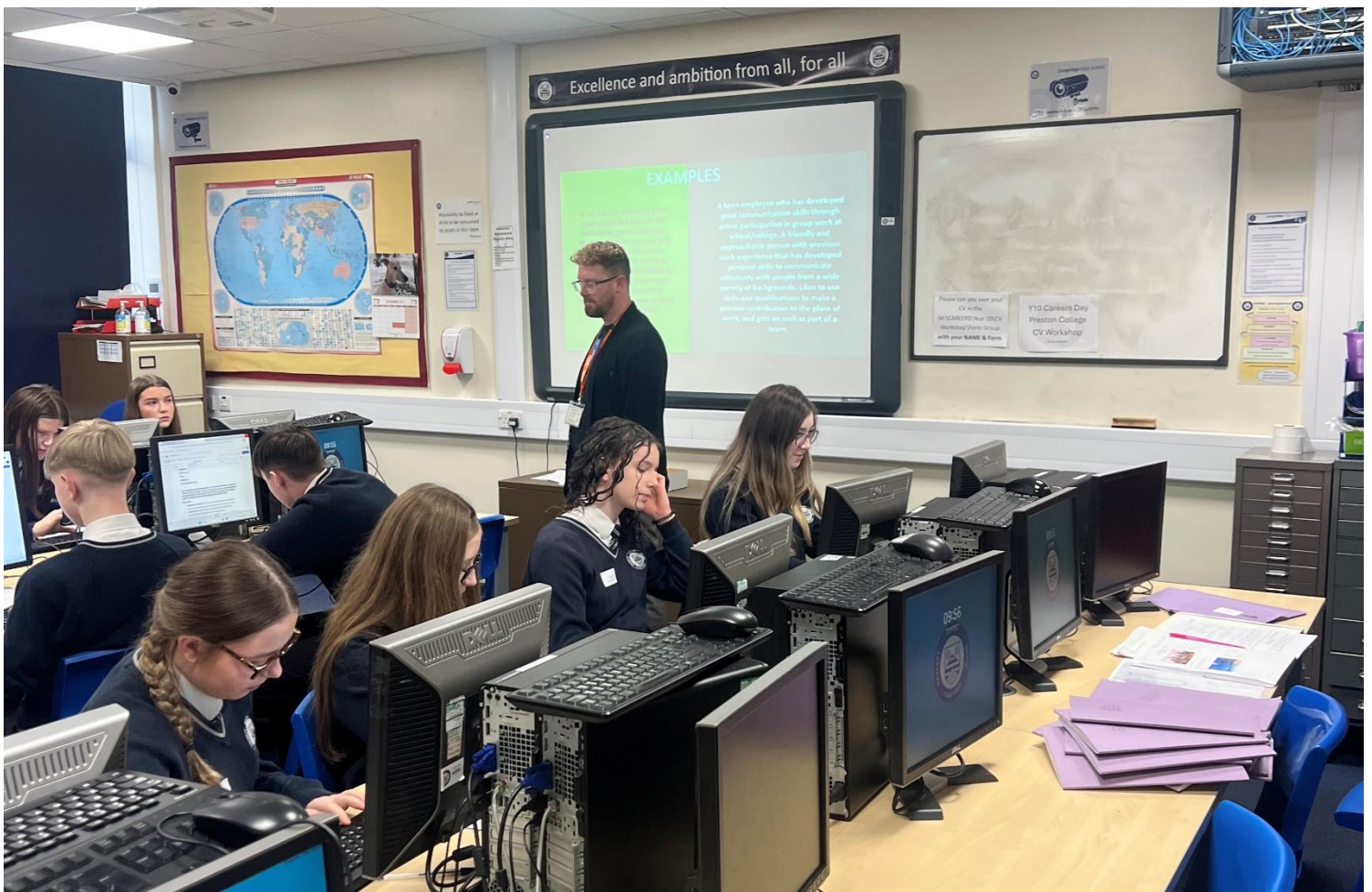
The workshop covered:

- Structure and Layout – How to organise a CV so that it is clear, professional, and easy to read.
- Personal Profile – Crafting a short, impactful introduction that highlights strengths and ambitions.
- Skills and Achievements – Identifying transferable skills and showcasing accomplishments that make a CV stand out.
- Work Experience and Education – Presenting experience effectively, even if limited, and demonstrating commitment to learning.
- Common Mistakes to Avoid – Tips on avoiding spelling errors, unnecessary jargon, and irrelevant details.

PRESTON
COLLEGE

Pupils also explored how to tailor a CV for different roles and sectors, and why first impressions matter in the recruitment process. The session emphasised the importance of professionalism, attention to detail, and confidence in self-presentation.

This workshop gave pupils practical tools to start building their own CVs, helping them prepare for future opportunities such as work experience, apprenticeships, and part-time jobs. Thank you to Dan & Ellyce from Preston College for inspiring our pupils.



Workshop Three - Exam Positivity:

Managing Challenge with University of Lancashire


This workshop encouraged pupils to explore their responses to challenging situations and provoked discussion around growth mindset, managing the adrenal stress response, problem-solving, and time management.

Pupils practised revision strategies such as:

- Condensing large volumes of notes into key facts
- Repetition and retrieval practice
- Saying information out loud
- Spaced learning over time
- Moving information from short-term to long-term memory



A huge thank you to Abi and Alan from the University of Lancashire for supporting our Year 10 Careers Day with this valuable Revision & Growth Mindset Workshop.

Growth Mindset		Fixed Mindset
I have the ability to learn new things.		I am either good at it or not.
Challenges help me to grow.		I don't like to be challenged.
I can think of different ways to solve problems.		I stick with the same methods.
Failure is an opportunity to learn.		If I fail, I give up.



Workshop Four – North-West Ambulance Workshop – Lifesaving Skills

We were privileged to welcome Yvette Brown, a Community Resuscitation Engagement Officer and Senior Paramedic from the Northwest Ambulance Service, who delivered an invaluable workshop on emergency first aid and lifesaving techniques. The session was designed to give pupils practical, hands-on experience in responding to cardiac emergencies and other critical situations.

Pupils learnt how to:

- Perform effective chest compressions – Understanding the correct rhythm, depth, and technique to keep blood circulating during cardiac arrest.
- Place someone in the recovery position – A vital skill to maintain an open airway and prevent choking in unconscious patients.
- Apply basic first aid skills – Including how to assess a situation quickly, call for help, and provide immediate care until professional assistance arrives.

Yvette also explained the importance of early intervention and how these simple actions can dramatically increase a person's chance of survival. Pupils were introduced to the concept of the Chain of Survival, which highlights the critical steps in saving a life: early recognition, calling emergency services, CPR, and defibrillation. The workshop was interactive and empowering, giving pupils the confidence to act in an emergency rather than feeling helpless. These skills are not only valuable in school but in everyday life—helping to create a community where more people are prepared to step in and save lives.



Festive Showcase 2025



On Wednesday, 3rd December 2025, Longridge High School hosted a spectacular Festive Showcase that delighted parents and guests alike. The evening featured music from pupils across all year groups, spanning an eclectic mix of genres—from iconic hits by Muse, Queen, Paramore, and Adele to traditional Christmas carols. Performances included talented soloists, duets, the brass band, and crowd favourites such as *Seven Seas of Queen* and *The Band*. Guests were treated to festive delights prepared by our wonderful catering team, adding to the seasonal atmosphere. A highlight of the night was an exclusive sneak peek at the opening number of our upcoming production, *The Lion King JR*, coming in February 2026.

