

December 2014

Excellence through a caring, learning community



NEWS

www.thelakeschool.com

Dear Parent/Carer

Has it really been a whole year since I started at The Lakes School? 2014 really has flown by and I have thoroughly enjoyed working alongside such a talented and committed team of staff who work relentlessly to provide so many wonderful opportunities for our students. During the year, I have spent a lot of time visiting classrooms and have been so impressed by the range of activities taking place in lessons - students are engaged in their learning, benefiting from the fantastic relationships they have with their teachers. Every day, students embrace the fact that we are a caring school and politely interact with staff and each other, with many of our Sixth Form students taking time to look after the younger students.

I have received so many positive comments this year from visitors to the school who have been overwhelmed by the good behaviour of our students and the family atmosphere that one visiting teacher said 'pervades the school'. Trainee teachers have flourished whilst working with our students and temporary teachers have said how much they love the school and would like to teach here permanently. I'm sure you will agree that this is a huge testament to the ethos at The Lakes School.

During the year, we have made a number of changes to help improve our service to students and parents, including changes to our reporting schedule so that we now provide a more regular update for parents about their child's progress. We have introduced our Attitude to Learning standards which clarify exactly what we expect from our students in lessons and we will continue to report on your child's Attitude to Learning throughout the year. We have introduced a small options choice for Year 8 students as they move in to Year 9 which has been a huge success with the students who tell us it is really helping them get ahead in the subjects they are likely to choose for GCSE; the current Year 8 students are already excited about taking their choices after Christmas. We have launched our impressive website at www.thelakesschool.com which I know has been a welcome improvement to the way that the school communicates important information to students, parents and the community. We have also introduced a new merit system this year which has seen a number of students rewarded with gift vouchers for meeting the expectations of the school - something that the students tell us is motivating them to work hard and behave well.

I am particularly pleased with the way the Year 7 students have settled in this term and I would like to thank the parents of our Year 7 students who have taken the time to share with me so many positive stories about their child's transition to The Lakes School. They have embraced all of the opportunities available to them and they are a pleasure to see around the school - many have already taken on leadership roles and have become active members of our School Council.

During the spring term our Key Stage 4 and 5 students will be reflecting on their trial exam grades and working hard in the weeks leading up to their exams and our Year 9 students will be making important decisions about their GCSE options ahead of September. We have many trips planned and some great enrichment days for each year group and I can't wait to return on January 5th 2015 to start my second year here at The Lakes School.

In closing, I would like to thank all of the staff, parents and members of the community who have supported the school and me personally during my first year. The Lakes School is so fortunate to be surrounded by such a supportive community and we look forward to developing more partnerships with local organisations during 2015.

On behalf of all of the Governors, staff and students at The Lakes School, may I take this opportunity to wish you all a peaceful Christmas and a happy New Year and we look forward to seeing you again in January.

With very best wishes

Kind regards

Andy Cunningham
Headteacher

Vocational Studies & Careers

Year 11 Business and Enterprise

As part of the exciting business course we run in Key Stage 4 all students take part in an enterprise activity where they have to come up with their own business idea. This year the enterprises have been varied from sweet stalls, to car washing, revision guides, end of year books, bath bombs, football tournaments and milk shake bars. There is even a group of students developing their own app – so watch out Candy Crush and Angry Birds!

To date, the students have made nearly £300 from the small businesses. The money is then donated to charities of their choice. It takes a lot of hard work and a huge amount of nerve to see the enterprise through and the students have put in hours of additional work after school, lunch and break times. Who knows the next set of Dragons could be on their way from The Lakes School.

Well done to all!

Mrs T Murray, Head of Vocational Studies



Futures Festival – 16 January 2015

We are holding a set of career workshops for all **Year 11 students** on Friday 16 January from 10am to 12.30pm. The aim of the Futures Festival is to give all students a chance to research into potential careers for next year and beyond. We have a guest speaker from Innovative Enterprise plus all the local colleges as well as apprenticeship providers, Gilbert, Gilkes & Gordon Ltd, health professionals, the National Park, Brathay Hall and many more.

The event is also open to all Year 12 and 13 students and all parents and carers.

If you would like to attend please come along between 10.00am and 12.30pm, or if you would like to come and help and maybe have a stall to explain your own business and career, or for further information please contact: pam.corrie@lakes.cumbria.sch.uk or theresa.murray@lakes.cumbria.sch.uk

'Your Future, Your Decisions, Your Responsibility'

Mrs T Murray, Head of Vocational Studies

Shoe Boxes

Boxes of Hope, Cumbria, is a charity which gets local communities together with the common aim of helping deprived children in Eastern Europe. The children they go to are Europe's forgotten children. Many of them have no ID; few go to school; many exist in one-roomed huts made of compacted mud and straw, often in a state of disrepair.

The Boxes of Hope may well be the first gifts the child has ever had. Each box contains basic hygiene and educational supplies, as well as small toys and games, and it carries a message of hope, love and compassion to a child who has had none of the opportunities we have had.

(Information taken from www.boxesofhopecumbria.co.uk)

In total 10,133 boxes were gathered across the South Lakes and shipped off to Romania. 96 of these were given by The Lakes School. Special mention must go to Mrs Baker and her form. They gave 22 boxes, 1 per person in the form and some of her tutees also helped at the Christmas box workshop. Thank you to all staff and students who cared enough to bring a little happiness at Christmas into the lives of children who are so much less fortunate than we are.

Mrs M Storton, Transition Co-ordinator



ART DESIGN PHOTO- GRAPHY

A Level art and photography visit to Edinburgh

Advanced Level Artists and Photographers were able to enjoy a varied selection of culture on a recent visit to Edinburgh. A2 artists visited the Scottish National Gallery of Modern Art where they saw Generation – 25 years of new Scottish Art. AS artists visited all of the central galleries including the Fruitmarket Gallery which had been taken over by installation artist Jim Lambie. Photographers were also able to visit galleries as well as finding various locations for photo-shoots in the city. Work initiated on the day is still having a strong impact as the students begin to develop final pieces in time for the Christmas deadline.

Students in the lower V1th (and current Year 11) are already looking forward to the residential trip we have planned to London in November 2015.

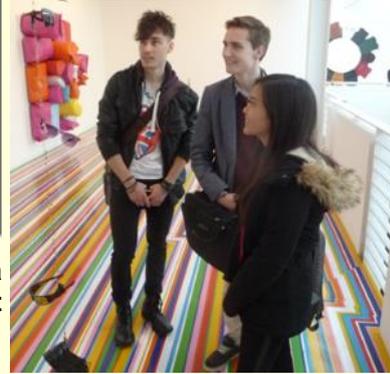


Photo 1 - AS Art students looking a bit perplexed at the Fruitmarket Gallery in Edinburgh

Photo 2 - Photo-shoot at Calton Hill

E N T E R P R I S E



The Lakes School Christmas fair provided an excellent opportunity for Art enterprise to produce our next range of products to design and sell. Our small, but dedicated team, was Lucy Prescott Y8, Rosie Garner Y10 and Grace Rennison Y11.

We made small winter scenes using found materials such as wood, twigs, bolts, nails and wire. The students involved worked very imaginatively and the finished models are beautiful. We then photographed them to produce a pack of 5 cards. We also made small wooden house decorations.

We have installed a pop-up shop in the foyer of the main entrance where students, parents, staff and visitors can purchase items. This can be done at the school office during breaks or at lunchtime. Every penny is going back in to grow the business, get more students involved and hopefully long term turn profits into valuable funding for the art department.

PRICE LIST:

Pack of 5 cards £3.50 (2 packs for £6.50) - Wooden House decorations £3.50 or 4 decorations £ 12.00

Camera Club

Keen photographers in Year 7 signed up for Camera Club and have been working on basic camera technique and photo editing. They have been photographing landscapes and portraits. The picture (right) was taken by camera club regular **Sophie Bowden of R3**





Lakes Comic Art Festival

The department was once again delighted to be asked to participate in the festival providing shop window displays for Sweet Explosion in Kendal.

An eclectic bunch of students from various years produced 3D mobile displays which were much appreciated by the owners and the many visitors over the weekend of the festival. Sweet Explosion has an excellent selection of the sourest sweets in existence – ask for them and tell them we sent you!



Professional Portrait Lighting Workshop

Y12 Photography students spent the day with Elle Jones Photography in Lancaster learning the art of portraiture. It was a fabulous opportunity to gain an insight into the profession and develop some key technical skills. All students were able to explore their creativity in a professional studio and had expert one to one support on the day.

Original photograph (left) by Jakob MacDonald



Advanced Level Photography Students – Lancaster November 2014

Early indications are that next year will be a bumper year for our GCSE Artists. Pictured below are just a few of the outstanding final pieces produced this term by our Year 11s.



Ellie Williamson (top left), Grace Rennison, Vianca Razon, Ben Kent and Wren Brammall (bottom left).

See a selection of our advanced level artists'/photographers' work on:
[pinterest.com/thelakesartdept](https://www.pinterest.com/thelakesartdept)



The Lakes School Christmas Fair

On Saturday 6 December, The Lakes School held their annual Christmas Fair. The fair was again a huge success with over 55 stalls full of art, craft and food items.

Visitors were treated to a whole host of Christmas delights whether browsing for stocking fillers, larger gifts or decorations there was something for everyone. Even Father Christmas made an appearance giving gifts out to all the children that visited his grotto.

The Christmas fair also had a variety of stalls helping raise funds for

The Lakes School. The school 6th form played a major role in the Christmas fair and spent a huge amount of time wrapping presents, decorating Santa's grotto and the Christmas trees and supporting everyone leading up to the day.

We would like to thank all those who donated tombola items, everyone who helped in the lead up and on the day, and finally we would also like to say a huge thank you to all the local companies and individuals that donated the fantastic raffle prizes.

Mrs M Storton, Transition



Geography Department



This term Mrs Jones and the Year 8 students are working on a new megamapping project creating an enormous 2m x 3m map of a sustainable city. The activity was developed as part of our Secondary Geography Quality Mark and is proving to be an enjoyable and creative project. Just going to be a bit tricky finding enough blu-tak to stick it on the wall!

Our Year 9 students have been learning about sustainable development and Fairtrade over the autumn term. They have had some interesting and sometimes chaotic lessons including recreating a stock exchange in the trading game, learning about global connections using the string game and finding out how difficult it is to make a profit as a farmer in the banana split game!! To round things off and to support the school's bid to become a Fairtrade school they made cupcakes almost exclusively from Fairtrade products and learnt about the aims and achievements of this programme that has been running since 1992.

Our Year 10 students had a very challenging time during a recent fieldtrip collecting data on the nearby River Eea. This included finding that the river had dried up at its source and so made measuring its depth a little tricky. Furthermore, on reaching the river's mouth at Cark our students had to deal with the river in flood conditions as the tide had come in!! Luckily, we could take some measurements a little further upstream as some local residents let us access the river via their gardens.

Finally, Year 12 have already confessed to being extremely excited about the forthcoming Iceland trip. Although we don't head off until July 2015, the thought of jetting off to an island with volcanic eruptions, glinting glaciers and bizarre basaltic landforms to explore is too much to bear. Or is it just Mr Griffiths who can't wait to get back? Flights are booked and we look forward to a third successful trip.

For further information regarding the Iceland trip or for updates relating to geography homework for any year groups please follow the links on The Lakes School website.

Mr R Griffiths, Head of Geography and Head of Rothay





Alton Towers

Year 8 started an IT topic in October that was centred around the skills used in everyday office work and it was based around a fictional school trip. Whilst the work went reasonably well, some of the students could not grasp that the trip was not actually taking place! Parents will know how persistent youngsters can be and eventually a few staff 'caved in' and agreed to actually run the trip. So, we booked a coach, invited a few Year 7 to make up numbers, and went to catch one of the last days of the season at this world class park.



We set off at 8:00am as a compromise between ruining mums and dads' Saturday lie in and getting to the park at a reasonable hour. The weather was pretty damp, but none of the students seemed to mind too much and it did dry out later. We thought that we might beat the queues a bit by going so late in the year, but unfortunately, the park was still fairly full, perhaps because fireworks were scheduled for that evening. Either way, the students had a good day out and some did amazingly well to get on so many rides.

Despite the inevitable sugar-fest that seems to go with these trips, everyone was fine on the way home and we were only 10 minutes late. Thanks to the students for their sensible behaviour and to KT Coaches for looking after us so well. The next topic in the run up to Christmas is 'How the Internet Works' so who knows where the next trip could go!

Mr P Revell, Head of IT & Computing



UNICEF - Rights Respecting School Award

The Lakes School is proud to partner UNICEF in the Rights Respecting School programme. This programme is internationally recognised, and is central to the idea that children (anyone under the age of 18) know about their (Human) rights and their personal responsibilities.

Students from all year groups in the school, the school council, staff, parents and governors have been involved in the initial promotion of the award, and we would like to ask that more people from both the school and the surrounding community get involved.

The steering committee, Lotti Ducksbury, Will Smith, Angus Hosking and Matt Farron, has produced some excellent posters explaining the individual rights and responsibilities and they are around school in prominent locations and we hope that all students and staff (and visitors to the school) will take note of what the Convention of the Rights of the Child stands for.

UNICEF UK's Rights Respecting Schools Award is based on principles of equality, dignity, respect, non-discrimination and participation. The RRSA seeks to put the UN Convention on the Rights of the Child at the heart of a school's ethos and culture to improve well-being and develop every child's talents and abilities to their full potential. A rights-respecting school is a community where children's rights are learned, taught, practised, respected, protected and promoted.

Summary of the quality mark or award...

To achieve the Rights Respecting Schools Award schools are required to implement four evidence-based standards.

- Rights-respecting values underpin leadership and management
- The whole school community learns about the UN Convention on the Rights of the Child
- The school has a rights-respecting ethos
- Children are empowered to become active citizens and learners

What our staff and students say –

"RRSA offered a more positive and preventative approach to addressing challenging behaviour – it encourages mutual respect and empowerment to the students." (Staff member)

"Student-teacher relationships have become a lot easier, we can communicate with the teachers a lot easier in lessons, you have the confidence to put your hand up when you don't understand." (Year 11 student)

It has strengthened the links between areas of the curriculum and made learning more meaningful, giving pupils and staff a reason to learn, encouraging deeper learning." (Teacher)

Mr M Crook, Head of Psychology



English Department News

Year 7 trip to Dove Cottage

Our traditional trip to Dove Cottage has been particularly successful this term. The whole of year 7 spent a full morning at Wordsworth's home learning about his life and poetry. They have all written poems using the house and gardens as a stimulus and had the wonderful opportunity of experimenting with writing, as Wordsworth did, with a quill pen. You can hear some of the Year 7s poetry at the School Carol Service on 16 December.

Mrs J Dixon, Head of English



F-Word

Join the Feminist Society

We care passionately about gender equality. We have presented the topic of feminism in assemblies to the whole school and meet weekly to explore topical issues including how women are presented in the media, and debate controversial issues in society.

We welcome all who wish to come along and join in with the *fanter* (feminist banter). Room 3, Thursday from 1.30pm.

Mrs J Kirk, English Department



Cinema Trips

A group of Year 12 Literature students travelled to see the highly acclaimed New Vic production of "A Streetcar Named Desire"

which was beamed through to the cinema at Barrow. Gillian Anderson's award winning performance as Blanche was breathtaking and the whole play led to detailed and passionate debates back at school.



Ms Kirk's Year 11 class went to watch the film of "Touching the Void", Joe Simpson's tale of extraordinary survival in the Andean mountains. They were very fortunate as Simon Yates, Simpson's companion on the adventure, was there to answer questions. He made the story real for the students and helped them appreciate the severity of the situation and the impact it has had on both men's lives.

Mrs J Dixon, Head of English



Youth Speaks



Our run of success in the Rotary Youth Speaks competition has continued as we have won the trophy for the second year running.

Beth Jakins, Megan Guy and Jenni Holden made a convincing and impressive presentation on the subject of jealousy, and Megan fended off an incredibly difficult question from the audience. Beth won the best Chairperson and Jenni won the best Vote of Thanks on the night. They will go on to the second round in February, but we have the Kendal area trophy shining in our cabinet for another year!

Mrs J Dixon, Head of English

RIBI YOUTH SPEAKS COMPETITION

YEAR 12 MEDIA + PHOTOGRAPHY TRIP

Our annual visit to The National Media Museum in Bradford took place in November in which Media and Photography students undertake a skills learning day on an animation workshop with an industry professional to guide them. The level of work the students produce in such a short space of time never ceases to amaze us and to have the opportunity to watch them work as a team to create characters, plan stories, edit and add music and sound effects is fantastic. The photography students work alongside media students to help them think about their lighting and framing when shooting the scenes before leaving the media group to edit whilst they go to undertake some photography work with Mrs Black.

Mrs A Harper, Media Studies and English



On our trip to Bradford we visited the National Media museum. We walked around the museum and saw some of the exhibits such as the last surviving Wallace and Gromit set. We also made our own clay characters and made a 10 second animation; we learnt what goes in to these animations and the process of making them.



Elena Nagle and Kyle Todd, Year 12



Media Studies News

By the time you read this, the Year 12 Media Competition 2014 will be all over and the winning group will be celebrating the end of what promises to be an extremely hectic week in which students have to plan, research, direct, film, create, publish and edit an advertising campaign. On top of all that they will have impressed the judges with their presentation and persuasive techniques in an Apprentice-style pitch to be crowned worthy 2014 champions. More on this in the next newsletter.

Mrs A Harper, Media Studies

Christmas Cake Competition

Year 7 have been making cakes for their Christmas cake competition with Miss Harris. Here are some comments from the students who took part.

"I think it is great and you get to eat icing." **Emily Halsall, Rothay 5**



"It's fun because you get to create what you want." **Mia Davison, Leven 5**



"One of the most fun experiences I have ever had." **Madison Irvine, Brathay 5**



"Amazing!" **Bailee Aughpin, Brathay 2**

"I think it is really creative because you get to decorate your own cake and eat it."

Faith Parkinson, Brathay 2



Joint 1st place to:
2nd place to:
Joint 3rd place to:

Madison Irvine and Faith Parkinson
Emily Halsall
Bailee Aughpin and Mia Davison

Miss V Harris, Head of Maths

Maths Department News

UKMT Senior Maths Individual Challenge

Year 12 and 13 maths students took part in the UKMT Senior Maths Challenge on 6 November. This is an annual competition for the top A-level mathematicians in the UK and the overall standard is usually very high with some interesting but extremely challenging questions. Our maths students rose to the challenge and performed very well overall with the following individual results:

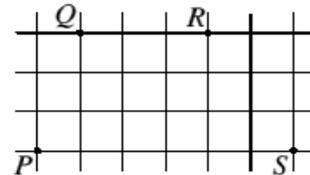
Bronze certificates went to Robin Amor-Train, Penny Critchley, Martie Flores, Sophie Vrella & Richard Wehli in Year 12 and Patrick Hopwood and Sam Jones in Year 13.

Silver certificates went to Beth Jakins in Year 12 and Stan Sowerby Thomas in Year 13. Stan also receives a certificate for the best score in our school.

The question below is one from this year's paper. Why not have a go and see if you can solve it?

21. Fiona wants to draw a 2-dimensional shape whose perimeter passes through all of the points P , Q , R and S on the grid of squares shown. Which of the following can she draw?

- (i) A circle (ii) An equilateral triangle
(iii) A square



- A only (i) and (ii) B only (ii) and (iii) C only (i) and (iii)
D all of (i), (ii) and (iii) E none of (i), (ii) and (iii)

Answer: B



UKMT Senior Maths Team Challenge

Following their success in the individual challenges, four Year 12 students went on to compete in the UKMT Senior Maths Team Challenge at Lancaster University on 21 November. This was the first time The Lakes School had entered a team so we were all very interested to see the type of questions and the standard of the other teams! The competition had three rounds: a group round where students worked together as a group of 4 to answer up to 10 questions; a cross-number (like a crossword but with numbers!) where students worked in pairs on the across and down questions; and a mini-relay where students worked in pairs to answer questions then passed their answers across to allow the next pair to answer their questions. The atmosphere was great with lots of enthusiastic students tackling interesting, challenging problems and our team put in a fantastic effort, finishing a very creditable 15th overall. The team consisted of Martie Flores, Beth Jakins, Sophie Vrella and Richard Wehli. Congratulations are due to all 4 and we look forward to entering a team again next year!

Primary Maths Team Challenge

On Tuesday 7 October, students from 4 local primary schools came to The Lakes School to compete in the annual Primary Maths Team Challenge. The event has been very successful in previous years and this year was no exception with a very high standard overall from all the teams. Some rounds were changed from previous years so students were able to test out their maths skills in different areas. The four rounds were: speed test, logic round, make-a-number round (like countdown!) and the ever-popular relay where pupils race in pairs to answer questions as quickly as possible. All the teams worked really well together and we were very impressed by not only their maths skills but also their enthusiasm and persistence. At the end of the event the results were:

Overall joint winners: St. Martin & St. Mary's CE Primary School and Ambleside CE Primary School

Runners-up: St. Cuthbert's Catholic Primary team A

Congratulations also to St. Cuthbert's team B and Staveley CE Primary School, who also performed very well and contributed to the highest overall set of scores we have ever had – well done!

Our thanks go to Year 10 students who made the primary school students feel welcome and helped the event to run smoothly: Kim Aughpin, Jordan Buckley, Emily Da Rocha Mumby, Ellie Harrison, Saphy Kieft, Kya Pares, Beth Storey and Caitlin Taylor.



Sumdog

The Sumdog Christmas competition took place from 5 to 11 December. All students who take part in Sumdog competitions get a costume for their character - this year the theme is "Myths and Legends" so students were rewarded with costumes such as Thor and Maid Marian. In addition, because it is Christmas, they also won three Christmas-themed costumes (a reindeer, a snowman and a Santa outfit). There were lots of very high scores and all the Year 7 students who participated were very enthusiastic and greatly improved their mental maths skills. Special mention has to go to Tom Burke, who had answered all 1000 questions by the third day of the contest! Very well done to all those who took part and we look forward to offering more Sumdog competitions next year.

Mrs J Watson, Maths Department

Transition News

There are lots of things going on with Year 6 - 7 transition this year.

English Department Transition

Jenny Kirk has been working with local primary schools in order to discover more about Key Stage 2 writing and to share her knowledge of Inference Training, which is aimed at helping students 'read between the lines'. She has already delivered an inference session at Grasmere School to a small group of Year 6 and is organising primary cluster training so that Key Stage 2 students can benefit from this in their own schools. She is hoping to visit more schools in next term.

Team Building Group

Clair Haynes from Inspira has been working with a select group of Year 7s on a team work project. Every Wednesday the group meet and have lunch together where they discuss different aspects of team work. They also discuss what activities they participated in the previous week. Once lunch is eaten the group move to the hall where they take part in various activities. The main focus of the activities is to have fun but also to develop team building and leadership skills, to help increase confidence and promote positive experiences within school. The group fill out a chart each week to see who has been the leader, who has been the comedian, who has come up with any ideas, who has been a good team player and so on. When the final session has taken place each of the students will receive a Level 1 Award in Team Work.

Writing Club

Starting after Christmas a group of Year 7 students will be penning letters that will be sent to Year 6 students at each of our feeder primary schools. I am hoping that these letters will trigger responses from the Year 6 students and we get a regular pen-pal group going. I would also like to use this group and other students to create a newsletter for the Year 6 students that will be starting with us in September. The newsletter will be full of interesting facts and information about life at The Lakes School.

If you are in Year 7 and would like to be a part of either group, please speak to Mrs Storton.

Mrs M Storton, Transition Co-ordinator

Birthday Club



On the last Thursday of each month, if a Year 7 student has had a birthday in that month, they are invited to attend Birthday Club. This runs for the whole of the Thursday lunchtime and is an invite only club. The invitees are allowed to bring one friend to the club where we eat cake and discuss all aspects of school life, how they are settling in, what they are enjoying, what they are not enjoying and so on, as well as discussing what they got for their birthday! Don't worry if your birthday is in a school holiday or in August as you will be invited to attend the July club.



School Disco

Back in October The Lakes School hosted the Year 5, 6 and 7 school disco in the assembly hall. Having invited students from all the local primary schools on the night itself over 150 people attended.

Craft Club

Here is a selection of snowmen which were beautifully hand-made by students from Years 7, 8 and 9 in the craft club.

Ms V Harris, Head of Maths

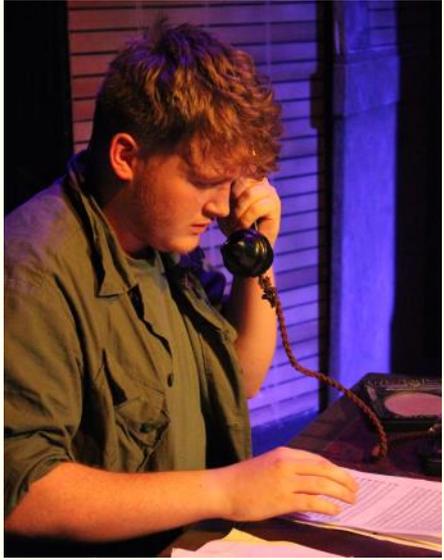


We hope you enjoy the following selection of photographs from our very successful production of Miss Saigon.

Congratulations to Mr Theobald, cast and crew.









SPORTS NEWS

County cup football - update 2014

U13 (small schools cup)

The first round draw was against John Ruskin who gave us the tie; one can only presume that they have heard of our Year 8 reputation!

Unfortunately, the next game took this team to Kirkby Stephen who were very strong this year and we subsequently lost valiantly 3 – 0.

U15 (small schools cup)

After gaining a bye in the first round Chetwynde (A) provided sound opposition back in early October, but not sufficient enough to beat us as we came out winners at 3 – 2. Year 10 await the outcome of Millom versus Richard Rose Academy (Morton School) in the semi-final before Christmas.

U16 (large schools cup)

The first round draw took us to Cartmel where the footballing gods favoured us and we came away with a 2 – 0 win.

The next round was a different story and a visit by the Year 11 boys of William Howard School proved very strong opposition indeed. We were humbled 4 – 0.

U18

By far our best team simply because they remind me of a phrase I use a lot, that is, they are greater than the sum of their parts. In the first round they comfortably beat Ulverston 3 – 0. The next opposition was Windermere School and our boys allowed complacency to set in and I was relieved to win at 3 – 2. Next was Queen Katherine School and at this point I recommend you read Miss Munslow's match report (below) as I think it is particularly well written. The final score was 5 – 2.

The boys now await a semi-final versus Nelson Thomlinson School (A) on 17 December.

Mr P Robinson, PE Department

Under 18 Boys' Football: County Cup Quarter Finals 19 November 2014

QKS 2 v The Lakes 5

Despite meeting a very confident QKS side on their home pitch, our team very quickly settled down and scored three goals in the first half, a hat trick from Kacper Keszy, with other missed chances. However, the match was by no means won at this point, and the team went on to secure victory by playing some very intelligent, quick and skilful football, working together as a very efficient unit.

Sam Harrison made a most promising debut for the Under 18s, in what proved to be a very physical match, particularly at the beginning of the second half. Following a scramble in front of our goalmouth and an unfortunate header in the wrong direction (oops Ollie!) QKS were able to pull one back and get a second goal a short time later, before goals from Jake Walker and Josh Hext put the game beyond their reach, allowing our long-suffering and cold subs, Harry Bell and Matt Pritt to join in the action.

Men of the Match, for me, were Sam Cropper and Jake Walker, who kept on going, despite very fierce (and bigger!) opposition, and main goal scorer, Kacper Keszy. (I may be showing a little bias here.) Mention should also be made here of our gallant supporters, the biggest crowd yet.

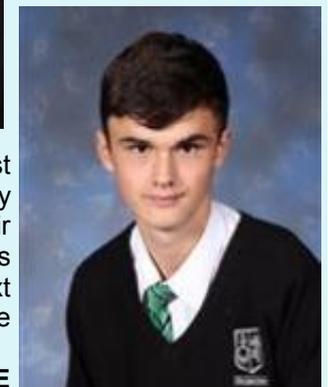
The semi-final will be played in fading light in the deep north, beyond Carlisle in the last week of term: a win would be the perfect Christmas present.

Miss K Munslow, Cover Supervisor

High Level Performance Athletics Coaching

Amy Wood and Luke Bowen have both been

selected by the Cumbria Schools Athletics Association to receive regular high level athletics coaching in Lancashire over the winter months, to help them prepare for the summer athletics season.



This will begin in earnest for them both when they compete to defend their 'County Combined Events Champion' crowns next May. Good luck with the training Amy & Luke!

Ms A Jeffrey, Head of PE



SPORTS NEWS

Year 7 County Cross-Country

The cross-country season started with the annual County Year 7 Competition held at QEGS in Penrith in October.



Six boys and six girls represented The Lakes School following a number of weeks of working on their cardiovascular endurance in PE lessons. This was still the first competitive race for many of our students and in spite of some 'first race nerves' and races with over 100 competitors in, they performed their very best.

The boys team was made up of **Leo Taylor**, **Alfie Savage**, **Leif Clayton**, **Tom Burke**, **Tom Wright**, **Zac Shirra** and **Reece Davis** and the girls team of **Holly Glaister**, **Siri Garner**, **Isobel Kelly**, **Mary Barnett**, **Tessa Knowles** & **Caitlin Hevey**.

Particular congratulations go to **Leo Taylor** who finished in 12th place and earned himself a place as reserve for the County Team.

Well done!

South Lakes District Cross-Country Trials

This year's trials were held once again on a cool but sunny day at Sedbergh School. A 40 strong Lakes School team took part across 6 age groups.

The Year 7 runners enjoyed their second race of the season on a much hillier and wetter course than at Penrith, with notable performances from **Leo Taylor 4th**, **Alfie Savage 28th** and **Siri Garner 23rd**. **Joe Kent 22nd** and **Lucy Hill 17th** were our top scorers in the Junior age-group and **Luke Bowen 6th** and **Hannah Durkin 8th** in the Intermediate age-group.

Congratulations go to **Leo Taylor**, **Luke Bowen** and **Hannah Durkin** who have earned automatic selection to represent the district at the County Cross-Country Championships next month in Kirkby Stephen, and also to **Lucy Hill** who may well be asked to compete as she currently stands in the 'first reserve' position.

Good Luck!

Cumbria County Cross-Country Team

As a result of his consistently high performances in last year's cross-country and athletics competitions, **Luke Bowen**, now in Year 10 and competing in the 'Intermediate' age group, was selected to represent Cumbria in a 'Midlands Inter-County School's Cross-Country Competition' in November.

As always, this level of competition tends to be run on a 'flat and fast' course; unlike the fell-running training and competitions which Luke takes part in on a weekly basis. Although he was disappointed with his final position in this event, Luke continues to be a force to be reckoned with both in the South Lakes District and Cumbria and will undoubtedly improve on this performance next year. Well done Luke!

Ms A Jeffrey, Head of PE

Girls' Hockey & Netball News

A full programme of practices, fixtures and tournaments has taken place this term for interested players in hockey and netball across all years. Although some teams have had to be made up of players across a number of year groups for some matches, all squads have enjoyed pitching themselves against other schools and putting their improving skills and tactics into practice. Friendly fixtures have been played against Queen Katherine, Kirkbie Kendal, Dallam and Cartmel Priory schools and the Under 16 and 14 hockey squads and Under 15 and Under 14 netball squads have all played in their respective age-group tournaments. WELL DONE to all girls who have done their bit for any of the school teams and I hope your interest, commitment and enthusiasm will continue as there are many more matches and tournaments to play next term!

A huge 'THANK YOU' from both myself and the girls involved must go to Miss Drewett who has been there for every practice and match this term - many of these fixtures would not have been possible without her help!

Ms A Jeffrey, Head of PE

SPORTS NEWS

High-5 Netball - Primary School Festival



Our enthusiastic team of 6th form Sports Leaders has been busy this term organising and running a programme of sports festivals and competitions for our feeder primary schools. The first event was a 'High-5 Netball' tournament, held in October. There were entries from Hawkshead and Staveley Primary Schools, with Staveley 'A' and 'B' teams being the ultimate winners and runners-up. The Sports Leaders had to organise the format of the competition and order of play, design certificates, run the tournament

and umpire the matches on the day, ensure all players knew the rules and encourage them to try their hardest and most importantly have fun! Given it was the first time many of the leaders had been involved in such an event, it was a great success and the experience will serve them well in the future - well done to Anya Rands-Trevor, Hannah Clark, Kelly Graves, Abi Hindle, Beth Lightburn, Katie Trippitt and Gabrielle Wadmore.

Ms A Jeffrey, Head of PE



Feeder Primary School Cross-Country

The second primary school event was a Cross-Country competition, held in our own school grounds on 26 November. A much larger event than the netball with 8 of our local primary schools being represented by a total of 65 girls and 75 boys in the respective events.

It was great to see so many enthusiastic and determined youngsters both competing and encouraging each other all the way to the finish line. The team events were won by Hawkshead boys and Staveley girls, and the individual honours went to Eva Wilson (Langdale School) and James Bowen (Hawkshead). The sports leaders' responsibilities for this event were to prepare and mark out the course, meet and greet each school as they arrived, marshal the course and ensure the results were recorded correctly.

Particular thanks must go to our 'hares', Anya Rands-Trevor and Luke Blezard who set the pace and led the way for the girls and boys races.

Ms A Jeffrey, Head of PE



The Year 7 Rugby Team



Earlier this term, the school played host to a county schools' rugby union tournament for students in Year 7.

Ten schools took to the rugby field for an excellent afternoon of rugby, with some excellent ball handling skills on display.

For the majority of our school team, this was their first experience of playing competitive rugby and our

players performed admirably against teams from some big, powerful schools with strong rugby traditions. Well done to all the players - they were a credit to the school!

Mr S Field, PE Department



Samwhitekarting.co.uk

Sam is a Lakes School pupil with a passion for all things motorsport. He has been karting for two years and in his first season in 2013 became Cumbria Kart Racing Club cadet champion, following in the footsteps of top drivers such as Button and Diresta. In this year's season he is on course for podium finishes at Cheshire Kart Racing Club and 3 Sisters, Wigan.

We are currently looking for local businesses to sponsor Sam for the 2015 season. We hope that he can consolidate his progress this year in the Minimax class with a Triple Crown of championships at Wigan, Hooton Park and Rowrah.

In return for sponsorship we can offer a number of advertising opportunities such as logos on race suits and kart bodywork, distribution of marketing material at race meetings and links to your business on Sam's website: samwhitekarting.co.uk. We are happy to discuss any marketing requests in order to promote your business.

If you would be interested in sponsorship, please visit the website where you can make a donation to Sam's quest for success in 2015, or contact: jowhite1966@gmail.com or telephone 01538446443 or mobile 07881385974.

Mrs J White

NOTICE BOARD



2015	05 January	Spring Term Starts	
	16	Careers Conference	
	20	Year 11 Parents' Evening	
	03 February	Year 12/13 Parents' Evening	
	14	School closed for half term	
	23	Staff Training Day	
	24	Students return to school	
	04 March	Enrichment Day	
	06	Mock Interviews	
	19	Year 10 Parents' Evening	

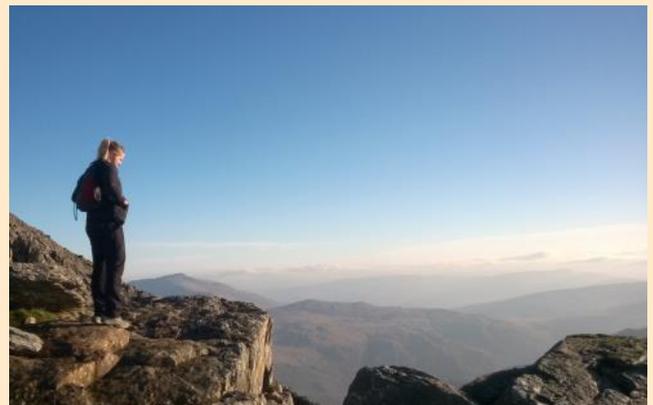
Outdoor Education - Snowdon



"I was a little apprehensive about climbing Crib Goch Ridge at the beginning of the day and didn't really want to do it. However, Mr Robinson and Mr Tomes reassured me and we set off. There were a few places that pushed me to my limits, but when we got to the top we had an amazing view and the clear skies meant we could see for miles.

The whole weekend felt like a massive accomplishment and my thanks go to Mr Robinson and Mr Tomes for organising the trip."

Anya Rands-Trevor, Year 13



Ben Nevis



"It was an amazing experience for me and I would definitely say to everyone if you enjoy walking, the Ben Nevis trip is mind blowing! But you have to be up for a challenge.

Mr Robinson took me, Ellie Williamson and a few others up the ridge route onto the Ben Nevis summit. It was the more challenging route and I must say I felt a little unsure at times but my friends and Mr Robinson were always there to reassure and encourage me. The views were breath-taking and you really got a sense of how huge and beautiful the mountains are."

**Wren
Brammall,
Year 11**



Christmas ^{at} Brockhole

The Lake District
Visitor Centre

Discover
Explore
Inspire

Park all day
for just **£3**

Open
10 to 4pm

Free entry



- * Winter Welly Walk
- * Christmas gifts
- * Meet the owls every weekend
- * Make your own Christmas gift box
- * Festive free family fun activities
- * Christmas lunches and festive afternoon teas

Plan your visit at
www.brockhole.co.uk/winter

Lake District
National Park





WE DISCOVER, WE GROW

Girlguiding

Lakes Division

JOIN US AND BECOME A VOLUNTEER

Be part of the largest youth charity for girls and young women in the UK.

We have flexible opportunities to suit your lifestyle and responsibilities. Whether you want to volunteer regularly with a Unit, teach girls a skill or be a treasurer or advisor, we want you to get involved!



GIRLGUIDING LAKES DIVISION

The Lakes Division has Units across the beautiful areas of Ambleside and Windermere, including Hawkshead, Grasmere and Staveley.

We have 182 members across the Lakes Division and thanks to the dedication and support of our volunteers, they are given a space where they can be themselves, have fun and build brilliant friendships.

Visit www.girlguiding.org.uk/interested



Merry Christmas and Happy New Year