

A message from Mrs Mason the Chair of Governors

Well, here we are at the end of an academic school year that has brought its challenges and delights! I have seen some amazing creativity, outstanding care and compassion, incredible dedication, and awesome abilities, during the last few months in the school. These moments have reminded me how fortunate we are to be such a community focused school and have something to celebrate with the school and its ethos. Thank you and well done to every one of the students, teachers, and their families who have pulled together to get through this extraordinary time, whilst growing and learning together. As we break for what a hope will be some quality rest and recuperation time, I thought I'd mention that we are looking for parents or other members of our community who are keen to support the students and the school. If you would like to get involved, head over to our website over the summer or look out for the posters to find out how. Wishing you an invigorating summer break.

"Success is no accident. It is hard work, perseverance, learning, studying and most of all, love of what you are doing or learning to do"
Pele, Brazilian Footballer



Drawing by Kaitlin
Year 7

Designed for the
Royal Mail Stamp
Competition 2021

As part of the
competition, Royal
Mail asked
students taking
part "Who is your
hero or hero's?"
Kaitlin named
Captain Sir Tom
Moore as her hero.

A message from Mr Savidge the Headteacher

I am incredibly proud of the way in which the students have conducted themselves during the course of what has been a turbulent year. We came back in September with a new set of Covid-secure procedures in place which students quickly got used to and have kept to throughout the year. Attendance during the autumn term was very good and this has helped students to keep on top of their learning this year. We saw the implementation of testing in schools from January and students have approached this with a great deal of maturity. We have not been able to mark the end of the year in the normal way but achievements will be celebrated by students in their tutor groups on the last day of term. We are looking forward to more normality in September with the return of assemblies and enrichment activities which are so important for our young people.

I would like to thank the staff for all they have done this year. They have had to adapt to teaching in classrooms where it is not possible to go and sit with the students and support them in the way in which we would normally do this. They have had to learn to move lessons online during the lockdown period and to teach and meet virtually too. Staff have learnt how to supervise tests for Covid and some of them are doing this in support of the community testing too.

The background of the page is a photograph of Millom School. On the right, a modern, light-colored building with several windows is visible. In the foreground, there are trees with green and yellowing leaves, suggesting an autumn or early spring setting. A stone wall with a statue is partially visible on the left. The text is overlaid on this image, enclosed in a dotted border.

Millom School's Vision and Values

Vision

All children and young people at Millom School will have access to appropriate high quality education in a community that enables them to achieve the skills, knowledges and qualities to become responsible and successful citizens.

We will achieve our vision by providing learning that shows Millom School is a place for;

- the whole community, with a local, national and international dimension;
- personal growth and friendships;
- encouraging tolerance, understanding, respect for others, and the area in which they live;
- preparing them for the rest of their lives;
- developing their talents and skills, along with the independence and self-discipline needed to be happy and successful;
- the present as well as the future

Values

At Millom School we believe;

- a strong community of student and adult learners is based on mutual respect, empathy and personal integrity;
- students should be empowered, develop curiosity and foster their own creativity to make a difference to society;
- Happy, confident and secure students will learn more and will achieve greater things;
- That to improve all of us need to work hard, play hard and push our boundaries;
- Students who pursue their interests and talents will be happier, have a sense of purpose and will develop a love of learning for life;
- That to be successful in life all of us need to develop leadership and teamwork skills

Designing and making a creative lighting unit for a chosen client

An interview with the creator, Kai

During the month of May some of the Year 10 students in Technology were asked to design and make a creative lighting unit for a chosen client.

The students have worked hard on this project.

I caught up with Kai who produced this amazing piece.

What inspired you to design your piece?

A—I was inspired to do a lighthouse as it is already a source of light guiding things to land, I originally wanted to base the projects off modern architecture but after some research I found this would be better suited to a lighting unit.

I went with the blue and white colours as that a light colours to stand out whilst resembling the sea, the black adds depth.

Who is your client market?

A—My client market is 'teenage lifestyle' but I feel it exceeds this a little bit.

What problems did you come across along the way and how did you overcome them?

A—I found constructing the tower part challenging, as I had to glue all 6 sides together whilst trying to keep it all in a hexagon shape. The parts often came out of place requiring me to start again and position them in a place where it would all fit together nicely. I overcome the problems I encountered by propping multiple sides up using a faster drying glue, this increased the pressure, allowing it to be put together in the right place.



Cumbria Country Cricket

Well Done and congratulations to all the students at Millom School who were picked for Cumbria County Cricket this year.

We are so proud to have so many talented sportsmen and women at Millom School, you have a real talent and we wish you the best of luck in future events.

Country Cricket has been a welcomed and long awaited event after being put on hold for so long due to the Covid-19 pandemic. We are so glad that you have been able to partake in something you love again. Its amazing to see your achievements.

We are so lucky to have great cricket clubs in the area who do a fantastic job in supporting and coaching our students to be the best they can be at their game!



Picture taken by a parent at a County Cricket Game on 18 May 2021

Festival of School and College Arts

On 28 May 2021 via our Millom School Twitter account, we took part in the Festival of School and College Arts. The festival's aim was to celebrate the vital role of Arts in schools and colleges.

This was also shared on our school Facebook page.

The purpose of the event was for schools all over the country to flood Twitter with videos and pictures of students; playing music, performing drama, sharing artwork, poetry, singing and dancing adding the hashtag #EduArtsFest.

If you aren't already following us on twitter and Facebook please do, you can find us @MillomSchool on Twitter and search Millom School on Facebook

Thank you to all the students and staff for the great photograph and video opportunities.



Millom School's Twitter Account—
@MillomSchool

Festival of School and College Arts on Twitter—#EduArtsFest



Summer Reading Challenge

The Summer Reading Challenge, presented by The Reading Agency, is delivered in partnership with public libraries and funded by Arts Council England.

The challenge encourages children aged 4-11 to enjoy the benefits of reading for pleasure over the summer holidays, providing lots of fun as well as helping to prevent the summer reading 'dip'.

Each year the challenge motivates over 700,000 children to keep reading and build their skills and confidence.

The year's Summer Reading Challenge theme is '**Wild World Heroes**', created in partnership with WWF (World Wildlife Fund) and illustrated by award-winning children's author and illustrator Heath McKenzie.

Wild World Heroes will inspire children to explore ways of helping to save the planet, with a focus on taking action for nature and tackling real-world environmental issues, from plastic pollution and deforestation to wildlife decline and nature loss. Through taking part in the challenge, children will be able to join the Wild World Heroes to help solve some of these threats, learning about the importance of the environment while helping to restore nature levels in the neighbourhood of 'Wilderville'.

The challenge launches in some libraries in England on Saturday 10 July. Children can also join the fun online, here on the official website.

www.summertimechallenge.org.uk



Millom Community Track

Millom Community Track has been up and running for a few months now. Track is a free to use by all, multi-purpose facility for running, cycling and walking. The track was formed with a vision of providing a sports track around the Millom School playing field the setting of Millom park Run, it is a safe place with open access to the community also proving ample parking and a disabled access ramp to the track.

The track is 1000m in length and 2.5m wide including a 100m sprint section comprising of 6 lanes. The track is SUDs Bond surface suitable for the activities the tracks purpose.

To book the track for an allocated time please visit the website

www.millomcommunitytrack.co.uk



Picture taken from the Millom Community Track website



Millom School's Professional Photograph Day

We had a photographer from Cooke & Cree in school on Wednesday 9 June to take the new photographs for the website and new online prospectus, which is currently being worked on. With lots of careful planning and staff and student participation, we got some great shots. Thank you to both staff and students for your cooperation with the photography day.





**Celebrating the Academic
Year 2020-2021**



Year 10 Art/Photography Class

Some of our Year 10 Art/Photography students have been working with artist in residence Tim Pugh. The aim was to produce artwork from natural forms and objects that have been washed up on the beach.

What a fantastic job and a big Thank You to Tim for your time and help!



"Today a reader, tomorrow a leader" - Margaret Fuller

Welcome Year 6 Students

- We can't wait to welcome the Year 6 students from the feeder Primary School's into the Millom School community.
- We hope the students are looking forward to the taster day at the start of the new academic year!
- We are excited to see them all.

A little message for the start of the new term for the Year 6 students;

"Let today be the start of something new"



Department
for Education

SOLWAY
HALL



Holiday Activity Programme

Monday 19th July 2021 10am - 4pm Arts Painting Pebbles/Rounders
Wednesday 21st July 2021 10am - 4pm Singing Workshop/Football
Monday 26th July 2021 10am - 4pm Acting Workshop/Volleyball
Wednesday 28th July 2021 10am - 4pm Healthy Meal Workshop/Badminton
Monday 2nd August 2021 10am - 4pm Dance Workshop/Cricket
Wednesday 4th August 2021 10am - 4pm Arts Clay Making/Rounders
Monday 16th August 2021 10am - 4pm Singing Workshop/Football
Wednesday 18th August 2021 10am - 4pm Acting Workshop/Volleyball
Monday 23rd August 2021 10am - 4pm Dance Workshop/Badminton
Wednesday 25th August 2021 10am - 4pm Healthy Meal Workshop/Cricket
Thursday 26th August 2021 10am - 4pm Rounders/Awards afternoon with medals and certificates for all young people that have attended an activity.

Additional information:

Each day will start at 10am, we shall break for lunch at 12.30pm and start the afternoon sessions at 1.30pm, finishing at 4pm, lunch provided.

All performing arts will be for all abilities.

All afternoon activities will be with soft ball equipment.

All staff and volunteers delivering the activities have DBS checks/matrons.

We have GDPR policy in place and safeguarding.

We will have a track and trace system in place due to Covid-19.

The Solway Hall has a large space so we can socially distance.

Criteria: 11-18 years, from Copeland, young people on free school meals or other disadvantaged groups.

email: thesolwayhallactivities@outlook.com or call: 07722589859

Registered Charity Number: 1128826

Holiday Activity Programme at The Solway Hall, Whitehaven

The Solway Hall in Whitehaven have released an exciting programme for children over the summer holidays.

To find out more please search for 'The Solway Hall' on Facebook for my information or email this address—
thesolwayhallactivities@outlook.com





Year 10 & 11 CoPE (The Certificate of Personal Effectiveness) Group

The Certificate of Personal Effectiveness is a nationally recognised qualification available at Level 1,2 and 3. The qualification offers imaginative ways of accrediting young peoples activities.

In CoPE, the Year 10 and Year 11 CoPE students have been undertaking their John Muir Award. This award requires students to discover, explore, conserve and share a wild place in the Lake District National Park. Due to Covid restrictions, however, activities have been confined to the school grounds. The students have adapted brilliantly, participating enthusiastically in gardening projects and litter picking around school. They have all worked hard and successfully achieved their John Muir Discover Award.

A big thank you to Mrs Wright who works with the students in their CoPE Group.

The Norman Nicholson Library

Unfortunately books haven't been able to be borrowed from the Library this year because of Covid but Mrs Freeman can't wait to open the doors of the Library to our student's again hopefully very soon!

The Library has been open to our 6th Form students who have been able to use it as a study area.

Thanks for sharing some of your most popular books from the Self Help and Graphics collection Mrs Freeman.

I know the student's are keen to get back into the wonderful Library.



The Importance of Sleep

Sleep helps to fuel your brain and your body. Teens need more sleep because their bodies and minds are growing quickly. Scientific research shows that many teens do not get enough sleep.

To be at your best, you need between 8 and 10 hours sleep every day.

Here is how to make sure your teens are getting enough sleep to stay healthy and be well rested for school.

Limit screens in the bedroom

If possible, do not have a mobile, tablet, TV or computer in the bedroom at night, as the light from the screen interferes with sleep.

Having screens in the bedroom also means that your teen is more likely to stay up interacting with friends on social media.

Encourage your teenager to have at least an hour of screen-free time before going to sleep.

Exercise for better sleep

Regular exercise helps you sleep more soundly, as well as improving your general health.

Teenagers should be aiming for at least 60 minutes of exercise a day, including aerobic activities such as fast walking and running.

Exercising out in daylight will help to encourage healthy sleep patterns too.

Cut out the caffeine

Suggest that your teenagers cut out or drink less caffeine—found in drinks such as cola, tea and coffee.

Too much caffeine can stop them falling asleep and reduce the amount of deep sleep they have.

Do not binge before bedtime

Let teenagers know that eating too much, or too little, close to bedtime can lead to an overfull or empty stomach. This can be a cause of discomfort during the night and prevent sleep.

Have a good routine

Ensure your teenager has a good sleeping environment—ideally a room that is dark, cool, quiet and comfortable

Talk through any problems

Talk to your teenager about anything they're worried about. This will help them to put their problems into perspective and sleep better.

You could also encourage them to jot down their worries or make a to-do list before they go to bed. School are here to help too, your child's Form Tutor or Head of Year will be able to help and give advice if you feel your child is worrying about something.

Avoid long weekend lie-ins

Encourage your teen not to sleep in for hours at the weekend. Late nights and long lie-ins can disrupt your body clock and make it harder to sleep come Monday.

Covid Reminders

We are currently using a one way system in school in order for students to access their lessons safely and complying with the distancing guidelines. This system is working really well and the students are doing a fantastic job at following given instructions with regards to this.

We have many hand sanitizing stations around school, student must use this upon entering the school site and during the school day. As well as this, students are asked to clean their workspaces at the end of every lesson with the products provided, ensuring that the area is clean for the next students to enter the classrooms.

If your child is presenting the following Covid symptoms;

- High temperature
- A new, continuous cough
- A loss or change to your sense of smell or taste

Students must **not** be in school until they have had a negative Covid test result or they have self-isolated following the government guidelines. Please inform school if your child is presenting with any of these symptoms.

Negative or positive Covid test evidence should be sent into school via the school email address before your child returns to school—genenquiries@millom.cumbria.sch.uk

More information with regards to Covid can be found on the following website—

www.nhs.uk/conditions/coronavirus-covid-19/symptoms/

Just a reminder that parents/carers/visitors to school should not enter the school site without an appointment. Please phone the school to arrange an appointment.

School Reminders

If your child is absent from school, please remember to ring in your child's absence before 9:30am. A reason for absence needs to be given.

Any medical appointments need to be made out of school time. At the moment we ask that if your child has an appointment during the school day, they do not then return to school that day.

In order for us to authorise medical appointments please provide the school with a copy of the appointment card or letter, a picture or copy of this can be sent to school via email or given to your child to hand in to Reception where we will then take a copy of the document.

Holidays should not be taken in term time. All requests for time out of school should be addressed to Mr MD Savidge either via email, using the school email address or by letter.

Students should be wearing the correct uniform for school. Reminders with regards to uniform, hair and jewellery can be found on the school website and in the parent handbook.

Due to Covid restrictions we cannot accept forgotten packed lunches, money, books etc. If your child has forgotten then lunch or money for their lunch they will be able to get something from either refectory and the money spent can be paid back the following day.

Millom School
Salthouse Road
Millom
Cumbria
LA18 5AB
Tel: 01229 772300



Website: www.millom.cumbria.sch.uk
Email: genenquiries@millom.cumbria.sch.uk
Twitter: @MillomSchool
Facebook: Millom School

School Uniform Rules and Reminders

We are keen to help students develop a sense of pride in their own appearances as a preparation for future careers. We also believe the uniform gives a sense of belonging and identity. It gives students the opportunity to demonstrate loyalty and cooperation with the school as a community.

Uniform Suppliers

School uniform and sports kits are available from two outfitters:

Fergusons, Wellington Street, Millom

Identity, Unit 2 Business Park, Peter Green Way, Barrow in Furness

The Millom School Uniform

Plain black trousers or knee-length skirt (no tube or tight skirts). Trousers should not be leggings and jeans. Trousers should not be tight around a student's calf or ankle. Trousers should be long enough to meet their shoes and socks should cover the ankle (no trainer socks).

Millom School polo shirt with school crest.

Millom School sweatshirt (round/crew neck) with school crest (no other jersey or sweatshirt is allowed to be worn in school). This item is compulsory for Autumn and Spring terms. In the Summer term students do not need to wear their school jumper around school, however, if the weather is cool they must wear their school jumper over their polo shirt not a hooded top or jacket. These should only be worn over the school jumper, outside of the school buildings.

Plain black, white or dark green socks or tights (no trainer socks).

It is recommended that all items of uniform are marked with the student's name.

For Health and Safety reasons jewellery is restricted to one pair of plain, flat studs, one earring per lobe and one plain flat ring and one watch.

Coloured nail varnish and false nails are not allowed in school. Nails must be kept short of Health and Safety reasons especially for lessons like Technology and PE.

Footwear

Durable smart black shoes or boots for school, may be worn. Please note that no training shoes, casual leisure shoes, skate shoes or thin soled slip on shoes for girls (dolly shoes).

The Millom School PE Kit

Black shorts*

Green indoor sports top (short sleeves)*

Green outdoor sports top (long sleeves)*

Green football socks

Football boots

Trainers or gym shoes