



A message from the Chair of Governors, Elsa Mason

It's certainly been an action-packed term and school year.

Its amazing to see our students continue to achieve great things both in and out of school, as individuals and as teams.

When I've been in school there's been a sense of real vibrancy around school which is fabulous to see.

We wish Year 11 and Year 13 all the very best as they move onto the next stage for them, whether that's apprenticeships, A-Levels, degrees or jobs, there are certainly some exciting destinations planned.

Wishing you a well deserved and restorative summer break for staff, students and families and we look forward to welcoming our new Year 7 students in September.



Mountain Biking Enrichment



Isabelle working on an Art project

A message from the Headteacher, Mr Savidge

It has been a busy summer term with much going on for our students and staff. Years 11 and 13 have been through the exam season and approached it with incredible maturity and really supported each other through what is a very stressful time.

The end of the summer term is usually a time to say goodbye to staff too. We bid a fond farewell to Mrs Jasim who has taught Maths for 19 years at Millom School, to Mr Rawlinson who joined us in 2017 and has been a key part of our Duke of Edinburgh team in addition to his teaching commitments and to Miss Procter who has been an important part of the technology team for the last 4 years. I would like to thank them all for their dedication to the students, school and the community we serve and wish them well for the future.

The end of term has been busy with events which go beyond the classroom. We have seen the Year 12 trip to London to visit universities so that they can think about their future, the Year 9 Festival of Work trip to Lakes College, Duke of Edinburgh expeditions for bronze and silver awards, the rewards cinema trip, Year 5 and 6 day to support transition to Millom School, as well as the summer concert the final week. All of this on top of our ever-expanding enrichment programme. A big thank you goes to the staff for the hard work they have put into the enrichment programme this year on top of their normal teaching duties and also to the members of the community who have run enrichment activities this year.

We will be celebrating the achievements of the term with students on Friday before we finish and I hope you have a great summer and thank you for all your support.



Mrs Morton and Mrs Crellin's Upcycling Enrichment

England Community Lions

Congratulations to Jack B in Year 11 on being selected for the U16 England Community Lions Squad.

#rugbyleague #proudmoment



Cumbria Cricket Tour

Over the Easter break Josh and Zac went on tour to Sri Lanka with Cumbria Cricket, along with two ex-students Declan and Callum; an amazing opportunity and experience for them all.

#cricket #cumbriacricket #proudmoment



If your child has lost an item, please ask them to visit Student Reception to see if it has been handed in.

Thank you.

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." - Albert Schweitzer

Grade 5 Piano Exam

Congratulations to Madelyn in Year 10 who has passed her Grade 5 Piano Exam with merit.

#takepart #betterlearner #TakeResponsibility



Alfie in Year 11—Gold Medal Winner and European Youth Champion—GB Archery

We are currently looking to recruit Exam Invigilators to assist with the organisation of examinations throughout the school year.

Please visit our website for more details:

Millom School > Menu > About > Vacancies

"Education is the passport to the future, for tomorrow belongs to those who prepare for it today."

- Malcolm X

Young Enterprise

Year 8 had the opportunity to work with Young Enterprise in April. Students completed the Learn to Earn Workshop which got them thinking about their dream lifestyles, careers and the cost of living.

Thank you to Anthony and Karen at Young Enterprise and BAE for funding the event.

#careers #LearnToEarn
#youngenterpriseuk



6th Form student Charley—Health and Social Care





Martha—U17 Lionesses and Manchester United which resulted in a 3-1 win against Arsenal

“Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.”

– Golda Meir

Tempest Photography will be in school on Tuesday 17 September.

The following year groups will have their photographs taken (academic year 24-25);

Year 7

Year 8—Those who didn't have theirs taken in Year 7

Year 9

Year 10—Those who didn't have theirs taken in Year 9

Year 11 & Year 11 Group Photograph

Year 12

Year 13—Those who didn't have theirs taken in Year 12 & Year 13 Group Photograph

Millom Striders Running Club

The junior striders from, Millom Striders Running Club, competed at the Sheepmount Athletics Stadium in Carlisle in April.

A massive well done to the students who completed in the first round of the Cumbria League Championships.

Some brilliant all round performances and some great personal bests.

The next event will be in June at The Academy Track in Barrow in Furness.

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#takepart #athletics

“There are five important things for living a successful and fulfilling life: never stop dreaming, never stop believing, never give up, never stop trying and never stop learning.”

– Roy T. Bennett



'Learn to Read—Read to Learn'

Student were asked what they were reading (May 2024)...

As Good as Dead	The Worst Witch Strikes Again
The Cousins	The Lost Soul Atlas
The Blood of Olympics	Middle School: Get Me Out of Here
Nine Lives of Montezuma	Heartstopper
Adventure According to Humphrey	Storm Bringer
The Medusa Project	20,000 Leagues Under the Sea
Meteor of Doom	Boffin Boy and the Quest for Wisdom
The Good Thief	Heartland: After the Storm
The Beast of Buckingham Palace	All Star High: Rescue
So Much Closer	Berserk
Bad Dad	Thorntop farm
The Giraffe, Pelly and Me	The Meltdown
Diary of a Wimpy Kid	Sunday Girl
Danny, Champion of the World	Mystery Mob and the Scary Santa
Holes	Mystery Mob and the Monster on the Moor
The Mediator 5 Grave Doubts	Unboxed
Shadow on the Minotaur	Solitaire
The Midnight Gang	Girl on a Train
The Lord of the Rings; The Fellowship of the Ring	A Good Girl's Guide to Murder
Narnia, Prince Caspian	The Girl on the Train
The Inventory Gravity	Diary of a Wimpy Kid
Tom Gates: Everything's Amazing	No Longer Human
The Twits	Orange
Little Women	Fing
No Longer Human	Mud, Sweat and Tears
Bungo Stray Dogs	The Worst Witch
Perfume	
Cured	
Hunger Games	
Crime and Punishment	
Big Cats	
Of Mice and Men	
The Diary of Anne Frank	
When the Coffee gets Cold	
Percy Jackson (Series of books)	
Welcome to Nowhere	
Percy Jackson and the Lightning Thief	
Going Solo	
Buried Alive	
Ten Things I Have About Me	
The Woman in Black	
Silver Street Farm	
Solider Dog Loyal to the End	
Mystery Mob and the Big Match	
The Plague	
The Final	
Mr Sink	
Gangsta Granny	



U13 Cumbria Cricket

A massive Well Done to Kyle who has been selected for the U13 Cumbria Cricket Team.

Kyle's first fixture was on 8 May against Yorkshire.

Kyle dismissed both opposition openers in his spell of 30-2

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#countysport #cricket #takepart



"You have to be yourself when you are creating and cooking. You do what need to do and so it to the best of your ability." - Leah Chase



Well Done to the U14 cricket team who finished runners up in the Cumbria Cup (May 2024).

Cumbria U15 Cricket Team

On 2 May Year 10 students, Zac, Oliver and Sam, represented Cumbria, playing against Lancaster Royal Grammar School.

In the first innings, Cumbria scored 187-7 off 30 overs, with Sam scoring 22 runs, Zac 29 and Oliver 19 not out.

In the second innings, Cumbria bowled LRGS out for 71 runs off 27.5 overs. Zac and Sam both taking 2 wickets and Oliver getting a catch behind the wickets.

Well Done boys, keep it up! A great win for Cumbria.

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#cricket #takepart #cumbriacricket

"Youth comes but once in a lifetime." - Henry Wadsworth Longfellow



Copeland School Games

On 1 and 2 May, Copeland School Games had their South and North Copeland Tri Golf Events at The Recreation Centre in Millom.

It was a great couple of days with 136 young people taking part from 11 Primary Schools.

Our Sports Leaders helped with the event along with Sports Leaders from The Whitehaven Academy.

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#sportsleaders #takepart
#TakeResponsibility

“Action is the key foundational key to all success.”

- Pablo Picasso

Well Done to 28 students who recently took part in a Math's Challenge in May.

19 students were awarded a certificate (bronze, silver and gold). Well Done to Ben C who achieved the gold certificate.

Cumbria Schools Football Academy

After being put forward by Mr Olliver, Jayden passed the first trials for Cumbria Schools Football Academy in May.

The team played a game on 4 May for Cumbria for the Eddie Robert's trophy.

Unfortunately, they were defeated overall by North Yorkshire.

Jayden is just waiting to find out if he has been chosen for the main games in September.

Well Done to Jayden. We wish you lots of luck for the future.

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#takepart #TakeResponsibility #football



"Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Chose wisely."

- Roy T. Bennett



Ready Steady Cook

Year 12 students started their Ready Steady Cook Competition in May.

Each week the students select 4 random ingredients and must plan a meal to meet the brief.

The first week was starters. Students were able to add to their ingredients with things from home, or they can spend a maximum of £3. Students were judged on their preparation, taste and their time management.

The first session discovered their ability to prep, keep tidy and then clean up their work stations needed some work BUT the effort they all put into their meals was fantastic.

K2B and C2B

Well Done to both staff and students who took part in the K2B and C2B in May.

The weather on the day was rather warm for all taking part but none the less it was enjoyed by all who took part.

#takepart #K2B #C2B



On 8 May some of our students found a poorly hedgehog on the school site.

A very kind parent took the hedgehog to Furness Hedgehog Rescue in Dalton.

The hedgehog received treatment and made a full recovery.

**"TRUE HAPPINESS COMES FROM THE JOY OF
DEEDS WELL DONE, THE ZEST OF CREATING
THINGS NEW."**

- ANTOINE DE SAINT-EXUPERY



Misty and murky DofE walk on 8 May 2024.

"Just don't give up trying to do what you really want to do. Where there is love and inspiration, I don't think you can go wrong."

- Ella Fitzgerald



Well done to Year 10 students Zac, Oliver and Sam who were selected to play in the Cumbria U15 cricket Squad. They faced Durham in two T20 games; unfortunately suffering defeat in both.

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

- Jimmy Dean



Well Done to Edward in Year 9 who has played rugby union for Cumbria U14s as part of the Newcastle Falcons Developing Player Programme.

The team played two games and won both.

"Just one small positive thought in the morning can change your whole day."

- Dalai Lama

Millom School Uniform information can be found on our website.

Go to the Millom School website > Menu > Parents and Students > School Uniform.

If we hold medication in school for your child, please keep a note of expiry dates of the medication.

It is your responsibility as the parent/carer to ensure the medication is in date and hasn't reached the expiry date. Medication should be brought to school in the original prescribed packaging.

If you need to check on expiry dates please call the school.

Cumbria Brass

Well Done to Lucas in Year 10 who played at Lowther Castle, in an open-air performance with the Cumbria Youth Brass Orchestra. This is in preparation for a summer concert at the Castle event in July.

Julie Hoggarth, the event co-ordinator, said "We are looking forward to a great family-centred event. From beginners to seasoned musicians and bands from the length and the breadth of the country".

#takepart #betterlearner #music #brass



"Setting goals is the first step in turning the invisible into the visible." - Tony Robbins

Calling all singers!

Senior Choir

St James' School, Millom

Thursdays from 5:45pm-6:45pm

The choir is open to anyone, everyone is welcome! (Year 6+) Singing a wide range of music; pop songs, Disney, gospel, musical theatre etc. There are lots of performance opportunities and we can support you with further auditions and progression if you are keen. Or, just come along and sing for fun!



Furness Schools Athletics

A massive well done to the students in Year 8-10 who competed at The Furness Schools Athletics Championship on 16 May.

A number of the students have been successful in qualifying for the Cumbria Schools Athletics Championships in June.

#takepart #athletics
#physicaleducation

Duke of Edinburgh Award

In anticipation of their final qualifying expedition, our DofE students used their enrichment time to polish up their navigational skills completing a walk from school around the local area. Despite some unseasonal early weather all students had a great time.

#takepart #DofE #betterlearner



Year 7 played their first cricket match vs UVHS on 13 May. First experience of a proper match but unfortunately were beaten. Despite a great fielding performance including a great Katie B catch and Sam F top scoring with the bat earlier.

“Any book that helps a child to form a habit for reading, to make reading one of his deep and continued needs, is good for him.”

~ Maya Angelou

Well done to the following students who made the Cumbria Schools Athletics Championship Team in May 2024:

Oscar M and Bradley M

Bella P, Imani C and Annie P

Ollie P, Calvin S and Lucas A-S

Martha A and Hannah T

Giving Back to the Community (information taken from “The Mail”).

Martha, a member of Manchester United and England U16s squad made donations to Dalton United Juniors FC.

A spokesperson from Dalton United Juniors FC said: “Martha kindly donated a Nike kit and Nike tracksuit tops”.

Martha has previously played for Dalton Girls and Ladies.



In the 2023-2024 version of the U14 County Cup we were knocked out at the quarter final stage. Following a stellar bowling performance, we sadly couldn't back this up with the bat despite fighting innings from Luca I.

Congratulations to Alfie in Year 11 who has been selected for the 2024 European Championships in Archery.

Duke of Edinburgh Award

As part of the Duke of Edinburgh Award there are four sections to complete at Bronze and Silver level.

They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition.

Millom students across Years 9&10 have been busy since September completing their volunteering, physical and skills section, these must be completed across a fixed period of time and evidenced. Our students have done amazing in a wide range of activities ranging from baking to knitting to volunteering, walking peoples dogs, through to Sports Leadership and Horse Riding.

#takepart #TakeResponsibility #DofE



"Attitude is a little things that makes a big difference."

- Winston Churchill



"No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying."

- Tony Robbins





Inspira CV Workshop

On 5 June the Inspira team and some employers were in school to work with the students in Year 10.

The team were here to help and guide the students with their CVs.

A big thank you for coming into school:

Vicky, Dave & Amy—Inspira

Rachel—GEN2, Megan—BEPDT, Margaret—DWP, Charlotte—PPM, Abbie—STEM and Jake—ATOS.

#takepart #betterlearner #TakeResponsibility
#inspira #cvwriting

"Study hard what interests you the most in the most undisciplined, irrelevant and original manner".

- Richard Feynman

NHS Work Experience

Ellie, Amelia and Isabella completed a two day work experience placement at FGH in May half-term.

They had the chance to explore different departments and get a hands on experience of some of the roles available in health care.

The students are considering a career in the NHS, so it is a valuable opportunity that will help them make informed decisions post 16 and post 18.

#takepart #TakeResponsibility
#nhsworkexperience



"There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind."

- Mister Rogers

"Setting goals is the first step in turning the invisible into the visible."

- Tony Robbins

Congratulations to Martha who was selected for the U16 England football team in June.

W/C 10 June Martha was travelling to Finland with the team.

Mrs Drage and Mrs Morton had a lovely time during the summer term visiting the Year 6 students at their Primary Schools.

They had some brilliant conversations with the students and started what we hope, will be a very happy and successful time at Millom School.



Year 10 students taking part on the leading of The Copeland School Games.

'Informal Carer of the Month' Poster Competition

Year 10 Health and Social Care students had to design a poster to nominate their 'Informal Carer of the Month'.

Two prizes were on offer: 'The Best Carer' and 'The Most Eye-catching'. Voting took place with students and staff contributing.

Izzy's caught the most attention and Ava's won the best overall.

There was some tough competition, so well done to everyone who took part.

Well done girls.

#takepart #healthandsocialcare



"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."

- Steve Jobs



Furness Schools Athletics

A big well done to the Year 7 students who travelled to Barrow on 10 June to compete in the Year 7 Furness Schools Athletics Championships.

The students did amazingly well in their different events, with Katie, Estelle and Holly all qualifying for the Cumbria finals.

#takepart #athletics

Millom School has received a certificate celebrating our DofE groups volunteering and impact.

As part of DofE, young people complete a volunteering section. Volunteering is about giving time to do something meaningful and motivated by making a difference rather than making money.

The aim of which is to inspire young people to make a meaningful contribution within their communities, influence change, and shape the world they want to live in.

Examples of activities done by our students include: caring for elderly neighbours, helping with local sporting teams, litter picking and many more.

By volunteering between 1 April 2023 and 31 March 2024, students spent a total of 1092 hours volunteering. The social value of these hours was, £5765.



“Happiness is like the mountain summit. It is sometimes, hidden by clouds, but we know it is there.”
- Helen Keller



**Discuss your future with
Furness College**

Unsure what to do after your GCSEs?
Didn't get your apprenticeship? Looking to retrain?

We are transforming futures at Furness College, so come and talk to us about the range of options available to you.
Drop into one of our sessions at The Hub, Portland Walk.

Saturday 18 May, 10am - 12pm
Friday 14 June, 1pm - 3pm
Saturday 20 July, 10am - 12pm
Thursday 15 August, 1pm - 3pm
Saturday 17 August, 10am - 12pm
Thursday 22 August, 1pm - 3pm

FURNESS COLLEGE
In partnership with The Skills Foundation



Hardknott Forest Enrichment Session
June 2024



Millom Juniors Netball

Millom Juniors Netball are excited at the opportunity to expand our juniors' section –

Starting Monday 9th September 2024



Millom Recreation Centre



Every Monday (Term time only)



School Years 4, 5 & 6 - 3:45 pm to 4:30pm

School Years 7, 8 & 9 - 4:30 pm to 5:15pm



Follow us @Millom Junior Netball Club
Or contact Steph Ambrose



"I cannot express how important it is to believe that taking one tiny-and possibly very uncomfortable-step at a time can ultimately add up to great distance."

- Tig Notaro

Ecology Enrichment

The ecology enrichment group had a fantastic afternoon at Hardknott Forest in June with instructor John Hodgson from the Restoring Hardknott Forest Project.

The group set up a trail camera to try and spot some exclusive local wildlife and helped with the forest restoration work by cutting down non-native Sitka Spruce trees to make way for the native tree species.

The group learned a lot about the project and returned later in the month for a another hands on visit.

#takepart #hardknottforest #betterlearner



Northern Schools Inter-Counties Championships

Well done to Hannah in Year 11 who represented Cumbria at the Northern Schools Inter-Counties Championship in June.

Hannah took part in the high Jump. She finished 5th out of a very strong field; amazing achievement and experience.

#takepart #athletics



Pictured is Kyle B. Playing for Cumbria Cricket taking on North Yorkshire. 193 all out played 184-7.

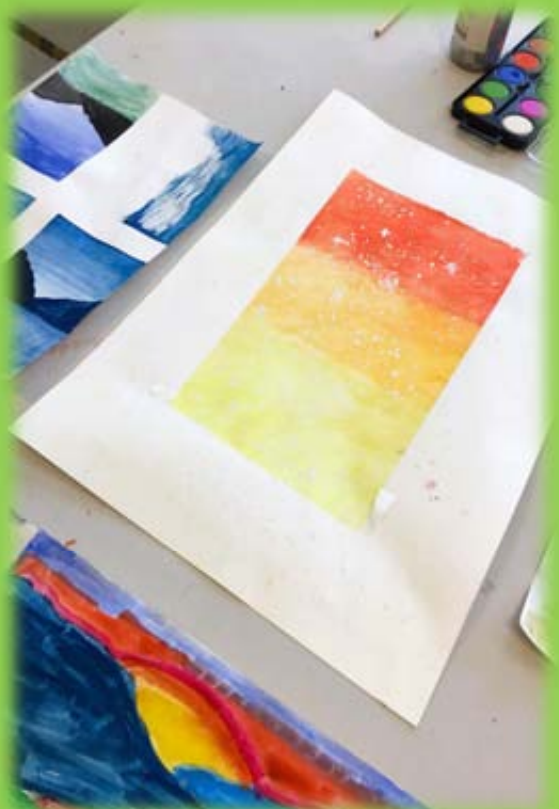
Kyle opened the bowling and had figures of 5-1-12-0, took a catch and got a run out.

Well done Kyle.

“TAKE PART. CONTRIBUTE. BE INTERESTED IN EVERYTHING AND EVERYBODY.”
- CLAUDE RAINS



Enrichment session with Mayor Simone Faulkner in June.



Art enrichment session with Mrs Coates.



Ecology Enrichment

There was another great afternoon spent at Hardknott Forest in June.

The students set up a bird box and found an old bird's nest that had fallen to the ground. It was thought to belong to a long tailed tit, judging off the feathers it had left behind.

The group also had a look at the trail camera from the schools grounds and found lots of wildlife—including a hedgehog!

The camera was then set up again in the forest hoping to see more wildlife. The group was also lucky enough to see an adder in person during the session.

Pictured is Mark during the enrichment session.

#takepart #betterlearner #enrichment #hardknottforest

“Every day brings new choices.”

- Martha Beck

Thank you to Project Trust who came into school in June to talk to the Year 12 students about some amazing gap year opportunities.



Imogen and Olivia during the DofE Qualifier
22 and 23 June 2024



Mountain Biking Enrichment

“If you can dream it, you can do it.”

- Walt Disney

Cumbria Schools Track and Field Championships

Well done to Katie, Estelle and Holly, who all represented Furness Schools at the Year 7 Cumbria Schools Track and Field Championships at Carlisle.

The girls had a great day and performed very well, with Katie bagging a 1st and 2nd place.

#takepart #cumbriaathletics



BMX World Championships in Rock Hill, USA

A little update on Emie, in Year 9. She has had an amazing year; very busy, with some fantastic performances.

Emie has travelled to Belgium and the Netherlands; winning 2 European Cup events and then finishing second at the European Championships in Italy.

To top her year off so far, she finished third at the World Championships in Rock Hill, USA.

We are so proud of you Emie.

#takepart #bmx

Year 5

On 27 June we were joined with 130 Year 5 students from local primary schools. Bunsen burners, javelin, high jump and lymeric writing were amongst some of the activities today and great fun was had by all.

We hope the Year 5 students had a great time.

#takepart #transition #year5day #millomschool



"You'll grow beautifully in your own way."

- Dhiman

Muncaster Castle

Year 8 had a brilliant time at Muncaster Castle. The group learned lots about the history of the castle on the informative castle tour, had fun watching the 'World of Owls' flying display then after lunch some orienteering.

Our students, as always, were really well behaved and a credit to our school.

Thank you to Muncaster Castle for hosting us.

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#takepart #humanities #muncastercastle



"Life isn't about waiting for the storm to pass, it's about learning to dance in the rain."

- Vivian Greene



"The secret to getting ahead is getting started."

Mr Higgins's Enrichment

In the final session of the year, the students got their hands on some new additions to the groups collection—the mind-bending *Project L*, the spooky *Horrid*, and the critically acclaimed *Carcassonne*.

The group now has two separate spin offs from this enrichment—the School Chess Tournament, and the Tuesday night Dungeons and Dragons Club—all welcome!

Thank you for the generous donations over the course of the year.

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#takepart #enrichment



Gardening Enrichment



London Trip

In July the 6th Form students headed for London.

On their travels they visited;

UCFB Wembley Campus

The Thames in Borough and Southbank

Greenwich

SOAS University of London

Buckingham Palace

Hyde Park

Trafalgar Square

Leicester Square and Westminster

Camden Markets

The students and staff had a wonderful time.

#sixthform #university #careers



“You are
what
you
believe
yourself
to be.” -
Paulo
Coelho

“Life is ours to be spent, not saved.”

- D.H. Lawrence

Please enquire to our Music Department with potential music lesson availability.

Please speak to Mrs Gibbon or Mrs Cullen

Year 6 Day

On Friday 5 July we had Year 6 students in school.

They spent their day as 'Year 7', the students launched rockets and made spinning tops in Technology, learned about advertising techniques and developed their French amongst other lessons.

The had lunch together and saw friends at lunchtime.

It was a busy day with lots going on.

Students brought home information about Parent/Carer Governor vacancies and letters regarding enrichment.

#enrichment #millomschool #takepart #transition



Emie—Female 13-14 National Champion (July 2024)

BMX



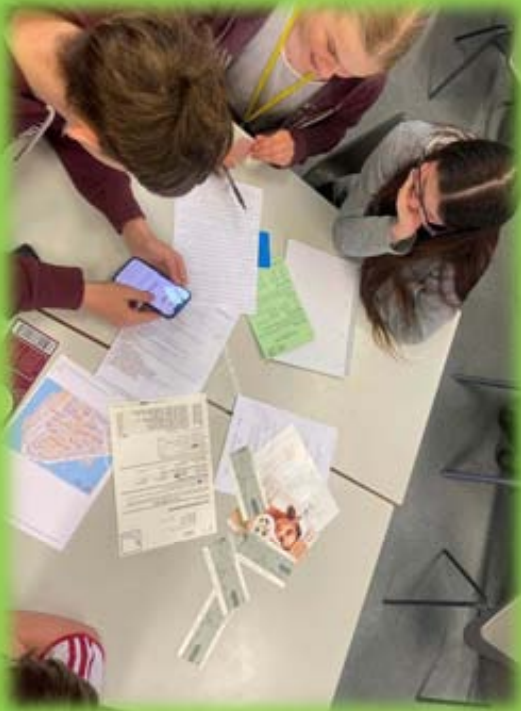
"The only person you are destined to become is the person you decide to be."

- Ralph Waldo Emerson



"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time."

- Thomas Edison



Apprenticeship and Graduate Morning with Inspira

At the start of July Year 12 students took part in an apprenticeship and graduate morning with Inspira.

The morning was designed to get students thinking about opportunities within both and exploring the role of universities.

Students participated in an escape room that focused upon key employability skills and then had the chance to meet with employers, graduates and apprentices from some fantastic local companies.

As ever, thank you to all involved for their continued support;

Inspira, BAE Systems, Sellafield Ltd, Stork, PPM, 32West, Gen2, Department for Work and Pensions—DWP, Cavendish Nuclear, Citizens Advice and Tornado Wire Ltd.

#post18options #careers #university



Holborn Hill Royal Brass Band

Ollie and Lucas were both awarded the Bernard McWilliams Memorial Shield for 'Most Improved Player' at the Holborn Hill Royal Bradd Band's Summer Concert and Annual Award's Ceremony on 8 July.

HHRBB Band Director explained that the shield is presented for dedication, reliability and commitment to the band. She couldn't choose between the two so they shared the award.

Well Done to Lucas and Ollie.

#takepart #brassband

Festival of Work

Year 9 had a great day at Lakes College for the Festival of Work. The students had chance to participate in a range of workshop from plumbing, electrical engineering, construction, non destructive testing and craft.

They also had the chance to explore the employer stalls and meet with local companies to discuss future options for Post 16 and 18.

#careers #apprenticeships #college.



Martha representing the U16 England Lionesses in Finland



Well done to Lucas, Calvin, Leon and Scott who all represented Millom Striders Running Club on the weekend of 12 July at the Cumbria Track and Field League.

Millom School Music Concert

On the penultimate day of term, Millom School hosted its annual summer concert in the Alex Hall.

There was a wide variety of music performed by soloists, duets and ensembles.

Acts included, Isabelle W in Year 8 singing 'Popular' from Wicked, Hattie P in Year 7 performing ABBA's 'I have a dream' on the tenor horn and Jake P from Year 10 performing 'Smoke on the Water' on the guitar.

The concert ended with The Rock Band and Brass Band collaborating to perform 'Sweet Caroline' and Amy Winehouse's 'Valerie'.

Music teachers Mrs Gibbon would like to thank all staff who helped support the concert and thank parents/carers who encouraged students to prepare and perform to an audience.

Proceeds from the concert will go towards new equipment for the Music Department.

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#takepart #TakeResponsibility #music #musicconcert

"Wellness is the complete integration of body, mind and spirit—the realization that everything we do, think, feel and believe has an effect on our state of well-being."

- Greg Anderson

Self-care summer toolkit: Secondary and FE



The summer holidays can be a time to relax, recharge and take a break.

However, school and college staff can find it difficult to switch off during summer, while young people may struggle with the loss of structure and not seeing their friends every day.

It's important that you and your students look after their mental wellbeing during the break. The summer can also be a great time to develop good self-care habits, so that when term starts again, you have techniques you can turn to in stressful times.

This toolkit contains activities, teaching materials and guidance to help support and boost mental wellbeing over the summer and beyond.

It is divided into resources to use with students and staff.

Resources



Resources for pupils

[My self-care plan](#) - Anna Freud

A set of simple activities and a step-by-step guide to help young people create their own self-care plan.

[Self-care form time activities](#) - Public Health England

A series of activities for Key Stage 3 and 4, introducing them to a range of self-care techniques.

[Wellbeing activities: being kind to yourself](#) - British Red Cross

A set of activities from the British Red Cross to help students to be kind to themselves and look after their own wellbeing.

[Self-care resources](#) - Anna Freud

A collection of strategies and activities for young people to support them to boost and look after their mental wellbeing.

Resources for staff

[How to talk about and support young people with their wellbeing](#) - The Children's Society

A children and young person-led guide to support staff to discuss wellbeing with their pupils.

[Self-care summer: advice for education staff](#) - Anna Freud and Education Support

Guidance for education staff on looking after their mental wellbeing over the summer holidays and more broadly.

[Mental wellbeing audio guides](#) - NHS

A series of short audio guides which share professional advice for dealing with difficult feelings and improving your mental health and wellbeing.

[Online self-help tool](#) - Every Mind Matters

An action-planning tool to support people to manage stress and anxiety, boost mood and improve sleep quality.



Sign up to the
Mentally Healthy
Schools newsletter
for more resources



Anna Freud
Mentally Healthy Schools



Family Support Drop in Centre



Is one of your family members experiencing issues
with their mental health?

Are you struggling alone? We are here to help!

Come along to meet us, to see how we can help and
support you.

Family Support is an opportunity to talk about issues
that you are experiencing, share stories and concerns
in a friendly supportive environment

**Date: Every Wednesday
between 9:30am - 10:30am**

**Please reach out, we care about our
community!**

SAFA Cumbria,
Trinity Enterprise Centre, Ironworks Road,
Barrow, LA14 2PN

Tel: 01229 832269 or mobile: 07508 035048
(if you would like more information)



New Timings of the School Day

8:40am—Tutor Period & Registration

8:50am—Period 1

9:40am—Period 2

10:30am—Break

10:45am—Period 3

11:35am—Period 4

12:25pm—Lunch

(12:25pm—Yr 10&11)

(12:40pm—Yr 7&8)

12:55pm—(Yr 9)

13:10pm—KS3 Reading/Intervention &
KS4 Tutor/Intervention

13:30pm—Period 5

14:20pm—Period 6

15:10pm—School Finishes

*Parent Communications: Please check
your emails.*

*Prom 2025—relevant to current Year
10 parent/carer(s)*

*Uniform Letter—relevant to Year 7-10
parent/carer(s)*

*Arrangements for end of summer
term and the new school year—
relevant to all parent/carer(s)*

*Centre Assessments—relevant to
current Year 10 parent/carer(s)*

*Please also check our Facebook page
for notifications.*

MRC Summer Camp

Please visit the Millom Recreation
Centre website for more information
on the MRC Summer Camp.

www.MillomRecreationCentre.co.uk

Millom Striders Running Club

Please see the Millom Striders
Running Club Facebook page for
the 'Colour Run' event happening
on 21 July.

**GOODBYE AND GOOD
LUCK TO THE YEAR
11 AND 13 STUDENTS.**

**WE WISH YOU ALL
THE VERY BEST FOR
THE FUTURE.**

Staff Leavers

Goodbye and Good Luck to:

Mr Rawlinson—Teacher of ICT

Mrs Jasim—Teacher of Mathematics

Mrs Procter—Teacher of Design Technology (Catering)

URGENT REMINDER!

Products that contain nuts, including chocolate products such as Nutella, Dairy Milk etc. are NOT allowed on site.

Please check the ingredients of products before packing them for lunches etc. We have students with severe nut allergies.

School Reminders

To access Millom School's Main Reception, please use the main entrance at The Millom Hub.

The school phone line opens at 8:15am and closes at 16:00pm. Voicemails can be left before the line opens and after it closes.

If as a parent/carer you would like to make an appointment to see/speak to a member of staff. Please contact the school via telephone in order to do this.

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.

If your child is absent due to sickness or diarrhoea they need to be 48 hours clear from the last bout to be able to then come back into school.

Any medical appointments need to be made out of school time where possible. 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.

We can accept forgotten packed lunches, money, books etc. but it is the responsibility of your child to collect these from Reception. We cannot get messages to students. If your child has forgotten their lunch or money for their lunch they will be able to get something from either of the refectories 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

