



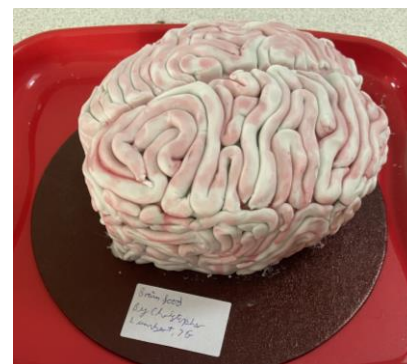
Friday 20th October 2023

Dear Parents and Carers,

Well done to the whole school, and particular congratulations to all new pupils and staff as they make it to their first half term – fully-fledged Lancastrians!

The range of recent activities has been remarkable: from students visiting **Auschwitz** to Year 7 **Safer Internet Day**; from **DofE** to the **Edinburgh Art trip**. These are particularly busy weeks for Upper Sixth formers, and also exciting as they work on applications and university aptitude tests.

Have a lovely half term, with particular best wishes to all our **boarders**, and also to pupils away on the **Netball tour** to Yorkshire, the **CCF sailing trip**, and the forty students on the **Classics trip** to Greece.



"Brain food" by C. Lambert 7G.
BioBake entry for Biology Week!

Mock interviews – request for expert help

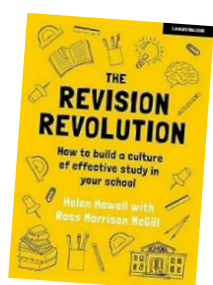
We would be grateful for any offers of help from parents who could use their expertise to help with mock interviews for students applying for courses at Oxford, Cambridge and in Medicine. Please will you contact Mrs Carol Haywood, Sixth Form Administrator (chaywood@lrgs.org.uk or 01524 580529) if you might be able to help?

Belongings on site

Lost property and left property alert! A reminder that pupils should take all their belongings home each day. Please could all pupils be aware that unless they have a locker, there is nowhere to leave belongings on-site overnight.

Speech Day – Saturday 11th November

Speech Day is a celebration of our pupils' achievements, and attendance is compulsory for all pupils in Years 8 and 9. This year's Speech Day is particularly special because Nobel Laureate **Sir Peter Ratcliffe** has agreed to present the prizes. Sir Peter was a pupil at LRGs from 1965 to 1972. He is one of Britain's leading scientists, and Director of the Francis Crick Institute in Oxford. He was awarded the Nobel Prize for Medicine in 2019 for his discoveries of how cells sense and adapt to oxygen availability. He gave a fascinating interview for Radio 4's "The Life Scientific" (and mentioned LRGs), which you can listen to here: www.bbc.co.uk/sounds/play/m000dy4f



Revision revolution!

An academic priority this year is to teach effective strategies of revision, recall and retrieval. One writer says, "Teachers spend a lot of time trying to get information into students' heads but retrieval is the opposite – it's getting information out." Our aim is for pupils to have a bank of well-practised revision and study methods long before they see any exams approaching. [This short article](#) has good advice about effective study practices. To Year 11s planning for Prelims: Work on retrieval practice and interleaving – stop the highlighting, and lock the phone away!

With all best wishes for half term ~ Dr C.J. Pyle

@LRGSLancaster



English Schools Fell Running



Rowing success



Upper Courts