



Friday 24th May 2019

Dear Parents,

Best wishes to all families with children who are sitting GCSEs and A-levels at the moment. They should trust the work that has led up to this point, as they study hard to add final touches to their preparation. Like the Olympic diver Tom Daley, it isn't really about the three seconds of falling to the water – it is about the many years of preparation that have led to the top of the ladder and the edge of the board.

And to pupils lower down the school: use the internal exams and feedback from teachers to help you to prepare for greater tests ahead.



Upper Sixth leave for their final assembly

Outside the classroom

Best wishes to crews who are currently away **rowing at Eton Dorney**, and to our seventy Year 10 students in the Yorkshire Dales for their **Bronze Duke of Edinburgh** expeditions. Well done to Theo Butterworth (captain), Jim Craig and Jack Butler who played in the District team which won the **Lancashire Schools Football Championships**; and to John Bardsley, also in Year 8, who won national silver in the **British Schools Circuit Race** cycling championships.



Cricket is one of the great activities of our summer term, and our First XI's match against Sedbergh was featured as schools' match of the week by [the Cricketer magazine](#).

Congratulations on exceptional **LAMDA Speech and Drama** results: ten students gained Silver and Gold medals in acting and poetry, with outstanding individual performances. We are most definitely also "a school that loves reading", and it has been fantastic to hand out the first **Bookworm badges** to recognise our pupils' enthusiasm and endeavour. Well done!

Outreach and access

Oxford University have launched two new access initiatives – Opportunity Oxford and Foundation Oxford – which seek to raise further the proportion of state-educated pupils at the university, and to boost the proportion of undergraduates from the poorest backgrounds from 15 per cent to 25 per cent within four years. These ambitious schemes have received much media discussion this week, from [The Guardian](#) to [The Telegraph](#).

Our school is also in the business of opening doors and helping to transform lives. That is the heart of our grammar school mission, and the driving force behind **InspirUS**, our major outreach scheme which encourages primary age children from across Lancaster and Morecambe to love learning and be hungry for more! We are very grateful to former LRGS pupils and others who generously fund [InspirUS](#), as well as the [Lune Scholarship](#) and [Opportunities Fund](#) which provide financial assistance to families across the school.

Mental health awareness week: Body image

Pupils have been looking at resources connected with body image in form and Values lessons for Mental Health Awareness Week. "Rather than asking if social media is the problem, let's for a moment ask what the screen reflects," suggests [this useful blog post](#) on the topic. Do TV programmes, adverts and social media paint a false picture of perfection and exacerbate young people's insecurities? These may be interesting topics to discuss over half term.

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

 @LRGSLancaster



Sixth Form café – almost ready!



Fell runners near Jubilee Tower



Lancaster University Maths Feast winners