



Dear Parents,

Thursday 19<sup>th</sup> December 2019

Thank you to our choir and readers for the wonderful **Carol Services** this week. Our school has celebrated Christmas at the Priory Church for several hundred years, and hopefully will for centuries to come!

This term has seen brilliant highlights: our **coeducational Sixth Form** flourishing (well done to the pioneers!); renovated **Old School House** Sixth Form centre & History rooms; an exceptional **Boarding Ofsted** report; **Secondary School of the Year** in the Lancaster & Morecambe Awards; and the extraordinary **Nobel Prize** for Sir Peter Ratcliffe.

Well done to pupils who joined us in September! I hope that they are already making the most of all our academic and other opportunities.



*Carol Service - Year 7 choir members*

### The importance of sleep

A good night's sleep makes a big difference to how we feel. It also affects our brain and memory. A recent study [published in Nature](#) shows that sleep has a strong effect on academic performance. Surprisingly, the quality of sleep during the **night** before an individual test did not have a significant effect in this study. However, the length, quality and consistency of sleep in the **week** and **month** before a test had a major impact.

Take note, Upper Sixth formers who come back to Mocks in January. Alongside your revision, start working on your sleep! Phones, computers and other digital devices can be major barriers to healthy sleeping patterns. How can you avoid those traps? Do you need to make some changes?

### Will Fraser-Gray

BBC North West featured one of our Sixth Form assemblies this week. Will Fraser-Gray spoke about his battle to recover from terrible injuries suffered in a car crash in March. Will was an outstanding sportsman at LRGS, and went on to a soccer scholarship in Georgia, USA. He was a passenger on the night of the accident, not wearing a seat belt, and the driver had been drinking. Will suffered major head, neck and internal injuries. Will has made a remarkable journey towards recovery, and is training for a return to competitive football. He spoke powerfully about dangers for young drivers. The BBC report can be seen [on iplayer here](#), starting at 14 minutes.



### British Maths Olympiad

Congratulations to A-level mathematicians who achieved our best ever results in this competition, including Distinctions for Patrick Thomas (who also won a prize and Bronze medal), Ben Fearnhead and Saul Manasse. Good luck to those proceeding to the British Maths Olympiad round two.

### Best wishes for Christmas and the New Year

Thank you for all your support for the school this term. Best wishes to all families over the holiday – especially to boarders with long journeys home, and to Upper Sixth formers waiting for university offers. I look forward to seeing the school refreshed and ready to study when lessons begin again on 7<sup>th</sup> January!

Happy Christmas! ~ Dr C.J. Pyle

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*Winners – Lancashire Badminton finals*



*Mock elections!*



*School House – Lower Sixth*