

LIFE AT LOWTON



LOWTON
CHURCH OF ENGLAND
HIGH SCHOOL

KEY INFORMATION FOR YOUR SECONDARY JOURNEY

"You are the light of the world." - Matthew 5:14

LIFE AT LOWTON

AUTUMN TERM INFORMATION

STUDENT CHARTER

This is our commitment – our promise – to each and every pupil in our school.

It is a set of six promises that we make from before you even apply to join the school, from the point you join, and until the point you leave.

It is our commitment to the experience you can expect to have.

It is like a contract between school staff, pupils and parents that states what we will do.

CARING

- You will be put first in all we do and will feel safe at all times when you are in our care.
- You will be listened to and heard, with your unique identity recognised, valued and respected.

LEARNING

- We will offer you a life-enhancing encounter with the Christian faith.
- We will teach you well in calm and orderly lessons in each of your subjects.

SUCCEEDING

- You will have the opportunity to develop your talents, aspirations, and leadership qualities.
- We will appreciate and recognise you for achieving your personal best.



Our Student Charter

Our School VALUES

The charter is structured under our three school values of **caring**, **learning** and **succeeding**.

It is also a way of saying 'this is what we do round here' – our norms and the charter also captures our **Christian distinctiveness** that underpins everything we do in our school.

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AUTUMN TERM INFORMATION

CAREERS GUIDANCE, WORK RELATED LEARNING & ENTERPRISE SKILLS

Here at Lowton, we have a structured careers programme which offers guidance to all our pupils. In each year, you will experience visits, assemblies and workshops with a range of trainers and employers from the local area and beyond.

Our careers guidance aims to meet the eight Gatsby benchmarks.

Through our careers programme we aim to:

Develop your self-awareness: a greater understanding of your strengths, current limitations, personal qualities, interests and values;

To encouraging and supporting career exploration and research through both enrichment and curriculum-based classroom/group work activities, one-to-one guidance interviews, interactive careers media and online tools, access to a comprehensive careers information library and resources, working with employers, visiting speakers and work related activities delivered by representatives from industry;

To provide work related learning and increased exposure to a range of life-long learning and career opportunities in order to enable you to make effective decisions about their future;

To develop skills and professional ethics to meet the demands of a changing work environment;

To increase your confidence, resilience and skills in managing your career journey, including any transition points from secondary education to further/higher education and entry to work or apprenticeships.

CAREERS & CONTACT DETAILS

Your careers team at Lowton Church of England High School includes:

Mrs. C Ashton

Careers Co-Ordinator

Mrs. S O'Hara-Moore

Careers & Progression Advisor

Mrs. G Beattie-Rullo

Careers SLT Lead

Any Questions?

Speak to your Form Tutor or visit the Careers Team in G6.
We are all here to help!



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Every day in school counts...



and every minute counts...



ACCEPTABLE ATTENDANCE

Being in school with teachers and with friends in a school environment is the best way for pupils to learn and reach their potential. There is a direct, proven link between high attendance and better exam results.

What is acceptable attendance?

Lowton Church of England High School expects all pupils to aim for **100%** attendance.

98% attendance is regarded as good and should be achieved with an average amount of illness.

WHAT DO WE DO TO PROMOTE EXCELLENCE?

We work together as a school community to support everyone in coming to school regularly and on time.

- **Rewards:** We celebrate excellent attendance every week and each term in assemblies, so you feel recognised and proud of your efforts.
- **Group support:** Some pupils may take part in small group sessions that help with attendance, punctuality, and understanding how being in school links to future success.
- **Counselling:** You can access a confidential counselling service if they need someone to talk to around attendance. This is provided by an independent counsellor.
- **Attendance support:** Our Local Authority Attendance Officer works closely with staff to support pupils and families, helping everyone achieve the best possible attendance.

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SAFEGUARDING

It is important that students are safe in school. If you have any concerns, please speak to a member of staff.

The school Safeguarding Team are:

Miss Clare Deputy Headteacher and Safeguarding Lead

Ms. Moreton Senior Pastoral Lead and Deputy Safeguarding Lead

Miss Hindley Deputy Safeguarding Lead

Mrs. Jordan Deputy Safeguarding Lead



Safeguarding

SAFEGUARDING WHAT IT MEANS

SAFEGUARDING IS EVERYONE'S RESPONSIBILITY

At our school, keeping you safe is one of the most important things we do. This means we work hard every day to make sure you are happy, healthy and protected. We look out for you. We have people in school whose job it is to make sure you are safe and well, both inside and outside of school.

We keep school a kind place. We have clear rules about how everyone should treat each other. Bullying of any kind is not acceptable and we take it seriously.

We look after your health. If you have a medical condition or need support with your health, we make sure the right help is in place for you.

We help you stay safe on site. Our school is a secure place and we make sure that only the right people are on our school grounds.

We give you first aid. If you are hurt or feel unwell at school, there is always someone trained to help you.

We help you learn about life. Through our lessons we help you understand how to look after yourself, make good decisions and stay safe in the world around you.

Remember – if something is worrying you or making you feel unsafe, please talk to a trusted adult in school. You will always be listened to and taken seriously.

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WELLBEING & MENTAL HEALTH (IN SCHOOL)



Looking After Your Mental Health and Wellbeing ✨

We want you to feel good, not just about your schoolwork, but about yourself and your life. That is why we make sure that looking after your mental health and wellbeing is part of everything we do.



What does this **LOOK LIKE?**

Through your PSHE lessons, form time, assemblies and enrichment days, we help you:

Talk about how you feel We give you the space and the tools to express your emotions in a safe and supported way, without judgement.

Build your resilience Life can be tough sometimes, and that is okay. We help you develop the strength and confidence to bounce back when things feel difficult.

Handle stress and pressure Whether it is exams, friendships or things going on at home, we teach you practical strategies to help you cope when things feel overwhelming.

You Are Not Alone Everyone struggles sometimes. At Lowton, there is always someone you can talk to. You do not have to face anything on your own.

HELP: THIS WAY!

Having a trained full-time staff in student support means we can offer individual support if you need it.

Our school nurse will support you when needed by appointment. The nurse is a confidential service and is available to discuss physical and mental health. Lowton also has its own allocated Mental Health Support Team worker and a team of low-intensity practitioners. Each practitioner is able to provide interventions focusing on: worry and general anxiety, specific phobias, low mood and sleep problems.

Two days per week, a highly experienced counsellor from Family Welfare is resident in school to support students. Family Welfare is a long-established charity offering counselling, advocacy and community development services to young people in Wigan.

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WELLBEING & MENTAL HEALTH (OUT OF SCHOOL)

Sometimes, when young people experience intense anxiety, low mood or find it hard to cope with life, they can self-harm or have thoughts about suicide.

If you or someone you know is affected by this, it is important to get the right support as soon as you can.



Talk to a trusted adult in school or at home.



Use the **NHS** helplines and out of hours numbers.

For urgent medical help contact
NHS 111
In an Emergency
Attend A and E or dial 999.

Wigan CAMHS duty team are available to call Monday-Friday 9:00-17:00 on **01942 764473**

Call the 24/7 mental health crisis line for people living in Wigan on **0800 051 3253**



USEFUL WEBSITES AND CONTACT NUMBERS

YOUNGmINDS

Text the YoungMinds Crisis Messenger for **free 24/7 support** across the UK if you are experiencing a mental health crisis.

- If you need urgent help, **text YM to 85258**.
- All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Visit: <https://youngminds.org.uk/> for more information and useful resources

childline

ONLINE, ON THE PHONE, ANYTIME

When you **call on 0800 1111** you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about **24/7**.

Or you can have a [1-2-1 counsellor chat](#) online

Visit: <https://www.childline.org.uk/> for more information and useful resources

kooth

Kooth is a free, anonymous, confidential Wellbeing service offering counselling, information and forums for young people. Access 365 days a year to counsellors from :

12 noon – 10pm Monday – Friday

6pm-10pm Saturday and Sunday

shout

for support in a crisis

24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. **Text 85258**.

Visit <https://www.crisistextline.uk/> for more information about this service

SAMARITANS

You can access confidential emotional support at any time from Samaritans either by **calling 116 123** or emailing jo@samaritans.org



PAPYRUS

PREVENTION OF YOUNG SUICIDE

PAPYRUS is the national charity dedicated to the prevention of young suicide. PAPYRUS Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.

HOPELINE UK
Call 0800 068 4141
Text: 0786039967
Email pat@papyrus-uk.org

NHS

To get urgent medical help, use the **NHS 111 online** service, or call 111 if you're unable to get help online

For life-threatening emergencies, call 999 or attend your nearest A&E.

Call the 24/7 mental health crisis line for people living in Wigan on **0800 051 3253**

Wigan CAMHS duty team are available to call Monday-Friday 9:00-17:00 on **01942 764473**

Struggling with your mental health?

Visit youngminds.org.uk for information on getting the support you need and practical tips from young people just like you.

YOUNGmINDS

There are also a range of apps available which support with mental health.
Please speak to your form tutor or Student Support if you would like to learn more!

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AUTUMN TERM INFORMATION

HOMEWORK WILL HELP YOU TO:

-  Remember and recall key facts and information
- ☒ Strengthen your understanding of topics covered in class
-  Practice exam-style questions to build your confidence
-  Be creative and explore subjects beyond the classroom

satchel:
one

How it
WORKS

Homework is posted on Satchel One on the day it is set. Pupils will be given a sufficient amount of time to complete the homework. This means that in Key Stage 4 they can organise around their revision timetables. Timetables given to pupils show the day homework is due in and we try to distribute this throughout the week to allow for pupils to effectively manage their time and deadlines.

We run a Study Support room as part of our extra-curricular provision in school and this runs daily in the Learning Hub. At Key Stage 4, Masterclasses run after school on various days of the week to support revision and learning.

Year 7

Homework Timetable			Class Year 7	
Monday	Tuesday	Wednesday	Thursday	Friday
ENGLISH ART X2	MATHS RS X2 MUSIC X1 ART X1	SCIENCE GEOGRAPHY	MUSIC X2 HISTORY COMPUTING	RS X1 TECHNOLOGY SPANISH FRENCH
Homework tasks will be set via Satchel One. The day shown is the day homework is DUE IN.				
			Homework is due weekly.	
			Homework is due every two weeks (odd weeks)	
			Homework is due every two weeks (even weeks)	

Year 11

Homework Timetable			Year Group KEY STAGE 4	
Monday	Tuesday	Wednesday	Thursday	Friday
MATHS ENGLISH Option Block A	SCIENCE Option Block B	ENGLISH Option Block C	SCIENCE MATHS	
Homework tasks will be set via Satchel One. The day shown is the day homework is DUE IN.				

EXAMPLE HOMEWORK TIMETABLES

The frequency of homework is dictated by Key Stage & year group.

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COMPULSORY EQUIPMENT LIST

PUPILS		EQUIPMENT			SCHOOL
2 BLACK PENS	1 GREEN PEN	1 PENCIL	1 RUBBER	1 WHITEBOARD	
					
1 RULER	1 GLUE STICK	1 HIGHLIGHTER	1 SCIENTIFIC CALCULATOR	1 WHITEBOARD PEN	
					

A whiteboard and pen will be provided for each student at the beginning of an academic year, replacements will be available to purchase in school if needed.

ORGANISED FOR LEARNING

When you have the right books, the right equipment and your homework is done, you can walk into a lesson feeling calm and confident.

Being prepared means you get more out of every lesson.



PRIDE IN YOUR WORK MATTERS

Consistency in our Books

Striving for excellence in all we do...

Caring	1		Consistently showing pride	• Book rules displayed • Underlined headings & dates • Pride in work • Handwriting & work is neat • Mistakes are crossed out with a single line
Learning	2		Consistently making progress	• Work shows progress over time • Evidence of extended writing • Green pen is used effectively • Clearly labelled work including assessments & reteach lessons
Succeeding	3		Consistently achieving	• Completed pieces of work • Live marking & marking is seen • Feedback from teachers is acted upon • Evidence of achievement over time • Your work is valued

...so that all flourish, thrive and succeed.

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