Longridge High School

NEWSLETTER 27th March 2026

Dear Parents and carers,

As a very busy term draws to a close, I would like to thank you for your continued support of the school. It has been lovely to meet so many of you at school events over the past few weeks. Parents' evenings have been really well attended and a reminder that it is Year 7 parents' evening on Thursday 4pm – 7pm.

A highlight of the school year thus far has been the school production of **Lion King** – the performances were quite simply brilliant every evening! We also welcomed over 200 primary school children to a matinee performance and they absolutely loved it, singing along to all the songs. Discussions are currently underway regarding next year's show, and there will,of course, be a summer Performing Arts evening to enjoy!

Year 11 are preparing for their GCSE and Cambridge National examinations – there are revsion sessions in school over Easter for many subjects, and pupils are encouraged to attend. Year 10 examinations begin immediately after the Easter break – all pupils have full details regarding revision for their subjects.

On Friday we will be saying **Goodbye and Good Luck to Mr Greaves**, Curriculum Leader for Computer Science. Mr Greaves has been at Longridge High School since 2008, and in that time has also been a Head of Year. Mr Greaves has been key to running digital platforms across the school as well as taking on and leading the ICT/ Computer Science Department. Mr Greaves is leaving us for a career change, and he will be missed! Mrs Miles has taken on the role of Curriculum Leader for Computer Science, and we wish her the very best in her new role. Good Luck to Mr Greaves and all the very best!

I hope you enjoy a lovely Easter break, and, as always, please get in touch with any questions/ concerns.

Jane Green

Headteacher

SCHOOL WILL REOPEN AT 8.40am ON MONDAY 13th APRIL

Pupils at Longridge High School have been proudly exercising their democratic voice by taking part in the vote to elect our local Member of Youth Parliament (MYP). Throughout the week, pupils learned about the role of the UK Youth Parliament and how young people can influence real change on issues that matter to them, from mental health and the environment to local services and transport.

By casting their votes, our pupils demonstrated thoughtful engagement, enthusiasm, and a strong understanding of the importance of active citizenship. We are incredibly proud of their participation and look forward to seeing how our newly elected MYP represents the views of young people across our area.

Last week was British Science Week and the Year 7 and 8 pupils had a lesson on how to use a stethoscope and to understand how the sound they heard related to their heartbeat or their lungs. They then used a pen torch to understand about reflexes as demonstrated in the eyes.

Performing Arts

LONGRIDGE

Super Troupers

On Wednesday 18th March, pupils from Years 9, 10 and 11 enjoyed a fantastic trip to see the hit musical Mamma Mia!. From the moment the curtain went up, pupils were fully immersed in the show's lively storytelling, colourful staging, and iconic ABBA songs.

Our students represented the school brilliantly throughout the evening, showing excellent behaviour, enthusiasm, and a genuine appreciation for the performance. For many, it was their first time experiencing a large-scale West End-style production, and it proved to be an inspiring opportunity—particularly for those studying music and drama.

The trip not only offered a fun and memorable experience, but also highlighted the value of live theatre in developing creativity, confidence, and cultural understanding.

A huge thank you to the staff who helped organise and supervise the visit, and well done to all pupils who took part. It was a wonderful evening and a reminder of just how powerful and uplifting live performance can be.

Thank You!

Lion King Jr. – Our Best Show Yet!

A huge thank you to everyone who made Lion King Jr. such a spectacular success. Our pupils were outstanding, delivering what many have called the best show we've ever done. Thank you to our parents and families for your amazing support, and to our dedicated staff for the hard work behind the scenes that brought the production to life.

Well done to all involved—you made this a performance to remember!

Performing Arts

LONGRIDGE

Ex Pupils's Successful Martial Arts Class comes back to Longridge High!

We are proud to promote one of our ex-pupils' hugely successful School of BJJ (Brazilian Jiu-Jitsu)

Declan McGuigan, who is the director of the ever-popular adult School of BJJ at Longridge Sports Centre, left Longridge High school in 2010. Over the years Declan has achieved his black belt and is a 2 x British Open Gold Medallist.

This week Declan introduced children's sessions on a Thursday evening in the drama studio at the school. Whether your child is 4 or if you are an adult looking to start the journey which focuses on strong fundamentals designed to build confidence, coordination, discipline and respect in a positive learning environment – Thursday evenings are for you.

Please call the Sports Centre for details 01772 782316 and join the wonderful class who this week stepped on the mats for the first time bringing great energy, effort and lots of determination.

Ages 4 and 5 .....5.15pm – 5.50pm
Ages 7 to 10..... 6pm - 6.45pm
Adults..... 7pm - 8pm

Mr Anyon had the pleasure of judging the WBD Book Cover competition this year and what a pleasure it was. The winners of the competition were as follows:

1st Place - Daisy Richardson - 11N (pictured)
2nd Place - Katharin Davies-Bannon - 8D
3rd Place - Amber Richardson - 11N
Thank you to everyone joined in.

WORLD BOOK DAY
5 MARCH 2026

School community comes together to support CRY screening weekend

On Saturday 21st and Sunday 22nd March, the school proudly hosted the sixth heart-screening weekend held in memory of Andrew Key. Over the two days, nearly 200 young people between the ages of 14 and 35 received vital heart screenings and individual reviews with a specialist cardiologist. The event once again highlighted the importance of early detection in protecting young hearts as several referrals were made as a direct result of screenings. It was particularly heart-warming to see the local community come together in support. Volunteers, families, staff, and students worked side by side to ensure the weekend ran smoothly. A special mention goes to those who contributed baked goods and helped run the cake sale, which raised an impressive £1,200. These funds will go directly towards supporting future screening events, helping even more young people access life-saving checks.

YEAR 7 & 8 CAREERS DAYS 2026

We feel at Longridge High School it's never too early for pupils to start thinking about their futures and we hope to have inspired our young people to start thinking about what they would like to do in the future.

Lancashire Fire and Rescue Service

Dave Gilmore, Firefighter and Swift Water Specialist from Preston Fire Station came into school to talk about his role. Firefighting is a varied, rewarding and challenging role that involves far more than responding to fires. It offers a career to be proud of. With a structured career pathway and excellent training and learning opportunities, today's Firefighter could be tomorrow's Chief Fire Officer.

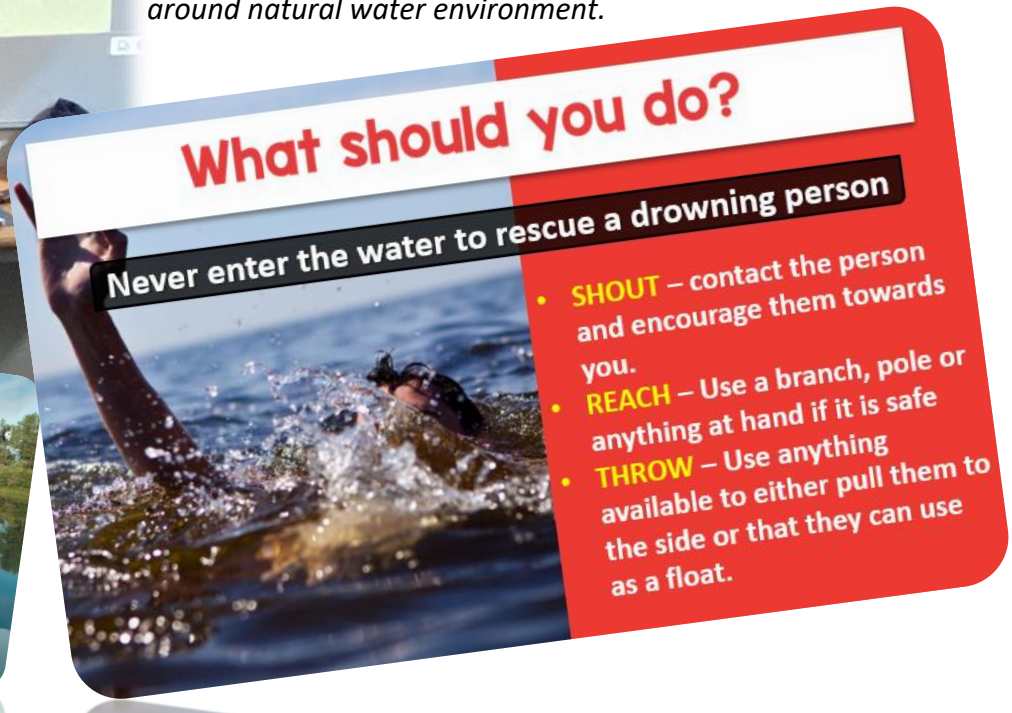
On the Year 7 enrichment day, Dave visited the school to deliver a powerful and informative session on the dangers of open water. He began by explaining that while lakes, reservoirs, rivers, and quarries can look calm and inviting, they pose several hidden and potentially life-threatening risks.

Dave talked pupils through the key dangers, including **cold water temperatures**, which can be far lower than people expect. He explained that **cold water carries heat away from the body 25 times faster than air of the same temperature**, making it extremely difficult for a person to stay warm or afloat. He also described how **any water below 15°C can trigger cold water shock**, causing an involuntary **"gasp" reflex**. This sudden gasp can cause someone to instantly inhale water. To underline this danger, Dave pointed out that **reservoir temperatures rarely rise above 12°C**, even in summer, making them particularly hazardous.

He went on to discuss **hidden currents** beneath the surface that can pull a person off balance, as well as the unpredictable **depth of open water**, which can change suddenly. Pupils learned that getting out of open water can be extremely difficult due to steep, slippery, or unstable edges.

Dave also highlighted the dangers of **polluted water**, which can lead to illness, and the risk of **becoming tangled in reeds or underwater plants**. He warned that many open water areas contain **rubbish or submerged objects** that cannot be seen from above and can cause injury. Finally, he reminded pupils that unlike swimming pools, these places have **no lifeguards**, meaning help may not be available in an emergency.

Dave's session was clear, engaging, and memorable. It gave pupils a strong understanding of why open water is so dangerous and provided essential knowledge to help keep them safe in and around natural water environment.



Lancashire Fire and Rescue Service

The Year 8 pupils had an exciting and memorable visit to Longridge Fire Station, where they were warmly welcomed by firefighter Dave Gilmore. Dave began by talking to the group about his role within the fire service, explaining the responsibilities, challenges, and teamwork involved in keeping the community safe.

He then led the pupils on a guided tour of the station, showing them the equipment, facilities, and fire engines used in real emergency situations. The pupils were fascinated by the range of tools and technology the firefighters rely on each day.

As part of the hands-on experience, the pupils had the chance to try on the protective kit, giving them a sense of the weight and practicality of the gear firefighters must wear. They also enjoyed using the hoses, learning how firefighters control water pressure during a fire. Another highlight was attempting to move a training dummy—designed to represent a casualty during a rescue—helping them understand the physical demands of the job.

To finish the visit on a high note, Dave sounded the fire engine's siren as the pupils were leaving, much to their delight. The entire experience was both educational and enjoyable, offering the pupils a valuable insight into the vital work of the fire and rescue service.

Dave concluded,

"The Y7 & Y8 pupils showed exceptional interest and remained fully engaged from start to finish. Their enthusiasm was evident throughout the entire session, as they not only listened attentively but also actively participated in every discussion. They posed numerous insightful and imaginative questions that went far beyond surface-level curiosity. These questions demonstrated a genuine desire to deepen their understanding and explore the topic from different angles. It was clear that they were eager to connect new ideas with their existing knowledge, and their thoughtful contributions created a lively and stimulating learning environment. Overall, their energy, curiosity, and willingness to explore made the session both rewarding and enjoyable."

unifrog
the universal destinations platform

As part of our careers' education programme, Year 7 and Year 8 pupils have now begun using Unifrog, an exciting new interactive platform that supports learners in exploring future pathways and making informed decisions about their next steps. Unifrog brings together everything related to careers, work experience, employability skills, and further study in one easy-to-use place, helping pupils build confidence in planning for the future.

During the session, pupils were introduced to the full range of tools and resources available on the platform. They explored how Unifrog can help them discover their strengths, understand what different careers involve, and see the many opportunities available as they progress through school.

On Unifrog, pupils can:

- Complete quizzes and personality profiles to learn more about their skills, interests, and potential career matches.
- Watch videos showcasing different jobs, industries, subjects, and real people's career journeys.
- Take part in short courses and live webinars, helping them build key life and employability skills.
- Explore and compare future options such as apprenticeships, university courses, colleges, T Levels, and other training pathways.
- Save, compare, and rank their favourite choices, supporting them in making confident and well-informed decisions.

By the end of the session, pupils had successfully navigated the platform and begun exploring the wide variety of opportunities available to them. Unifrog will continue to support them throughout their time in school, helping them to understand their strengths, expand their ambitions, and make thoughtful choices about their futures.

We inspire the **next generation of medics and scientists.**

Medical Mavericks focus on dozens of careers in the NHS to widen pupils' knowledge and understanding of the different careers in the NHS!

Medical Mavericks know the most common answer to 'what careers do you know about in the NHS?' comes with the answer: doctor, nurse, physio, dentist, midwife… or as we call it the Holy Quintet! In the workshop, pupils found out about these BUT they all learned about the lesser-known careers such as biomedical science, healthcare science, medical engineering, medical physics, physiology, bioinformatics and many more.

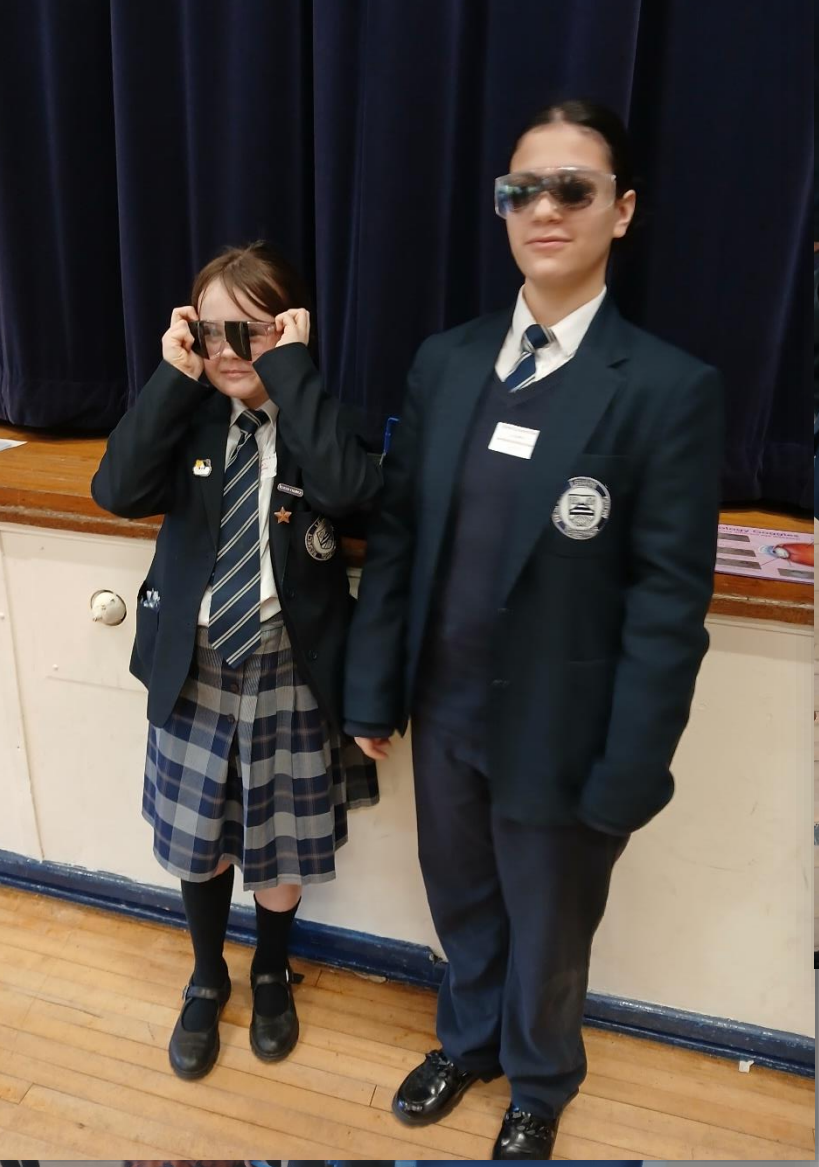
Every pupil received a 4-page workbook where they recorded results and checked off activities. Each activity included 2-4 different careers linked to them. The careers were colour coded too, so pupils could see which grades they need at GCSE! Pupils also picked up a mini poster that gave an overview of 13 different sectors in the NHS!

Year 7 – Health with Medical Mavericks came into school to do a 'hands-on' workshop where pupils could record pulse rates and print an ECG; use a real needle to take fake blood from a dummy arm; try keyhole surgery; see inside the body with an ultrasound machine where pupils can see their muscles, bones and growth plates; see their veins under a vein scanner and experience different eye diseases with pathology goggles.

Year 8 Sports Science Workshop with Medical Mavericks

The sport science activities include racing a virtual Usain Bolt through the Accelerator Tunnel to discover sprint times, measuring ball-throwing or kicking speed with a radar gun, and assessing jump height and distance using electronic testing mats. Participants can also test hand grip and whole-body strength, challenge their reactions and coordination on the BATAK reaction wall, see how far they can row in 30 seconds, measure the power they can generate on a Watt Bike, and complete the hexagon agility test to evaluate their agility.

Medical Mavericks encouraged everyone to engage fully with each activity and use this workshop as an opportunity to understand more about how your body works in sport and exercise. Enjoy the hands-on experience and take away new knowledge about your own physical performance.



Future U came to Longridge High School to support us for Y7 & Y8 Careers Day

Future U is all about empowering learners with the knowledge and opportunities to succeed. Through our engaging programme of events and outreach activities, we aim to help learners overcome any barriers to their progression. Future U is part of the Office for Students Uni Connect Programme, which supports learners to progress onto Higher Education (HE) in areas where it has been identified HE participation of learners is much lower than expected. Future U is committed to this goal and has links with local HE and FE (Further Education) providers across the county, as well as community networks. We have developed a programme of engaging outreach activities and events to help learners gain sustainable skills which will lead to progression, employment and drive prosperity; something which is key to Lancashire's future.

Year 7 focused on Health

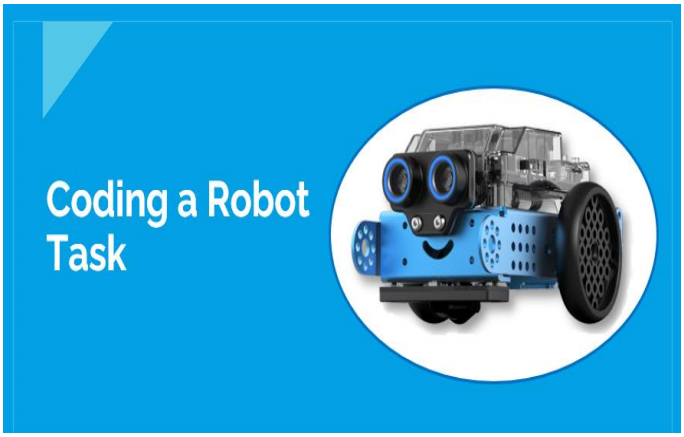
Pupils took part in an engaging and informative session designed to help them explore the wide variety of careers available within the healthcare sector. They were introduced to the many different roles that support the NHS and wider health services—from clinical professions such as paramedicine, nursing, midwifery, and medicine, to vital non-clinical areas including administration, laboratory work, radiography, mental health support, and therapeutic services. The session also highlighted the different pathways into these careers, including university degrees, apprenticeships, vocational qualifications, and on-the-job training routes.

A major part of the experience centred around an interactive board game, which placed learners in the middle of a simulated emergency incident. Working together, pupils answered scenario-based questions and completed practical tasks linked to the essential skills, qualities, and knowledge required in healthcare. Through this hands-on activity, they developed an understanding of teamwork, communication, quick decision-making, problem-solving, and resilience—key attributes needed by anyone working in the health sector.

The session not only broadened pupils' awareness of the many opportunities within healthcare but also allowed them to experience the fast-paced, collaborative nature of responding to real-life emergencies in a safe, engaging, and memorable way.

Year 8 Focused on Digital

Within Lancashire, there has been a clear ambition to grow the number of people directly employed in the digital sector to 50,000 by 2035. The digital economy spans a wide range of industries, from social media and computing to networking, digital design, software development, and coding. As part of supporting this future growth, learners recently took part in a session designed to introduce them to the core principles of coding.



During the session, pupils were guided through the basics of how computer programmes are created and how algorithms can be used to solve problems. They then applied these skills by programming a robot to complete a series of increasingly challenging tasks. The session ended on a fun and creative note with a robot dance-off, where learners used the coding techniques they had mastered to choreograph their robot's movements. The activity successfully combined creativity with problem-solving and gave the pupils a hands-on insight into the exciting possibilities within the digital sector.

Compass BLOOM
CENTRAL & WEST LANCASHIRE MENTAL HEALTH SUPPORT TEAMS

ONLINE WORRY GROUP

A SAFE SPACE TO UNTANGLE YOUR WORRIES – AN ONLINE GROUP FOR YOUNG PEOPLE IN HIGH SCHOOL

WHAT TO EXPECT:

- Tips to manage your worries
- Learn techniques and strategies you can use anywhere
- A safe space to talk and share experiences
- 6 online sessions, over 6 weeks - join from home
- Join on Microsoft Teams - communicating with peers on screen

WHAT OTHER YOUNG PEOPLE HAVE THOUGHT OF THE GROUP?

LET'S TALK ABOUT MENTAL HEALTH

"The group helped me understand my worries and gave me proper strategies to try and handle them so that I'm more in control"

"I liked it being online because I could stay in my safe space at home but still get support."

"The mix of videos, chats and activities made it interesting"

"I loved having the booklet and looking back at the strategies in the week"

IF YOU WOULD LIKE TO JOIN SHARE THIS LINK WITH A PARENT OR CARER:

ONLINE SIGN UP FORM

FOLLOW US ON OUR SOCIALS:

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