



We are
Lyng Hall
02.10.26

The Enriching Side of School Life

Built on Respect, Driven by Resilience, Defined by Excellence



As I complete my first five weeks as Deputy Headteacher at Lyng Hall School, one thing has become very clear to me: learning extends far beyond the classroom. While academic success is incredibly important, we are equally committed to enriching the lives of our students through a wide range of experiences, opportunities and activities that help them grow as individuals.

Enrichment is about providing experiences that develop students' interests, talents and character. Whether through clubs, trips, leadership opportunities, personal development activities or creative projects, enrichment helps young people build confidence, discover new passions, develop important life skills and create lasting memories. At Lyng Hall, we believe these experiences are a vital part of every student's education and personal growth.

I am delighted that we offer a fantastic range of enrichment opportunities, with clubs spanning sport, the arts, technology, reading, gaming and much more. Best of all, these opportunities are completely free of charge, ensuring every student can get involved. I strongly encourage all families to talk to their child about attending a club or activity. Trying something new can open doors to new friendships, hidden talents and future ambitions.

A special thank you must go to Miss Hagan, who has worked tirelessly to develop and launch our enrichment programme. She has created an offer that reflects the interests and needs of our students. This is just the beginning, and we are committed to regularly gathering student feedback so that our enrichment programme continues to evolve and provide the opportunities that our young people want most.

Let's encourage every student to get involved, try something new and make the most of everything Lyng Hall School has to offer.

Mr. Hudson
Deputy Headteacher

“When I was a teenager, I began to settle into school because I'd discovered the extracurricular activities that interested me: music and theatre.” — Morgan Freeman

“The extra curricular activity in which I was most engaged - debating - helped shape my interests in public policy.” — Joseph Stiglitz



UNESCO Ambassadors – Global Enrichment

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I was inspired by the meeting because I got to hear other voices and see different interpretations of creating a safe community and how people from around the world shared their views of enlightenment. It made me realise that not only people from our school are working to fight for safety, but everyone is involved and is working hard to create these beautiful artworks. Awards were presented to congratulate everyone and created that sense of comfort and praise in our community.

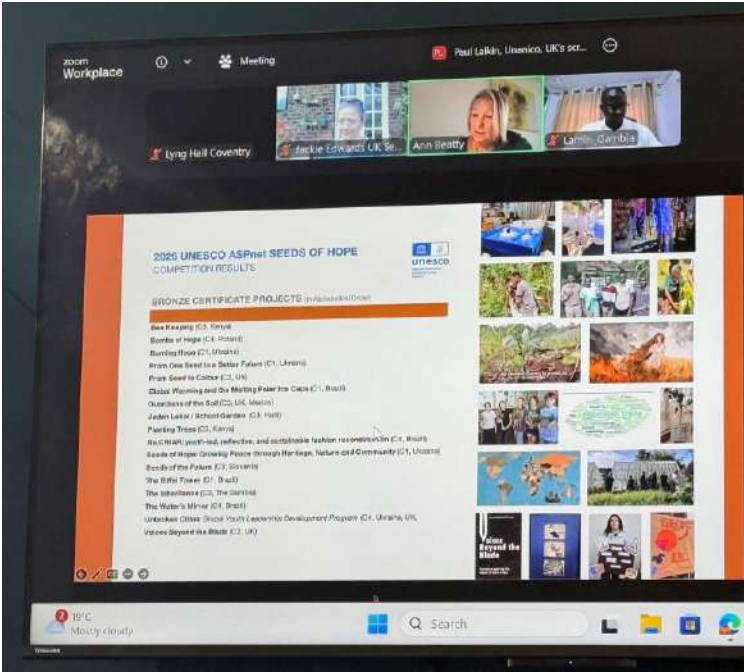
Annabel Ogida, 10HPU

Today, we were invited to a zoom meeting where we got to see and discover the other projects that schools around the whole world had created. It was interesting to see all the different perspectives and how they each approached a topic in their own way while demonstrating their creativity. I felt inspired to see how everyone tried so hard to raise awareness of all the different issues that are currently taking place right now while uniting us through our efforts. Being able to connect with everyone made us proud of our work and to me the most important part was how had the opportunity to make a difference.

Elian Mohammed, 10NJA

It was nice meeting people from different countries and seeing their cultures and experiences in their drawings/projects . Even though we all came from different backgrounds, the competition brought us together and gave us something in common. It was a great experience seeing how something like this can connect people from all around the world.

Aisha Warsame, 10NJA



CATEGORY TWO

PROJECT No	COUNTRY/ COUNTRIES	PROJECT NAME	CERTIFICATION
2.16.	BRAZIL	Tapeba Body Patterns: Ancestral Art as a Pathway to a Culture of peace	GOLD
2.7	BRAZIL	The Protectors of the Forest in Cordel Poetry	GOLD
8.2	NIGERIA	Dear Future Me, Did the Seeds Grow?	SILVER
2.19.	BRAZIL	Seeds of Hope for a Better Future	SILVER
1.4	UK	Voices Beyond the Blade	BRONZE
1.1	UK	From Seed to Colour	BRONZE
5.1	GHANA	The Whispering Seed	PARTICIPANT

I continue to be immeasurable proud of the heart, dedication and impact our ambassadors have. It is a privilege to guide them.

Miss. Hagan, UNESCO Ambassador Lead

Languages – Exploring the World - China

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Going to China was such a memorable experience. First thing in the morning, we had breakfast and 3-hour Mandarin lessons straight after. After those lessons we would do an activity - going shopping or sightseeing in Shanghai. I ate a variety of foods at the hotel such as rice, noodles, dumplings and a lot more.

The activities i enjoyed the most was going to huge shopping centres and exploring places like Yu Garden, The Bund and Water Town. We also went outside in the dark to take pictures of buildings with beautiful coloured lights surrounding the buildings.

I recommend this trip to future Mandarin students because going to a country you've never been to before opens you up in so many ways. You socialise with new people, find out more about what you like, try new food, have the option to share a hotel room with your friends and overall, you have fun.

Davida Marfowaa, 10M



Photos taken and shared by Davida Marfowaa



Languages – Exploring the World - China

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During our trip to Shanghai, we visited many places that taught us about Chinese culture, history and the language itself. We visited museums, landmarks, did so much shopping and took part in so many activities, such as dragon dancing, traditional Chinese art, calligraphy, and did so much walking and shopping.

Lots of us tried new foods, as our Chinese hosts were kind enough to let us eat at their restaurants for free. There was always a variety of food, and everyone was curious as it was all completely new to us.

But overall, this was a once in a lifetime opportunity with so many different activities for us all to take part in. I would recommend the Mandarin Excellence Programme to more students because it teaches you to really embrace the language and the culture, whilst having so much fun as you do it.

Poppy Crossley, 10M



Photos taken and shared by Poppy Crossley



Languages – Exploring the World - Spain

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València

On the 8th of September, 19 students from year 9, 10 and 11 travelled to Valencia with Mrs. Priest and Miss McGuiness for 4 days. This trip was significant as it taught us the importance of culture and how others live their lives. Throughout the trip we had conversations in Spanish and appreciated how they live their lives. It taught us in a unique way and I believe more trips like this should happen as it is a more engaging way to learn, other than being in a classroom.

After we landed, we took the day easy as we travelled to the beach. In doing this we had to communicate with Spanish people, testing how well our communication skills are in a different language. This was a hard challenge but a profound way to understand Spanish and speak Spanish to a native speaker.

After the beach, we had a Spanish buffet - a variety of dishes and each different to the typical cuisines in England. Trying new foods and a new lifestyle helped me appreciate life more and appreciate the diverse cultures around me.

We travelled around Valencia., seeing landmarks: Valencia stadium, aquarium, science museum and aqualandia. Exploring the city was an experience that I believe everyone should have at least once in their life. I am extremely grateful for this opportunity and more importantly for the teachers for organising this trip.

Holly Masterson, 10NJA



València was a nice experience because of all the opportunities it provided to visit different places.

The football stadium was one of the oldest in Valencia – it was home to so many trophies and rewards. Did you know that the King of Valencia sits in the same seats as everyone else?

Next, the aquatic centre was a very nice experience. There were so many different animals: penguins, sea lions, starfish. Not to mention the amazing dolphin show we got to experience. But one of my highlights was the Water Park with the giant slides.

Experiences I will always remember.

Dimitri Sealey-Squire, 10NJA



Science – Understanding Our World

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Students from our year 13 A-level biology cohort were escorted to Coombe Abbey to complete their PAG 3; Sampling Techniques. The assessment of practical skills is compulsory and appears on students' certificates alongside the overall grade for the qualification. They studied the distribution and abundance of plants in habitats (aquatic and land based) using a number of measuring techniques. The session was run by a graduated master's student from Lincoln university, who had put together a bespoke session based on the sampling techniques required for the completion of PAG 3.

Initially, the students sampled a grass based “plane field” in which quadrates were placed using random number generation. Students identified different species of plant and established the abundance and diversity of plants sampled. The field is regularly maintained and used for human activities and as such is a controlled area.

Subsequently we moved to the second sampling area; Meadow lands. These meadow lands are free to develop lose from human intervention and as such have different species and the students studied if this results in a smaller or larger species diversity. As in the previous field the quadrates were placed at random and species counted that were encountered in the meadow land area. Following statistical analyses, on benches in the open air, using the Simpson’s index of species diversity, the students established the “Meadow land” area has a higher species diversity then the “plane field” and that it contained different vegetation.

Sampling technique 2, practical 3, involved using an interrupted belt transect sampling. This method of sampling is ideal for investigating the progressive change in the distribution and abundance of several plant species in a habitat. The gaps in the tree growth on the edge of the field resulted in a differential exposure to sunlight. We investigated if this had an effect on the abundance of plants along a hundred meter transect line with sampling every 10 meters. The results need further analyses (plotting and linking to features of the habitat) at this point but there appeared to be a relationship between the positions on the transect line and the level of tree growth on the edge of the field.

Science – Understanding Our World

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Finally, we measured the diversity of species based on the sampling depth in a pond in Coomb Abbey. Students were introduced to the correct way to gain valid samples at minimise the disruption to pond life and safe return of the captured species to the pond. Next, the students gathered their samples and identified the species using a reference chart after which the species abundance and diversity at different levels of the pond was assessed. The results showed a clear differential expression of pond life dependent on sample depth with the larger more complex species mainly found near the bottom of the pond.

I would like to thank our pupils for the fantastic application to the sampling and analyses of the data and the excellent atmosphere maintained throughout the day. In addition, I would like to express my thanks and complements to the staff at Coomb Abbey for an excellent educational trip for our sixth form students.

Mr. Van Den Top

This Coombe Abbey trip was a great opportunity to take what we have learned in the classroom and apply it to real-world environments. We carried out practical investigations, collected data and developed our understanding of ecosystems and biodiversity. It was also a great experience to work together as a group, and I really enjoyed learning outside the classroom while gaining practical skills.

Natan Rozewicz, Y13 Student





Music – The Sound of Our World

Built on Respect, Driven by Resilience, Defined by Excellence



We are delighted that Lyng Hall School has received the Music Mark of Recognition for 2026–2027! This recognises our commitment to music education and to giving every student opportunities to take part. Through classroom music, music technology, rehearsals and performances, we aim to help students develop their skills, build confidence and enjoy making music together. Thank you to our students and staff for the enthusiasm and hard work they bring to music at Lyng Hall.

Mr. Harragan | Leader of Learning: Music



MUSIC MARK of *recognition* 
FOR SCHOOLS 2026 - 2027

for *Dedication & Improvement*
in music education

By accepting the Music Mark of Recognition, this school pledges to:

- Advocate for the importance of music education in the curriculum and creative life of our school
- Provide an equitable, diverse and inclusive music education for every young person
- Welcome opportunities to broaden our musical horizons by working with providers in our community and beyond

Supported by





Jennifer McKie
CEO, Music Mark

www.musicmark.org.uk
Music Mark - The UK Association for Music Education



Find out more about what Music Mark offers to schools

“Wonderful news and recognition” - Miss Hagan

“This is absolutely brilliant” - Mr Hudson

“Congratulations to the music department. What an achievement!”



Music – The Sound of Our World

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Developing News Skills for the World

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For the first time in a few years, Post-16 will have a timetabled after school football club. This will take place on a Monday after school and is open to all abilities. Students must bring their own clothing to take part, including boots.

There are already two fixtures for those who are chosen to represent the school organised against Blue Coat P16 on Tuesday 6th October and Ernesford Grange on Tuesday 13th October, with hopefully more to come!

Mr. Davis
P16 Football Coach





THREADS OF REMEMBRANCE

Whether you're a seasoned knitter, crocheter or trying it for the first time. In partnership with Holy Trinity Church, contribute to a special Remembrance Day. Open to all.



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A chance to remember.

Join our Crochet Enrichment sessions and learn a new skill while taking part in a meaningful community act of remembrance.

Whether you're an experienced crocheter, knitter, or simply fancy giving it a go, these sessions are open to all students. Together, we'll create something special to mark Remembrance Day and honour those who served.

In partnership with @Holy Trinity Church, you'll have the opportunity to contribute to a project that helps our community remember the significance of 11 November.

 Come along, get creative, and be part of something meaningful.

All staff and students welcome any lunchtime in W8 to create. Direct teaching on a Wednesday.



Opportunities in the Community

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OCTOBER HALF TERM CAMP



FUN. FOOD & GOLF



-  **FREE TO REGISTER**
-  **FREE BREAKFAST & LUNCH**
-  **DRIVING RANGE ACCESS**
-  **PUTTING GREEN ACCESS**
-  **GOLF GAMES & CHALLENGES**
-  **FOOTGOLF & PAR 3 ACCESS**

 **THURSDAY 29TH & FRIDAY 30TH OCTOBER**

 **10AM – 2PM**

 **7 TO 14 YEAR OLDS
BOYS & GIRLS**



**TO REGISTER YOUR INTEREST
PLEASE EMAIL KRISSIE MISTRY ASAP**

 krissie.mistry@getgolfing.org



**DEADLINE
9TH OCTOBER**

 **THIS CAMP SUPPORTS INDIVIDUALS IN RECEIPT OF FREE SCHOOL MEALS.**

“When I was a teenager, I began to settle into school because I'd discovered the extracurricular activities that interested me: music and theatre.” — Morgan Freeman

“The extra curricular activity in which I was most engaged - debating - helped shape my interests in public policy.” — Joseph Stiglitz



Messages from the Wider Community

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COVENTRY

SCHOOL NURSING NEWSLETTER

Secondary Schools

Welcome

A big welcome to the autumn 2026 term! We hope you had a lovely summer and have settled into the back-to-school (or, for some of you, new to secondary school) routine. The school nursing service works all year round, Monday to Friday excluding public and bank holidays! Our details are at the bottom of the page.

We can support with the following:

- Sleep
- Challenges with eating and diet
- Changes to your body (puberty)
- Emotional health and how to relax
- Managing behaviour
- Hygiene
- Sexual Health

Consent and Confidentiality

In secondary schools, young people can access the School Nurse independently for advice and support without parental consent. However, we always encourage young people to speak with their parents/carers. We will talk to you about confidentiality.

Sexual Health

Did you know that September was Sexual Health Awareness Month? The month helps raise awareness and encourages young people to learn more about staying healthy and looking after their wellbeing. If you live in Coventry, you can access free and confidential support from The Sexual Health Hub. Their friendly team can provide information, advice, and support whenever you need it.

Call: 0300 247 0069

Visit: <https://thesexualhealthhub.co.uk/coventry-and-warwickshire>

Remember, it's okay to ask questions and seek advice. Getting information from trusted professionals can help you make informed choices and take care of your health.

Need support? Don't hesitate to reach out. Help is available.

It's time to Catch it, bin it, kill it!

As the weather becomes cooler, we can expect an increase in seasonal illnesses such as colds, flu, and other infections, including Norovirus. With this in mind, we'd like to remind everyone of the importance of practising good hand hygiene and following the 'Catch it, Bin it, Kill it' guidance.

Remember to wash your hands thoroughly after blowing your nose, sneezing, or coughing to help prevent the spread of germs and protect those around you.

To refresh your knowledge of effective handwashing techniques, please watch the short video using the link below:

<https://www.nhs.uk/live-well/best-way-to-wash-your-hands/>



During your time at Secondary School, you will be offered the following vaccines:

School year	Vaccine	To protect against
12 to 13 years old (school year 8)	HPV vaccine	Human papillomavirus (HPV) which can cause cancer including cervical cancer and penile cancer
14 years old (school year 9 or 10)	Td/IPV (3-in-1 teenage booster) MenACWY vaccine	Td/IPV vaccine protects against 3 serious illnesses: Tetanus, Diphtheria & Polio Meningitis and septicaemia (blood poisoning)
Flu vaccine	Annual vaccine offered to all in years 7 to 11	Protects against flu, which can lead to acute bronchitis and pneumonia. Please note - porcine free (gelatine free) option now available.

The **School Aged Immunisation Team** will be visiting your school to administer vaccinations. They are also available to offer expert advice to young people and families concerning immunisation and vaccination matters.

To learn more about the team, [click here](#), call 02476 961 422.

A free, time-limited vaccination programme is now available to protect young people against meningococcal B (MenB) disease, which can cause life-threatening meningitis and sepsis.

Find out where to have your vaccinations by visiting: nhs.uk/book-menb (nhs.uk)
For more information about the MenB vaccine visit: gov.uk/havemenb



OUR NEW WEBSITE IS LIVE!

Our brand new Coventry Family Health and Lifestyle Services website is now live!

We're excited to launch our brand-new website, bringing together information, advice and support for children, young people, and families.

Find the information you need when you need it. Visit our new website today:

www.coventryfamilyhealthandlifestyleservices.nhs.uk



Contact us (Monday to Friday, 9:00 AM - 5:00 PM, excluding bank holidays)

01926 495321 Ext 7494 Text via [ChatHealth](#) 07507 329 114 (Parent Line)

swg-tr.contactschoolnursescoventry@nhs.net www.coventryfamilyhealthandlifestyleservices.nhs.uk

[f](#) Coventry School Nursing Team
[i](#) COVSCHOOLNURSES



Messages from the Wider Community

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COVENTRY SCHOOL NURSING NEWSLETTER

Secondary Schools

Stoptober

October is all about raising awareness of the benefits of quitting smoking and helping people take their first steps towards becoming smoke-free.

If you're thinking about quitting or just want some advice, support is available. You can contact the National Smokefree Helpline on 0300 123 1044 and let them know you'd like help to stop smoking.

Don't forget, there are other ways to get support too:

The NHS Quit Smoking App

Our ChatHealth service, where you can reach out for advice and support

Keep an eye on our social media pages throughout the month for helpful tips, information, and updates to support your smoke-free journey.

Every step towards quitting is a positive step for your health! 🌟

Stoptober launches to give smokers the confidence to quit - GOV.UK

<https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

World Mental Health Day

Thursday 10th October is World Mental Health Day, a great opportunity to focus on your wellbeing and remember that looking after your mental health is just as important as looking after your physical health.

Here are some simple ways you can support your mental wellbeing:

🗣️ **Talk to someone**

Share your thoughts and feelings with trusted adults, friends, or family members. Talking can help you feel supported and understood.

🏃 **Get active**

Being active can boost your mood and help reduce stress. Whether it's dancing, singing, painting, playing sport, or going for a walk, find something you enjoy and get involved.

🍎 **Eat well and stay hydrated**

A healthy, balanced diet and drinking plenty of water can help both your body and mind feel their best.

😴 **Get enough sleep**

A good night's sleep can improve your mood, concentration, and overall wellbeing.

🧘 **Take time to relax**

Try mindfulness activities, deep breathing exercises, listening to music, or other calming activities that help you switch off and recharge.

💡 **Remember:** It's okay not to feel okay sometimes, and it's always okay to ask for help.

For more information, advice, and support about mental health, please visit the resources listed below. 🌟

YoungMinds - fighting for young people's mental health

<https://www.youngminds.org.uk/>

NHS-Every Mind Matters <https://www.nhs.uk/every-mind-matters/>

Firework, Bonfire & Sparkler Safety

Bonfire Night can be great fun, but it's important to stay safe. Check out these top safety tips:

✅ Make sure an adult is supervising fireworks and bonfires.

✅ Watch displays from a safe distance.

✅ If you're lighting fireworks, always do it at arm's length.

❌ Never carry fireworks in your pockets or light them in the street.

❌ Don't go back to a firework once it has been lit, even if it doesn't seem to work.

✅ Always make sure bonfires are completely out before leaving.

🧤 Wear gloves when using sparklers, as they get extremely hot and can cause burns.

🪣 Keep sparklers away from other people and place them in a bucket of water once you've finished with them.

🔥 If your clothes catch fire, remember: Stop, Drop and Roll! Stop where you are, drop to the ground, cover your face, and roll until the flames are out. Tell your friends and family too so everyone knows what to do.

Want to learn more? There are lots of useful resources available about fireworks, sparklers, bonfires, and the laws around using them. Take a look at the links below for more information.

RoSPA- Firework safety tips | RoSPA

<https://capt.org.uk/stop-drop-and-roll/>

<https://capt.org.uk/firework-safety/>

Contact us (Monday to Friday, 9:00 AM - 5:00 PM, excluding bank holidays)

📞 01926 495321 Ext 7494

Text via 🗣️ ChatHealth 07507 329 114 (Parent Line)

✉️ swg-tr.contactschoolnursescoventry@nhs.net

🌐 www.coventryfamilyhealthandlifestyleservices.nhs.uk

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