



STUDENT COLLEGE WEEKLY NEWSLETTER

DATE 21.03.2025

Important Dates For Your Diary

See the back page for important dates.



Did You Know?

"Good day everyone! Lyng Hall has been busy with many trips and events these past weeks.

The Enterprise team hosted a bingo night this Thursday at 3pm, the turnout and atmosphere were great, and the money was well appreciated; the grand prize was a voucher that was won by one of our Post 16 students. The Bingo night was a huge success for the year 13 Enterprise group. The event was well attended and raised over £100 for the social enterprise that they are running. These funds will be used to finance the recycled uniform pop-up shop later in the term.

Several students contributed to the organisation and promotion of the event. See in action Tyler Siadatan-Smith as caller for the evening, with Nimra Naeem and Lavanya Mittal selecting the numbers.



Did You Know—Interesting Fact: The 20th of March marks the Spring Equinox - an astronomical event marking the beginning of Spring, where the Sun throughout the day will appear to pass directly from West to East (as opposed to being slightly North or South) and the day and night will be of exactly equal length. Many cultures prioritise the Spring and Autumn Equinoxes in marking the beginning/end of seasons and of certain holidays and celebrations!"

We are Lyng Hall—



Take part by doing an extra act of caring or sharing. Here's how:

STEP 1: THINK

What is something you found helpful or inspiring recently? It could be a new idea, quote, image, podcast, article, book or place.



STEP 2: CARE

Who is someone you care about who might benefit from it too? Choose a friend, family member, colleague, neighbour or someone you've not seen for a while.



STEP 3: SHARE

How will you get in touch to share it with them today? Send a text, share on a messaging app, leave a voice note, give them a call, or pop around to say Hello!



Once you've done your 3 steps, spread the word and encourage others to do the same. Use the hashtag **#InternationalDayOfHappiness**.

"We don't have to engage in grand, heroic actions to participate in the process of change. Small acts, when multiplied by millions of people, can transform the world"

— Howard Zinn

On Thursday, it was International Day of Happiness.

In period 1, every Wednesday, tutors are tasked with showing students a video from the Action for Happiness movement.

This week, the video was on how to be calm when things aren't always so.

[International Day of Happiness - 20 March](#)

There are lots of things on the website, including the lovely happiness guide on the next page, take a look.

We are Lyng Hall—



Mindful March 2025

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else
22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Every month, the Action for Happiness website publishes a new calendar. It also gives lots of ideas and videos to help you pass on the happiness pledge.

Today, on the calendar, it asks you to listen to a piece of music without doing anything else.

Tomorrow, it asks you to take a different route when you walk somewhere, so you really notice your surroundings.

The little things make such a difference. Enjoy the calendar: [Mar 2025.jpg \(3508x2480\)](#)

We are Lyng Hall—English Enrichment

The English department organised a trip on Wednesday for the Post-16s to Sheffield to see a production of "A Streetcar Named Desire", originally written by Tennessee Williams. The original text is a heavy and in-depth exploration of the restrictions placed on people's lives in industrialised America and the destruction of peoples' (and especially women's) desires.

The production was well received and organised - here's what Hiyab Gezae in 12 had to say about the lovely event:

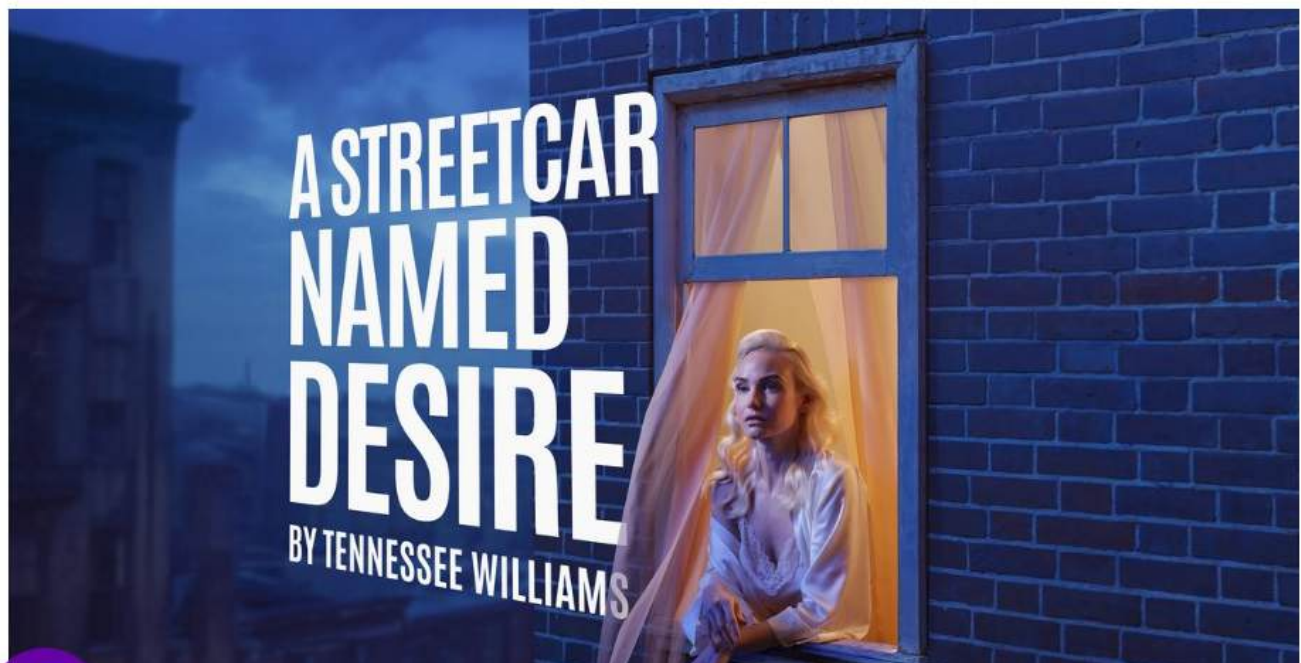
"It was really great... we walked around in the museum before the show and the production was useful for our travel writing coursework".

Thank you to Miss Hagan and Mrs Cockrell for the drive to Sheffield and the production was reported as excellent.

A STREETCAR NAMED DESIRE

by Tennessee Williams

CRUCIBLE



Pegasus – Update

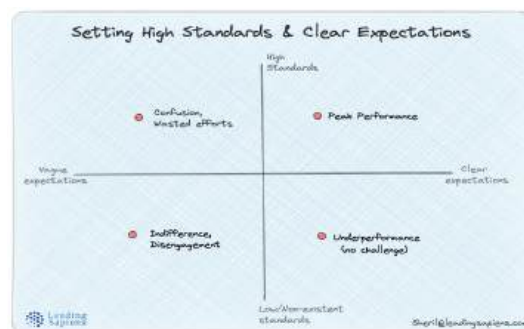
As Year 11 students approach their final weeks at Lyng Hall and prepare to transition into being part of the wider world, it is crucial that they set themselves high standards. These final weeks are an opportunity to demonstrate resilience, focus, and determination, both academically and personally. The effort and dedication they put in now will not only shape their exam results but will also define the legacy they leave at Lyng Hall. By upholding the values of hard work, ambition, and integrity, Year 11s can ensure they finish strong and carry the proud spirit of Pegasus College into the next chapter of their academic journey.

PSHE

Mrs. Cooper and 10R have truly embraced the new PSHE topic they are exploring, particularly after watching a powerful BBC show on honour-based violence. The insightful conversations that followed demonstrated the genuine investment of both the pupils and Mrs. Cooper in understanding such a sensitive and important issue. The maturity and inquisitive nature displayed by the students highlighted the crucial role PSHE plays during P1 in shaping well-rounded individuals. Their thoughtful questions and reflections underscored the importance of fostering a safe space where difficult topics can be discussed openly, allowing students to develop a deeper understanding of complex social issues.

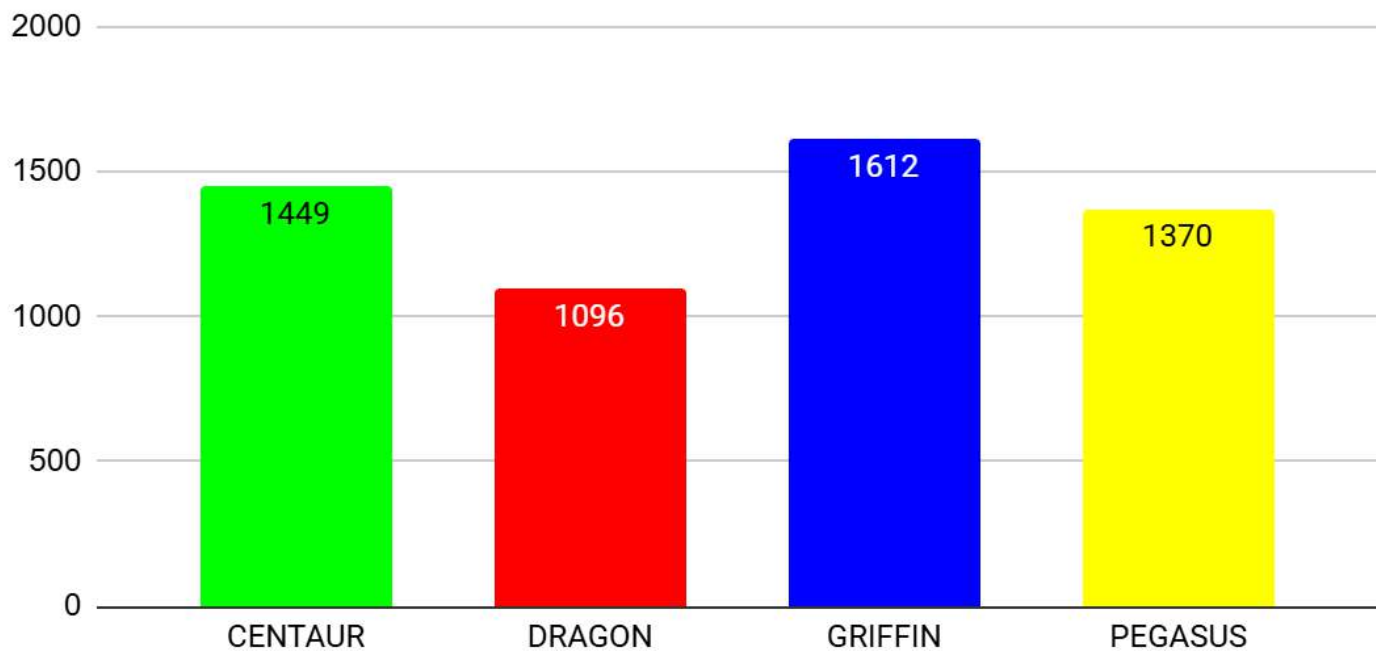
Thank you to everyone who is working hard, and maintaining those standards, and to those who feel they have slipped, its time to pick them back up again.

Mr Loach-Smith



College – Update

COLLEGE POINTS PER PUPIL



The colourful array above shows the grand totals this week. We are over halfway through the school academic year now but, there has been little movement or change in these positions for a while. The champ days are in the not so far distance ahead and lots of points tend to be gained around this time.

Rather than rely on those days to swing the statistics and decide our overall winners, colleges should try to gain as points as they can now, to get to first place and create a significant gap between them and the college below.

DOUBLE POINTS FOR NO BEHAVIOUR POINTS

90 11R 11I TEFL 11Y 8M 11M 10I 10R



College – Update

The College 'Top 10'

TOP CENTAURS			TOP DRAGONS			TOP GRIFFINS			TOP PEGASUS		
Caitlynn Babb	10M	1435	Deborah Eribalo	10Y	1324	Terni Kazeem	10O	1530	Ashley Dewis	10I	1560
Reece Wilkes	10M	1435	Kimberley Frimpong	10Y	1230	Kevin Yu	9R	1514	Vanessa Nwajioha	10R	1435
Lucia Gaborova	TEFL	1400	Ayub Jama	8I	1191	Piotr Jonas	10O	1489	Amelie Munro	10R	1366
Patrick Stark	10M	1367	Annalise Treacy	8I	1128	Nucuta-Razvan Costache	10O	1484	Julia Witrykus	10R	1323
Anna Lackova	TEFL	1333	Igor Kap	8I	1095	Charlie Raybould	9R	1465	Sara Raducan	10I	1320
Ayrton Sumner	10M	1276	Andreea Duna	8I	1074	Liam Adkins	9R	1447	Wiktorja Zamosna	10R	1295
Jaromir Gabor	TEFL	1275	Jason Laleye	10Y	1072	Caitlin Valentine	9R	1440	Harkiran Kaur	10R	1289
Centaur	7B	1266	Taylor Purcell	8I	1060	Lona Nembo Wakam	9R	1427	Alfie Brown	10R	1284
Tehillah Nyakudya	10M	1228	Liam Kavanagh	8I	1052	Rasan Mohammed	9R	1415	Trey Langa	10I	1256
Lily-Rose Eggleton	10M	1215	Darren Junior Bishop	10Y	1024	Griffin	9R	1415	Javion Duke	10I	1252

College assemblies will be back as of next week; meaning Miss Gaggini will be presenting lots of newly earned badges. See the image below of how badges can be earned.

What Badges Can I Earn?

Achievement Point Badges



Bronze:
1000 points



Silver:
1500 points



Gold:
2000 points

Value Badges



Green:
4 empathy postcard nominations



Red:
4 determination postcard nominations



Blue:
4 responsibility postcard nominations



Yellow:
4 resilience postcard nominations



Purple:
achieve all four of the coloured dot badges

Did You Know? Support:

Your child may be eligible for free school meals if you receive certain benefits such as income support. Queries can be directed to Coventry City Council. Tel: 024768337733 or Email: freeschoolmeals@coventry.gov.uk Applications can be made through: www.coventry.gov.uk/applyforfreeschoolmeals

SCHOOL

To purchase food in the school dining room, money must be paid onto ParentPay as we are a cashless school. Login through: <https://app.parentpay.com/public/client/security/v2/#/login>

If you experience any problems with this, please contact your child's pastoral year coordinator.

LYNG HALL SCHOOL

TRAVEL

If you live more than 2 miles from the school, your child may be eligible for a free bus pass. For information on how a student would qualify for a pass please visit:

<http://www.coventry.gov.uk/schoolbuspasses>.

Applications: www.coventry.gov.uk/applyforatravelpass

Queries: Tel: 02476975445 or Email:

If your child out-grows their blazer but it is still in very good condition, they may be able to swap their blazer for a bigger size, if our stock allows.

UNIFORM

We accept uniform donations. Please drop any items that you no longer need or require in to school reception.

If you are struggling with the cost of items of the uniform, we will do our best to try and help you. Contact your child's pastoral year coordinator in the first instance

We Are Lyng Hall

Lyng Hall Uniform Donations

We have been informed by our pupils that they sometimes out-grow their uniform during the year and therefore buy new items. We would like to take the opportunity to ask that any uniform that you may be replacing, or not using, is kindly donated to the school.

The uniform does not have to be in brand new condition but be relatively good quality (not ripped or stained) and can include PE kit, winter coats, shoes etc.

Pupils and/or parents can hand the uniform donations into the school reception at any point in time throughout the year. We greatly appreciate all donations that have been made previously and any that we receive in the future.

Thank you,

Miss Gaggini

School Calendar

Coming up...

Thursday 27th March—Year 8 HPV Vaccinations (Day 2)

w/b 14th April - Easter Holiday

Thursday 1st May - Year 10 Geography Field Trip

Tuesday 6th May - Year 10 Parents' Evening

w/b 26th May - Half Term