

CCF annual Leadership Cadre

Last weekend, Lucton School CCF ran the annual Leadership Cadre, where 12 cadets were put through their paces both mentally and physically. They were divided into two groups and asked to name their teams. Dom Yates was eating grapes, so named their team Grapes. Toby Gilmour and Sameer Rai were discussing the best cut of meat and way to serve unicorn, hence their team name, Unicorn.

The first part of the Cadre was spent in the classroom dealing with styles of leadership, the general mechanics of how command tasks should run and qualities of



a leader, only being let out to complete the obstacle course that had been set up over a rather arduous piece of terrain, the School Grounds. If they thought they were tired

Continued inside.

Friends of Lucton School

Quiz and Curry Night

Friday 27th September at 7.30pm

In the Queen Anne Dining Room – £10 per person

Prep School News

It appears that we are starting the term off with a few of the old stories and as the saying goes “The old ones are the best”. Year 4 took a twist on Aesop’s tale the Boy Who Cried Wolf. A moral, perhaps, for our times. Why should we believe the person who has lied when they finally tell the truth? Year 4 came up trumps with the acting well done all of you!

Although school is a time for lessons and learning, there also needs to be space and time to use imagination with friends. If we add in the different toys and objects (plastic stumps, pipes, chess pieces and so on) you would not believe what the children can create.

We have the usual battles with ‘hand grenades’ (chess pieces). There are the shop games where buying and selling takes place through bartering. Then there are the rescue games where the ambulances come and take people to be cured; however, we are in the 21st century and now we even have spa days with hair and beauty along with massage and a book-keeper to organise the queue! We had witches around their cauldron; navigating a crocodile infested swamp; and building a model village. There are some calls to have structured play but who on earth could possibly improve on what the children invent for themselves. In fact, when exploring and inventing new games some



children discovered a fossil in a rock.

We have been learning, through our mistake, how the library is organised. In fact that a library is actually organised! It was a practical session in how useful it is to use an alphabet and when locating new words in a dictionary. That also comes in useful for our new instrumentalists, one of whom is learning a Euphonium – look that up for yourselves!

So, whilst structure is all well and good, it is always important for a school to provide time in the day to play; not only to invent games and have fun but also to let that new learning sink in – we hope!

Next week it is Open Evening on Thursday for the Middle and Senior School and then Open Morning on Friday for the Prep School. Please do come along to both and see the whole school if you haven’t. It may well be that you haven’t even made it upstairs in the Prep School, well now is your chance. I am actually away for this as I am on the IAPS (Independent Association of Preparatory





Schools) Annual Conference. This year it is in London with some really good speakers. So I look forward to letting you know what I have learnt.

In the meantime, please remember to come along to our Friday Assemblies where we celebrate the children's achievements, catch up on school news and you can even use the school pool. An excellent start to the weekend.

Forest School

Have you ever wondered why the grass changes colour and goes in a ring? Well they are because of the fiery tails of flying dragons; once a dragon had created such a circle, nothing but toadstools could grow there for seven years and if you enter a ring then it is possible you might be stolen! From there it was an easy step to creating fairy houses for them to use. Great cooperation all round as well as some old folktales being continued.

Friends update

AGM

Thanks to those of you who came to the AGM on Wednesday evening it was a fabulous evening of tasty food and getting down to business! Our thanks go to Suzy Siddall for her time and efforts last year as Secretary. Also a big thank you to Jade Stock who is stepping down having been Vice Chairman in the year 2017/18 and

then last year Co Chairman for our Committee. The new Committee for 2019/20 is as follows: Chairman: Maddy Meek, Vice Chairman: Carl Gilmour, Treasurer: Liz Furniss and Secretary: Elaine Griffin. Thank you to Elaine for volunteering to take up the position of Secretary, it's much appreciated!

Quiz and Curry Night

Just a reminder that next Friday, 27th September is our Quiz and Curry Night - £10 per person which includes your curry and entry to the quiz. This is always a really great event and we are looking forward to seeing you all there!

Friends' Facebook

Don't forget you can keep an eye on what the Friends are doing by liking our Facebook page, why not pop along and give our page a 'like': www.facebook.com/friendsofluctonschool



Boarding House News

Another busy week in the house! The boarders are getting settled now and used to the daily routines.

The weekend saw us make our annual trip to Cadbury's World in Birmingham. The boarders were overwhelmed with the volume of chocolate that was handed out as they followed the journey from cocoa bean to chocolate! They listened to a number of interesting talks and presentations, and they enjoyed being able to have a go and show off their skills manipulating molten chocolate. At the end of the tour, they got to ride around the Cocoa Bean Village in the little cadabra beanmobile! Some of the boarders experienced the 4D cinema with its ride on the Crunchie rollercoaster and took to the skies in the Cadbury Crème Egg airship! It was a very pleasant day out, enjoyed in some glorious sunshine.

Sunday was a more relaxed affair with the boarders enjoying the sunshine in the outside spaces around the site. Mr Johnstone enjoyed putting School Cottage through their paces with some exercises



and games on the playing field.

Thursday night was a real treat as we saw our House Captain, Mike Chan, don a lovely apron to cook a cake which he insists is for his Maths class. We're not sure if it'll make it out of the house in one piece....



Eco/Gardening Club

We have seedlings! The seeds that the Prep School planted last week have started to sprout much to everyone's delight.....

..radishes will be on the menu in the next few weeks. The beds are practically cleared and the borders are starting to take shape, and we look forward to getting some spring bulbs planted next week. Our little group of gardeners remain very enthusiastic and we have decided on some of the projects that we will be doing as the weather starts to turn. Look out for some bug hotels, hedgehog houses and nesting boxes which will, we hope, start to welcome some wildlife into the garden.



Battle of Britain commemoration

On 15th Sep each year, the Royal Air Force commemorate the turning point of the Battle of Britain. A Service was held in Hereford Cathedral last Sunday to which a few cadets from the newly-formed RAF section attended. The cadets were

immersed in the spirit of the event, hosting VIPs, and taking part in the march past at the end of the Service. We are looking forward to playing a bigger role next year to celebrate the 80th anniversary. Well done to Taylor Mogford, Mike Chan, Felicity Aston and Amelia-Sky for representing the Lucton CCF(RAF) in an accomplished manner.



Sports Report

U11 RUGBY vs Moor Park

It was a tough start for Lucton U11s as they faced Moor Park, who started the better with them displaying a great set of hands down to their winger who then had great acceleration to sprint down the touchline and score from kick off.

However, Lucton U11s never showed weakness as they returned from the kick off with a fantastic defence which resulted in a knock on, allowing Thomas B to sprint down the touch line unopposed. From the beginning of kick off it was always going to be a fast-paced competitive game which showed plenty of attacking ability.

A massive improvement from last week's game was the rucking technique, the boys showed determination and strength when counter-rucking Moor Park, in particular Hugo. He was a threat at every breakdown which the opposition couldn't handle. A further improvement was receiving the kick off, Harry P on numerous occasions caught the high ball from kick off.

Harry P was awarded man of the match for his performance which even led to a fantastic solo effort try with his explosive running ability from kick off; tries also came from Ted R and a brace from Henry

H. The game was played in high spirits, with Moor Park edging out 9-8 winners.

U10 RUGBY v Moor Park

The Indian Summer extended to this week and we welcomed Moor Park for a wonderful feast of rugby for the Year 5 and 6 boys. The matches were played in a wonderful spirit with all teams trying their hardest, playing with spirit and enthusiasm and great technique!

Ted who was awarded player of the match by the team scored 4 tries demonstrating excellent running and evasion. He was supported by hard and straight running by George L too, playing contact rugby for the first time like many of the team. Nathan B and Will E ran with good evasion and broke many tackles and more tries followed. Unfortunately Lucton's great play was undone by weak tackles sadly which affected the team most of the match; this will be a focus for next week, but should not detract from the excellent effort on a very hot day!

Henry M captained well and tried hard with his running and passing from scrum half. I was pleased with Archie L and Hayden too who showed some excellent running at times and have made huge progress!



The score at the end was 6-8 but that didn't matter really, rugby development was the winner today!

U16 HOCKEY v CCB

Molly saved the day with some excellent goal keeping, which managed to keep the girls in the game and she certainly deserved to be nominated player of the match. Ellie led by example in defence, assisted by Katie and Maureen, whilst Grace, who made several penetrating runs and Hannah worked hard in mid field. Although CCB had a strong attacking line up, tenacious play by Lucton's defenders made them work hard for their goals.

U18 NETBALL v HSFC 1st team

This was almost a step into the unknown and with true Lucton spirit, the girls rose to the occasion and worked hard throughout, against, fast, tall, skilful opposition. Harriet, who definitely deserved player of the match accolade, led by example, was focused, determined and prepared to think on her feet. Equally determined, was Elsie who helped control the defensive end and bring the ball up the court, whilst Faith played with skill and has definitely benefited from playing in the adult netball league, as she was able to stand

her ground with confidence and make some well-judged feeds into Georgia and Harriet. It was good to see that everyone kept their heads and that as the game progressed, movement was sharper, feeds were quicker and space was used more effectively. As a coach, I really enjoyed umpiring this match and was proud with how all the girls coped with the step up in standard. Although it was tough, much will have been learnt and I very much hope that the girls are prepared to work hard to raise their game to a level I know is within their reach!

U14 NETBALL v Lady Hawkins

The under 14s are unbeaten so far this year winning both games. The under 14s had a goal-to-goal match against Lady Hawkins. All the girls worked extremely hard in the hot weather and show great teamwork encouraging each other. Some brilliant shooting by Connie, Sophie and Jess. Jess is settling in really well to the team and is going to be a great asset. Ashley showed some great defence and made some brilliant turnovers allowing us to finish one goal ahead 7 - 6. Well done to Tiffany who was awarded player of the match!



CCF Training weekend, cont.

after that, little did they know they would be completing it with stretchers and rifles the next day.

Sunday started with a few practical lessons on how to use cantilevers and counter balances, to aid their bridge building skills, along with a lesson on how to run correctly with a stretcher in order that nobody lose a finger!

Each cadet took it in turns to command throughout the weekend in a series of tasks, including bridge-building, getting through a spider's web and constructing, then firing an artillery piece.

The finale was a quick dip in the pool. This was started gently to build confidence, swimming in clothing, then carrying weapons and finally building a raft to collect an ammunition cache from across a crocodile-infested river. All cadets performed exceptionally well throughout

and judging by the smiles thoroughly enjoyed it. Well done to all cadets!

Best Effort went to Tim White and Katie Lewis, Top Team Players Kian Hasson and Sameer Rai with the Top Students being Kennedy McLaren and Toby Gilmour. The Contingent Commander and I would also like to thank the other CCF Staff who gave up their free time to assist with the cadre. Finally, just in case you are wondering, it was sirloin, medium rare, seasoned with salt and pepper.

WO2 Rich Brown, SSI Lucton School CCF Company.



Mental Health First Aider Course

Lucton School now has ten staff and three sixth form students who are 'Mental Health First Aiders'. The training took place just before the end of the summer term and involved an intensive two day course delivered by Grey Dog Training. This was a very tough but informative course covering practical advice on how to deal with issues such as depression and anxiety, suicide and psychosis, self-harm, and eating disorders.

These first aiders will also be 'first aid champions', sharing their knowledge and experiences across the school and the sixth formers will be available as "befrienders" so that students have even more support, should they need it. This was an initiative to support our ambition to be a wellbeing

school. These first aiders will also raise awareness and break down stigma and discrimination; all of this is in addition to our Listening Service which has been in place for 3 years.

Research shows that identifying symptoms of mental illness early can help young people on the road to recovery. This training will mean more children receive the timely and sensitive support they need to stay well.

One in 10 school-aged children will have a mental health condition at any time, with half of all mental health conditions beginning before the age of 14, making early intervention and support vital.

Our staff mental health first aiders are Mrs Goode, Mrs Niblett, Mr Muckalt, Mrs Muckalt, Mr Rogers, Lulu Parker (Matron), Miss Roper, Mr Johnstone, Mrs Cunningham and Mrs Webb-Rogers.



A healthy start

Lucton School is very lucky to have its own School Matron and the lovely Lulu came to visit Reception Class this week. She got to know all the children, chatted to them about the things they could do to keep themselves healthy and showed them around the medical room. Thank you so much, Lulu!



Year 2 Croft Castle

On Tuesday, Year 2 had a great time during our trip to Croft Castle. The children enjoyed using their maps to locate areas of the castle grounds, answer questions as part of a trail and plan a route for our woodland walk. We learnt a bit about how horses were used during the war and some history

about the castle, as well as discovering more about the wildlife in the walled garden. We also found some excellent trees to climb and explore! A highlight of the walk was discovering the natural play area; the children had a great time balancing on the equipment, seeing how high they could go on the swings and reading poems in the storytelling corner.



Equestrian News

The equestrian team have had further success at Kington Show and Kings Equestrian last weekend. Sophie H and Freya L kicked off the day with Sophie on Poppy winning the 60cm and Freya L on Trooper coming 2nd. George Jones on Cleo won the 70cm with Freya L coming 5th. Archie J on Ludo came 2nd in the 1m and Sophie D on Conker won the Pony Club Pony and came 2nd in the Working Hunter Pony.

Amelia J attended the Show Jumping competition at Kings Equestrian on Saturday and won the 70cm and came 4th in the 80cm on her pony Brit.

The NSEA Dressage Qualifier also took place at Kings on Sunday, Jess L, Seren L, Scarlett B and Hannah L competed with Scarlett coming 5th and the team coming 3rd.

We have some really great riders and ponies in the Lucton School Equestrian Team and are looking forward to a very successful year. Our next event is Jumping with Style at Hartpury on the 28th September. If you would like to join us in a team please let me know via Megan Davies in the office.



LUCTON SCHOOL

Senior • Sixth • Prep School • Nursery



OPEN DAYS

Middle, Senior and Sixth Form

Thursday 26 September, 4.00pm - 7.00pm

Prep School and Nursery

Friday 27 September, 9.00am - Noon

Tel: 01568 782000 • Email: admissions@luctonschool.org • www.luctonschool.org



20th September
Autumn 2019, week 3

www.luctonschool.org