



Dear Parent, Carers and Friends

In last week's Newsletter I wrote about the assemblies in school on the theme of the Holocaust. I mentioned a recent survey in which it was suggested that a significant proportion of people in this country did not believe the Holocaust happened or that so many people were murdered. I did write 'I hope this survey was wrong', and, thanks to the brilliant BBC radio programme "More or Less" I am pleased to say that that statistic was very much yet another example of 'fake news'. I would like to apologise for repeating the numbers and I really should have known better, as we know we have to be so careful with what we read and hear. This caution about what people tell us, whether personally or publicly, is nothing new. A few years ago there was a great exhibition at the Bradford Media Museum which showed fake news through the centuries. One example that sticks in my mind was a newspaper headline celebrating the arrival of the Titanic in New York printed at the same time as the doomed ship was sinking after hitting an iceberg on its maiden voyage. The More or Less programme analyses statistics which are brought to its attention by its listeners. In the particular case of the opinion poll around the Holocaust, the programme asked a professor of survey methodology from the University of Essex to investigate the poll. Professor Peter Lynn analysed the questions asked, the wording of the questions, the way the questions led into one another and the consistency between answers given to separate questions. On the survey, only five people out of 2000 (0.25%) replied that no people were killed in the Holocaust, and the More or Less programme suggested that this is probably a more accurate figure for those people who do not believe that this tragedy happened. The More or Less programme is available on the BBC Sounds app and is well worth a listen. Richard Bramley

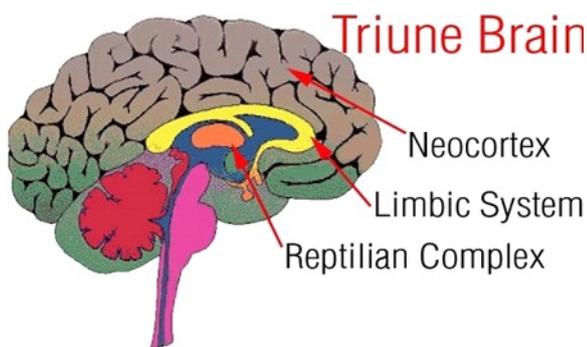
### French Exchange Return - Hosts Needed!

The French Exchange returns to Pickering on

April 4th - April 11th and we are currently looking for students who are able to host 10 pupils from our partner school in Bordeaux. They would stay at your house and follow your usual routine - students spend a day in school and are on trips to York and Whitby otherwise. This is a great opportunity for students to both broaden their horizons by meeting new people and to practise their French with an actual French person. If you are interested you should see Mr Heeley ASAP. If you have any further questions, do not hesitate to contact Mr Heeley at school, or email [mheeley@ladylumleys.net](mailto:mheeley@ladylumleys.net)

### My Hidden Chimp

We have a great book in school called My Hidden Chimp. The author, Professor Steve Peters, is a consultant psychiatrist who specialises in the functioning of the human mind. In writing the book, Prof Peters has simplified what modern neuroscience knows about how the mind works. Those of you who have read Daniel Goleman's emotional intelligence will be aware that we are not actually always in control of our brain. Being able to behave sensibly is something we learn as we get older and, even as adults, we don't always get it right. Self-awareness, self-



management, empathy and social skills are handled by the latest part of the brain to develop both evolutionarily and biologically. There is a simplified model of the human brain which can help us understand this. The triune brain model describes the brain as organised into three regions. The reptilian brain, the emotional brain (limbic system) and the rational brain (neocortex). In terms of evolution, the reptilian brain came first, followed by the limbic system followed by the neocortex. The neocortex is the "thinking" part of the brain where we process rational thought. This is the part of the brain that allows us to behave in a sensible fashion. Unfortunately, we sometimes react using the emotional part of our brain or the reptilian part. This is literally where we react without thinking.

The reptilian part of our brain is absolutely essential to keep us alive. This part of the brain controls basic bodily functions and also allows us to act quickly when we are in danger. The reptilian brain was a brilliant idea if you were a prey animal being attacked by a lion! The instinctive response to flock, flee, fight or freeze is a great survival tactic but it doesn't necessarily work in a 21<sup>st</sup>-century civilised society. As parents carers and teachers we can often see the reptilian brain in action when we put our young people into stressful situations. We still need the reptilian brain (and we are stuck with it anyway) but we need to overcome the urges produced by it and let the slower-acting thinking brain take over. The limbic system is where we experience emotions, and once again this kicks in before the thinking brain. If we are upset or worried, the emotional part of our brain will not allow the thinking part to do its job. Only if we recognise, and can take account of, the actions of our reptilian and emotional brains will we be able to use our thinking brain to learn and develop. The book 'My Hidden Chimp' explains these rather abstract ideas in a language young people can empathise with and helps them be aware of which part of the brain is controlling their actions. I will write more on this in future Newsletters.

**Word of the Week - Belief.** This came to me when talking to Year 11 students about their intentions and aspirations after the summer. At this time of year, each Year 11 student has a one-to-one interview with a member of the senior leadership team where we try to give independent advice and guidance about their future. Some students need help in organising an apprenticeship, other about choosing which A levels or post-16 qualifications to study and the best place to do this and others have it pretty much sorted already. As part of these conversations (which are usually very enjoyable as our Year 11 students are delightful to talk to) the subject of preparation for their GCSE examinations often crops up. Most students are already embarked on a revision programme (of varying degrees of intensity!) and this is a good thing as long as it doesn't take over their lives. But I want to talk about probably the biggest single factor in ensuring success during this revision programme and in the forthcoming examinations. Belief. Some of the students said things like "I can't do maths" or "I'm no good at English" etc. There is genuine research evidence which clearly demonstrates that your belief in your ability to do something has a huge impact on whether you can do that thing or not. If you sit down at your science revision with "I find science hard, I can't understand it" then that is exactly what will happen. If you sit down and say to yourself "I find science hard but I can do this if I try" you give yourself a much greater chance of succeeding. All this ties in with Growth Mindsets which we probably need to talk about more in future Newsletters.

Belief is an opinion or conviction or idea that you accept as true. You make your own truth. If you believe you can do something, then with effort and practice you will be able to do it. All students, and especially Year 11 at this time of their school career, need to believe in themselves. We believe in them as they are lovely bunch and deserve to do well. And since this is Word of the Week, time for the etymology. The word belief comes through a complex route of Saxon and Old High German words which meant to hold something dear, or trust and originally from Latin. It turned from "trust in God" to "accepting something as true".

#### **Drama News**

##### **Devising Project**

Green Parrot Theatre visited Rosedale Primary School for the final part of our devising project. We spent the morning doing workshops and rehearsals with 9 students in Years 3-6. We then performed 'Seasonal Muddle' to an audience of Nursery, Reception, Year 1 and parents. The project has been a great success. Green Parrot Theatre are: **Hannah Dring, Chiana Kelly, Ellie Hornsby, Molly Harland, Emily Botterill, Meri Wroe, Skye Tarry, Wren Jones, Ashlee Wager, Will Hepworth, Amelie Jeffries and Will Yeabsley**

##### **The Young Americans**

The Young Americans will be with us next Friday! If you are taking part, you should have received the updated schedule last week. Please see Mrs Goodwill or Miss Jemison if you didn't receive this.

##### **Year 10, 11 and 13 Drama- Wise Children Theatre Trip**

Please bring reply slips to me on Monday. Payment is now due.

Mrs Goodwill

**School Lunch Limit/ParentPay.** We set a daily limit for students to spend up to £4 in the canteen which you can increase/decrease. There are also a number of parents/carers who have not yet accessed ParentPay, a convenient method of paying for lunches/trips/resources etc.

If you wish to set a daily limit or have forgotten or lost your log in details for ParentPay please contact Janet Phillips [jphillips@ladylumleys.net](mailto:jphillips@ladylumleys.net)

##### **Y11 Students**

Don't forget Thursday 28th February is the initial deadline for applying to Lady Lumley's Sixth Form! Application forms are available from main reception and the sixth form office. You can still hand in application after this date, however we encourage students to apply before the deadline.

#### **Useful Contact Information:**

Main School Office: 01751 472846

Attendance: 01751 470005

Finance Office (ParentPay): 01751 470043

Twitter @ladylumleys

#### **IMPORTANT DATES**

##### **Tuesday 12th February**

Y10 District Basketball, Malton 3.15PM

##### **Wednesday 13th February**

U15 District Netball, Ryedale 1.30PM  
Y12 AS Geography Fieldwork, Robin Hood's Bay 9 - 3.15PM  
Y8 Consultation Evening, 4.30 - 7.30PM

##### **Thursday 14th February**

Young Americans Arrive, 12PM  
Y7 District Basketball, Ryedale 4 - 6PM

##### **Friday 15th February**

Young Americans 9 - 6.15PM

##### **Saturday 16th February**

Young Americans 8.45 - 6.15PM

##### **Sunday 17th February**

Young Americans 12 - 10.30PM  
Young American Performance, 6.30 - 9.15 PM

#### **Upcoming Events...**

18th February - Young Americans Depart  
18th February - Non Uniform Day  
18th February - House Climbing Event  
18th February - Krakow Information Meeting, 6PM  
19th February - Youth Speaks, 6.30PM  
20th February - Y12 TnT Trip  
20th February - Y7 Consultation Evening  
22nd February - School Closes for Half Term