

# NEWPORT NEWS



*The fortnightly newsletter from Newport Girls' High School*

Volume 9—Edition 10 2<sup>nd</sup> February 2026

## NGHS Art Showcase!



Inside  
THIS  
Edition

Young Enterprise product launches, phones in school, Frozen Jr, music at Keele ***and lots more...***

# HEAD'S LINES

As we move towards the end of January, it has been encouraging to see students and staff returning to the routines of the new term with purpose and maturity. This fortnight has brought several important moments for our school community, and I am grateful to everyone for the calm and constructive way in which these have been approached.



The last two weeks have marked the launch of the GCSE Options process for Year 8 and Year 9. Miss Davies has met with students and provided families with the information they need to begin considering future pathways, and I hope these materials offer clarity and reassurance at what can feel like a significant decision point.

This week we were also pleased to welcome Year 8 families into school for their Parents' Evening. Attendance was excellent, the new parking arrangements on the courts worked smoothly, and the evening ran to time (mostly!).

My thanks go to staff and families alike for contributing to a positive and purposeful atmosphere throughout. We have our Year 12 Parents' Evening next, just before the half-term break, and we will operate parent parking on the courts in the same way.

Last week, our Year 11 students took part in their Sixth Form Taster Day, giving them a meaningful insight into life in NGHS6. From A-level taster lessons and conversations with senior staff, to having a day in the sixth form uniform, the day offered valuable space for reflection on next steps. Interest from students wishing to join NGHS6, both from within school and beyond, continues to be extremely strong, and we look forward to shaping an exciting new Year 12 cohort for September.

In addition, we have shared further guidance with students around mobile phone use, following the recent Department for Education announcement on prohibiting phones in schools and the launch of a consultation on wider social media access for young people. A separate article in this edition outlines our position and expectations in full.

As ever, thank you for your continued support. It makes a genuine difference to the tone and success of school life.

Best wishes,  
Mr A Jones  
**Headteacher**



# A MESSAGE FROM THE HOUSE CHARITY CAPTAINS

Next Monday we have our annual Charities Week which is always a fantastic time at school. Below you can read all about it from the three House Charity Captains and don't forget to keep checking on social media and our website for specific details of what is going on and when!

*The week commencing 9th February is, in our opinion, the most exciting week of the school year as it is our school's annual Charities Week! Not only is it a time of dressing up in flamboyant or silly outfits, getting revenge on our teachers through throwing sponges or beating them in Staff vs Student netball (manifesting a win for us this year!), or dancing our hearts out in House Dance, it's also a time of community and reflection.*

*Charities Week is when we as a school can come together, reflecting on our blessings and what matters to us. This year, a focus has been put on choosing local charities for each house. This will allow us to give back to our local areas, and opens volunteering opportunities for those who are interested in doing charity work. We can't wait to see the creativity and enthusiasm the school community will have for Charities Week this year and we know everybody will throw their hearts and souls into all the events and raise a fantastic amount!*



L to R - Esme H, Muskaan S, Heidi M

**House Charity Captains 2025/26**

**Friday 6th February** London Musical Theatre Trip (Year 9-13)

**Monday 9th February** Charities Week - All week

**Monday 9th February** Year 12 Parents' Evening

**Thursday 12th February** House Dance

**Thursday 12th February** End of Half Term 3.45pm

**Friday 13th February** INSET Day (school closed to students)

**Monday 23rd February** Return to school (gates open 8.00am)



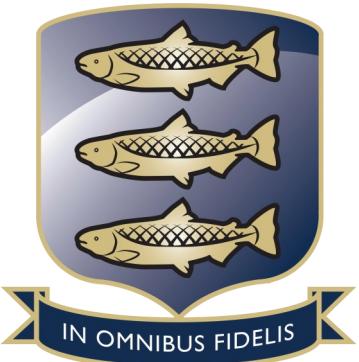
DATES FOR  
YOUR DIARY

# IMPORTANT INFORMATION ABOUT MOBILE PHONES

## IN SCHOOL

### Mobile Phones at NGHS – A Message to Parents and Carers

You may have seen recent national announcements about strengthening expectations around mobile-phone use in schools and the government's wider consultation on young people's social-media access. At NGHS, much of this guidance aligns closely with what we already have in place, and over the past week we have taken the opportunity to re-share our expectations with students in all year groups.



For families, we wanted to summarise our approach and ask for your support in helping us maintain a calm, focused and respectful school environment.

#### Years 7–11

Students in Years 7–11 are expected to have no mobile phone use at any time on the school site. This includes before and after school, in corridors, during social times and in lessons. Phones should remain switched off and out of sight throughout the day. There are no exceptions to this rule.

When a phone is seen or heard, we follow a clear and consistent process: it is confiscated, a behaviour point is issued, and a detention is set. Repeated issues mean the phone must be handed in at Reception each morning.

These expectations are in place to protect learning time, reduce distraction, and support students' wellbeing by giving them a school day free from the pressures associated with constant connectivity.

#### Sixth Form

Our Sixth Form students have more independence, but this comes with increased responsibility. Mobile phone use is permitted only at appropriate times and only in specific Sixth Form spaces, such as the Atrium, Centenary Hall and the Silent Work Room. Phones may be used during study periods (but not for social media) and at social times, but should never be visible in lessons or while moving around the school.



This approach reflects the transition towards adulthood, preparing students for the expectations they will face in further education and the workplace. It also helps ensure they model positive behaviour for younger students.



## Working Together

We recognise that mobile phones play a significant role in family life, and our intention is not to remove that connection, but to ensure that school remains a space where students can learn, interact and focus without unnecessary interruption.

Your support is central to this. We kindly ask that you reinforce these rules at home by encouraging students to keep phones switched off and away during the school day, and by supporting us when we need to take action where expectations have not been met. It is also helpful if, should you need to make contact with your daughter during the school day, this is done via the School Office and not directly to their phone. A consistent message from both school and home helps every student succeed.

Of course, there are times where students require mobile phones to support medical conditions. In this situation, this should be discussed with school as part of our usual Medical Needs Planning.

Thank you, as always, for your partnership in maintaining the positive culture that defines NGHS.

## FROZEN JR NEWS

It's only 6 weeks until the opening night of our school production, Frozen Jr, and the cast and crew have been extremely busy with rehearsals and preparations ready for the big night! Tickets will be going on sale online shortly so keep checking our social media and school website for full details of how to get yours.

Additionally, we have been thrilled to have a former student, Darcie Davies, regularly coming into school to create promotional video's and materials for the show! This has formed part of her degree foundation course at Birmingham Ormiston Academy and they will be used in the coming weeks to help promote the production.

Excitement is really starting to build in school for the opening performance and we are sure that tickets will be in great demand. Make sure you keep checking on social media and our website for details of how to get them when they are released!



# A FUTURE ENGLAND BASKETBALL STAR AT NGHS?

Year 8 NGHS Student, Evie A, has recently been chosen for the 2025/26 Basketball England Aspire programme. This is a talent pathway for junior players with the ultimate goal of representing England in international tournaments! We recently caught up with Evie to find out all about this fantastic opportunity:

**How long have you been playing basketball and how did you get into it?** I started in Y5 and had played netball before. However, my dad had played basketball when he was younger so I thought I would give it a go. I found a local club called 'Rawzone' who play in Langley and it's all gone from there really!



**What position do you play and what role do you have?** I play centre and power forward which is one of the key positions for rebounding (reclaiming shots that miss) and also enjoy linking up play and assisting other players to get shots.

**What other clubs do you play for?** As well as 'Rawzone' I also play for Leicester Riders in the National League. I was selected to play for them after a trial in February of last year. I was a bit shocked to get into the Riders to be honest! I was quite a bit taller and stronger than most of the other girls so it was great to get chosen.



**What is your most memorable experience whilst playing basketball?** Earlier this year I was playing for Leicester Riders against Sheffield Hatters and I scored 29 points and committed no fouls at all - it is quite hard to not give away fouls in the position I play!



**How did you become involved in the 'Aspire' National Program? My coach at 'Rawzone' and Leicester is called Lester Green and he put me forward for the West Midlands Talent camps. I did well there and then got invited to the Central England camps which is where I currently am. The next step is hopefully being invited to the England camps!**

**What is your ambition in Basketball?**

*Hopefully I can become involved in the England camps and play for my country. When I am older I would possibly look at getting involved in college and university basketball in America where it is hugely popular!*

**What advice would you give to anybody thinking of taking up the sport? It is a lot tougher and physical than most people think but as long as you get stuck in you will be fine. Also, just go online to find your local club, give it a go and have fun!**



## HOLOCAUST MEMORIAL DAY 2026



During the week of 26th January, the assemblies in school were all focused on the theme of Holocaust Memorial Day which this year was on the 27th January.

Miss Davies and the History Ambassadors did a wonderful job explaining the reasons for the day and why it is such an important event to commemorate. This years theme is 'Bridging Generations' and they explored why it is so vital that the events of the Holocaust are

marked and remembered - through the personal connection of the children, grandchildren and even great grandchildren of those that were involved.

The story of Anne Frank was explored and a competition based around the theme was announced with a closing date of 27th February. Full details will be announced during form time.



HOLOCAUST  
MEMORIAL  
DAY 27/1

# UNIFORM UPDATES

Following my update in the previous edition of Newport News I wanted to provide some additional clarity surrounding uniform expectations from September 2026, the following information is included within the uniform policy which can be found on the school website.



## Compulsory Uniform

### Branded Items (Purchased from the School Stockist – Horton's, Baker and Sons, Newport Sports)

Only the following items are compulsory branded items:

**NGHS grey blazer with school crest** - All students must wear their blazer at all times around school. Students may ask to remove their blazer in lessons. Blazer sleeves are not to be rolled up.

**NGHS plain grey skirt (two styles of skirt available: straight and pleated)** - The skirt should be worn close to the knee. Skirts should not be rolled up. No other skirt is accepted

OR **NGHS plain grey trousers** - These are tailored school trousers from our recommended supplier. No other trousers are accepted. Trousers worn beneath school skirts are permitted for religious reasons

### Optional Uniform (Purchased from the School Stockist – Horton's or Baker and Sons)

- **NGHS grey jumper**

- This is an optional item of school uniform and is to be worn in addition to the blazer not instead of it. Hooded sweatshirts should not be worn either as a jumper or coat.

This needs to be the plain grey, v neck, knitted jumper from Banner

**SCHOOL  
uniform**



# UNIFORM UPDATES CONTINUED

## Non-Branded Uniform (Available from any retailer)

The following items do not require school branding and may be purchased from any retailer, provided they meet the colour and style guidance:

- **Blue revere style fitted blouse**

- o The blouse can be short or  $\frac{3}{4}$  sleeved blouses which are available to purchase from a range of suppliers. This style of blouse does not need to be tucked into trousers or skirts.

- o For the academic year 2025-26 the checked blouse can continue to be worn.

- o **Socks or tights**

- o Plain black or white socks. Sports socks, fluffy socks, and coloured socks are not permitted.

- o Black, grey or flesh-coloured tights. No other colours of tights or patterned tights/leggings are permitted.

- o **Black flat / low heeled shoes**

No footwear styles including trainers and / or canvas footwear, slingbacks, sandals, mules or boots

## PE Kit

## Branded Items (Purchased from the School Stockist – Newport Sports)

**NGHS PE top or hoodie – this will include the school logo**

## Non-Branded Uniform (Available from any retailer)

The following items do not require school branding and may be purchased from any retailer, provided they meet the colour and style guidance

Plain navy blue sports shorts (these need to be football short style rather than hotpants) **or**

Plain navy blue skort **or**

Plain navy blue sports leggings **or**

Plain navy blue tracksuit bottoms

All items must be sportswear, **unbranded** and contain no logos or additional colours

Plain trainers suitable for physical activity both indoor and outdoor

Plain white socks or navy blue football socks



# YOUNG ENTERPRISE - THE BIG LAUNCH!

The new year see's the launch of this years Young Enterprise teams products and we are always excited to see how far they can go in the competition! Below each of the teams tell you a little bit about themselves and their fantastic products. Watch out on NGHS social media for further updates and they will also be launching their own channels to keep customers up to date.

**Bloomi** was created for people who want their everyday spaces to feel brighter and kinder to the planet. Inspired by an endangered UK plant species, our product turns clean solar energy into a convenient and portable light that teaches, empowers and reminds us that small sustainable choices can help our planet thrive.

Emissions from fossil fuels cause a lot of damage to the environment; they can cause health issues, water, land, and air pollution, and generate dangerous waste. Sustainable lighting is the way forward; however, this is often only accessible on a large scale, and when small-scale, it is often made for outdoor lighting. My team and I identified this problem, and as a result we created Bloomi, a brand centered on accessibility, sustainability, and beauty. We're on a mission to create a



brighter future where sustainable lighting is easy to choose, a joy to own, and part of how we live.

Due to the hard work of our Production team and the invaluable feedback we have gained from both our business advisor and senior management from Lyreco, our design has already come a long way! We can't wait to show you what we have in store for our product and hope you'll all continue to support us on this journey! Follow @bloomi.yestudios on Instagram and TikTok, and Bloomi with YE Studios on LinkedIn to keep up with all our latest updates!

There are lots of exciting things to come... the future is bright for Bloomi—not just from the light of our products, but from the potential behind them!



We are **Bloomi** - Light it. Love it. Live it.

(Florence B, Managing Director)



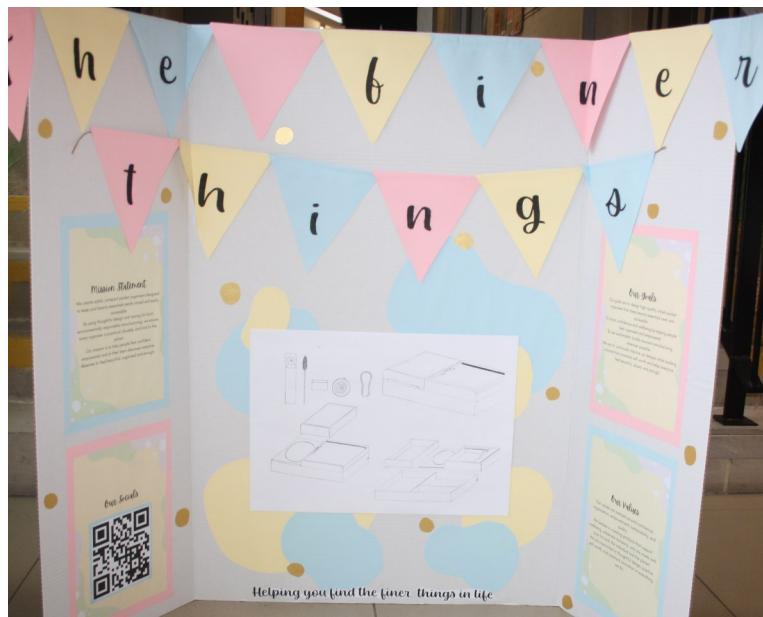


Hi, my name is Sarah, and I'm the Managing Director of **The Finer Things**. Like many people, the team and I experienced how small moments of daily disorganisation can quickly turn into stress and self-doubt, and how easily that feeling can become overwhelming. Those experiences shaped our mission - to create something that helps people feel more organised, more confident, and more at ease, while reminding them that they are already enough.



Our signature product, The Finery Kit, is a stylish, compact pocket organiser designed to keep beauty, toiletries, and personal essentials neatly stored and easily accessible throughout the day. Designed to fit seamlessly into everyday routines, it offers a practical yet considered solution to the small frustrations of daily disorganisation.

At The Finer Things, we believe self-care is not about perfection, but about looking after yourself in simple, meaningful ways. No one is perfect - but The Finer Things helps people feel closer to their own version of perfect. By focusing on organisation, confidence, and wellbeing, we help people find the finer things in everyday life.  
(Sarah F, Managing Director)



## We are Team Neorla (By Debbie Z, Managing Director)

Many girls stop playing sports or feel held back during their period, not because they can't but because of stigma, discomfort or simply not having a practical way to carry what they need.



That's how Neorla was born...

Our flagship product is a cup sleeve with built-in storage, intentionally designed to discreetly carry period essentials such as pads and tampons, making it easier for women and girls to stay active, confident, and prepared, wherever they are!



### What do we Offer?

At Neorla, we offer practical solutions shaped by lived experience.

Our product is made using recycled neoprene offcuts that would otherwise be discarded, helping reduce waste while delivering a solution that is:

- Discreet
- Versatile
- Designed for movement

From school, to sport, to everyday life, Neorla exists to normalise periods and remove practical barriers that often go unspoken.

### Our Purpose?

We believe periods should never be a barrier to participation.

By blending awareness with practical design, Neorla exists to normalise conversations around menstrual health, support confidence, and create solutions that genuinely reflect women's lives.

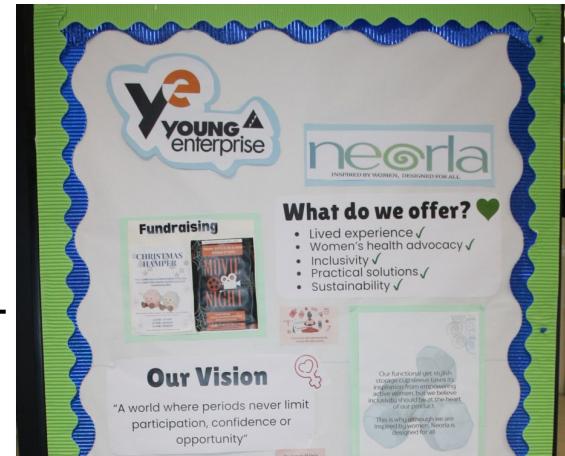
### Follow us!

LinkedIn - @Neorla

Instagram - @ye\_neorla

Tiktok - @ye\_neorla

Email - [info.neorla@gmail.com](mailto:info.neorla@gmail.com)



# YOUNG ENTERPRISE AT LYRECO

All three of the Young Enterprise teams recently had the opportunity to launch their products at the UK headquarters of Lyreco based in Telford. It was a fantastic way to receive very useful feedback from business experts and also brush up on those all important presentation skills! Below, Freya E from The Finer Things gives you an insight into what the day was like!



*Presented with the amazing opportunity to gain invaluable insights into the inner-workings of Lyreco, our Young Enterprise team -The Finer Things- was extremely excited by the possibilities the day allowed for.*

*Welcomed and introduced, we quickly settled into the day setting up our display, perfecting our prototype, and wearing our stylish Hi-vis jackets. Carefully crafted over the week our display board presented the evolution of our product, our chosen colour palette and our detailed drawings.*

*The day itself allowed for communications with other Young Enterprise teams, despite being our competition, it was incredibly enriching to see the wide-reaching positive impacts of the program. Personally I found the tour around Lyreco's facilities to be a core takeaway from the day, with their commitments to the environment and the sheer scope of their business being remarkably inspiring.*



*Most excitingly we were given the opportunity to present our business idea to a panel of supportive professionals. Experienced and educated in their fields, their insights and feedback was incredibly helpful, with a range of knowledge from the Managing Director of Lyreco to the Marketing experts, we felt incredibly lucky to have spoken and learned from them. Despite the last minute jitters that came with our pitch we are grateful and keen to implement our feedback into The Finer Things future.*

*Leaving the day with a new-found confidence in our progress within the Young Enterprise competition our creativity has been sparked. Undeniably we as a team are excited and confident around the scope of possibilities our product allows for with our personal storage solution reaching those in need of a pocket-sized makeup organiser and even someone on the go travelling with their essentials.*

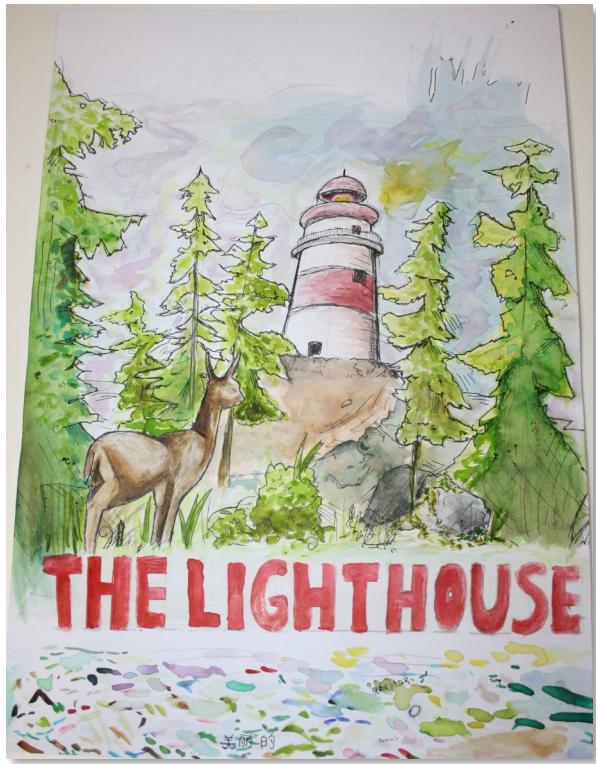
*We ask you to keep your eyes peeled in this exciting stage of development within our companies life span, by following us on our socials, and interacting with us within school and we look forward to a day, in the nearby future, where The Finer Things finds its way into your life. **Freya E, Marketing Director, The Finer Things***



# ART SHOWCASE

Art is very popular subject at NGHS, with every student taking it in Year 7 and 8 and then having the opportunity to continue at GCSE and A-level. Over the following pages are a sample of students work from various years. The level of talent and dedication shown by the students is simply amazing and you can see lots more examples on our website by clicking [here!](#)





# We're Hiring!

## Deputy Headteacher



**Join Shropshire's top-performing state school  
and sixth form provider**

**Visit [nghs.org.uk/about-us/recruitment](http://nghs.org.uk/about-us/recruitment)**



Newport Girls'  
High School  
Academy Trust

Newport Girls' High School is seeking an exceptional Deputy Headteacher to join our outstanding team from September 2026. This is a rare opportunity to contribute to the strategic direction of one of the country's top-performing girls' grammar schools, working alongside dedicated staff and inspiring students.

If you're a proven leader ready to make a meaningful impact, we'd love to hear from you.

Learn more and apply:

**[www.nghs.org.uk/about-us/recruitment](http://www.nghs.org.uk/about-us/recruitment)**

# U15'S CAPTURE CRICKET TITLE!



On Thursday 22nd January the U15 Cricket Team travelled to Telford College Sports Dome to compete in the Telford and Wrekin indoor cricket finals.

The U15's were at the top of their game and were thrilled to progress through the tournament without losing a single match and winning the final by a comfortable margin!

Every single player represented the school superbly with many outstanding performances

across the day. However, particular mention must go to Y10 student and team captain, Shaan K. Not only did she make great tactical decisions, but she also had a superb day by taking 5 wickets in one innings and leading the batting with some explosive and powerful hitting!

Well done once again, and like the U13's who also won their regional tournament, they now progress to the county finals in March to be played at Wrekin College.

Full results (All matches 8 overs per side. Numbers in brackets shows how many runs scored and wickets lost)

**MATCH 1 WIN** by 25 runs v Ercall Wood (Newport 75-6 Ercall Wood 50-7)

**Match 2 WIN** by 84 runs v Burton Borough (Newport 116-4 Burton Borough 32 all out)

**MATCH 3 (SEMI-FINAL):WIN** by 46 runs v Charlton (Newport 111-4 Charlton 65-6)

**MATCH 4 (FINAL):Win** by 29 runs v Ercall Wood (Newport 95-6 Ercall Wood 66-7)



# CROSS COUNTRY RESULTS!

Thank you again to all students and families for their support of the Telford Schools Cross Country at the beginning of the academic year and apologies for the delay with sharing of results. I would like to say a huge well done to all the students who participated.



Overall results are shown below where individuals or teams came in the top 3.

**Year 7 Girls:** Second place position for the Year 7 team

Bronze individually to Annabelle W-Y

**Year 8 Girls:** Third place position for the Year 8 team

**Year 9 Girls:** First place position for the Year 9 team

Gold individually to Ivy B and Philippa G

**Year 10 and 11 Girls:** First place position for the Year 10 and 11 team

Bronze individually to Shaan K

We are now looking forward to the Shropshire Schools Cross Country event in February and hope to have full teams representing the school in this event.

**Mrs Birch, Assistant Headteacher**

## AUTUMN TERM REWARDS ASSEMBLY

Before the Christmas holidays, Heads of Year had the pleasure of leading year group rewards assemblies. It is always such a nice opportunity to get year groups together and to celebrate the successes of individuals and form groups.

We had the chance to celebrate the following successes:

- NGHS points totals individually
- Students with the most N (niceness), G (getting involved), H (homework) and S (schoolwork) points
- Form group with the most NGHS points
- Head of Year Recognition Award

There are too many awards to print in just one edition of Newport News so please click the image below to read about all of the winners on our website!



Click the image to see all the winners!



# A MUSICAL TRIP TO KEELE UNIVERSITY!

Thursday 22nd January saw a group of A-level Music students travel to Keele University for a series of fascinating lectures to complement their studies here at school. Below is a report on the day from Y13 student, Grace W:



*“On Thursday we had the amazing opportunity to visit Keele University for an A-level Music taster day. Once we arrived in the lecture hall with the other schools, we were split into two groups to attend two lectures on our A-level set-pieces. This was amazing revision before our mocks and gave us some extra contextual information for our fusion pieces*

*and a more in depth understanding into the technology involved in Kate Bush’s songs. After lunch, we had the chance to listen to ‘Petals’, one of our more modern (and controversial) pieces performed live, with a chance to hear the difference made by the addition of technology and fully understand the technical difficulties of performing this virtuosic piece. A massive thank you to Mrs Chapman and Mr Whitehouse for making this trip possible.”*



## THANK YOU FRIDAY

The latest students who have received a ‘Thank You Friday’ award can now be seen on the ‘Latest News’ section of our website:

[TAP HERE FOR THE LATEST ‘TYF’ AWARDS](#)



## HOUSE DANCE - 12<sup>TH</sup> FEBRUARY



SEACOLE

Rehearsals are well underway for our main ensemble dance, and everyone has arrived with lots of enthusiasm and energy. Our choreographers have been working tirelessly to create our winning dances and are remaining relatively calm (for now). The auditions for soloist and small groups demonstrated such a variety of talents within the house and gave us some very difficult decisions to make but overall, we are very impressed with the quality of everything we have seen so far!

**Emily, Y12 Dance Leader (Seacole)**



AUSTEN

Having the opportunity to choreograph and teach a dance to our house has been a wonderful, yet challenging experience. We have put our full efforts into making the dance fun, inclusive and full of energy and we hope everyone enjoys it as much as we enjoyed making it. With the competition arriving in a few weeks, it is all hands on deck to get everyone ready for the day. We are so excited, yet nervous, to show everyone the product of our hard work and are hoping our efforts lead to another Austen win!!

**Jess, Izzy and Amber, Y12 Dance Leaders (Austen)**



RODDAM

House Dance is almost here, and excitement is building fast! In Roddam, we have been thrilled to see the dedication and hard work leading up to the event. Auditions have now wrapped up, and we've been blown away by the talent and creativity shown by dancers from all year groups. Rehearsals are now well underway, with students attending practices with great enthusiasm and dedicating their lunchtimes to learning and perfecting their routines. A huge part of this is thanks to Layla and Skyla in Year Eleven, who have given up most of their free time to oversee the choreography and teaching of our big group dance: A thoughtfully crafted, whimsical journey we can't wait to perform!

With the countdown officially on, the stage is set for an unforgettable performance, where hard work, passion, and skill come together into something truly magical. Be there on Thursday the 12th to support the dancers and step into the story with us. You won't want to miss it!

**Kate, Y12 Dance Leader (Roddam)**



## BADMINTON TEAMS QUALIFY FOR COUNTY FINALS!

Throughout November and December, our KS3 and KS4 Badminton teams were playing weekly matches against other local schools. Our KS3 team is Sanjana S, Niharika J, Saranya M, Dharshana V S, Dhanvi M and they qualified in 1<sup>st</sup> place following victories against Holy Trinity, Haberdashers Adams. Ercall Wood, Thomas Telford and Wrekin College.



Our KS4 team is Riya R K, Bhavi P, Jessica M, Sienna D, Amreen S and they also received wins against Ercall Wood, Thomas Telford and Wrekin College. They lost to Holy Trinity. Both teams have progressed to the semi-finals and finals which have taken place this week.

KS3 Girls had a semi-final against Telford Langley School which they won 5 – 0 and they then faced Holy Trinity in the Final which they again won 5 games to 0.

KS4 girls lost their semi-final to Idsall 4-1.

Both teams have however been selected to represent the Telford and Wrekin area in the Shropshire County finals at the end of term. We wish all the players the best of luck in the next round.

**Mrs H Birch, Assistant Headteacher**

## NETBALL NEWS

On 22nd January the Year 7 and 8 teams played 2 home fixtures against Ellesmere College. In two fantastic performances the Year 7's won 8 goals to 5 (after drawing 2-2 at half time). The Year 8's had an absolutely storming performance from the very first whistle and ended up winners by the score of 32-1.

Mrs Martin said she was so proud of all of the girls are looking forward to having some more fixtures with both teams later this term.



# CAREERS SPOTLIGHT

# PARENTS

# WE NEED YOU!

As part of our Career Ambassadors programme, we are building a picture of the wide range of careers within our school community.

By sharing what you do as a job, you'll help us explore opportunities to:

- Invite guest speakers
- Offer real-world careers advice to students
- Show students the many different pathways available to them

Your experience could make a real difference. Please scan the QR code below and fill out the short application form, and we will be in contact!



YOUR FUTURE STARTS TODAY

**TAKE THE FIRST STEP**

By Debbie Zangina & Austina Vasikaran  
NGHS Career Ambassadors

[Tap here to complete the form](#)

# FROM THE WELLBEING TEAM

People of all ages can text '**STW**' to **85258** free of charge to receive support for their mental health at any time of the day or night.

The new text service offers an additional way for individuals having problems with their mental health to seek and receive help. It is delivered by Shout on behalf of Midlands Partnership University NHS Foundation Trust (MPFT) who are commissioned by NHS Shropshire, Telford and Wrekin (ICB).

It follows the successful rollout of NHS 111's mental health option (option 2) and supports the national transformation of NHS mental health care – with a commitment to delivering services that are accessible, responsive and tailored to individual needs.

## Benefits to patients

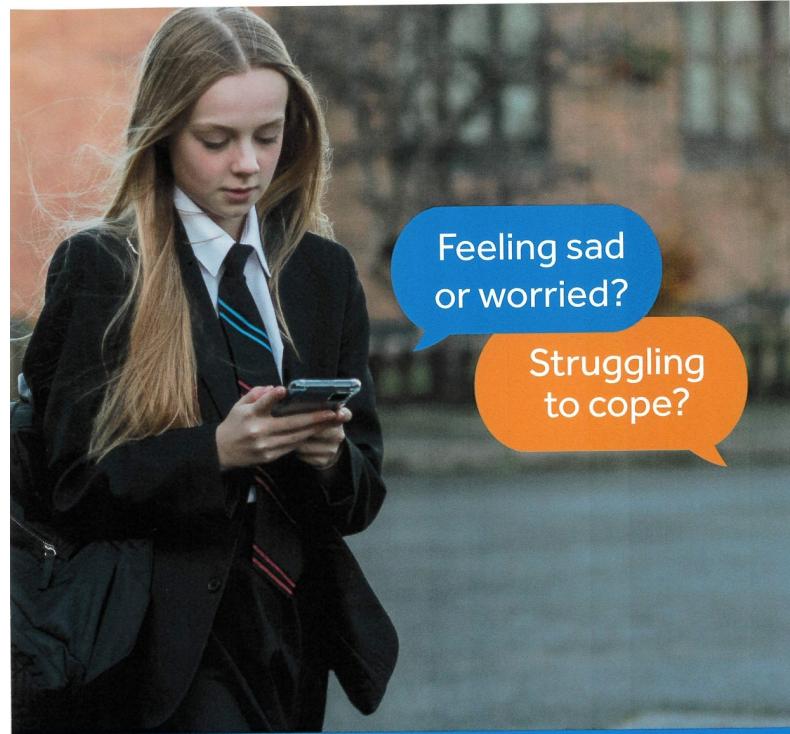
- **Easy access** – You don't need to speak on the phone or wait for an appointment. You can simply text when you're in need of mental health support - anytime, anywhere.
- **24/7 support** – The service is available day and night, so you can reach out when you need help the most, including evenings, weekends and holidays.
- **Mental health-focused** – The service is tailored to people facing mental health difficulties, ensuring that the support you receive is appropriate, understanding, and compassionate.
- **Discreet and private** – Ideal for those who may feel anxious talking on the phone or who need support in a private or public place without drawing attention.
- **Inclusive and equitable** – Offers support to people across STW, helping to reduce inequalities in accessing mental health care.

**Integrated with other services** – If needed, text responders can help you signpost to local services like NHS 111, crisis teams, or other community-based mental health support.

shout  
85258

NHS

Shropshire, Telford  
and Wrekin



**Text '**STW**' to **85258****

for free, confidential support, 24/7  
provided by Shout

## LUNCH MENU WEEK ONE

	MEAT MAIN	VEGGIE MAIN	SPECIALS	STARCHY	VEG
MONDAY	Butchers Sausages	Quorn Sausage	Daily Special	Mashed Potatoes	Choice of Vegetables
TUESDAY	Authentic Beef Bolognaise	Vegetable Bolognaise	Daily Special	Pasta	Garlic Bread
WEDNESDAY	Classic Roast Chicken	Macaroni Cheese	Daily Special	Roast Potatoes	Vegetable & Gravy
THURSDAY	Traditional Cottage Pie	Vegetable Pie	Daily Special	Choice of Vegetables	Gravy
FRIDAY	Take Away Day	Vegetarian Burger	Battered Fish	Chips	Beans

w.c – 5<sup>th</sup> January

w.c – 26<sup>th</sup> January

**FOOD ALLERGIES & INTOLERANCES**  
If you require information on allergens or suffer from a food intolerance, please speak to a team member before you order food or drinks



## LUNCH MENU WEEK TWO

	MEAT MAIN	VEGGIE MAIN	SPECIALS	STARCHY	VEG
MONDAY	Sweet & Sour Chicken	Quorn Chilli	Daily Special	Rice	Choice of Vegetables
TUESDAY	Southern Fried Chicken Wraps	Vegetarian Wrap	Daily Special	Potato Wedges	Beans
WEDNESDAY	Roast Pork & Stuffing with Apple Sauce	Vegetable Pasty	Daily Special	Herby New Potatoes	Vegetables & Gravy
THURSDAY	Pasta Bake Day	Vegetarian Pasta Bake	Daily Special	Garlic Bread	Choice of Vegetables
FRIDAY	Take Away Day	Pizza	Battered Fish	Chips	Beans

w.c – 12<sup>th</sup> January

w.c – 2<sup>nd</sup> February

**FOOD ALLERGIES & INTOLERANCES**  
If you require information on allergens or suffer from a food intolerance, please speak to a team member before you order food or drinks



## LUNCH MENU WEEK THREE

	MEAT MAIN	VEGGIE MAIN	SPECIALS	STARCHY	VEG
MONDAY	Chilli	Vegetable Chilli	Daily Special	Rice	Choice of Vegetables
TUESDAY	Creamy Chicken Carbonara	Vegetable Pasta Bake	Daily Special	Garlic Bread	Choice of Vegetables
WEDNESDAY	Roast Beef with Yorkshire Pudding	Vegetable Crumble	Daily Special	Roast Potatoes	Vegetables & Gravy
THURSDAY	Chicken Curry Day	Vegetarian Curry	Daily Special	Flatbread	Poppadom
FRIDAY	Take Away Day	Vegetarian	Battered Fish	Chips	Beans

w.c – 19<sup>th</sup> January

w.c – 9<sup>th</sup> February

**FOOD ALLERGIES & INTOLERANCES**  
If you require information on allergens or suffer from a food intolerance, please speak to a team member before you order food or drinks



## WHAT'S COMING UP THIS TERM?

**FOOD TOUR  
NORTH AMERICA**

Discover the bold flavours of North America from classic American comfort dishes and decadent Mexican feasts to the unique fusion of Canada. From spicy Tex-Mex to a flavor-packed food experience.

**JANUARY**

**CARROTS**

**DID YOU KNOW?** Carrots are a great source of beta-carotene and other beta-carotene precursors (beta A, beta E, lutein, zeaxanthin) which are all important for eye health. They're rich in beta-carotene (vitamin A), supporting vision, skin health and immunity.

**JANUARY**

**FOOD TOUR  
AFRICA**

Experience the rich flavours of African cooking. From Dakar to Cape Town, from inland deserts, steers and tagines, today's dishes celebrate the diverse cultures of Africa. From bold, exciting dishes to a winter meal that adds depth and flavor to your diet.

**FEBRUARY**

**LEEEKS**

**DID YOU KNOW?** Leeks are a winter veg that adds depth and flavor to your diet. They're rich in fiber, potassium and folate, helping support digestion and healthy skin.

**FEBRUARY**

**FOOD TOUR  
ITALY**

**BEST OF** Dive into Italian Italy, celebrating the flavours of pasta in all its forms. From classics, to simple, comforting dishes inspired by Italian cuisine.

**MARCH**

**SEASONAL KITCHEN  
PEAS**

**DID YOU KNOW?** Peas are a spring favourite, high in plant protein, fibre and low in fat. They're also a great source of vitamins A, C and E, plus fibre for healthy digestion.

**MARCH**

**FOOD TOUR  
PIES & PASTIES  
A TASTE OF TRADITION**

**DID YOU KNOW?** Pies and pasties are perfect for snacking and lunch. They're rich in healthy baked fiber and protein, containing lots of vegetables and meat for their simple ingredients and timeless flavours.

**APRIL**

**SEASONAL KITCHEN  
GREEN BEANS**

**DID YOU KNOW?** Green beans are a great source of vitamins A, C and E, plus fibre for healthy digestion. They're also a good source of protein, calcium and potassium.

**APRIL**



## Newport Girls' High School

16-19 BURSARY FUND—APPLICATIONS OPEN THROUGHOUT THE SCHOOL YEAR!

Applications and full details for our 6<sup>th</sup> Form bursary fund are available from the school website at [nghs.org.uk/sixth-form/bursary](http://nghs.org.uk/sixth-form/bursary)



## 16-19 BURSARY FUND

Our Sixth Form Bursary is available throughout the year for all students aged 16 to 19. Visit our website or the Sixth Form Office if you wish to make an application or find more details



## NGHS SOCIAL MEDIA

Why not keep in touch with the goings on at school via our social media pages? We're on Facebook and Instagram. Make sure you follow, like and comment to keep up to date with everything that is going on.



[facebook.com/NewportGirls](https://www.facebook.com/NewportGirls) (whole school)

[facebook.com/nghs6](https://www.facebook.com/nghs6) (sixth form)



[instagram.com/nghsinsta](https://www.instagram.com/nghsinsta) (whole school)

[instagram.com/nghs6form](https://www.instagram.com/nghs6form) (sixth form)



# HOW TO GET IN TOUCH!

## COMMUNICATION WITH SCHOOL

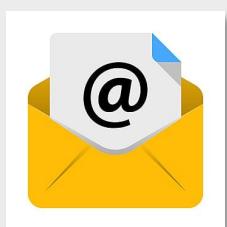
Over the course of the year, we will communicate with you in a variety of ways:

- Every two weeks, we publish **Newport News** on the school website. This document includes news from school, highlights upcoming events, and recent achievements. A link to each edition is sent home by email.
- An annual **Parents' Evening** to update you on your daughter's progress.
- **Grade sheets** and/or **written reports** to update you on your daughter's progress.
- An annual **parent information evening** to outline the key information relevant to each year group. This is in person for Year 7 and remote for other year groups.
- Relevant **letters** to your daughter are sent home via email.
- If teaching or pastoral staff have any concerns relating to your daughter, they will contact you **by phone** or **email**.

Occasions may arise when you need to contact the school to share information or raise concerns. There are several ways in which you can do this, including:

- By telephone – **01952 797550** – If possible, your call will be put through to an appropriate member of staff. Where this is not possible (member of staff is teaching/not in school/unavailable), a message will be taken and passed to an appropriate member of staff. You should expect a response to your call within 24 hours.
- By email – **schooloffice@nghs.org.uk** – You will receive an acknowledgement email once this has been received and be notified that the email has been passed to the appropriate member of staff (this may not always be to whom the email was addressed). You should then expect a response within 24-48 hours of this acknowledgement.
- By **letter** to the school.
- By **recording a note** in the communication section of your daughter's **planner** to be shared with a member of staff.

During school holidays, reception is closed and phone calls/emails cannot be responded to until we return to school. During the school holidays, **urgent@nghs.org.uk** is available to communicate key urgent information; it should not be used to send routine enquiries that can be responded to when school is open again. This account will be checked once every 24 hours by a senior member of staff. They will then make an appropriate response to any email that has been received.



[schooloffice@nghs.org.uk](mailto:schooloffice@nghs.org.uk)



**01952 797550**



**NEWPORT NEWS**

Out fortnightly during term time



**Letter to school**



**Note in Student Planner**



# NGHS PASTORAL TEAM

# WHO'S WHO?

At NGHS, the safety of students, staff and visitors is our top priority. Students can speak to **ANY** member of staff about any concerns, but there are certain colleagues with additional training to support you in pastoral and safeguarding matters.

## Heads of Year



**Mrs D Martin**  
Head of Year 7



**Mr O Green**  
Head of Year 8



**Ms K Houston**  
Head of Year 9



**Mrs A Chapman**  
**&Mrs H Goodall**  
Head of Year 10 (Joint)



**Ms J Capaldi**  
Head of Year 11



**Mrs K Griffin**  
Head of Sixth Form



**Mrs H Birch:** Assistant Head, DSL



**Mr A Jones:** Headteacher & DDSL



**Miss A M Davies:** Assistant Headteacher & DDSL



**Ms K Houston:** DDSL and CSE Lead



**Mrs Aver-Howdle**  
Years 7 - 10  
Wellbeing Officer



**Miss E Heyes**  
Wellbeing Officer  
(Y11/Sixth Form)



**Mrs V Glew**  
Administrator  
(Sixth Form)

### Abbreviations

DSL: Designated Safeguarding Lead

DDSL: Deputy Designated Safeguarding Lead

CSE: Child Sexual Exploitation