# Newport News



The bi-weekly newsletter from Newport Girls' High School Volume 9 Edition 4 20.10.25



## **HEAD'S LINES**



As we approach the half-term break, it's been another packed but enjoyable fortnight at NGHS. Lunchtimes have been filled with various rehearsals in preparation for House Music. The House Teams are working incredibly hard to make it a memorable event, though from my perspective, the nicest thing is simply seeing students from all year groups working together in these rehearsals—the NGHS family in full action!

Last week, we celebrated Hello Yellow Day, joining schools across the country in support of World Mental Health Day. The day is all about showing young people they're not alone with their mental health, and it was wonderful to see our students and staff embracing the message by wearing yellow and engaging in positive conversations around wellbeing.

This week's assemblies have looked ahead to our Easter ski trip, using it as a springboard to explore the values of perseverance and resilience. We shared the journey of Great Britain's Olympic ski racer Dave Ryding from the dry ski slopes of Lancashire to World Cup alpine racing and highlighted qualities that are vital both on the slopes and in everyday life.

We'd like to extend a heartfelt thank you to all parents and carers who have chosen to support the NGHS Development Fund. You should have received confirmation that your chosen payment option has been set up via Scopay, and we're delighted that a number of donations have already been completed. With the benefit of Gift Aid, we are forecasting to raise just over £20,000 this year.

These funds will be used to increase the number of IT devices available for teaching, learning and individual study. This also has a positive knock-on effect for our wider school budget, for example, we've just spent £1,000 on new books for our relocated library, based on student and staff recommendations, following its move to Centenary Hall over the summer. More details can be found in this edition of Newport News.

We're also preparing to welcome families into school over the coming weeks. Year 13 Parents' Evening takes place on Tuesday 21st October. Please note that there will be some parking available on our courts via the North Car Park (not the main car park). After half term, we look forward to seeing our Year 7 families at the Parent Information Evening.

A reminder that school breaks up for half term on Friday 24th October at 3.45pm.

Wishing everyone a restful and enjoyable half term when it arrives!

Mr A Jones, Headteacher

#### A MESSAGE FROM THE HEAD GIRL TEAM

An important part of the Head Girl Team's role is to help promote and support the school in our recruitment of new students to join us for their A-levels in Year 12. This could be returning students who sat their GCSE's in Year II or students from other schools.

Over the last few weeks several of the Head Girl Team have accompanied our Head of Sixth Form, Mrs Griffin, to give talks at a number of schools in the region. The response has been fantastic and it is great to meet potential new students and tell them all about the wonderful opportunities here at NGHS.

After half term we have our annual Sixth Form Open evening where we welcome hundreds of students to come and see what we are all about. We are all so proud to be part of the NGHS family and are very much looking forward to

Ronnia A, Y13, Deputy Head Girl, Transition and Integration

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#### **NEW STAFF UPDATE**

#### Miss Cavander Reflects on her First Term at NGHS

"Since joining NGHS in September, my time here has been everything I had hoped for and more! There have been many stand out moment's but the one that I remember most was a Y8 lesson where the students presented their 'African Kingdom' projects to the whole class. What especially struck me was their independence and drive to research the information and then their confidence in presenting them in front of their classmates!



On a similar note, the most surprising and pleasing thing about joining NGHS has been just how driven and motivated all of the students are. From Year 7 all the way up to Year 13 they really do get on with whatever tasks they are given with drive and determination and a real desire to learn. This hasn't always been the case for all of the students I have taught at other schools and it is a real privilege to teach them.

My overall impression since I have been here is that NGHS is such a happy place to be for both children and adults. The students are fantastic and all the staff have been so kind and supportive and have made me feel so welcome since I joined!

#### THANK YOU FRIDAY

All students and staff can give a great big well done or thank you using our 'Thank You Friday' system! In the past we have always printed all the names in the newsletter but this week there were over 200 recipients so please click the link below where you can read all about them on our school website:

Thank you Friday Awards 17th October



#### **HELLO YELLOW A FANTASTIC SUCCESS!**

# Friday 10th October saw NGHS Turn Yellow in Support of Young People's Mental Health!



The day was organised by the Head Girl Team with the lead role being taken by the Wellbeing Deputy Head Girl, Izzy C (Y13).

The whole event was arranged to help raise awareness and to give pause for thought about young peoples mental health and the ways in which it can be supported. During the day the following activities took place:

- Students wore yellow accessories to their normal school uniform
- The school reception was decorated to promote the day
- During form time students created mental health 'flowers' outlining various ways that mental health can be supported
- Heads of Year and support staff donned their very fetching 'Hello Yellow' t-shirts!
- Delicious yellow cup cakes were available in the canteen
- There was a lunchtime disco in the hall with the obligatory yellow glow sticks!

All in all, a fantastic day for a very important issue! A huge well done to Izzy C, the rest of the Head Girl Team and all the staff who helped organise the day and make it such a success!







#### **DOUBLE FOOTBALL SUCCESS!**

Last week marked a historic moment for NGHS as our Year 9 girls played in their first District Cup match of the year — and it was also the first ever home football fixture hosted by the school! Thanks to the fantastic efforts of Mrs Roberts, we were able to use Shuker Playing Fields, giving our team the home advantage and a brilliant venue to showcase their talent.



Drawn against William Brookes School, the girls knew the stakes were high - a win was needed to progress to the next round. From the first whistle, NGHS took control of the game, showing focus, determination, and some truly impressive football. The first half saw NGHS dominate possession and create multiple chances, with Rhea eventually breaking the deadlock with a stunning strike from outside the box.

Our defence was rock solid, keeping William Brookes at bay and giving Izzy in goal a quiet first half. Despite the I-0 scoreline at the break, the girls knew they couldn't afford to relax — the opposition's goalkeeper had made some incredible saves to keep her team in the game.

In the second half, NGHS continued to apply pressure, with the midfield linking up beautifully with the strikers. Their persistence paid off when Rhea found the net again, securing her brace and sealing a 2–0 victory for NGHS.

Every single player gave their all, and I couldn't be prouder of the team. They listened, worked hard, and played with heart — exactly what was asked of them. If they continue to perform like this, I have very high hopes for the rest of the season.

A special thank you also goes to Izzy in Year 12, who kindly offered to referee the match. She carried out the role with confidence and professionalism, and her support was a massive help on the day — thank you, Izzy! Well done girls, onto the next round!

Mrs Cowell-Saunders (Head of PE and Football Coach)



#### **DOUBLE FOOTBALL SUCCESS!**

#### Year 8 Girls Kick Off Cup Campaign with Impressive Win!

On Tuesday 14th October, the NGHS Year 8 girls' football team played their first-ever 11-a-side match in the District Cup against Holy Trinity - and what a debut it was! With several talented Year 7s stepping up for their first game representing NGHS, the team showed incredible spirit, teamwork, and determination.

It was a perfect afternoon for football, and the girls arrived motivated and ready to give their all. Having narrowly beaten Holy Trinity on penalties last year, the team knew they were in for a close contest and needed to stay focused from the first whistle.

Holy Trinity started strongly, showing their physicality and experience, but NGHS held their own and began to play some excellent football. The breakthrough came when Louise calmly slotted the ball past the keeper from inside the box, settling early nerves and giving NGHS a I-O lead. Confidence grew, and the girls continued to battle hard. Their resilience paid off when Mimi added a second goal, showcasing her determination up front.

NGHS's defence was solid throughout, with the back four maintaining a strong line and preventing Holy Trinity from finding the net. Mimi continued to hold the ball up well, while the midfield worked tirelessly to close down attacks. Isabella made a brilliant run down the right wing and delivered a superb cross for Janelle to tap in, making it 3-0. Before the half-time whistle, Mimi grabbed her second goal of the match, giving NGHS a commanding 4-0 lead.

Despite the comfortable scoreline, the team knew they couldn't afford to be complacent. The second half was tightly contested, with Holy Trinity pushing hard and managing to break through NGHS's defence twice. However, NGHS dug deep and held firm, finishing the

match with a well-earned 4-2 victory.

Mrs Cowell-Saunders was extremely proud of all the players, praising their effort, teamwork, and sportsmanship. She's already looking forward to the next round — watch this space!

Well done girls!



#### CENTENARY HALL/LIBRARY UPDATE



Over the summer and continuing this term, Centenary Hall has had a major refurbishment with new IT equipment, furniture, work areas and book shelves.

As part of the improvements, Ms Lord, the English Department and several students have been hard at work stacking the shelves with newly purchased books to turn Centenary Hall into a

lending library as well as a much improved study area!

It is still a work in progress as we acquire more books and there are a number of events and activities planned for the near future. Watch this space for the grand opening of our new library after half term and details of the exciting events!



#### NGHS PROUD TO BE RANKED TOP IN THE REGION!

We are truly delighted to once again be named as the highest achieving school in the Telford and Wrekin and wider area for GCSE results in 2025! This achievement is down to the fantastic work ethic, dedication and talent of our wonderful students! A truly dedicated teaching staff enables the girls to always strive for their very best and they have once again done themselves proud.

In recently released government figures, NGHS outperformed every other state school in Telford and Wrekin, Shropshire, Staffordshire, and Stoke on Trent. The results also place us seventh in the whole West Midlands area!



#### **ECONOMICS PRIZE WINNER VISITS LSE**

#### Special Report by Sanisa G (Y13)



After placing in the top 8 in the FCDO Next Generation Essay Competition, I was invited to visit the London School of Economics (LSE) and the Foreign Commonwealth & Development Office (FCDO) with the other prize winners.

Once we arrived at LSE, we were given a tour by an economics student in her final year. I was impressed by how the university isn't limited to just its academic excellence. It also offers a wide range of sports, volunteering opportunities, and student societies. The modern, open, and walkable design of the campus creates a welcoming and dynamic atmosphere, making it an inspiring place to study. Afterwards, we had the chance to speak with the Head of Economics and several PhD students, gaining valuable insight

into their research and what studying economics at LSE is really like.

We then visited the FCDO, where we were given a tour of the historic building and learnt about its fascinating history. One of the highlights was visiting the Foreign Secretary's office, as well as seeing an Enigma machine and the 'Red Box' used to transport official government papers securely! Later in the day,

government papers securely! Later in the day, we had the opportunity to speak with Adnan Khan, who recently returned to LSE after completing his secondment as Chief Economist at the FCDO, and the new Chief Economist, Dennis Novy. They shared their experiences and perspectives on how economics informs international policy, giving us a unique insight into the connection between research and government action. We also explored the wide range of careers within the FCDO, learning about the many opportunities it offers to work on global issues.

This experience was incredibly inspiring and insightful, giving me a deeper



understanding of both policy pathways and academic research in economics. I would highly recommend that any aspiring economists enter the FCDO Next Generation Essay Competition, not only for the chance to visit such prestigious institutions, but also to connect with like-minded peers

Inside the LSE Library

who share the same passion for economics!



#### **PUMPKINS GALORE FOR HALLOWEEN!**

Every Halloween, Mrs Rose runs a pumpkin painting competition with house points on offer for the winners! More than that, it is just a fantastic opportunity to have some fun and get creative! The week of 13th October was the Year 11-13's turn and the rest of the school will have their chance in the last week of half term!



#### Winners of the House Competition:

1st place – Roddam (Evil bumble bee) 2nd place – Seacole (Green eye) 3rd place – Austen (Spooky Night)



#### Winner of the Upper School Competition:

Polina M and Som O (Year 11) - Autumnal spooky themed pumpkin.















# AUTUMN CONCERT

23RD OCTOBER, 2025 AT 7PM



TICKETS £5 / £3
AVAILABLE FROM SCHOOL RECEPTION

JOIN US FOR A WONDERFUL EVENING!



## FROM OUR WELLBEING TEAM

#### This week's mindfulness – River visualisation

For our mindfulness tip of the week, we wanted to share a visualisation exercise focused on the calm flow of a river. Psychological research has found that visualisations focusing on nature imagery can have a profound impact on stress and anxiety. You might like to use a photo like the one above to help guide your imagination - but feel free to picture whatever comes to you naturally! If you feel it might help immerse yourself in this visualisation, you could also play sounds of a river as you go through, like this YouTube video.

Picture yourself sitting beside a river

Take your time building the scene.

Maybe the river is wide and calm.

Maybe it's narrow and rushing.

The sunlight flickers on the surface — little sparkles danc-

ing on the water.

Let those sparkles be your joy.

Even if joy feels small today, know that it's still here, glitter-

ing somewhere.

This river — holds all of your emotions.

The fast-moving currents, the deep still waters.

The bright sparkles, the darker pools.

You are not here to change the current.

You are just watching.

Now... notice a leaf drifting past.

Maybe this leaf carries a recent joy.

Something light. Something sweet.

Just watch it float by.

Another leaf comes — this one heavier.

Maybe it carries a worry. A sadness. A frustration.

Let it pass too. You don't have to pick it up. You don't have to fix it.

Everything flows.

And you are safe on the riverbank.

*Now — dip your fingers into the water.* 

Feel how it's both cool and warm.

Light and deep.

This river can hold everything.

Stay here for a few breaths.

Follow your breath... like water.

Let it be slow. Fluid. Unforced.

Inhale — arriving.

Exhale — releasing.

Go with the flow of your breath.

Let it ripple through you like a river current.

Trust it knows the way.





#### **FOCUS ON CLUBS - JOURNALISM**

This week we are taking a closer look at one of our newer clubs, journalism. Year 12 students, Ridhima G (RG) and Iretomiwa A (IA), explained everything:

#### How long have you been interested in journalism?

(RG) I really got interested after 2020 and the Covid Pandemic. (IA) Since Year 9 when I started writing longer essays in my subjects and I found I just loved writing so journalism seemed a natural fit!

#### How many attend Journalism Club?

(RG) Approximately 20 students but it is growing every week!

#### What is the most common year group?

(IA) We get the most from Year 12 and then there is then a mix from Years 7 to 11.

#### What do they do at Journalism Club?

(IA) Each week we look at different topics to try and give a rounded picture of the profession. (RG) So far we have looked at censorship, being a freelance journalist and we have lots of different topics coming up. We are also considering splitting the club into an upper and lower school days so we can better help all the students!

#### Where and when is your club held?

(RG) Room 24 between 1.00 and 1.30pm

# What would you say to anybody thinking of coming along?

(RG) Even if you are not sure, just give it a try and you might find it interesting.







#### 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

 $w.c - 3^{rd}$  November  $w.c - 24^{th}$  November  $w.c - 15^{th}$  December

FOOD AUX ROTS & INT QUERANCES

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#### **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 – 17<sup>th</sup> November w.c – 8<sup>th</sup> December





#### **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 November 10<sup>th</sup> w.c December 1<sup>st</sup>



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

# UPCOMING MENU'S FOR NEXT HALFTERM

3rd November: Week I

10th November: Week 2

17th November: Week 3

24th November: Week I

1st December: Week 2

8th December: Week 3

15th December: Week I





#### **DATES FOR YOUR DIARY**

Monday 20th October Year 6 Open Morning (Invite Only)

Tuesday 21st October Year 6 Open Morning (Invite Only)

Tuesday 21st October Y13 Parents Evening
Friday 24th October End of Half Term - 3.45pm
Monday 3rd November Start of new Half Term.
Gates open 8.00am

Wednesday 5th November Y7 Parents Information Event with Form Tutors

#### **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 (whole school) facebook.com/nghs6 (sixth form)



instagram.com/nghsinsta (whole school) 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



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

## **Wellbeing Team**



Mrs Aver-Howdle Years 7 - 10 Wellbeing Officer



Miss E Heyes Wellbeing Officer (Y11/Sixth Form)



Mrs V Glew Administrator (Sixth Form)

## Safeguarding Team



Mrs H Birch: Assistant Head, DSL



Mr A Jones: Headteacher & DDSL



Mrs S Martin: Deputy Headteacher & DDSL



Miss A M Davies: Assistant Headteacher & DDSL



Ms K Houston: DDSL and CSE Lead

Abbreviations

DSL: Designated Safeguarding Lead

DDSL: Deputy Designated Safeguarding Lead

CSE: Child Sexual Exploitation