

NEWPORT NEWS



The fortnightly newsletter from Newport Girls' High School

Volume 9—Edition 6 24th November 2025

A ROYAL APPOINTMENT FOR NGHS SERVICE CHILDREN!



LEST WE FORGET

HEAD'S LINES

The past fortnight has been filled with memorable moments and significant milestones for our school commu-



nity. On Armistice Day, 26 of our service children visited the National Memorial Arboretum, where they attended a moving service and had the extraordinary opportunity to meet the Princess of Wales. This special day, organised by Mrs Martin, was a poignant reminder of the sacrifices made and the importance of remembrance.

We also recently hosted our Sixth Form Open Evening, which proved to be a vibrant and well-attended event. It was wonderful to see so many of our current Year 11 students, along with prospective families, exploring the opportunities NGHS6 offers. Our Sixth Form continues to thrive, and evenings like this highlight the breadth of academic and pastoral support available, as well as the leadership roles that make NGHS6 such a dynamic part of our school.

Our Year 11 students have been outstanding this week during their mock examination period. Mock exams are an essential part of the GCSE year, providing valuable feedback on strengths and areas for improvement. They also allow students to test their systems for managing a concentrated examination schedule—planning their time effectively, shifting focus between subjects, and embedding good habits that support wellbeing, such as sleeping well, eating healthily and building in downtime alongside revision.

Looking ahead, the next two weeks promise excitement and celebration. Our Prizegiving Afternoon is just around the corner, followed by House Music—one of the biggest house events of the year! Rehearsals are in full swing at lunchtimes, and anticipation is building for what promises to be a showcase of talent, creativity and school spirit. We look forward to celebrating these achievements together.

Best wishes,

Mr A Jones

Headteacher

Monday 24th November A-level Biology - LIVE!

Friday 28th November GCSE Prizegiving Afternoon

Tuesday 2nd December Y7 Pantomime Trip

Wednesday 3 December House Music Competition

Thursday 4th December INSET Day - school closed to pupils

Friday 5th December Y12/13 Economics and Business Trip to London

Monday 8th December Y11 Parents Evening



A MESSAGE FROM THE HEAD GIRL TEAM

The Sixth-Form open evening was an amazing opportunity for students to showcase their favourite aspects of NGHS life. Subject ambassadors and teachers introduced the courses available, whilst other students gave tours to prospective students and their families. From science experiments to art displays, no detail was overlooked to ensure the vibrant options available at NGHS were on show. The Head Girl Team aimed to greet everyone who visited to guarantee that the family atmosphere we all know and love was clear to everyone who attended.

Additionally, members of the house teams explained the house system and how it's an integral part of school life for forming friendships and creating memories. It was a fantastic evening that we hope has encouraged many Year 11's to consider NGHS for their future education. Thank you to everyone who attended and helped during the evening!



Avani A, Y13, Deputy Head Girl, Marketing

GCSE PRIZEGIVING 2025



Friday 28th November will see our annual prizegiving ceremony where students who sat their GCSE exams last summer are presented their exam certificates. Starting at 2.00pm, there are also a number of special awards given across all year groups such as progress and attainment awards as well as musical pieces and speeches.

Every year, a special guest is invited and this year it is former student Neha Patnaik who left in 2021 to start an apprenticeship and is delighted to return to share her experiences of life after NGHS.

The event is invitation only and always a highlight of the year for those pupils who are recognised for their outstanding efforts and achievements in the previous 12 months.

STUDENTS MEET PRINCESS OF WALES!



HRH The Princess of Wales at the National Memorial Arboretum

Several pupils at Newport Girls' High School had an unforgettable day when they came face-to-face with the Princess of Wales.

A group of 26 pupils travelled to the National Memorial Arboretum in Staffordshire on November 11, where they met Princess Kate as she attended the Armistice Day service.

During a tour of the site's gallery, the Princess met a number of students who come from military families. They spoke with her about the events and significance of the day, and presented her with a bouquet of flowers and some NGHS honey!

Grace L (Y13), described it as a moment she will never forget. She said: "The princess was an absolute picture of elegance and spoke in such an engaging way. While speaking to her, I mentioned that my dad worked in the same squadron as Prince William when he was in Anglesey. Upon hearing that, she exclaimed 'oh really' and we then chatted about that for quite a while. I was also able to give her some NGHS honey which she said she would incorporate into her breakfast table! The service itself was so moving and mean-



Mrs Martin looking thrilled!

ingful, especially for us as forces children. Overall, it was such an honour to be there and an added bonus that we were able to meet the Princess of Wales."

The school was invited after teacher Danielle Martin applied to visit the site earlier this term. The Lord-Lieutenant of Staffordshire, Graham Morley, introduced the pupils to

Princess Kate. Mrs Martin admitted she never expected the school to be invited to the Armistice Day service itself, let alone meet the Princess.

She said: "Our service children are a cherished part of our school, and we are very proud of them. Their resilience and adaptability shaped by the experiences of having parents who serve, add such benefit to our school community. They remind us daily of the strength in service, family, and support.

Meeting the Princess of Wales on Armistice Day was an incredibly meaningful moment for our service children. Being invited to such an occasion made them feel valued and appreciated for the unique sacrifices their families make. The warm and genuine interest she showed in what each student was saying, helped them feel incredibly proud of their connection to the Armed Forces. It is a day they will remember for a very long time."

Afterwards, pupils enjoyed a tour of the Arboretum where they learned about its history and the importance of the site, rounding off what was a truly memorable day.

Year 8 pupil Louise B said: "Meeting the Princess of Wales was such an honour. She included everyone in the conversation and made every-



Kate was presented a bouquet of flowers and some NGHS honey!



Aimee C, Grace L, Erika C, Bella H and Louise B meet the Princess

one feel like a valued member of the group. The Memorial Service was very special and a great experience to look back on."

Aimee C (Y13), added: "It was an incredible experience meeting Kate! I felt so honoured to be able to give her the bouquet and it was amazing to hear her speak about us as one big military family, making us feel connected to her. The service was also amazing and it was such a privilege to be sat among veterans and hear their stories on such an important day."



At the Armistice Service



The Royal Wreath



With the Lord Lieutenant of Staffordshire



Some of the donations from 2024



The lower School Head Girl Team with the gifts!

In 2024 we donated over **1,000 gifts** to Christmas Smile! Can we do even better this year?

For the sixth year running, Newport Girls' High School is proud to support the Telford Christmas Smile Appeal. This community-led project ensures that no child or adult goes without a special gift at Christmas. Many people in our local area face significant hardship, and this appeal aims to bring a little joy to every person in need across Telford.

This year, students are invited to attend school in non-uniform on Monday 1st December in exchange for a donation to the appeal. All donations should be brought to school on **Thursday 27th November** only and taken to form rooms, where tutors will collect and organise them. **Please note that gifts should be unused and not be wrapped** - they will be wrapped by the volunteers at Christmas Smile!

To help provide a wide variety of gifts, we have suggested year-group donation themes below. However, any contribution - large or small - will make a meaningful difference!

Thank you in advance for your kindness and generosity. Together, we can help ensure that everyone in our community experiences a little Christmas cheer!

Mr Pointon, Assistant Headteacher

Suggested Donations by Year Group



Year 7 – Ages 0–2: Cuddly toys, baby clothes, puzzles, soft balls, rattles.

Year 8 – Ages 3–6: Colouring books/pencils, books, hats/gloves/scarves, early board games, toy cars, dolls, arts & crafts, kites.

Year 9 – Ages 7–10: Footballs, frisbees, kites, hats/gloves/scarves, pencil cases, jewellery, craft kits, books, puzzles.

Year 10 – Ages 11–16: Sports equipment, hats/gloves/scarves, toiletry sets, jewellery, makeup, nail varnish, purses, wallets, bags, pyjamas, onesies.

Year 11 – Generic: Board games, selection boxes, biscuits, chocolates, sweet treats.

Sixth Form – Adults: Bath/shower sets, aftershave, books, gloves, scarves, nightwear, puzzle books/colouring pencils, handwarmers, bed socks, nail varnish, chocolates, biscuits.

WEST MIDLANDS VOLUNTEER OF THE YEAR!



Year 13 student, Madeleine G, was recently awarded the prestigious 'Young Volunteer of the Year' award by Swim England for the West Midlands Region. Maddie is a member of Wellington Amateur Swimming Club and has shown a huge amount of support and dedication to the sport of swimming over the last few years.

She was secretly nominated by her club welfare officer, Jean Childs, for a multitude of roles including: coaching the clubs competitive swimmers from ages 8-11, officiating at swimming gala's and other events, being the Swim England Youth Ambassador for the region and also teaching children to swim from the ages of two and a half to twelve. To win the award, she beat twenty other nominees so it was no small feat to come away with the prize!

The picture above shows Maddie receiving her award from Zoe Foster who is the West Midlands Regional Development Officer for Swim England.

Upon hearing that she had won Maddie stated: "I can't believe I was not only nominated but that I also won the award for the West Midlands! It is such an honour and I just want to thank all the other officials in the region and everyone else who give their time to the sport of swimming!"

Maddie has now been invited to the Swim England National Awards in the Great Hall at Birmingham University on November 29th. Looking ahead to the event Maddie said: "I'm really looking forward to going to the National Awards at the end of November. To win would be amazing but I know it will be extremely tough. There will be winners from eight English regions at the event so I have no expectations! Just getting this far is extremely satisfying and I want to say thank you again to everyone who has helped me to get this far!"

NEW STAFF UPDATE

Mrs Parkes reflects on her first term teaching maths at NGHS.



Mrs Parkes hard at work during her lunchtime!

“Since joining NGHS in September, my time here has surpassed all of my expectations! The students in every one of my classes from Y7-13 have been a joy to teach and it is fantastic to see just how motivated, hard working and dedicated they are!

All of the staff have been extremely helpful since joining and my form group especially have given me so

much advice and support - it has proven invaluable, thank you so much R3! 🥰

Every day at NGHS is different but perhaps the most memorable moment was at the start of term when I got involved in the famous NGHS Bake Off. Being given the task of judging the ‘Irregular Ingredients and Funky Flavours’ category, I can honestly say I ate things that day that I had never eaten before - and never want to again! I do sometimes wonder if I was given that category as a new member of staff who didn’t quite know what they were getting into!

Looking to the future, I am very excited to get involved in the staff tag rugby tournament for Young Enterprise. I am also going on the ski trip to Austria next year as well as offering maths ‘drop in’ support sessions at lunchtimes. It is really noticeable just how invested the students are in the house system here. I’m so looking forward to seeing how all of the children in my form get on in the upcoming House Music. I definitely think that the extra curricular and house opportunities offered at school really sets NGHS apart!

I have worked at a number of schools during my career and there have been many lovely and delightful students at every one. However, I can honestly say that NGHS quite simply has the most wonderful and helpful children that any teacher could ever ask for - I love it here!

*Lastly, If I was to sum up my time at NGHS so far in three words they would be: **busy, challenging and rewarding!**”*

NGHS proudly presents...

HOUSE MUSIC



3rd December 2025

Who will take away this year's title?



CROSS COUNTRY NEWS

On Monday 10th November, Mrs Birch and Mrs Goodall took our junior, intermediate and senior cross country teams to Bromsgrove School for the West Midlands Regional Cross Country competition.



We are so proud of the success of the athletes to make it to this stage of the competition. The conditions on the day were tough, with lots of rain and a very slippery course which resulted in a lot of falls on the course.

Despite the conditions we had some amazing performances on the day, the results of which are shown below:

| Junior Girls (Y7-8) | Intermediate Girls (Y9-10) | Senior Girls (Y11-12) |
|--------------------------------|---------------------------------------|----------------------------------|
| 23 Annabel W-Y | 2 Annabelle W | 30 Easha K |
| 42 Lucy G | 10 Ivy Brannen | 33 Elia R |
| 54 Melanie G | 38 Sophia S | 36 Hannah S-S |
| 59 Sophie B | 40 Phillipa G | 39 Eadie B |
| 62 Louise B | 45 Shaan K | |
| 64 Tabitha H | 68 Sahana A | |

The standard of competition at these events is so high as it is all the best cross-country teams in the West Midlands region competing. A very special mention needs to go to Annie and Ivy for their top 10 finishes in their age category!

| | | |
|---------------------------|------------|---------------------------|
| Junior Girls | 178 points | 12 th position |
| Intermediate Girls | 90 points | 6 th position |
| Senior Girls | 138 points | 9 th position |

This race is a team competition in terms of progression into the next rounds and the final positions and scores for our teams are shown above (the lower the score the better).



The intermediate girls team were just 7 points away from qualifying for the national finals with the top 5 going through!

Congratulations again to all of the athletes who took part in this event. **Mrs Birch**

TOUGH DAY FOR Y9 FOOTBALLERS!



On Tuesday 18th November, the Year 9 football team made the short trip to Idsall School for a quarter final match in the District Cup. On the journey over, all the players were in high spirits and looking forward to the chance of booking a place in the semi-finals.

The start of the first half couldn't have gone any better for NGHS with rampaging Y9 fullback, Freya R, driving forward and slotting in from close range to give NGHS the early lead. In a close match, chances were few and far between with strong performances from players on both teams. Later in the first half, Shifnal equalised to go into the break with the scores locked at one all with everything to play for going into the second half.

As the game re-commenced in very chilly conditions, it was becoming more obvious just how tough a task it was going to be for the girls. Shifnal had one extremely strong player who was making all the difference and they managed to score two more goals in the second half without reply from NGHS. **Final Score: Shifnal 3-1 NGHS**

Despite the loss against strong opposition, Mrs Cowell-Saunders commented: "Against tough opposition I am very proud of all of the players who battled bravely right up to the final whistle. The opposition had one very talented player which proved crucial. Apart from that, there was very little between the teams and on another day we could have walked away with the win, that's football I guess!"

ARE FREE MARKETS DOOMED TO FAIL?



On Monday 10th November a group of Y12 students went with Mr Bentley and Miss Heyes to Shrewsbury School for an A Level Economics Conference entitled:

“Are free markets doomed to fail?”

Guest speakers were Julian Dean (Green Party Councillor for Shropshire Council) and Dr Chris Snowdon, Head of Lifestyle Economics at the Institute of Economic Affairs. The keynote speakers argued for

and against state intervention and discussed the impact of regulation on issues as diverse as the environment, property development, innovation and wellbeing.

Julian Dean invited Y12 student Megan R to join a 'Question Time' style panel following an insightful question from the floor. She held her own, demonstrating her clear grasp of economic theory, and argued coherently and passionately in the face of some difficult questions!

YEAR 7 STARS ON THE POLAR EXPRESS!



Year 7 NGHS student, Rosie TW has been wowing visitors on the special Christmas attraction at Telford Steam Railway - THE POLAR EXPRESS!

This is a fantastic opportunity for Rosie who loves singing and performing and she is starring as Holly on the Polar

Express along with lots of other fantastic cast members. Tickets are available until 18th December to catch Rosie in her starring role!

TELFORD STEAM RAILWAY



SIXTH FORM OPEN EVENING A HUGE SUCCESS!

Thursday 13th November saw the NGHS Sixth Form throw open their doors for their annual open evening! With tours from current students, talks from the Headteacher, Head Girl, Head of Sixth Form and a new Y12 student, there were plenty of chance to hear all about the opportunities for students after their GCSE's.



Additionally, the evening saw the premier of our new Sixth-Form promotional video giving prospective students a flavour of what life is like should you choose to take A-levels with us. You can see the new video on our website at the link below.



Head Girl, Shaan K (Y13)

Following a very successful evening, Head of Sixth Form, Mrs Kate Griffin, commented: "There was a real buzz around the whole event and our students were fantastic in showing prospective new students just what we offer. The closing date for applications for September 2026 is 31st January next year and you can sign up on our page. As the number one state school for A-level results in Shropshire, we are sure we can offer you the best opportunity to achieve just what you want after GCSE's!"



Mrs Glew, part of our fantastic Sixth Form team!

For applications to study A-levels and to find out everything you need about joining us please visit our dedicated pages online (click the link):

www.nghs.org.uk/sixth-form



Some of the members of our Head Girl Team



NGHS is the number one state school for A-levels in Shropshire!

THANK YOU FRIDAY WINNERS!

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 with so many receiving them we now publish them online so please click the link below where you can read all about them on our school website:

nghs.org.uk/about-us/news/2025-2026-thank-you-friday-21st-november

CONGRATULATIONS!

'FROZEN' SCHOOL PRODUCTION MERCH!

With casting all finished and rehearsals well under way, the Drama and Music Departments are busy with preparations ready for opening night on 16th March 2026. In addition to this, all cast and crew are being offered the opportunity to purchase their very own personalised clothing in the form of t-shirts and hoodies!

The exact designs and prices are yet to be finalised but they will be available to purchase before Christmas and we will have samples in school to 'try before you buy'.

Watch out for further information on the noticeboard outside the Drama Studio or speak to Mrs Saysell or Mrs Chapman.



NOT ACTUAL DESIGNS - ILLUSTRATIVE PURPOSES ONLY!



BEGINNINGS OF NGHS!

Here at school we have recently unearthed a treasure trove of interesting facts and stories in the form of the once forgotten 'NGHS Archive'. With stories dating back to the very earliest days of the school, it is a bountiful feast of information and a fascinating insight into the history of the school.

Each edition, we are hoping to highlight one aspect of school life from the Archive. For our first one, we look at the time when boys were allowed and we were in very different premises!



NGHS Class of 1923 - Note the three Heath brothers in the front row!

Were you at ^{7.12.84} the Girls' High School in 1923?

Here's the first in a series of pictures which will no doubt bring back memories of the days when Newport Girls' High School was based, not at Wellington Road, Newport, but at the Castle House School premises.

It was taken in 1923, when the addition of boys to the school's roll wasn't unknown, as is witnessed by the Heath brothers, of Stockton, shown on the front row of this picture.

The picture has been loaned by Mrs Margery Miles (nee Boughey), of 67 Tibberton, who recalls that the headmistress was Miss McQueen.

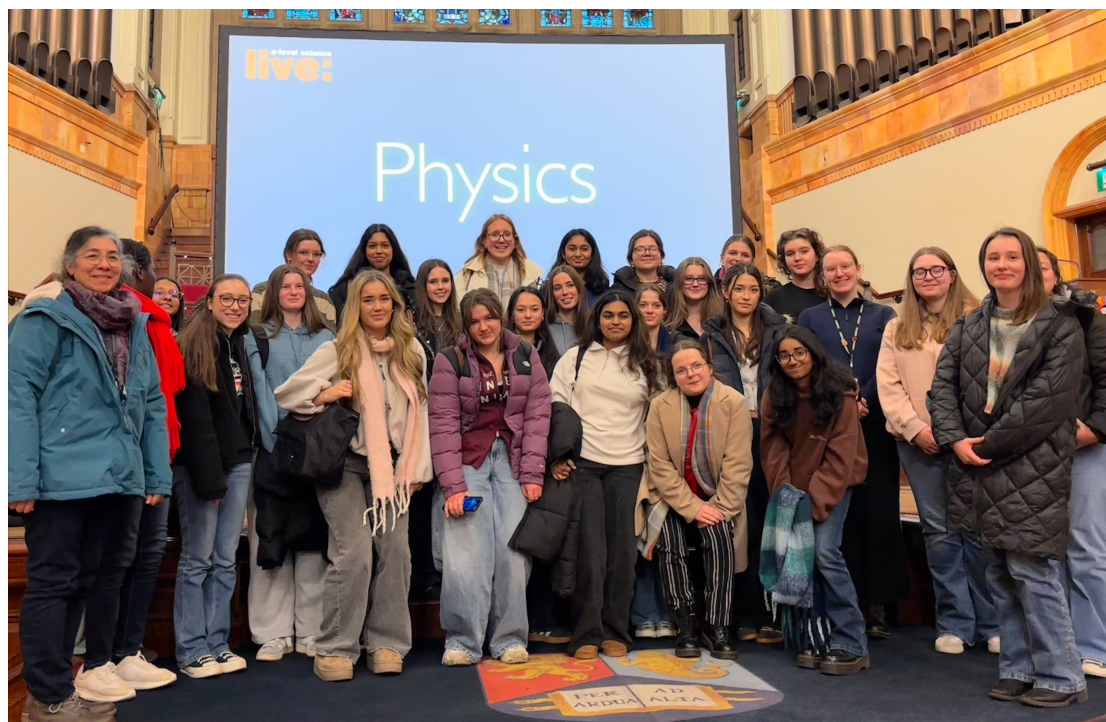
We intend to publish the centre section of the picture, which includes names such as Hales, Bodmin, Baynon, George and Ralphs, in our December 21 edition.

But some of the names of those pictured include: Back row (from left): Elsie Ward, don't know, Lillius Galbraith, Charity Edgington, don't know, Lewis, don't know, Irene Smith, Lizzie Ward (now Biddulph); second row: Mary Cornwall, don't know, Joan Galbraith, Dorothy Carter (now Pennington), Pat Stokes (now Wright), Winnie Darn, Mary Pearce, don't know; third row: Marjorie Harper, don't know, Marjorie Hassall, Phyllis Broadbent, Phyllis Carver, Phyllis Turner, Margaret Joules, Phyllis Baynon, Miss Martin (music teacher); front row: Kathleen Edwards (now Lady Williams), Marjorie Ward, Dick Hammett, Dorothy Hammett (new Munn), Heath, Heath, Betty Everest, don't know.

1984 article - Most likely from the Shropshire Star

Although NGHS was officially founded in 1919 it wasn't until 1925 that the current premises were built on Wellington Road. Until then, classes were held at the current site of Castle House School, a mansion house previously known as Merevale.

At the time the photo was taken the headteacher was a 'Miss McQueen' and the Head Girl from 1920 and 1921 was Elsie Ward who is shown on the far left of the back row!



On Monday 18th November a group of Year 12 and 13 A-level Physics students travelled to the University of Birmingham Great Hall for the annual Physics—LIVE! Lectures. The scientists and topics who were delivering on the day were:

Professor Jim Al-Khalili

The Story of Time

Dr Hannah Sargeant

Powering Space Exploration

Professor Frank Close

Oppenheimer: The Prequel

Dr Emma Chapman

First Light

Professor Trevor Cox

Sound Odyssey

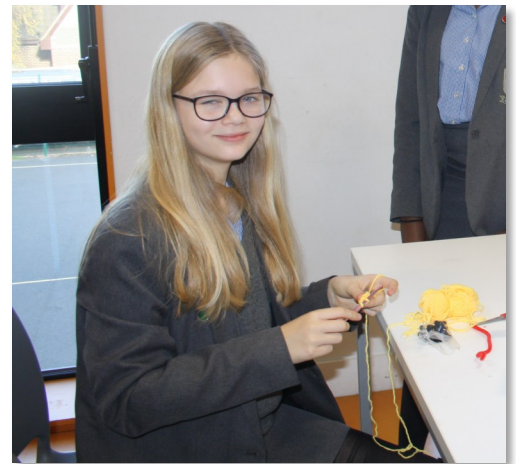


It was a thoroughly fascinating day and it was wonderful to see such eminent and knowledgeable presenters. All of the contributors were excellent but particular highlights were Professor Jim Al-Khalili with the story of time and Professor Frank Close with his 'prequel' story to the Oscar winning film 'Oppenheimer'!

SPOTLIGHT ON CLUBS - CROCHET

In each edition of Newport News we focus on a different extra curricular club from the myriad of options available to our students.

Crochet Club started at the beginning of term and has proved extremely popular! Taking place on a Tuesday lunchtime in Room 201, it was started by Y8 student, Lola B, who has been delighted by how popular it has become! Attracting students from all years it is the ideal place to perfect your crochet skills whether you are an absolute beginner or looking to learn some advanced skills. A big thank you to Miss Crevis for allowing the students to use her classroom and supervising the club.



YEAR 11 MOCK GCSE EXAMS

During the week beginning 17th November, the Year 11 students were sitting their mock GCSE examinations in the hall and various other rooms around the school. We just want to say a massive well done to every single one of them and how well they conducted themselves during the week!

The mock exams are an important step in students fine tuning their exam technique, revisions skills and experiencing something that will be like the 'real thing' next summer! Now they are over, Head of Year 11, Mrs Capaldi had this advice for the students: "Don't worry too much if you didn't hit every target grade. You have all done brilliantly and gained valuable experience that I am sure will serve you well in the future! Now go and have a well earned break from revising and enjoy the run up to Christmas and the end of term!"



YOUNG ENTERPRISE UPDATE!

Mentor Meetings

Each week, Mr Tony Hague kindly comes in to school to give each team the benefit of his huge experience in the world of production

and running successful companies. Managing Director of Team 1, Debbie Z, commented: “Tony has been great, guiding us to key points that we need to look at in terms of our products!”



Deep in discussion about the upcoming competition

Pictured below is Tony with the members of one this years team's. It won't be long now until the company names are decided, the products are finalised and production and marketing will begin. Keep checking on NGHS social media and the teams own channels to keep up to date with everything that is going on!



FREE PENS FOR EVERY STUDENT!

Interactive Learning Made Easy: Whiteboard Pens for Every Student

We're excited to share a small but powerful change that will make a big difference in lessons! To further support student engagement and understanding, every student will be provided with a whiteboard pen to use alongside the whiteboard already included in their planner. This is all about helping students learn more effectively and making lessons even more interactive. Why is this important? Whiteboards are fantastic for quick checks during lessons. They allow teachers to see what everyone is thinking in seconds, so we can clear up any misunderstandings straight away.

With every student having a pen, these activities will be smoother and more consistent across all subjects. How does this help students? - Quick feedback: Teachers can spot and fix misconceptions instantly. - More involvement: Everyone gets to take part, not just a few hands in the air. - Better memory: Writing down key points during activities helps students keep track of ideas without overloading their working memory. - Flexible learning: Whiteboards are great for problem-solving, jotting down notes, and brainstorming ideas. What do students need to do?

Whiteboard pens are now part of the essential equipment list, just like their regular pens and pencils. Please make sure your child brings their planner with whiteboard and pen to school every day. If the pen runs out or gets lost, it's their responsibility to replace it so they can keep taking part in these high-quality learning activities. We're confident this will make lessons even more engaging and help every student succeed. Thank you for supporting this positive change! **Mr R Williams, Assistant Headteacher**



NGHS REWARDS - OCTOBER 2025

We have had another positive month with NGHS points. Year 10 continue to lead the way with over 5000 points awarded since September!

The tables below show the total numbers of NGHS points that have been awarded by form group through the month of October

Well done to the students in R1 who have topped the Year 7 and 8 forms for the second time in a row, receiving 332 NGHS points this time!

The winners and runner's up for each of the Year Groups/Forms are as follows:

Year 7/8 Forms: Winner R1 (332) Runner Up R2 (323)

Year 9/10 Forms: Winner A4 (454) Runner Up R5 (439)

Year 11 Forms: Winner S8 (181) Runner Up R8 (168)

Sixth Form Groups: Winner 6S3 (146) Runner Up 6A3 (145)

Overall House Points Winners for October 2025



1st

Seacole 2665



2nd

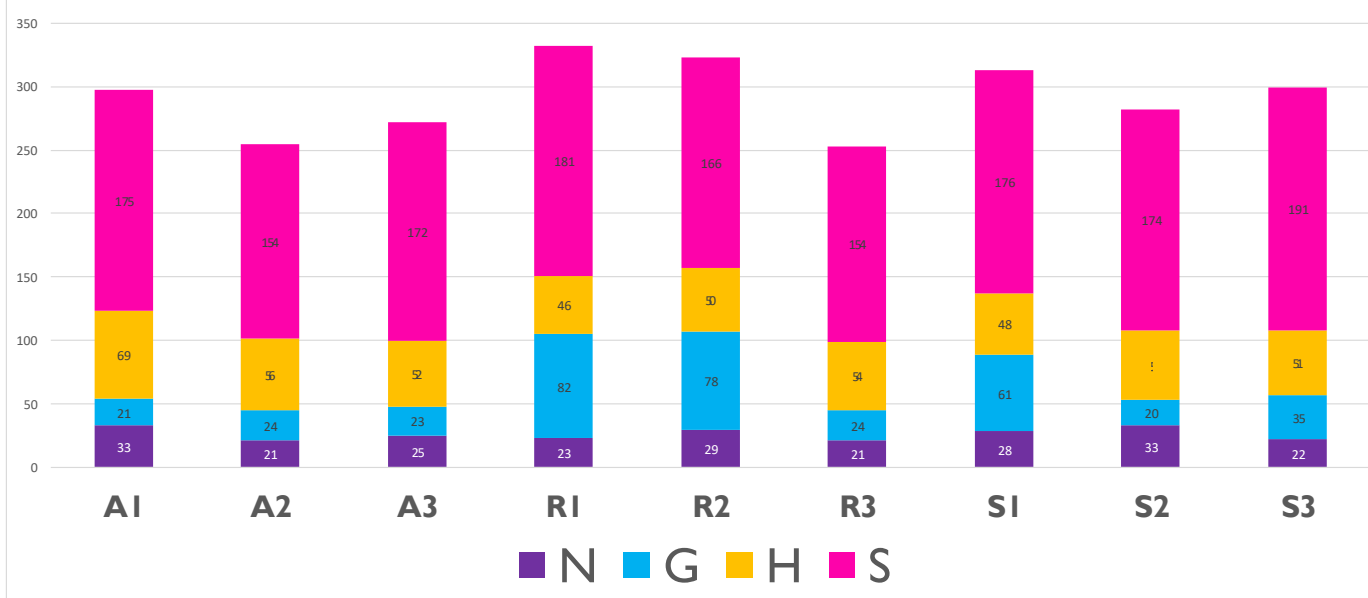
Roddam 2617



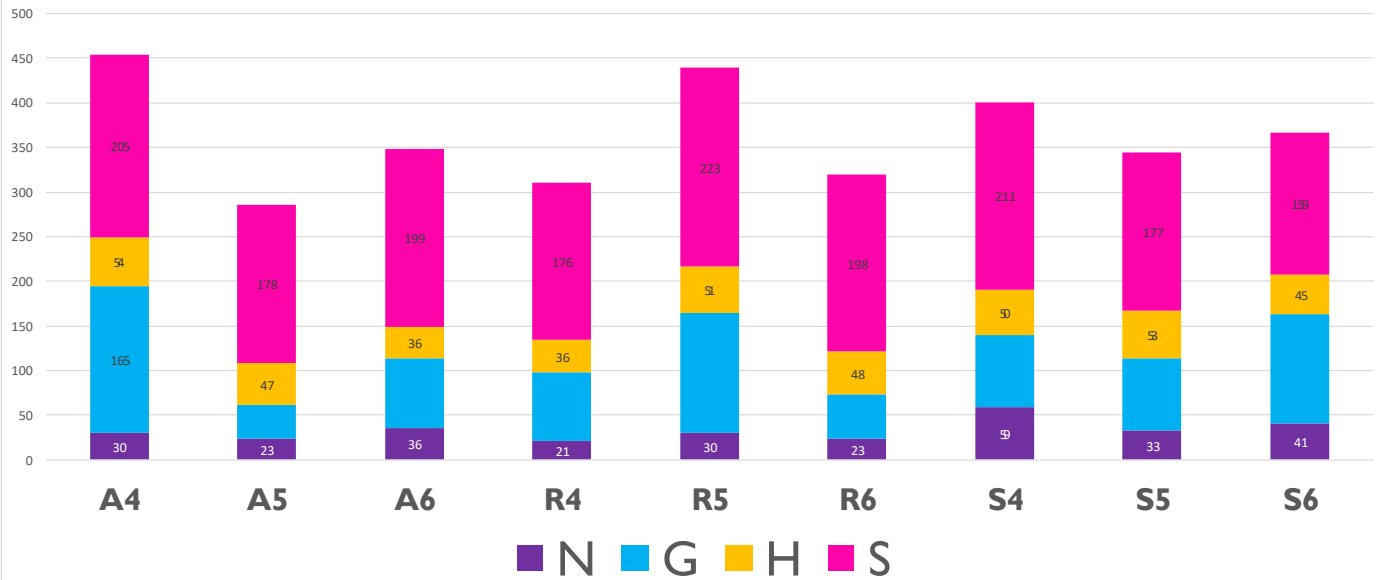
3rd

Austen 2481

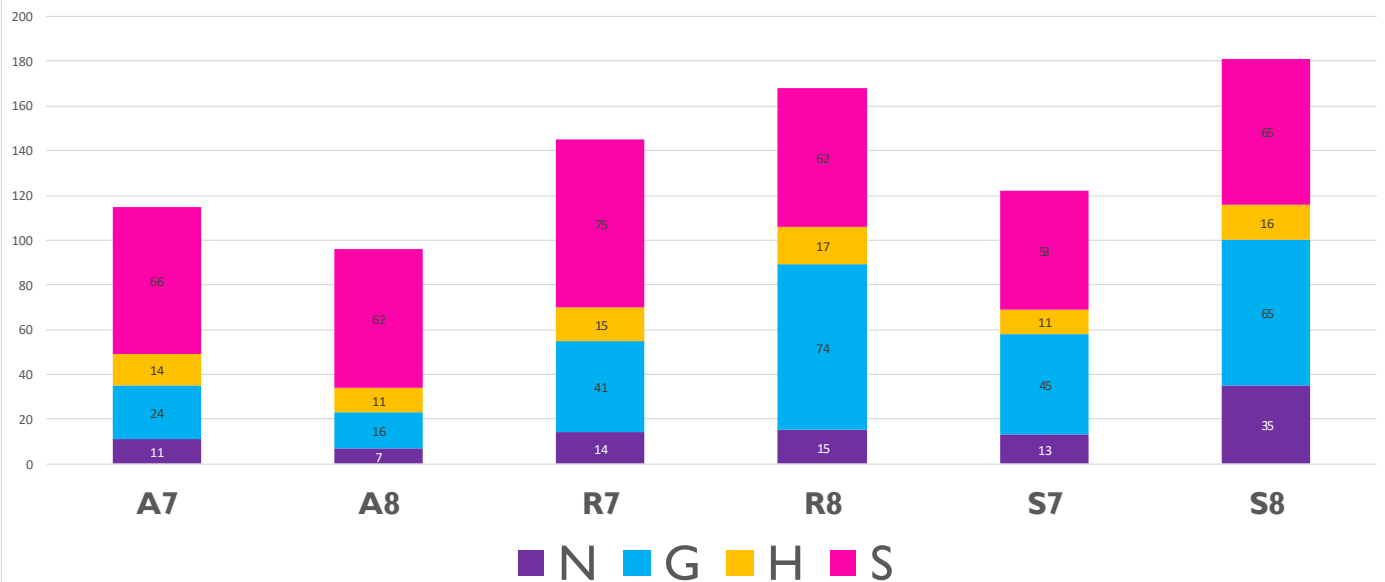
Year 7 and Year 8 Reward Points Issued - October 2025



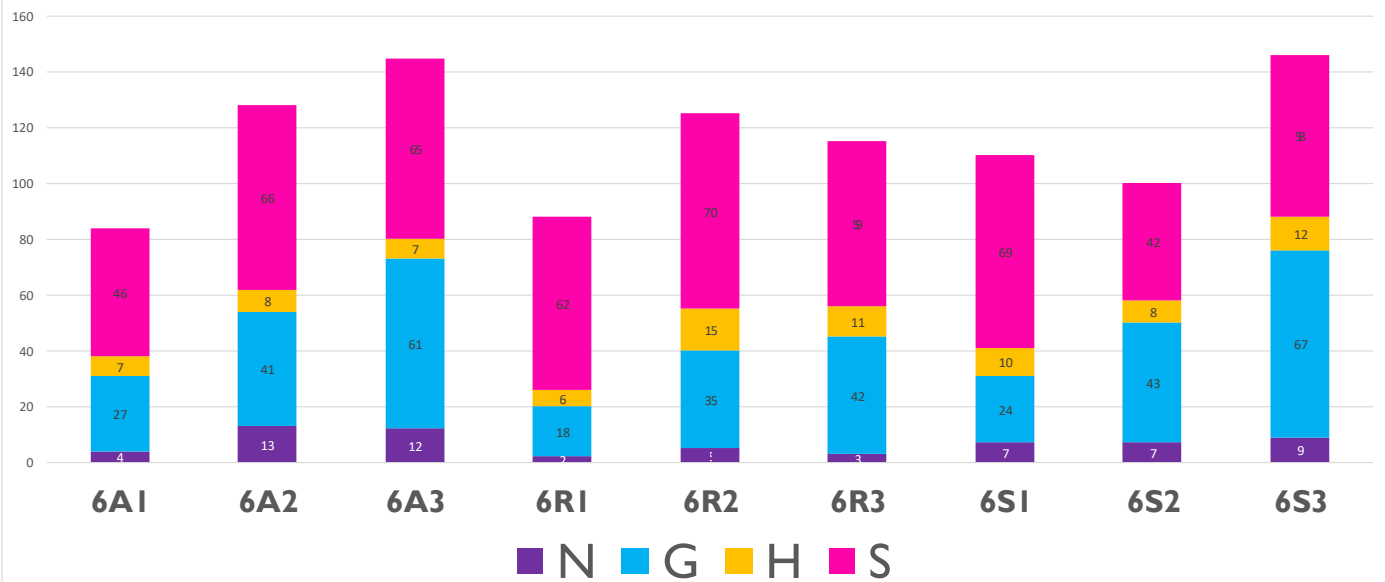
Year 9 and Year 10 Reward Points Issued - October 2025



Year 11 Reward Points Issued - October 2025



Year 12 and Year 13 Reward Points Issued - October 2025



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 – 3rd November
w.c – 24th November
w.c – 15th December

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 November 10th
w.c December 1st

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 – 17th November
w.c – 8th December

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



UPCOMING MENU'S UNTIL CHRISTMAS

24th November: Week 1

1st December: Week 2

8th December: Week 3

15th December: Week 1

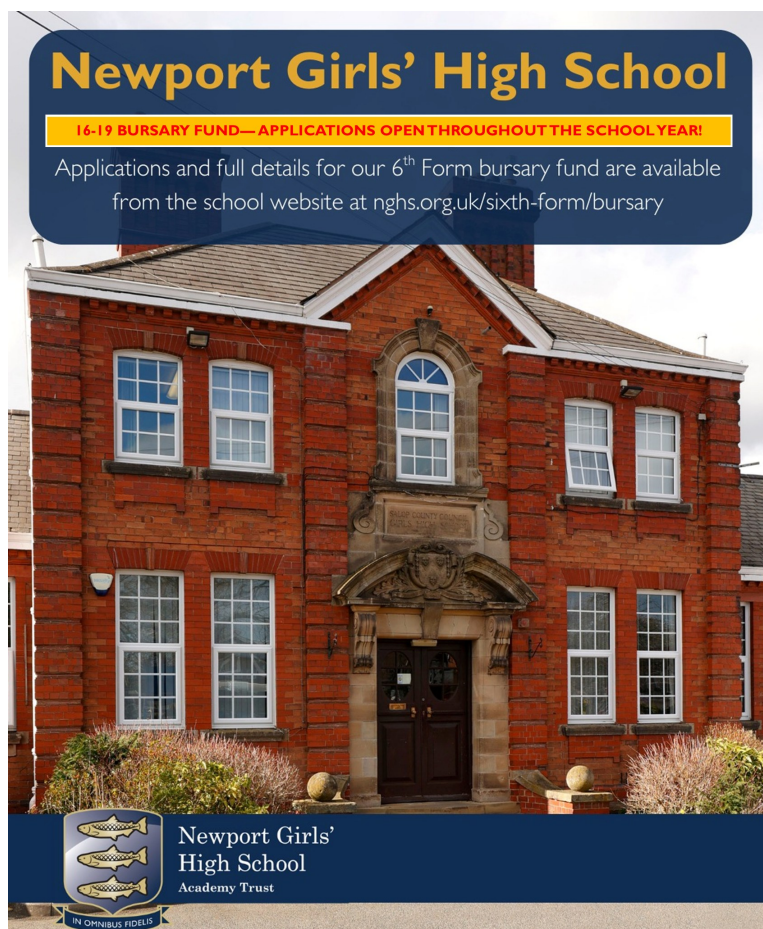
Thursday 18th December

Christmas Dinner!

(Booking in Advance Only)



academy



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)

The 4Cs of online safety

2025/26 edition

An important step in improving online safety at your school is to identify what the potential risks might be. KCSIE groups online safety risks into four areas: **CONTENT**, **CONTACT**, **CONDUCT** and **COMMERCE**. These are known as **the 4 Cs of online safety**.

1

CONTENT

Content is anything posted online - it might be words, images or videos. The 2025 version emphasises that misinformation, disinformation (including fake news) and conspiracy theories are common and that staff and governors must be upskilled to teach these concepts.



3

CONDUCT

Conduct is the way people behave online. Respect is key. Some online behaviour can increase the likelihood of, or even cause, harm. This is often referred to as cyberbullying.

Cyberbullying/inappropriate conduct can include the making and sending of, or receiving and viewing of, explicit material. Challenges include peer-to-peer abuse in digital spaces and risks through livestreaming.



2

CONTACT

Contact is the risk of harm young people may face when interacting with other users online. Manipulative and coercive behaviour can occur. Grooming or exploitation may take place for sexual, criminal, financial or other purposes. Challenges now include realistic AI chatbots, immersive environments with chat, and synthetic identities created by combining real and fabricated information.

Children and young people interact seamlessly across the online and offline worlds. Teaching should reflect this, with online safety embedded across the curriculum - not just part of computing or technology lessons. We have a range of courses available to schools on our website www.amazingict.co.uk

4

COMMERCE

Commerce is linked to the risk of losing money online. This includes online gambling (E.G. Where you pay to 'win' a new gadget or skin), phishing for personal details, and scams. Newer content includes loot boxes, influencer-driven scams and crypto and non-fungible token fraud (NFT).

Sponsored by AmazingICT

An independent business offering training to schools in the areas of Online Safety and AI.

Richard Smith

www.amazingict.co.uk | email: amazingict@icloud.com



The 4 Cs of online safety gives schools and colleges a framework to recognise and manage risk. Applying these when taking a whole-school approach to online safety will help empower schools to protect children and respond appropriately to concerns.

HOW TO GET IN TOUCH!

COMMUNICATION WITH SCHOOL

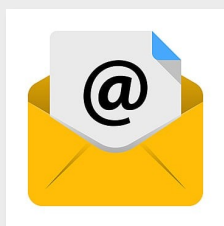
Over the course of the year, we will communicate with you in a variety of ways:

- 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