

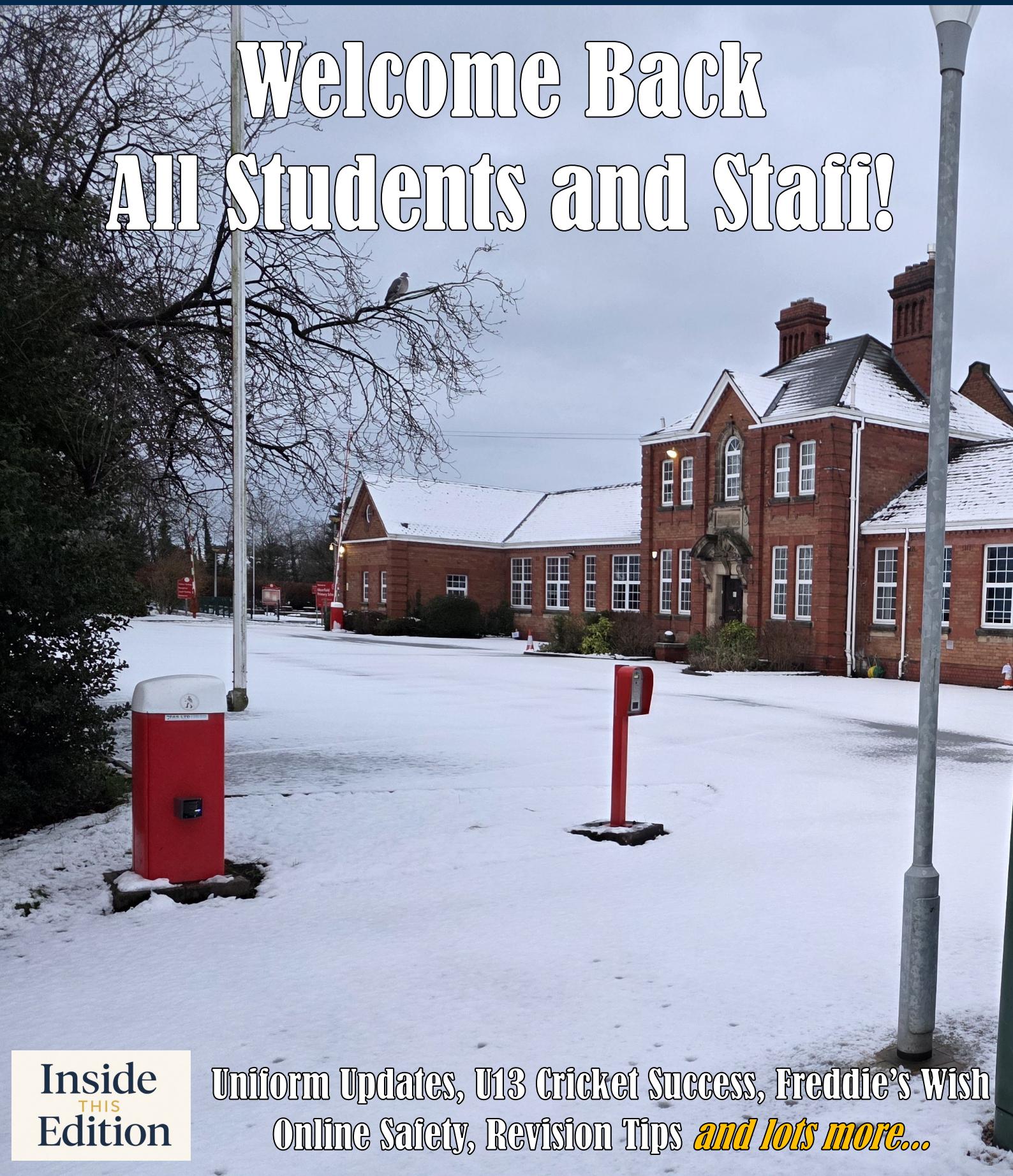
NEWPORT NEWS



The fortnightly newsletter from Newport Girls' High School

Volume 9—Edition 9 19th January 2026

Welcome Back All Students and Staff!



Inside
THIS
Edition

Uniform Updates, U13 Cricket Success, Freddie's Wish
Online Safety, Revision Tips *and lots more...*

HEAD'S LINES

Welcome to the first Newport News of the new term. January has certainly made an entrance this year.

We returned from the break to a crisp blanket of snow across Newport, which brought plenty of excitement on site, as well as the inevitable logistical challenges. My thanks go to our premises and support staff who were out early each morning to grit paths, make the site as safe as possible, and keep us moving.



Despite these efforts, the conditions last Friday meant we had to close the school for the day. Thank you for your patience and understanding around this decision; we never take closures lightly, and we are grateful to students, families and staff for responding so calmly and sensibly. Some will remember we faced similar wintry interruptions around this time last year, and your continued support helps us keep the focus on learning, even when the weather has other ideas.

Amid the frosty start, there has been a great deal to celebrate in school. Our Year 12 students have approached Assessment Week with real maturity, combining thorough preparation with a steady and measured approach in the exam rooms. This point in the year provides a helpful marker, offering clarity about what is going well and where focus may need sharpening. Subject teams will be using the outcomes to guide feedback and next steps, and I want to commend Year 12 for the positive attitude and quiet determination shown throughout the week.

Looking ahead, next week brings two significant moments for our older students. Year 13 begin their mock examinations, an important opportunity to rehearse routines, refine revision strategies and build confidence for the summer series. We encourage our Year 13s to keep perspective, treat the week seriously, reflect honestly on the outcomes, and maintain good habits around sleep, nutrition and short breaks. At the same time, we are delighted to welcome Year 11 to their Sixth Form Taster Day. This day gives students the chance to sample subjects, meet teachers, and picture what life in NGHS6 might look like. Whether they already have firm ideas or are still exploring their options, the day should prove invaluable in shaping thoughtful choices.

Finally, may I reiterate a request for parents and carers not to use the school car park for drop off or pick up between 8.30am and 8.50am, and again between 3.40pm and 4.00pm. These times can be particularly difficult on rainy days. This restriction is in place for health and safety reasons, and we thank you in advance for your cooperation. During these times, please park considerately in the residential streets adjacent to school and be mindful of our neighbours and their access to their own properties.

With best wishes,
Mr A Jones, Headteacher



A MESSAGE FROM THE HEAD GIRL TEAM

At NGHS, we are proud to be an active and supportive part of our local community. Last term, we began regular visits to Newport Cottage Care, where our students spent time with residents, offering conversation, companionship, and a friendly presence. These visits have already had a wonderful impact, strengthening bonds across generations.

We are also delighted to celebrate the incredible fundraising achievements of our school community. In 2025, thanks to the generosity and enthusiasm of students, staff, families, and friends, we raised over **£12,000** for a range of important causes. This remarkable total reflects our shared commitment to helping others and making a difference.

Looking ahead to spring, we are excited to be joining forces with **Newport in Bloom** to enhance the area around our school. Through planting, tidying, and creative outdoor projects, students will help brighten our environment for everyone to enjoy.



Emily R (Deputy Head Girl, Community)



Monday 19th January Y13 Mock A-level Examinations in the Hall

Tuesday 20th January Year 8 GCSE Options Launch

Thursday 22nd January Year 11 A-level Subject Taster Day

Monday 26th January Year 9 Options Launch

Monday 26th January Year 9 Full report home this week

Tuesday 27th January Year 8 Parents' Evening

Friday 30th January NGHS Sixth Form Application Deadline (Midnight)

SCHOOL UNIFORM AND PE KIT UPDATE



Current Uniform



September 2026
showing optional pleated skirt
and blue 'revere' collar



Blue 'revere' blouse from
September 2026

A letter was sent last week sharing this information in more detail, but I wanted to also provide a short update for the newsletter.

From September 2026, we will be introducing updates to our school uniform and PE kit in line with updated **government guidance on affordability and accessibility**. We would like to thank students and parents for taking the time to share their feedback on the current uniform and PE kit, which has directly informed these changes.

The updated policy will:

- **Reduce the number of compulsory branded items**, with only a small number requiring the school logo
- **Increase choice for families**, allowing non-branded items such as blouses, and PE leggings to be purchased from a range of retailers, including supermarkets and high-street stores
- **Maintain high standards and a strong school identity**, with clear expectations around colour, style and presentation. Please look out for this information in the summer term, prior to purchasing any items for September 2026.
- **Continue and expand our pre-loved uniform provision**, supporting affordability and sustainability
- **Provide clearer guidance on PE kit and seasonal uniform** where needed

These changes will be fully implemented from **September 2026**, giving families time to plan ahead.

Please see example above of a Year 7 student showing an example of the pleated skirt and blue revere school blouse.

Mrs H Birch (Assistant Headteacher)



£485 DONATED TO FREDDIE'S WISH

Wednesday 7th January saw NGHS Head Girl (Shaan K), and Y12 student, Evie D, present a cheque for £485 to the Freddie's Wish charity. Receiving it on their behalf was school governor Mr Tony Hague who is also a trustee of the charity.

The money was raised at our Christmas Fayre during the last week of term.

Shaan and Evie were the inspiration and driving force behind our first ever Christmas Charity Fayre. Speaking on behalf of Freddie's Wish, Tony commented:

“I’m absolutely thrilled to receive this donation from the students at NGHS. Freddie’s Wish helps parents who have lost a child of any age, with support at the earliest stages and throughout the ongoing effects of bereavement. I’ve been involved with them for several years and this money will help massively in the fantastic work they do. Thank you so much!”

Shaan and Evie were delighted to present the cheque to Tony and the other half of the money raised at the Christmas Fayre will go to another incredible charity called Team Kenya. This is a charity that aims to empower entire communities to champion gender equality, ensuring that girls in rural Kenya can forge their own paths toward bright and promising futures.

Following the donation Evie expressed her sincere thanks to everyone involved in the Christmas Fayre. She declared:

“When we first approached Mr Jones (Headteacher), with the idea for a Charity Christmas Fayre we had no idea how successful it would be! So many students ran stalls, helped with organisation, cooked food, created gifts and attended that we were literally blown away by the generosity and good will shown. Next year we are aiming to make it even bigger and better and hit the magic £1000 mark – I’m sure we will!”

Read all about Freddie's Wish and Team Kenya on their websites:

freddieswish.org/
teamkenya.org.uk/



UI3 CRICKET TEAM GRAB THE TREBLE!

In a repeat of the previous two years, the UI3 Cricket 'A' Team won the Telford and Wrekin Indoor Cricket tournament by beating Bridgnorth Endowed in the final having gone undefeated throughout the competition! Additionally, a very impressive 'B' team comprised of mostly Year 7 were only one run away from joining them in the final when they agonisingly lost their semi final on the very last ball!

In another impressive display of batting, bowling and fielding, NGHS again did themselves proud. The individual highlight of the day was undoubtedly Y8 student, Hargun D, getting a 'hat-trick' of three wickets in row during the final to put Newport well and truly in the driving seat!

A massive well done to all involved, especially all of the new Year 7 players who acquitted themselves magnificently! It showed that the talent coming through will keep NGHS competitive for several years to come!

Results (first figure is number of runs scored and second number is how many wickets were lost)

'A' Team

MATCH 1 Bridgnorth Endowed 57-8 v 108-1 Newport 'A' **WIN**

MATCH 2 Burton Borough 55-3 v 100-1 Newport 'A' **WIN**

MATCH 3 (SEMI-FINAL) Newport 'A' 82-2 **WIN** v 35-8 Charlton School

MATCH 4 (FINAL) Bridgnorth Endowed 39-8 v 43-4 Newport 'A' **WIN** with 7 balls remaining

'B' Team

MATCH 1 Newport 'B' 97-3 **WIN** v 72-6 Charlton School

MATCH 2 Newport 'B' v Charlton -Training game, **DRAW**

MATCH 3 (SEMI-FINAL) Bridgnorth Endowed 58-4 v 57-5 Newport 'B' **LOSS**



A FUTURE FORMULA ONE STAR AT NGHS?



Year 8 student **Lola F-G** has been making impressive strides in the world of motorsport, having begun her karting journey just seven months ago. Lola's passion was sparked at the start of the 2025 Formula One season. With a dad who loves motorsport, watching F1 together quickly turned into inspiration, research, and a determination to get behind the wheel herself.

Lola began her competitive journey by joining the Girls Karting Academy, attending trial days to test her skills. Her

talent and commitment shone through, earning her an invitation to train weekly. From there, her progress was rapid. In November, Lola advanced to the 'Grid Series', a junior racing category that forms part of the British Indoor Karting Championship (BIKC). This structured pathway allows drivers to move from local to regional and eventually national competition.

From August 2026, Lola will begin competing locally in Coventry, racing against other junior drivers using rental karts from Team Sport Coventry. Success at this level could see her promoted to regional events, racing on a wider selection of tracks against stronger competition, and ultimately aiming for the national championship stage.



Alongside indoor karting, Lola is also expanding her experience in outdoor racing by entering the 'Jamie Chadwick Series', a championship designed to support young drivers. This series uses rental karts and takes place at well-known Daytona outdoor circuits, including Birmingham and Milton Keynes, with seven race dates planned.



Karting demands both skill and dedication, as well as the right equipment. Lola races in full protective gear, including racing overalls, gloves, a helmet with a bespoke design, a balaclava, fireproof shoes, and a rib protector—everything required to compete safely and professionally.

Looking ahead, Lola has ambitious goals. In the short term, she hopes to secure her own kart and reach national-level competition. Long term, her sights are set even higher, with dreams of racing internationally in cars -whether open-wheel, GT racing, or beyond. Her ultimate aspiration? **Formula One!**



With determination, talent, and a clear racing pathway ahead, Lola's is a name we may well hear much more of in the future!

YEAR 11 REVISION SUPPORT FROM MISS HEYES

Year 11 students have returned to school following the Christmas break and are turning their attention to their GCSE exams which, believe it or not, will be here in about 15 weeks!

I have extensive experience helping students prepare for examinations, with particular expertise in supporting them to study effectively, retain knowledge, and manage exam stress. As a parent myself, I understand that young people can either set unrealistic revision goals or struggle to get started. These are all areas I can help with.

I am pleased to offer a dedicated daily revision clinic for Y11 students together with a weekly drop-in session:

Morning Revision Clinic

I will be available each morning from 8:00–8:30am in Centenary Hall to support students with all aspects of revision, including time management, motivation, effective study strategies, and overcoming challenges. Students can attend individually or in small groups.

Tuesday Revision Club

Students can also drop in on Tuesdays from 1:05–1:35pm in Room 201 for a focused half-hour session to boost confidence and motivation.



Miss Heyes (Wellbeing and Progress Officer Y11-13)

**TAP HERE TO READ MISS
HEYES REVISION GUIDES FOR
STUDENTS AND PARENTS!**

STUDENT OF THE HALF TERM!

CONGRATULATIONS!

Before Christmas, every teacher, for every class, chose their 'Student of the Half Term' for the 2nd half of last term. These are displayed on a special notice board in school and there is always a buzz of excitement as the students eagerly await the announcement of the winners!

A massive well done to every single student who received one of these awards - it is truly something to be proud of! There are too many students to list here in the newsletter but you can see every winner from every class by clicking the link below.

STUDENT OF THE HALF TERM WINNERS (AUTUMN 2)

ONLINE SAFETY UPDATES FROM MRS BIRCH

“What I wish my parents or carers knew...”

The Children’s Commissioner has recently published a new guide:

What I wish my parents or carers knew: A guide for parents on managing children’s digital lives.

This guide is aimed to help parents recognise the complex, rapidly evolving landscape in which children – and parents – are navigating. It focuses on the challenges of managing children’s everyday online habits. I hope you will find this a useful resource. Read the full guide on our school website by tapping the link or image and scrolling down to the bottom of the page:

nghs.org.uk/c/social-media-and-online-safety



(Tap to read on the school website)

Common Sense Media and the Family Gaming Database

One of the resources consistently shared during parental advice talks is **Common Sense Media** who have thousands of unbiased and up-to-date reviews on movies, books, games and social media which can be really helpful for parents .

When it comes to games specifically there's an equally great site which is often overlooked called **The Family Gaming Database**. This is a fantastic resource with a plethora of information for families and currently 3,485 video games and 197 board games already reviewed.

Tap the pictures below to read more from either of these sites:



Making a habit of it – Mindfulness Tip of the Week

We wanted to share some tips for anyone who has a goal to practice more mindfulness this year. These tips can help us to integrate mindfulness into our routines so it becomes a habit, and is easier to stay consistent with! However, it is important to remember to make mindfulness work for us, not the other way around, so while these tips can help us with consistency, it is vital to remember to keep the pressure off, and be flexible with it around our busy lives - mindfulness should never be something adding to your stress, only ever alleviating it!



I. Start small

The first tip to building a habit out of mindfulness is by starting small. It can be tempting with a new goal to jump straight in with dedicating large amounts of time to it. However, research shows that starting small can help us with building a habit that lasts. Perhaps try to practice mindfulness for just five minutes a week at first, and then you can build up whenever it feels right to do so.

2. Be consistent

Another tip for habit-building is consistency. It can be helpful to keep to a routine when trying to start a new habit, for example practising mindfulness at the same time of day, for the same duration.

3. Find a cue

To enable this consistency, you might find it helpful to tie the habit to a different cue, that can help to remind you when you want to practice. For example, you could practice your mindfulness every day when you have just woken up, or when you are about to go to sleep. You could also tie your mindfulness to a daily walk, or even when you have your breakfast - whatever suits you best.

4. **Most importantly, find the mindfulness that works best for you!**

Mindfulness takes so many different forms and types, and a different kind might work best for each of us and our diverse ways of thinking. When you are trying to build up your habit, it could be valuable to try multiple types of mindfulness, and see if there are any that come easily, or feel most natural to you.



LIBRARY UPDATE

News from Ms Lord

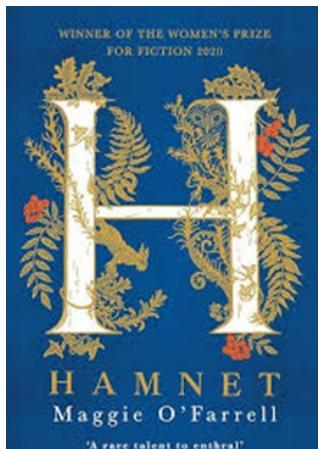
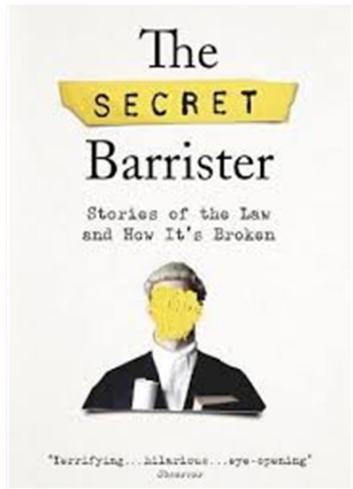
The library in Centenary Hall is open to all students every day between 1-1.30pm. You are very welcome to peruse the shelves and read in the cosy chairs at this time. We have plenty of fiction, non-fiction and study materials for you to read. If you would like to rent or return a book, please see one of our student librarians who can be found by the shelves. A poster with the names of students on duty is in the library too!

Y7-11 - New Stock

Come to the library and see the new stock that fellow students and the reading ambassadors ordered for you.

Sixth Form

As well as UCAS guides and study materials, there is a plethora of new fiction and non-fiction titles for you to enjoy. You will find these titles and more on the Sixth Form section in the corner of the library.



FOOD TOUR

NORTH AMERICA

Menu

Tasty Meal One
Cheeseburger

Tasty Meal Two
Detroit Style Pizza
(meat and veggie)

Tasty Meal Three
Buffalo Chicken

Tater Tots
Onion Rings
Corn on the cob

Wednesday 21st January

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 – 5th January

w.c – 26th 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 – 12th January

w.c – 2nd 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 – 19th January

w.c – 9th 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 best of Canada's West Coast. From bold flavours to sweet treats, there's a taste-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 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 bold spice blends to spiced dishes, stews and tagines, today's dishes celebrate the diverse cultures of Africa. From bold, fiery stews to sweet, aromatic curries, there's a taste-packed food experience.

FEBRUARY

LEEEKS

DID YOU KNOW? Leeks are a winter crop that adds depth and flavor to many soups and stews. They're also a great source of fiber and protein, helping support digestion and healthy guts.

FEBRUARY

**FOOD TOUR
ITALY**

SUCH A DELICACY! Get ready for Italian Friday, celebrating the flavours of pasta in all its forms. From classics, like spaghetti and 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 vitamins. They're also a great source of protein, vitamins C and E, plus fibre for healthy digestion.

MARCH

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

DID YOU KNOW? Pies and pasties are a rich history baked pie and pasties, containing starchy root 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 great source of protein, vitamins C and E, plus fibre for healthy digestion.

APRIL





The Linden Centre

autism
west midlands

TELFORD & WREKIN INTERVENTION SUPPORT TEAM

ONLINE TRAINING

Please email kerry.mcclafferty@taw.org.uk

Tuesday
20th January
9:30- 10:30am



**AUTISM &
THE TEENAGE
BRAIN**

Thursday
22nd January
12:30pm - 1:30pm



**AUTISM &
SENSORY**

Thursday
29th January
5:00pm - 6:00pm



**AUTISM &
ANXIETY**

Newport Girls' High School

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

Applications and full details for our 6th Form bursary fund are available from the school website at nghs.org.uk/sixth-form/bursary



SIXTH FORM APPLICATION DEADLINE
MIDNIGHT 30TH JANUARY

VISIT NGHS.ORG.UK/SIXTH-FORM



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



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