



NEWPORT NEWS

A weekly update from NGHS

Volume 4 - Issue 10 - Friday 20 November 2020



Welcome to this week's Newport News. This week we have enjoyed Reward Assemblies for Year 9 and Year 10. It's fantastic to be able to take some time to recognise the hard work and successes of our students, especially in these challenging times. We have also seen the launch of our **Primed for Success campaign** and further details are on the right of this page. We have already received fundraising ideas and donations have started to come in. We are really grateful for the support and hope that our families will really get behind this campaign.

Next week will see Year 11 sitting their mock exams. Mrs Wallace, our Exams Officer, has briefed Year 11 about the standards we expect during the exams and the rules they will have to follow. It is important that the mock exams are run under strict exam conditions as, should there be any change to the current position and GCSEs are cancelled in the summer, we may have to provide evidence that an exam has been taken under formal exam conditions. It is important to note though, that mock grades would not be the only determining factor in awarding grades should this happen. I would like to wish all of Year 11 the best of luck for their mocks.

My role in school is NGHS's Data and Admissions Manager. At this time of year my main focus is on school admissions. We made some changes to our Admissions Policy for 2021 and will be taking an additional 30 students into Year 7 next September. We also introduced a new oversubscription criterion for students where their school is in receipt of Pupil Premium. We hope this will mean we are able to offer more places to students who are or have been on Free School Meals in the future and have been undertaking outreach work in local Primary Schools to help us to fulfil this aim. We will shortly find out which families have expressed an interest in NGHS for their child's secondary education and it's always nice to get a first look at who might be joining us in September.

A new area of responsibility for me this year is attendance. It has been really pleasing to see that as a school we have maintained a really high level of attendance so far this year. Good attendance at school is really important for a number of reasons. Students with high attendance generally; make better progress academically and socially; find school routines, school work and friendships easier to cope with; find learning more satisfying and are more successful in transferring between secondary education and higher education, employment or training. For these reasons, it is important that if students are well enough to be in school, they are, and that wherever possible appointments are made outside of the school day. Thank you to students and parents for their support with this.

As a school, we are continuing to do what we can to keep everyone in our community as safe as possible. It's a real team effort at the moment and, despite all the challenges, there is



PRIMED FOR SUCCESS

BUILDING UPON A CENTURY OF NGHS EXCELLENCE



I trust you will have received the letter from our Chair of Governors, Mr Lewis, and myself on Monday concerning our expansion fundraising campaign, **Primed for Success**. I hope that you can take some time this weekend to review our requests for support for your daughter.

I also wish to clarify the difference between this campaign and previous projects. The School's last project in 2016-2018 (Inspiring Great Minds) had to raise £311,000 to contribute to building costs. Owing to careful budgeting and a loan from the DFE, the school does not need support with such costs this time. However, the rooms will be empty this time next year without furniture and the IT suite sparse without computers. Please click on the logo above to find out more about how you can help us meet our £75,347 target. Finally, a massive thank you for supporting your daughter's education. Please email [pfs@nghs.org.uk](mailto: pfs@nghs.org.uk) if you have any queries.

Mr M J Scott

lots of positivity among staff and students, which is great to see. A big thank you to all members of our community who are sticking to the rules and supporting the decisions that are having to be made to ensure we stay safe.

With best wishes for the weekend,

Mrs K Jones

Data & Admissions Manager / Associate Senior Leader

In this issue...

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To contact the School about a general enquiry, please use [schooloffice@nghs.org.uk](mailto: schooloffice@nghs.org.uk)

NGHS is on the road to becoming a Unicef UK Rights Respecting School!



Mrs A Seys - Head of Year 9

Newport Girls High School strives to always be a school where children's rights are at the heart of our ethos and culture, to improve wellbeing and to develop every child's talents and abilities to their full potential. As part of this plan we are working towards recognition as a 'Rights Respecting School', an award given to schools on behalf of Unicef UK.

Unicef is the world's leading organisation working for children and young people and their rights. In 1989, governments across the world agreed that all children have the same rights by adopting the UN Convention on the Rights of the Child (UNCRC). These rights are based on what a child needs to survive, grow, participate and fulfil their potential.

NGHS pupils will learn about their rights by putting them into practice every day. A Rights Respecting School models rights and respect in all its relationships. This is something that is already at the heart of all we do at NGHS, but will be given more prominence as a result of the rights respecting schools process. There will be many opportunities for pupils to become more involved, including the chance to become rights respecting ambassadors and mentors who will become experts in the United Nations' Convention on the Rights of the Child and who will take the lead in helping the school to achieve Rights Respecting Schools accreditation.

We really hope that you will be able to support our school on our journey towards becoming a Unicef UK Rights Respecting School. It would be great if you could spend a [few minutes reading through our questions & answers](#), and also find a bit more about the Convention on the Rights of the Child by visiting unicef.org.uk/crc.

For further information about Rights Respecting Schools please visit: www.unicef.org.uk/rrsa or contact me via schooloffice@nghs.org.uk



At the start of lockdown 2.0 it was made clear that schools could not run extra-curricular clubs. This ruling has now been reversed, so we are making a tentative start with the following clubs. Lunchtime is prioritised to Y11 in the main and most clubs require a sign-up first so we know who is attending for Track & Trace purposes. Thank you **Mrs Goodall** for making all this possible and as safe as we can make it.

Mr Scott

Day	Lunchtime	After School
MON	Year 7 Japanese Club (Hall) Mrs Fujii	3.45-4.30pm Year 7 Dance (Hall) [Miss McCleary]
TUE	Year 11 English drop-in support Room 203 [Mr Postle] Year 11 German club Room 201 [Mrs Fujii]	3.45-4.30pm Year 12 Netball [Mrs Goodall]
WED	Year 9 SustaiNGHS/EcoSchool in Room 25 [Mrs Gill] Year 12 Change Your Mind programme in Room 103 [Mrs Martin]	3.45-4.30pm Year 10 Strength & Conditioning [Mrs Goodall]
THU	Year 11 History drop-in support Room 203 [Mrs Seys] - after mocks	3.45-4.30pm Year 8 Dance [Miss Clarke] and Year 9 Football [Mrs Goodall]
FRI	Year 11 Geography drop-in support Room 203 [Mrs Gill]	3.45pm-4.30pm Year 13 Badminton [student-led]



A large number of NGHS families celebrated Diwali last weekend and we asked students to tell us more about the meaning of Diwali and their family's celebrations this year. Please enjoy reading more from Sanisa, Anuva and Swara below.



Diwali, also known as Deepavali, is celebrated over five days. It is the festival of light and is a big event for Hindus, Jains and Sikhs. It is celebrated to celebrate Lord Rama and Sita's return to their Kingdom after defeating Ravana and serving fourteen years of exile. When Rama and Sita were returning, the citizens of their kingdom, lit diyas (oil lamps) out to guide them back to the kingdom.

Before Diwali starts, we cleaned and decorated our houses with flowers and LED lights. My brother made Aakash Diya (lantern) that people could hand make it or buy from shops. We bought new clothes, Indian sweets and fireworks to celebrate Diwali. Diwali is celebrated over five days and we lit diyas and draw rangoli (colourful patterns) in our door steps on all of these five days. The first day was the 12th of November, Dhanteras which is to celebrate the God of Ayurveda (medicine). This God helps to get rid of sufferings of the disease. The second day was Naraka Chaturdashi, which is to celebrate the demon Narakasura's death by Lord Krishna. The third day was to celebrate Lakshmi (wealth) Pujan, we pray to Goddess Lakshmi as she is the Goddess of wealth, good fortune, prosperity and auspiciousness. This is the main day and is generally referred as Deepavali. The fourth day was to celebrate Balipratipada, this is to celebrate Lord Vishnu's victory over Bali. The fifth day was the 16th of November, which is Bhai Dooj, where the sister applies Tika (an auspicious powder) on their brother's forehead, give them gifts and sweets. In return, the brother gives gifts to their sister.

During Diwali, we also visit our Hindu temples to seek blessings from the God and pray for the wellbeing of all. These are considered as auspicious days for Indian people and they normally celebrate it by distributing gifts and sweets amongst each other. However, this year due to current circumstances, we weren't able to exchange sweets with our friends. But, fortunately with technology like zoom/whatsapp helped us to be still in touch and celebrate with our families and friends.

Sanisa (Year 8)

Diwali is a Hindu festival celebrated in autumn, it is also known as the festival of lights, which celebrates the triumph of good over evil. People across the world usually celebrate with their loved ones. They light "diyas" (lamps), decorate the house and set off fireworks. Most importantly, they get together with friends and family to pray for happiness and prosperity in the year ahead. However, this year celebrations were somewhat different.

One of the highlights of the festival is celebrating with those you love but this Diwali, this was not possible. Regardless, the festivities continued. New clothes were ordered online, lights were strung on walls, lamps were lit and fireworks exploded from back gardens throughout the night - houses were filled with the same magical atmosphere as they always have been. Despite friends and family not being present, they were not far from our prayers. This year's Diwali celebrations were unprecedented, but nevertheless they were carried out with unwavering enthusiasm. Although this year has had its difficulties, celebrating this festival is a tradition that will always continue. This Diwali is certainly one to remember!

Anuva & Swara (Year 10)





USE OF TECHNOLOGY AT NIGHT



Miss H Clarke
Acting Deputy Head

This week we have heard about a few incidents of young people using their phones in the middle of the night in their bedrooms and calling/texting each other at antisocial times.

We know that, for lots of families, young people use their devices positively to help with research for homework and to be able to stay connected to friends and family. However, we also know that using devices late into the evening in bedrooms can have a detrimental impact on young people's wellbeing and also the quality of the sleep that they have each night.

From doing some research into this area I have come up with a list of suggestions for your consideration, which have been proven to boost wellbeing:

- 👉 Promoting the importance of getting enough good-quality sleep. A suggestion could be to leave phones outside the bedroom when it is bedtime.
- 👉 Reduce the amount of time sitting or lying using a screen by taking regular breaks from this.
- 👉 Advise young people to put their screens away while crossing the road or doing an activity that needs their full attention. We do notice this when on duty at the end of the school day.



- 👉 Talking to your child regularly about their online life, including about sharing photos and information online, and how photos and words are sometimes manipulated. A number of organisations were shared with parents at the year group presentations in September and October, but can also be seen above.
- 👉 Talk with your children about using screens and what they are watching.
- 👉 Look out for changes in behaviour as this could be a sign of them feeling uncomfortable with something they have seen on screen or their social media.
- 👉 Consider screen-free meal times so you can have face-to-face conversations about how things are going regularly.
- 👉 Try using features on some devices and platforms to keep track of time spent looking at screens or on social media. Talk about this and review where time is spent to improve things if required.

Also a reminder that Whatsapp is age-restricted to those aged 16+. Please [click here](#) for information.

Thank you for considering our thoughts on these important matters.

Congratulations!

We have continued our rewards assemblies this week and have been pleased to celebrate the successes of Year 9 and Year 10 during half term 1 through our year group rewards assemblies. On Monday Mrs Seys led the Y9 rewards assembly and on Wednesday Mrs Goodall led the Y10 rewards assembly. It has been pleasing for our Heads of Year to celebrate with students and form tutors and was a lovely positive event as usual.

Form	HP Total	Rank
9 Seacole	412	1 st
10Y	324	1 st

Year	Gold	Silver	Bronze
9	A Jarrett	H Mustansir	N Athwal
10	A Hawkins	F Healey	S Vijayakumar

We also celebrated individual achievements for those who had achieved the most house points during the previous half term.

The final award that was presented was our lucky dip. For every 10 house-points that students have received one ticket gets added to the lucky dip box. Winners of these prizes this time were:

Year 9 **A Stafford-Piper, L Smith & N Athwal**
 Year 10 **H Makwana, L Lo & J Hill**

Well done to all of our winners. We still have Y11 and Y13 assemblies which will be held in the next few weeks. A reminder that these rewards are based on achievement each half term and so the totals have been reset for this half term. We will be holding our next round of rewards assemblies to celebrate this in January.

THANK YOU FRIDAY AWARD

Awarded to:	Awarded by:
N Adkins (10Y)	Mrs A Seys
Z Brown (S6)	Mrs H Furnival
L Clayton (7A)	Mrs J Chandler
A Dealtry (8S)	Miss S McCleary
C Doyle (R7)	Mr J Pimm
S Hose (11Y)	Mrs A Seys
A Jarrett (9S)	Mrs H Goodall
R Jones (11Y)	Miss H Clarke
A Laycock (A7)	Mrs K Griffin
S Leach (7R)	Mrs J Chandler
B McCloy (10Y)	Miss A-M Davies
E Moffat (S6)	Mrs K Griffin
I Morris (7A)	Miss A-M Davies Mrs H Goodall

Awarded to:	Awarded by:
N Qureshi (7A)	Mrs J Chandler
P Saiprasad (10Y)	Miss A-M Davies
T Sherratt (R7)	Mr J Pimm
O Todd (11Y)	Mrs H Furnival

**Christmas
smile**



Thank you for all the gifts we have received so far. We have a nice selection of gifts, but we need more. Please consider supporting this appeal—the deadline is 27 November.

Thank you, Head Girl Team



ONLINE SHOPPING THIS MONTH?

Please consider supporting NGHS through your online shopping. It's quick and easy and your daughter will benefit!

As Christmas approaches and we find ourselves in Lockdown 2.0, more and more of us are doing our shopping on-line. But did you know that whenever you shop on-line, you can also raise funds for the PTA at no extra cost to yourself? We have been using the Easyfundraising platform for a few years now raising more than £4,220, and last year we also started to use Amazon Smile. Both are really easy to use, every penny raised supports the school, and all you have to do is use them when you're ordering the things you'll be buying anyway!

Easyfundraising: over 4,300 shops and sites donate to Newport Girls' High School PTA for FREE when you use easyfundraising to shop with them. Sign up today using our direct [link](#).

Amazon Smile: shop with Amazon Smile using this [link](#) and every eligible purchase will automatically generate a donate for the PTA. Smile is now also available in the Amazon Shopping App.

Wellbeing *This week we focus on....* Online Safety



Miss H Clarke
Acting Deputy Head

I sign up to a weekly online safety update and one of the key messages that has been shared this week is regarding TikTok.

We know that Tik Tok has increased in popularity and that lots of children are deliberately increasing their followers to 1,000 so that they can go live, as a result of this Tik Tok are making more controls available to parents through Family Pairing. For more information please follow [this link](#), which will make you aware of the new and older features of Tik Tok.



This week we also focus on.... Anxiety



Mrs K Danby - Wellbeing Officer

You are not alone; 1 in 13 globally, suffers from anxiety. The WHO reports that anxiety disorders are the most common mental disorders worldwide. This shows that most people experience it at one point during their lives: you are not the only one. Anxiety can happen at any time, often when we are stressed, tense, nervous, worried or afraid – showing itself in different ways, consisting of both physical and mental symptoms. Sometimes anxiety can be completely overwhelming and, if not dealt with, can begin to impact upon our lives, causing us to experience panic attacks and avoidance of things we once enjoyed. If you think your child may be experiencing symptoms associated with anxiety there are lots of things that you can do to help them. Firstly recognise it and seek help to support them. Their first step is talking to a trusted person who they know will be able to help or signpost them to the most appropriate support. Teach them to practise gentle, calm breathing techniques and relaxation including mindfulness and yoga. Self-care is really important, they need to take time to exercise, get quality sleep, eat well, rest and take time to catch up with their friends. Remind them to take time to do the things they enjoy, not to be hard on themselves. A good reminder is to be as kind to yourself as you would be to a friend who is struggling. Reassure them that they will be ok, it is just anxiety and it will get better. However, to do this they will need to keep talking about it and practising the techniques and strategies put in place to help. There are further self-help guides and support on our website [in the parents' section](#).

Find help at: www.mind.org.uk,
www.moodjuice.scot.org.uk, www.nopanic.org.uk



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 their concerns, but there are certain colleagues with additional training to support you in pastoral and safeguarding matters.

SAFEGUARDING TEAM



Miss H Clarke
Assistant Head & Designated
Safeguarding Lead



Mr M J Scott
Headteacher
& Deputy DSL



Mrs F Davenport
Pastoral & Safeguarding
Administrator & DDSL



Mrs K Danby
Y7-10 Wellbeing
Officer & DDSL

PASTORAL LEADERS



Mrs K Griffin
Head of Sixth Form



Mrs D Martin
Y11-13
Wellbeing Officer



Miss S Tomkinson
Head of Year 11



Mrs H Goodall
Head of Year 10



Mrs A Seys
Head of Year 9



Ms J Capaldi
Head of Years 7&8

Please use schooloffice@nghs.org.uk to contact any member of staff



HANDS



FACE



SPACE

FORTHCOMING DATES FOR PARENTS

Wednesday 2 December (4.15pm-7pm)

Year 12 Parents Evening

Tuesday 8 December (4pm)

SEND Parents Forum

Friday 18 December (12.30pm)

END OF TERM

WE ARE NOT ALL IN
THE SAME BOAT
BUT WE ARE ALL IN THE SAME STORM



SUPPORT EACHOTHER
#DONTJUDGE #BEKIND

To urgently contact a member of the senior leadership team
outside school hours, please use urgent@nghs.org.uk
Please include your phone number and name of your daughter