



NEWPORT NEWS

A weekly update from NGHS

Volume 4 - Issue 11 - Friday 27 November 2020



The half-way point in this second autumn term has already been and gone and we find ourselves on the cusp of December.

My regular Microsoft Teams meetings with the Telford Strategic Board of Headteachers recognise that positive COVID-19 cases are falling, but the virus is still affecting schools across the region, including geographically very close to NGHS. We are doing so well in containing any COVID19-related issues with no secondary infections from students who have been sent home to isolate. When you hear of schools with 20-30 staff absent and full year closures, it is reassuring that things are going as well as possible here. That said, it is easy to become complacent, so please continue to encourage your daughter to keep on her guard with regular handwashing, face coverings and distancing. My colleagues and I continue to be bowled over by the mature and sensible approach our students are taking and we are all working together as one team. Thank you to our students and their families for their support.

Sadly many of the events linked to the festive period will need to be curtailed in 2020. There cannot be a family carol service at St Nicholas' Church this year nor any services on the final day of term. We will have a winter jumper day and also a Christmas Lunch on Friday 11 December. Please see page 4 for more information about how this will work. Any students in Years 7-10 who have not yet signed up for the catering parent app are also asked to do so as we will be phasing out cash shortly. Year 11 will have their biometric scanning later next week and **parents need to have signed up first**.

This term will finish as planned on Friday 18 December at 12.30pm. Students will be in lessons that morning and attendance is expected for all students in all years, even though Haberdashers Adams are finishing on the Thursday (advanced notice given for shared buses which won't run). Whilst Christmas is going to be a quieter affair this year, I am thrilled that our Christmas Smile donations have not waned and I am off to Telford shortly, where I will drop off a **huge** array of gifts in the minibus. See page two for more information. Thank you so much for your generosity.

A special mention this week to our Year 11s who are in the midst of formal mock GCSE examinations. Our external invigilators have openly complimented the girls' amazing approach to the examinations this year. Polite, courteous and resilient, they appear to be getting on with the task in hand, much to the credit of their families, their teachers and of course themselves. Just 2-3 exams left on Monday; we are very proud of how well they are doing.

So, T&W is in Tier 2, but not all our families will be living in T2 areas. We urge all families to keep themselves and others safe by adhering to the regulations as the end of term approaches.

With best wishes for the weekend,

Mr M J Scott

Newport Girls' High School

Wellington Road
Newport, TF10 7HL
Tel: 01952 797550

Headteacher: Mr M J Scott BA(Hons) Exon PGCertEd NPQH FRSA

To contact the School about a general enquiry, please use schooloffice@nghs.org.uk



PRIMED FOR SUCCESS

BUILDING UPON A CENTURY OF NGHS EXCELLENCE







BUILDING SITE UPDATE

This week, we have met with our building contractors to plan the set-up of the site compound, ensure safe fire evacuation routes and re-room classes for January (timetable rooms will change for some students; more information to follow). It is an exciting time. We will do our best to keep disruption to a minimum but it will not be straightforward owing to the location of the new building inside the school grounds.

The first phase of the project is groundworks (as you might expect) but also the transformation of a large classroom to a new science laboratory. This will benefit **all students** from February 2021. If you click on the logo above (hopefully the link works this week!) you will see our PFS website. We will keep you updated with photographs of developments. I have uploaded a 3D image of our new Dining Room today. The cost of the dining furniture alone will be in excess of £15,000.

As well as the Dining Room, the costs of all classroom furnishings, tables, chairs etc. and IT equipment must be **met by donations and grants**. Thank you to the families who have already committed to one-off donations or recurring amounts for 12 months. Anything from £7.51 (the price of two coffees) per month is eagerly anticipated. I will write to parents again once we get underway with the building work in the New Year. Please email pfs@nghs.org.uk if you have any queries. Thank you for your support. **Mr M J Scott**

In this issue...

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-  Christmas Smile - delivered!
-  Catering Academy updates
-  Year 7 roving reporter & community impact
-  Former pupil obituary
-  The importance of kindness



These bags are very full!



THANK YOU!!



Abigail Laycock, Head Girl

Today, we delivered all the Christmas smile donations to the Telford Community Centre where they will now be distributed to local families to ensure nobody goes without this Christmas.

In a year which has been extremely tough for us all, it is wonderful that the NGHS community has come together to donating a wealth of gifts to help



others. A massive thank you must go out to everyone who donated to the project; your donations will be making a massive difference to local children this Christmas and we can't thank you enough for supporting this campaign.

Thank you also to the four families who helped NGHS 'buy' two laptops and some visualisers for FREE as a result of supporting us in the HP Rewards Scheme. This is much appreciated.

Register for HP for Education at
<https://hpfe2020.com>

Earn trade-in rewards to help improve measurable outcomes in your school or educational establishment.

HP for Education 2020



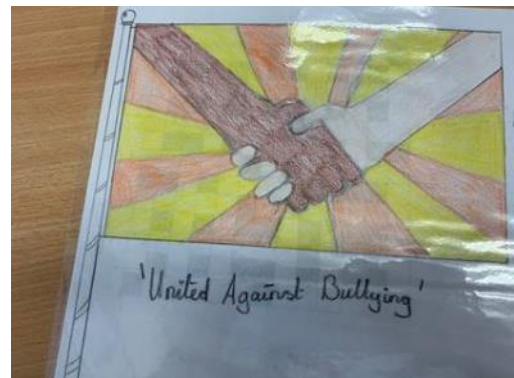


This year, more than ever, we've witnessed the positive power that society can have when we come together to tackle a common challenge.

Anti-Bullying Week is no different. Bullying has a long lasting effect on those who experience and witness it. But by channelling our collective power, through shared efforts and shared ambitions, we can reduce bullying together. From parents and carers, to teachers and politicians, to children and young people, we all have our part to play in coming together to make a difference.

We are all a piece in the puzzle, and together, we are united against bullying.

This year's theme was United against Bullying. Within this form time activity all students were shown the official film from the anti-bullying alliance, this is [available to view here](#) and they were invited to take part in an antibullying flag competition. We had two entries for this competition were are shown below:



"In a world where you can be anything, be kind"

"Kindness – it costs nothing, but means everything"

"Kindness begins with understanding we all struggle"

"We rise by lifting others"

"When you are kind to others, it not only changes you, it changes the world"



In memory of Ann Hatswell (née Smith) 1943-2020

We were contacted this week by Mr John Smith, brother of Ann Hatswell (née Smith), an old girl of NGHS. Following the bombing of the family home in London during the Blitz, her parents, sister Mary and brother John moved to Donnington where their father gained employment at the Central Ordnance Depot. Ann was born in 1943 and another brother, Graham, followed in 1945. Graham and John attended Adams Grammar School and Mary joined NGHS in 1954. John remembers that he and Ann both enjoyed their schooling in Newport. He mentioned in his email that 'it was one of the better fortunes of the war that we were taught by such excellent, happy schools and we have always counted our good fortune thereby.'

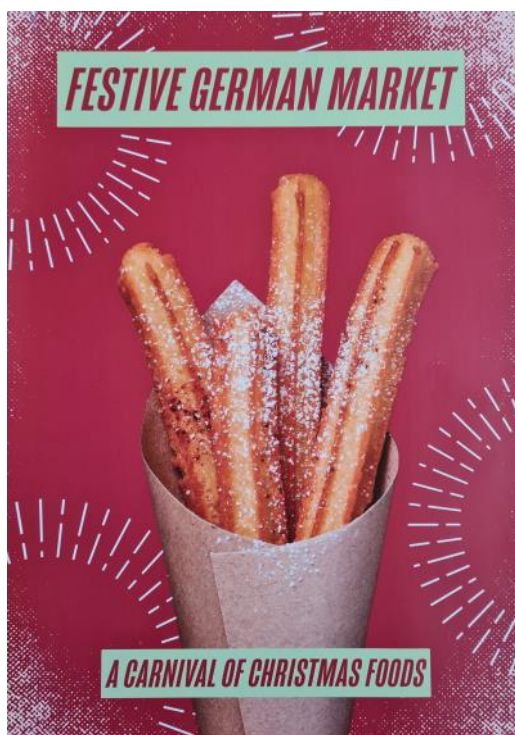
After leaving school, Ann worked as a District Nurse in London; a career of service and dedication in itself, however, she felt compelled to raise funds to try to open a Hospice in Kenton in the late 1980s. Not deterred by being turned down by many potential wealthy benefactors, Ann showed great resilience and

determination to succeed and pulled together funds to open first a Day Centre for cancer patients before St Luke's Hospice in Kenton opened its doors in 2000. Her hard work was rewarded in 2004 when she attended a Civic Lunch with the Queen and Duke of Edinburgh to mark her retirement. Ann sadly passed away from cancer in 2020, but it is fitting that she spent her final days in the Hospice she had worked so hard to build.

John mentioned that he sees Ann's legacy as a lesson to NGHS pupils of today; her extraordinary self-belief and humanity achieved something of lasting value to help and support others. [You can read Ann's obituary in The Guardian here.](#)

We know we have grandmothers of NGHS girls who attended NGHS themselves, so please get in touch with us if Ann is remembered by anyone in our community.

We thank John, and Ann's children, Daniel, Guy and Tom for telling us more about her time at NGHS.



New Dining Room Theme Days

Catering Academy, our catering partners, are delighted to announce that Thursdays are Theme Days. Next week it is a Festive German Market day. More information can be found in the Dining Room next week and we hope that students will enjoy some German treats as part of their lunch. Any suggestions for theme days after Christmas are welcomed by our Catering Team.

CASHLESS APP

Thank you to all the families who have signed up for the cashless catering app. If you have not yet done so, please [do by clicking here for a QR code to do this](#). We will complete the biometric scanning for Year 11 by the end of next week and will announce the last day when cash will be taken at our catering outlets.

CHRISTMAS LUNCH

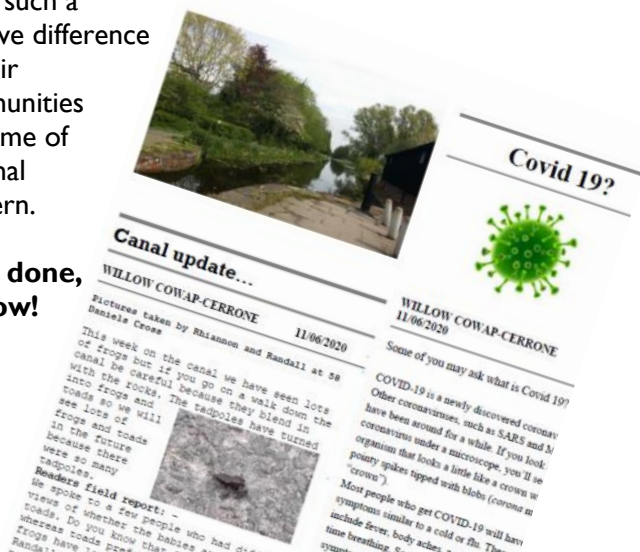
Tickets must be ordered by 7 December for service on 11 December. Details in the Dining Room. This will enable us to safely plan for bubbles etc. to all enjoy Christmas Lunch.

ROVING REPORTER KEEPS HER LOCAL COMMUNITY GOING

We are delighted to hear that Willow, a pupil in 7Seacole has been both supporting, but also entertaining her neighbours throughout lockdown by publishing competitions, recipes, puzzles and local area information in a fortnightly newsletter for her road's residents entitled 'New News'. In addition, Willow and her Dad have been collecting wood for the local area to make reindeer garden decorations for their neighbours.

Willow has single-handedly brought together an entire street of people who only vaguely knew each other. She has engaged her neighbours and asked them to join in, which they have embraced. Examples of her newsletters can be seen below. It is great to see how NGHS girls can make such a positive difference in their communities at a time of national concern.

Well done, Willow!



Over to you

Solutions for last issue	Picture	Comments from the New News Staff Room
<p>The word wheel was: DOG The animals were: cat, dog</p>		<p>These look just fabulous, with 3 variations to choose from, but this one was our favourite.</p>
<p>Last week's book was won by Randall for sending in their article about submissions for the wordsearch). Well done boys.</p>		<p>Well done Rob & Carol for a fantastic effort and although we cannot taste the picture you had us all wanting a slice in the staff room, especially with the salted caramel filling and fudge frosting.</p>

If you have a community-inspired lockdown story to tell us about, please email schooloffice@nghs.org.uk



The PTA is holding its **Annual General Meeting** on Thursday 10 December at 6.30pm. It will be an online meeting using Microsoft Teams - you don't need any special software to join in; simply [Click here to join the meeting](#) using your computer or mobile device. As well as the usual AGM reports, we will also be discussing how best to run the PTA during the extended lockdown period. All parents and carers are very welcome to attend.

One thing which we can still progress is online fundraising via our two shopping portals – [Easyfundraising](#) and [Amazon Smile](#). Both raise money for the school whenever you do your online shopping at no cost to you. There are lots of Black Friday deals at the moment, and increased Easyfundraising donations from some shops including John Lewis, Selfridges, Argos and Very. Why not do your shopping from your sofa and help the school while bagging a bargain!

Julie Harris, PTA Committee

Could this be an advert for your company?

We are offering the opportunity to place an advertisement in Newport News in return for a donation to the NGHS Friends account and the new build campaign, Primed for Success.

Please email pfs@nghs.org.uk for further information. Thank you.



This half term our Y10 and Y11 PE groups are having one lesson a week at the Body Barn. This has been a wonderful addition to the PE curriculum that we can offer to our students. It has been great to take students off site for their PE lessons and to explore different fitness sessions using the facilities available. We have been so impressed with the staff and the facilities at the Body Barn. Fitness centres and gyms are due to reopen again from the 2nd December so we felt now was a good time to introduce our families to the Body Barn in case you are interested in joining yourself.

Miss H Clarke, i/c PE

Danny Robb, the owner has written a few words about the Body Barn below:

Walking into The Body Barn for the first time feels familiar, its packed with regular members who all love their inspiring training environment. Instructors have instilled a true sense of community via the unrivalled group workouts on offer each day. Upholding its title as the largest outdoor training facility in Shropshire, The Body Barn has retained its humble roots whilst expanding seamlessly into the community.

When and Where? The Body Barn is situated in the surrounding farmlands of Newport and offers a refreshing take on its approach to fitness. Every morning from 6:30am the action begins, catching the early birds, before shifting over to its most popular evening session GroupFit from 6pm onwards.

7 workouts, 7 days - 45 minute workouts. 7 different choices. Most popular 'Signature' session delivered by owner Danny Robb, promises to blast through the calories in a functional style workout using equipment and body weight exercises, guaranteed to tone your body whilst keeping that heart rate high. Burn, Punch, Bar, Lift, Shape and Flow are just some of the other classes on offer to members. The Body Barn estimates you can burn up to 600 calories a class!

The Social Network - The Body Barn is filled with local members, who come together to support via the social channels. On the exclusive Body Barn Family Facebook page, you'll find the low down on all the latest events including fitness retreats, member shout outs and guest appearances. Check out the recent visit from Heck Sausage over on Instagram: @thebodybarn

Tips for First-Timers - Bring yourself, a water bottle and a towel. Arrive 10 minutes early to meet your instructor and get hooked up to state of the art MyZone trackers, courtesy of The Body Barn for all first timers, so you can track your heart rate and a plethora of data straight to your phone. All classes are planned and delivered by experienced and talented instructors who guide you through from start to finish.

First time sessions are free. Book via www.thebodybarn.co.uk or download our app. Flexible no contract membership options start from £23 per month. Pay-As-You-Go starts from £5 per class.

Returning to The Body Barn after lockdown - Returning back after lockdown, walking into The Body Barn feels familiar, but you know what even better. All our members who attend are feeling safe, secure and are getting the most out of their training.

'You've made the barn a very safe and comfortable place to be. Track and trace through the booking system, temperature checks, segregation of members, cleaning on multiple levels, a one-way system' (customer feedback)

We had developed over lockdown and added even more to our packages, which means members get even more for their money. We run on a credits system, when each month our members purchase 4, 8, 12 or unlimited credits, and one great thing about this, you're not tied down into a contract which means you can always upgrade and downgrade. However with our new online platform and members site, each new member also receives our HomeFIT programs, where they can download all of the past recorded live versions plus join all our current LIVE scheduled sessions. Not only this, they receive OpenGYM for FREE part of their package.

Before you even buy anything, you have the chance to try out the body barn for FREE. All you need to do is download our App or visit our website www.thebodybarn.co.uk



'The body barn has something truly special that I have never found before in a gym. It is hard to explain, but a perfect blend of challenging sessions, energetic and charismatic instructors and a truly family feel are guaranteed to make you love this place'



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.... BEING KIND



Miss A-M Davies

Interim Head of Year 7 & 8

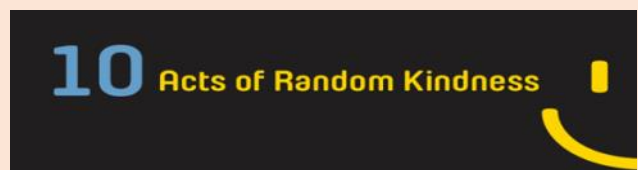
'Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.' Desmond Tutu

As a historian this appeals to me but in my current role as interim Head of Year, the sentiment behind Tutu's words are even more pertinent. We're not always kind to one another. In this fast-paced world, kindness and compassion can sometimes take a back seat due to outside influences and the stress of our day to day lives.

But kindness and empathy help us relate to other people and have more positive relationships with friends, family and even strangers we encounter in our daily lives. According to lots of recent research, as well as improving your personal relationships, kindness can actually make you healthier!

One for the scientists: apparently there are science-backed ways to show you can enjoy the benefits of improved health through kindness, including: how such acts release feel-good hormones (boosting your serotonin levels, improving your well-being) and eases anxiety – the positive affect experienced when helping others can lift moods and even effects the chemical balance of your heart, reducing blood pressure. Is this why we say kind people have really big hearts?

World Kindness day was on Friday 13 November, but do we need to wait for a national day to be kind to one another? No, but it is a good reminder of the importance of friendship, treating each other as we would like to be treated and the benefits for our mental health when we show kindness to one another. If you missed this national day, perhaps you could add February 17th to your calendar instead which marks 'Random Acts of Kindness' day – [this website](#) has some lovely ideas to help you celebrate it:



1. Smile
2. Hold the door open for a student or teacher
3. Give an honest compliment
4. Thank someone who you appreciate
5. Be a good listener
6. Offer your help to someone
7. Ask someone how their day is going
8. Hang someone's coat up if it has fallen off a peg
9. Let someone go past you in the dinner queue
10. Give a small gift or something handmade to a friend out of the blue

Remember: 'The wonderful thing is that it's so incredibly easy to be kind.' [Ingrid Newkirk]



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