



NEWPORT NEWS

A weekly update from NGHS

Volume 4 - Issue 12 - Friday 4 December 2020



I am delighted to say that a visit from a Public Health inspector this week to review and inspect our approach to handling the pandemic in school was very successful and they found **no areas for improvement** in our record-keeping, operational procedures, isolation system nor cleaning programme. NGHS continues to be recognised as one of the Telford secondary schools with a very low number of cases and no pupil-pupil transmission. We hope this continues. A massive thank you to our caretaking and cleaning staff who are doing a great job in keeping us safe. Mrs Sobczuk our cleaning supervisor was quizzed by the inspector at length about the cleaning products used and the signed-off cleaning rotas we produce were deemed exemplary, as well as our own NGHS Track & Trace system, which we designed back in August. We are never complacent however and keep reminding students and staff about distancing, hand-washing and being aware. What a team effort!

With the hope of a reported vaccine in the spring, questions are being asked about what this could mean for schools. As ever, we will be directed by the DFE and take a cautious approach to relaxing any of our protocols. There will be some changes to the timetable and rooming in January owing to the start of the building project (more to follow next week). The likelihood of a vaccination means that we *might* be able to sample some of the more enjoyable aspects of wider school life in July and go back to a relatively normal timetable in September. Certain aspects of the pandemic response will no doubt continue (such as using Teams for parent information evenings in September to save parents driving up to an hour to school for a 45 minute meeting) but NGHS also prides itself on its more personable contact with families and we will not be moving to a fully technological or institutionalised approach!

As December has now arrived, I must remind parents about our Winter Weather arrangements. These can be found [on our website](#). We never close the school unless it is essential, but in the event of the school being closed for bad weather, heating issues etc., an announcement will be text to parents and displayed on the website by 7.15am in the morning. If the school has to close in the middle of the day, we will never release students until they have made contact with a parent and senior staff will remain at school until the last pupil leaves. Please ensure we have up-to-date contact details for parents.

This term finishes on Friday 18 December at 12.30pm. Students will be in lessons in the morning and attendance is expected for all students, even though Adams are finishing on the Thursday (shared buses won't run). The Sambrook and Muxton/Lilleshall buses **will** run home at 12.40pm and we are 99% sure the S5 and the S519 to Stafford and Shrewsbury will leave by 1pm. To be confirmed! The school building will close at 1.30pm as the builders start work erecting fencing.

With best wishes for the weekend,

Mr M J Scott



PRIMED FOR SUCCESS

BUILDING UPON A CENTURY OF NGHS EXCELLENCE

BUILDING SITE UPDATE

This week we had our pre-commencement meeting with the company responsible for building our extension. The builders will be on site from 1pm on Friday 18 December and working in the lead-up to Christmas on assembling the external compound and internal walls to prevent contractors and students meeting. The intricacy of the building work being in the heart of the school adds a difficulty to proceedings. **It is important to note that the north entrance to the school site (further up Wellington Road) will be closed off to parents from January. This means that parents cannot come onto site there to drop off students. The front car park will continue to have the barrier up until 8.15am for drop-offs, but the north entrance will be closed.**

Thank you to the NGHS parents who have already contributed to our fundraising campaign. This week, we have had an generous proposal from a Year 10 parent whose business will match £100 for every £100 donated by up to 10 families in the next seven days. This is a potential £2000 for the campaign, so we thank him very kindly for this idea.

If you can make a £100 one-off donation, please email us on pfs@nghs.org.uk or visit [our Givey charity donation website](#) to make your donation with our grateful thanks.

Thank you

Mr M J Scott

In this issue...

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- Medicine Alumnae Speaker
- Wrekin Expedition Fundraiser
- Robin Art Workshop
- Newport Safer Neighbourhood Team update
- Paired working through MS Teams in MFL



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

Newport Girls' High School

70th = NATIONAL RANK

Readers of The Sunday Times will have noted the national rankings for schools last weekend. NGHS is thrilled to be once again the top performing school in the north Midlands, seventh in the West Midlands overall and ranked 70th in the country out of over 4000 state secondary schools. We are of course the WM School of 2020, too.

There are no rankings for 2020 because of Covid19, but our results at both A-level and GCSE would most likely have pushed us closer to the top 50. Congratulations to those who sat exams in 2019 and thank you again to our fabulous staff for all their hard work preparing students for their exams.

TOP 20

STATE SECONDARY SCHOOLS

THE SUNDAY TIMES
SCHOOLS GUIDE 2020
WEST MIDLANDS
STATE SECONDARY SCHOOL OF THE YEAR

West Midlands rank
National rank

1	12	King Edward VI School, Stratford-upon-Avon
2	13	King Edward VI Camp Hill School for Boys, Birmingham
3	17	King Edward VI Camp Hill School for Girls, Birmingham
4	38	Stratford Girls' Grammar School, Stratford-upon-Avon
5	41=	Sutton Coldfield Grammar School for Girls
6	44	Bishop Vesey's Grammar School, Sutton Coldfield
7	70=	Newport Girls' High School
8	72	King Edward VI Five Ways School, Birmingham
9	76	Haberdashers' Adams, Newport
10	81	Rugby High School
11	104	Queen Mary's Grammar School, Walsall
12	107	Wolverhampton Girls' High School
13	112	Lawrence Sheriff School, Rugby
14	117	King Edward VI Handsworth School, Birmingham
15	134=	Alcester Grammar School
16	143	Queen Mary's High School, Walsall
17	162=	Tudor Grange Academy, Solihull
18	182=	Kenilworth School and Sixth Form
19	186=	King Edward VI Aston School, Birmingham
20	190=	Kings Norton Girls' School, Birmingham

Medicine & Oxbridge Masterclass

On Thursday, Y12 and Y13s were invited to attend a talk by a former student, Elizabeth Bearblock, a recent Alumna of NGHS who is currently in her fourth year of studying medicine at the University of Cambridge.

After a few introductions, Elizabeth began by telling us about her current student life with everything from shifts at the hospital to maintaining a social life, giving us a real insight into student undergraduate experience. She then proceeded to talk to us about University admissions processes, mainly focused on medicine, but much of her advice was applicable for a range of courses at high-level institutions. It was very insightful as it is rare to hear about these things from a student's perspective, especially on interviews, and in all honesty, it was rather reassuring to hear that these things are not as daunting as they seem.

Finally, there was time for a Q&A session including queries regarding the BMAT, A-Level tips, and the realities of university life. I was lucky enough to be



offered to get in contact with one of her friends that takes the course that I am interested in, for which I am really grateful.

As a Cambridge-hopeful myself, the opportunity to hear and speak to someone who was successful in her application under similar circumstances was very inspiring and I would like to thank Mrs Dainty and Mrs Griffin for organising the event and to Elizabeth for giving up her time to speak to us.

Lillian, Year 12

WALKING WITH THE WOUNDED

Walking Home For Christmas



Fundraiser

Ella Bowness

Member of Shropshire Army Cadet Force

Donate to Ella

What I'm doing:

For those who don't know me I'm Ella and I'm in year 11. On December 13th I will be walking up the Wrekin in Telford 8 times with 15kg in my rucksack. I hope to raise at least £150 and I would really appreciate it if you could donate.

How to donate:

You can either go to the walking home for Christmas website and search for Ella Bowness or [follow this link](#). You will find my profile as shown to the right where you are able to donate.

How your money helps:

Coronavirus has created a new battlefield this year for ex-military already struggling and socially isolated due to poor mental health, with ex-servicemen and women being the hardest to reach. You will directly support Walking With The Wounded's work with the NHS and the 200 other organisations who collaborate. It helps to support those who have served in the Armed Forces along with their families, empowering them to regain their independence, thrive and contribute in our communities. Walking With The Wounded works within NHS mental health teams, in police custody suites and in homeless hostels to help those who have fallen the furthest with mental health, employment and care coordination programmes. None of this is possible without your kind donations. Thank you. **Ella B**



1,875

ex-military and family members supported by Walking With The Wounded in 2019 thanks to our fundraisers.



2,600+

hours of mental-health therapy delivered to ex-military and family members in 2020, online or within an average of 7 miles of their home.



5

We can allocate a private mental health therapist within an average of 5 working days.



£75

pays on average for a veteran to have a 1-2-1 online mental health therapy session.



£150

pays on average for a veteran to have two 1-2-1 online mental health therapy sessions.



£815

to fund a veteran or family member through our Head Start mental health programme.

Wellbeing

This week we focus on....
QUALITY SLEEP

Sleep plays a critical role in maintaining good health and wellbeing and on average a teenager should be having 8-9 hours sleep minimum every night.

Although such a vital component of maintaining good health, it is often an area students can neglect, particularly when they are working to deadlines or have examinations to prepare for. As a pastoral team we work hard to help students understand that a good night's sleep not only develops their cognitive ability, but it also aids their focus and attention span, which will result in a stronger academic performance.

To aid a good nights sleep it is firstly important to have a regular bed time each evening allowing our internal body clocks to get used to this routine.

Time to unwind is a critical part of preparing for a good nights sleep, allowing the body both physically and mentally to relax. There are lots of ways to do this, from taking a bath to reading a book. Often students will tell us that they get distracted by mobile phones or other devices. These devices serve as a stimulus to the brain making it much more difficult for them to get to sleep. We would advise students to switch

off all devices at least one hour before they intend to head to bed.

Keeping our bedrooms as a recognised relaxing space helps to aid good sleep. Often students will study in their bedrooms and

therefore will find it difficult to switch off from 'work mode'. We suggest that students make their rooms dark, quiet and tidy to allow for them to feel as settled as they can.

If students struggle to sleep or wake in the night, often relaxing techniques such as mindfulness and breathing exercises can help to restore their sleep. If they struggle to return to sleep within 20 minutes, they should get up out of bed and do something relaxing in a low light for a few minutes to remove any stress surrounding returning to sleep.

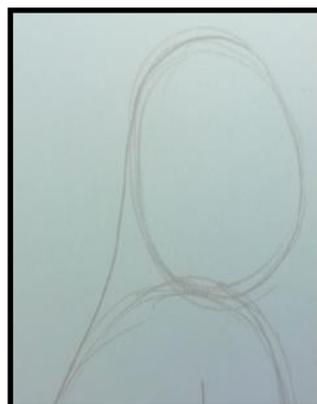
If anyone is concerned about their sleep and would like some further help and advice, then we would recommend the sleep council website or they can come and talk to any member of our pastoral team, who will only be too happy to help.



Mrs K Griffin, Head of Sixth Form

Year 7 & 8 Art Workshop with local artist & former pupil

This week, some of our Year 7 and Year 8 students enjoyed a virtual workshop with local artist and former NGHS pupil, Sallie Humphreys. As Sallie's profile below shows, she faces considerable difficulties in her daily life but was clearly able to demonstrate to the girls how these do not hold her back and how she manages to bring joy to others through her painting. The workshop centred around the sketching and painting of robins and, as you can see, there were some excellent examples created.



Sallie Humphreys

Introducing our Guest Artist...

I was born with a rare condition called Holt-Oram Syndrome which affects my entire upper body. I'm missing various bones and muscles, I don't have thumbs, and I struggle to use my hands and arms. I've lived in pain since the age of seven, it is constant and relentless - I take

a lot of medication and require a lot of medical treatment. My condition also causes me to have Congenital Heart Disease and I am reliant on a Pacemaker.

I've always loved drawing and I dreamt of being an artist since I was really young. It was always my favourite subject at school, and after leaving the Girls' High in 2008 I did an Art Foundation course and then went to Loughborough University to study Illustration.

After graduating in 2013 I started receiving orders for paintings which was so exciting! I aimed to apply to do a

secondary PGCE in art, but I was advised against it due to my health, which was another devastating blow - I felt like I had no options at all, my health was getting worse and worse and I wasn't able to work due to pain.

Seven years on, I have lots of painting orders (more than my hands and arms can manage which can be super stressful, and require a lot of physio) and I teach art privately. I have about 20 wonderful students who I teach every evening after school (all virtual lessons at the moment due to covid!)

I work part-time around hospital appointments and the relentless pain, but it sort of works for me - I really enjoy my job, it's exactly what I spent my childhood and teenage years dreaming of doing! I have managed to make a career from what I love, despite there being SO many obstacles. The workshops I held for the years 7s and 8s last week were brilliant, I was so impressed with their talent and enthusiasm - they were an absolute joy to work with, and I'd love to do more of this in the future.

Thank you Sallie for inspiring our Year 7 & 8s!

Congratulations!

THANK YOU FRIDAY

Congratulations to this fortnight's winners...

To: Student	From: Teacher
A Barnshaw (8S)	Mrs T Fujii
H Gilbert (8R)	Mrs J Chandler
R Goodwin (8S)	Mrs A Chapman
A Jarrett (9S)	Mrs H Goodall
A Jenkins (8S)	Mrs J Chandler
I Knight (11Y)	Mrs A Chapman & Mrs H Goodall
P Larsen (8S)	Mrs J Chandler
G Lloyd (8A)	Mrs J Chandler & Mrs K Wallace

To: Student	From: Teacher
R Morgan (12N)	Miss A-M Davies
I Morris (7A)	Mrs H Goodall
O Needham (12N)	Miss A-M Davies
A Roddy (8R)	Mrs A Chapman
A Stephen (7A)	Mrs K Wallace
J Tagboto (8S)	Mrs T Fujii
L Whitehouse (8R)	Mrs A Chapman
A Wysome (8A)	Mrs A Chapman



Feeling Tense? Not in MFL....

Smiles all round as Year 9 girls revise for an upcoming speaking test, whether in school or at home.

Mrs Fujii's Year 9s were not feeling tense at all as they played a revision game featuring the present, past and future tenses in GCSE French lessons this week.



Newsletter

Newport Safer Neighbourhood Team (SNT) Newsletter - December 2020

Your Safer Neighbourhood Team for
Newport and surrounding villages, including
Llilleshall, Church Aston, Chetwynd Aston,
Edgmond, Sambrook, Howle, Tibberton,
Cherrington & Preston on the Weald Moors



PC 1522
Lee Thomas



PCSO 6306
Ivan Collumbell



PCSO 6447
Merrick Liston

CHRISTMAS IS COMING, THE THIEVES ARE GETTING FAT, DON'T PUT YOUR MONEY IN A LOAN SHARKS HAT (OR POCKET)

We know that many more people are feeling the financial strain this year, and with Christmas just around the corner, the pressures on our pockets will only increase.

This brings with it the risk that some individuals may feel the only way to manage their finances short term will be to take advantage of services offered by unauthorised money lenders, otherwise known as **LOAN SHARKS**

A loan shark is someone who runs a money lending business without permission from the Financial Conduct Authority. Loan Sharks rarely, if ever, give any paperwork and if payments are missed they often use intimidation and violence to get money from their 'clients'.

If you have already borrowed money from somewhere other than a bank, finance company or other reputable, licenced organisation, you might be borrowing from a loan shark

If you find yourself in such a position, don't worry, you've done nothing wrong

We know that many people do not want to talk to the police about such matters but help is at hand through the England Illegal Money Lending Team who can offer practical support and will investigate all allegations relating to Loan Sharks – they are just a phone call away and since 2004 have helped over 30,000 people who have borrowed money from loan sharks.

For confidential advice, or to report a Loan Shark, simply telephone **0300 555 2222** or visit www.stoploansharks.co.uk

IT'S ILLEGAL TO SMOKE IN A VEHICLE WITH ANYONE UNDER 18



We have received several reports recently of parents smoking in cars whilst taking children to / collecting from schools.

Please be aware it is an offence to smoke in a car when there is an under 18 year old on board, the exceptions being when the driver is 17 and alone in the vehicle or when e-cigarettes are being used.

The smoker (and the driver if someone different) can be issued with a £50 fixed penalty notice.



We often see incidents and suspicious activity being reported & commented on via Social Media after the event, sometimes long after, but often nothing is ever reported to the police.

If we don't know about it, we can't do anything about it!

If you see something, say something - call the police on **101** (or in an emergency / crime in progress dial **999**)

LOAN SHARKS DON'T BE VICTIM!!



DON'T USE LOAN SHARKS - THE LENDING HAS NO ENDING!

A Time For Giving (but sadly for taking too..)

We will be working hard leading up to and over Christmas to keep you and your family safe, but there are steps you can take to help us.

When you're out shopping:

- Stay alert and be aware of what's going on around you, especially in busy shops and crowded streets where thieves and pickpockets may well be operating.
- Keep valuables in inside pockets of clothing or bags.
- Never leave purchases on display in your car - lock them in the boot.
- Only carry the cash and cards that you need. Always shield the PIN pad when entering your PIN.



Back at home:

- Don't leave presents under the Christmas tree if they are visible from windows or doors.
- Make sure you keep your doors and windows locked at all times.
- Break down any boxes you are throwing out, especially for valuable items, put them in rubbish bags and place them inside the wheelie bin.

How to contact
Newport SNT :



newport.snt@westmercia.pnn.police.uk



General Advice / Info
01952 216475



@NewportCops



fb.com/TelfordCops

Always call **101** to report any incident that requires police attendance **IN AN EMERGENCY / CRIME IN PROGRESS DIAL 999**



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

From Catering Academy

Takeaway
Day
#NotFryday

Thursday 10th December

Candy floss also available after a
sell out this week

Ready for Christmas lunch on Friday 11th December.
Please purchase your tickets by Monday 7th December.



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