



NEWPORT NEWS

A weekly update from NGHS

Volume 4 - Issue 13 - Friday 11 December 2020



The school is looking brighter and festive as December starts and it is great to see students and staff looking warm and cheery in their winter jumpers today. We have managed to seat everyone safely in bubbles for Christmas Lunch - take a look at the photographs on page 2. It was nice to see the girls in all year groups enjoying their lunch!

Our mobile classrooms arrived on Tuesday and will be with us until the forthcoming building work finishes. You can find out more about them in the 'Primed For Success' section on the right.

The government's announcement that schools should close on 17th December came quite late to us this week, but we hope that you have received this message. Having just negotiated on arrangements for Arriva buses etc. to come early on Friday, we have had to make a U-Turn, but I think it makes sense and we will follow the DFE's guidance. Term will finish at 3.40/3.45pm on Thursday 17 December. We expect full attendance until this point (unless COVID19 isolation is necessary).

House Music entries have been submitted on line this week. Well done and thank you to those who have bravely videoed themselves. I have personally really missed the opportunity to sit in the Hall and watch the soloist and group performances. Students will have the opportunity to watch these performances next Wednesday at the start of fifth lesson and the results will be announced in my end of year Teams assembly on Thursday.

A couple of local churches have asked to share their Christmas Service information and we have done this in this week's newsletter on page 5. I am always happy to share community notices. If you are involved in a community activity, feel free to send information to schooloffice@nghs.org.uk by Thursday lunchtime for consideration.

Finally, we do occasionally get emails about parking issues in the roads around school. It is clear there is growing unhappiness at the actions of parents. Following consultation with our Chair of Governors, we have made the decision to print one parent/resident's letter in full to try to explain the situation first-hand. This is on page 4. We are not the Police, but we do want to keep the roads around the school as safe as possible.

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 has seen the arrival of the mobile classrooms, which are necessary because of Covid-19 rooming regulations. When we wrote the expansion bid back in early 2019, we fully expected to manage without two classrooms for the duration of the build. Covid-19 prevents sharing classrooms across year groups and we have had to pay for additional mobile classrooms and toilets, costing £30,000+ that was not part of the bid. You can therefore see why this campaign is necessary.

The girls were particularly excited to see the cranes in action when the mobile classrooms arrived; see page 2 for more information. The classrooms are now assembled and are being painted and carpeted ready for Year 10 to take them over in January.

A massive **thank you** to those who have responded to the match donations idea mooted in last week's edition. We are doing well with 8 donations so far; just a couple of £100 bids short. Please consider whether you can make a donation (of any size) this weekend to the campaign. [Click here to make a donation](#). I appreciate it's not a great time with the holiday season coming up, but any help is gratefully received. **Mr M J Scott**

In this issue...

-  Christmas Lunch success
-  The mobiles arrive!
-  Residents' parking concerns
-  House Charities Week Report
-  Christmas cards to Canada & German fun
-  Pastoral Support over Christmas / Anxiety woes



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

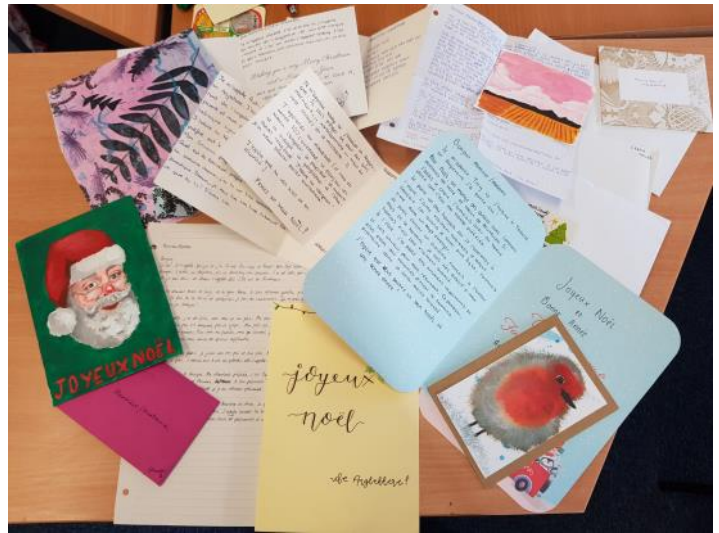


Thank you to our Catering Academy partners for serving around 200 Christmas lunches to students across the school in record time!



Routes Into Languages

The MFL faculty have been really busy this week, with year 9 having a really informative talk from Gemma at Aston University (via the Routes Into Languages programme) and students from all year groups contributing to a lovely selection of letters and Christmas cards in French that are being sent to residents of a care home in Canada, with the aim of brightening what might otherwise be quite a lonely Christmas. Thank you to all who took part and especially those who created hand-made cards, a selection of which are shown in the photograph.



4. It's a good qualification to have

- Employers are impressed by people who speak a language
- Businesses need language speakers, especially after Brexit
- Understanding more than one language shows that you have good communication skills

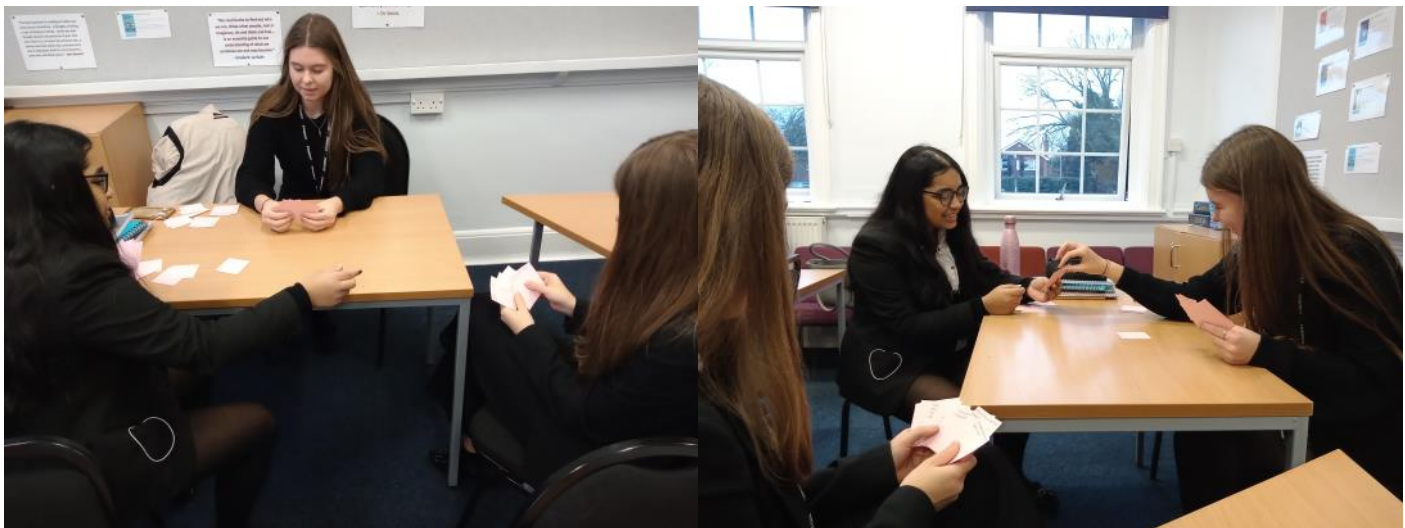
Careers With Languages

<ul style="list-style-type: none"> • The Media • Lawyer • Teacher • International Manager • Forensic Linguistics • Academic Researcher • Broadcast Journalist • Diplomatic Service 	<ul style="list-style-type: none"> • Cabin Crew • Import and export • Internet companies • Translator • Customer support • Advertising and marketing
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GERMAN TENSES GAME

Our Year 9s last week showed how they used games effectively in French. This week our Year 12 Germanists have been working together to produce on a tenses card game! Language learning is fun in every key stage at NGHS!





Letter from a concerned parent and local resident

I am writing to you with regards to the parking issues that are caused on the residential streets surrounding Newport Girls High School.

The issues being caused on Springfield Avenue/Brookside Avenue/Wellington Road have always been problematic for us residents but lately it has escalated to a whole new level.

Parents/Grandparents who are collecting children from the Girls High seem to have quite the sense of entitlement with regards to where they believe they can park. Examples include but are not limited to, parking completely across driveways (often multiple driveways at a time) and therefore restricting access for the home owners, parking causing a complete obstruction across the footpaths, double parking, thus completely obstructing the road, parking on or opposite junctions, impeding the flow of traffic and in some instances bringing it to a complete standstill.

Our normally quiet little residential estate simply can't cope with the volume of traffic we are seeing on a daily basis. The roads are not wide enough to be able to accommodate these vehicles, so much so that in order to pass each other, they are mounting the pavements to allow them room to squeeze past. This is incredibly dangerous as they pay absolutely no attention to the pedestrians who are using the footpath at the time. I have experienced this first hand as I was one such pedestrian who was struck with the wing mirror from someone's car as she mounted the pavement to allow another car to get through. All I can say is thank goodness it wasn't my daughter that was hit.

Parking isn't the only problem, however. Often, these parents are parked up for up to 40-50 minutes at a time to enable them to get the 'prime spot' as close to the school as possible. They sit for that period of time with their engines running. It is choking, having to walk past those cars and breathe in those toxic emissions. So choking in fact that I have had to stop bringing my daughter out in her pushchair on the school runs as she is just at the right height to be breathing in all those fumes.

I and several other residents who live on the above mentioned roads are at breaking point. We have quite simply had enough.

I myself am continuously in contact with our local police force, our local counsellors and Telford & Wrekin council, sending them almost daily photographs of the horrendous displays of inconsiderate parking, in order to try to get this matter addressed.

While I understand that things are going on behind the scenes to put a permanent solution in place, it is a long process and not something that will happen overnight. Therefore, I would really appreciate some support from the school to alleviate this issue in the interim. It is not enough to put a small paragraph in a newsletter to kindly request that parents park considerately. It is being ignored. We need something on a bigger scale that really highlights these issues we face on a daily basis.

We have taken the decision to post the entire letter so you are aware of the concern that is being levied at us by residents. The School has not been contacted this term by Councillors, the Police nor Local Authority, although we know parking checks are carried out by LA. The School does not take sides, but does continue to advocate car parking in town as students can walk there at the end of the day. In any case, we always request **SAFE PARKING** and ask that this is always maintained. **Mr M J Scott**

Comfort and Joy



Advent & Christmas 2020 at St Andrew's

Reaching out with God's Comfort and Joy to our whole community - all ages, in the flesh & online!

Services and Events:

Sat 6th Dec 10am - Holy Communion (in Church & via Zoom)

Sat 12th Dec 5pm - Cook Along with the Vicar!

Tickets to this online fun & fundraising event can be found on Eventbrite!

Sun 13th Dec 10am - Holy Communion (in Church & via Zoom)

I.D. 81671883580; Password: 1234qwer

Tue 15th & Wed 16th Dec - Carol Singing in the Care Home Car Parks! Full details coming soon!

Sun 20th Dec 10am - Holy Communion (in Church & via Zoom)

I.D. 81671883580; Password: 1234qwer

Sun 20th Dec 6pm - (Outdoor) Carols by Candlelight Nativity Service A pre-recorded service, with Nativity readings from the children from Church Aston Infants, for those unable to attend, can be enjoyed on our YouTube channel!

Wed 23rd Dec 4pm - Blue Christmas (in Church & via Zoom)

A short, candlelit service for those who are grieving to come and light a candle in memory of someone they will miss this Christmas.

I.D. 7836717151; Password: church2020

Thu 24th Dec 11.30pm - Midnight Mass (online)

The full Midnight Mass service will take place (pre-recorded) online & can be accessed via our YouTube channel.

Fri 25th Dec 9am - Short Holy Communion Service (in Church & via Zoom)

  @Church Aston St Andrews

www.churchastonstandrews.com



HOUSE CHARITIES

Over the last few weeks the Charity Prefects from each house have been busy planning all sorts of Covid-friendly fundraising activities. With the official charity week occurring over the week commencing 23rd November we had organised, Name the teddy bear, guess the number of sweets in a jar and with the main event consisting of encouraging individual students to be sponsored for an activity of their choice.

After over a week and a half of the activities being available we are proud to announce that **Tracey** from the Cleaning Team won the jar of sweets with a guess of 205 sweets in the jar, which was the closest to the 187 that were actually in the jar. The winners of name the teddy bears were Rhea from 7A with the name of Barnaby, Mrs Fujii with the name Fabrizio and Miss Heyes on Reception with the name Bertie.

Overall the entire week allowed us to raise an astounding £320.63 with one student in Roddam raising £132 alone. Thank you to everyone who took part.



Christmas Services at St Nic's



Social distancing applies for all services; if you'd prefer stay at home and join us at St Nicholas Church, Newport, Shropshire Facebook page -

Sunday 13th December, Family Communion 10.30am

Saturday 19th December,
(Take away) Coffee, Cake and Candles 4pm - 6pm
(Light a candle for those we miss this Christmas)

Sunday 20th December, Family Communion 10.30am

Newport Carol Service - 6pm (Free Ticketed Event)
Tickets available from Church 10.30-11.30am Sunday,
Wednesday and Saturday.

(In place of Christingle) - Family Nativity Stations
Costumes welcome! (Wrap up warm)
2-4pm Wednesday 23rd December

Christmas Day Service
25th Dec, 10.30am

Midnight Mass (first Communion of Christmas)
11.30pm (24th Dec) - Limited spaces -
Doors close at 11.35pm



In school we have run the red box project for a number of years. This is a community run project that provides menstrual products to young people in schools. These posters are displayed across the school for students to see and products are kept in the first aid room for any students who need these. This academic year the community run project has stopped as this is now an area that is funded by the government, but we continue to offer products to students in school.



As we are nearing Christmas I thought it was important to raise awareness to parents of this scheme as a pack of sanitary products can be provided to your daughter to take home for the Christmas break. If you feel this is something you would find useful please ask your daughter to see Mrs Davenport in her office or email schooloffice@nghs.org.uk FAO Mrs Davenport who will be able to arrange this before Thursday next week. **Miss H Clarke**, Acting Deputy Head

The Red Box Project

Wellbeing This week we focus on... ANXIETY

Anxiety is a normal, human feeling of fear or panic. Most people will experience these feelings at some points in life and might feel worried about things like work or friendship, especially during stressful situations like exams. However, sometimes we can find that we are still finding it difficult to calm down after a stressful situation has ended or that we are constantly feeling panicky and on edge, and this is when anxiety can be a problem.

Feelings of anxiety are the body's biological response to stressful situations and are actually designed to help aid our survival. In the times of early humans where people might face extreme danger such as sabre tooth tigers it was important that the body developed a quick response mechanism to such situations. Human brains have an inbuilt alarm system that means that if something doesn't feel right, we become more alert and our body releases adrenaline. In an encounter with a sabre-tooth tiger this adrenaline would help us to respond to danger through fight or preferably flight. However, in some of the situations that can cause stress and anxiety in our modern lives, this release of adrenaline can make us feel more anxious and cause symptoms such as a racing heart and faster breathing that are associated with panic.

Some of the signs that can suggest that anxiety is becoming a problem are feeling nervous, on edge, or panicky all the time; feeling overwhelmed or full of dread; feeling out of control; having trouble sleeping; low appetite; finding it difficult to concentrate; feeling tired and grumpy; heart beating really fast or thinking you're having a heart attack; having a dry mouth; trembling; feeling faint; stomach cramps and/or diarrhoea/needing to go to the toilet more than usual; sweating more than usual; wobbly legs or getting very hot. If you find that you are experiencing these feelings, it is important to realise that there are lots of ways in which you can help yourself but the best thing that you can do to start is to talk to someone about how you are feeling. Although the idea of this might make you anxious, it is the best way of getting support and help.



It is useful to notice whether there is any pattern to your anxiety triggers and to how feelings of anxiety manifest themselves in you. If you become familiar with your own triggers and anxiety patterns then you can learn to use self-help strategies to calm yourself down and control the symptoms of your anxiety.

There are many self-help techniques that can be used to help soothe feelings of anxiety [see the picture for some suggestions]. Many people find that mindfulness and meditation are useful ways of reducing anxiety and feeling calmer. There are many useful apps available such as Calm and Headspace that can be used to help with this. Calming breathing techniques such as imagining that you are blowing gentle bubbles into a drink through a straw are another simple but effective strategy to try. Some people find [self-soothe boxes](#) to be very helpful

There are also many websites and organisations that can help with information and advice. www.nopanic.org.uk and [Young Minds](#) offer help, advice and strategies for young people who are struggling with anxiety.

Mrs A Seys, Head of Year 9



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

YOU ARE NEVER ALONE. THERE IS ALWAYS SOMEONE TO TALK TO, EVEN THROUGH THE HOLIDAYS.

kooth.com

Kooth is an online mental wellbeing community offering free, safe and anonymous support.

www.kooth.com

We're here for you, whatever's on your mind. We'll support you.

www.childline.org.uk



We're the UK's leading charity fighting for children and young people's mental health.

www.youngminds.org.uk



Whatever you're going through, a Samaritan will face it with you.

www.samaritans.org Call - 116123



PREVENTION OF YOUNG SUICIDE

PAPYRUS is the national charity dedicated to the prevention of young suicide.

www.papyrus-uk.org 08000684141

Shropshire
Telford and Wrekin

An emotional health and well-being for young people under 25 years old.

www.childrensociety.org.uk

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