



NEWPORT NEWS

A weekly update from NGHS

Volume 4 - Issue 14 - Thursday 17 December 2020



How satisfied are you with life at present?

To what extent do you feel that the things you do in your life are worthwhile?

An interesting survey which started with these two personal questions landed in my inbox this week and, on closer inspection, it was a Headteacher survey on behalf of the Department for Education. A number of emails quickly circulated among Headteacher colleagues; with them a range of views on the reasons for the questions. I considered my responses: Truth be told, I am very happy with my post and the school I am lucky to lead. I know I am fortunate. Not all Headteachers have bright, polite and focused students who want to be here to achieve, not all Heads have supportive parents and not all Heads have a collegiate, hard-working workforce of staff, in both teaching and support sectors, who have gone way out of their comfort zone in the past nine months to continue educating our students. What the range of responses to the survey will bring I'm not sure, but, today I am relieved to have steered the NGHS ship to the end of a long term with relatively low levels of disruption compared to other schools locally and further afield. I know students are doing well (in the classroom and at home), staff have stoically kept going to teach and support, parents are keeping their daughters motivated and our cleaners have worked wonders in keeping the site safe. What a team!

The announcement about mass testing in schools caught us all by surprise this week. I suspect more is on the way to digest in the next few hours concerning reopening in January! There are also webinars for Heads next week, so I will be in touch when we know more. The rationale for testing is good, but we need time to plan effectively.

This week Year 7 have enjoyed a Pantomime in lesson time (instead of the annual theatre trip). The whole school has been treated to House music entries online and this afternoon sees our final assembly (on Teams) with the much-anticipated staff pantomime, written by two sixth formers and performed by about 15 staff.

In my final Teams assembly, I will talk about the plans for January in terms of the building work, which gets underway tomorrow. Please remember the north driveway is closed to parents from January. Years 7-10 have been issued with a slightly revised timetable; mostly rooming changes. Our two mobile classrooms have been painted and decorated and are ready for Year 10 to move in.

Today we say goodbye to **Mrs Tracey Sinclair** who has been covering for Ms Capaldi. Her obvious talent as an



PRIMED FOR SUCCESS

BUILDING UPON A CENTURY OF NGHS EXCELLENCE

BUILDING SITE UPDATE

The mobiles have been finished to a high standard and the toilet block has also arrived. We are gearing up for the 'spade in the ground' moment on 4 January. Thank you to those who have already made a donation to the fundraising appeal. Perhaps over Christmas, take time to [read more about our appeal online](#). **Mr M J Scott**

English teacher has meant she has been snapped up for a permanent teaching post elsewhere, starting in January, but unfortunately Ms Capaldi is not yet able to return. In the interim we have another experienced English teacher and examiner, Mrs Shearman teaching Ms Capaldi's classes for a few weeks. We also say a fond farewell to **Mrs Joy Veale**, one of our Technicians. Mrs Veale's commitment to the school meant she postponed her retirement when Covid19 started, but it is now time to wish her all the very best for a long and happy retirement. You can read more about her work at NGHS in our feature 'Ode to Joy' on page 2.

We hope to reopen on 4th January (I am aware of pending Government announcements possibly to the contrary so I will keep you updated). I wish everyone a very peaceful break as well as a healthy and happier 2021. If you have any very urgent matters, please email urgent@nghs.org.uk and I will do my best to assist. The final page of NN has helpline numbers for over Christmas, too. **Mr M J Scott**

In this issue...

-  Ode to Joy—Mrs Veale
-  House Music results
-  Talented Year 7 designer
-  Pantomime with a difference
-  The value of money (PSHE)

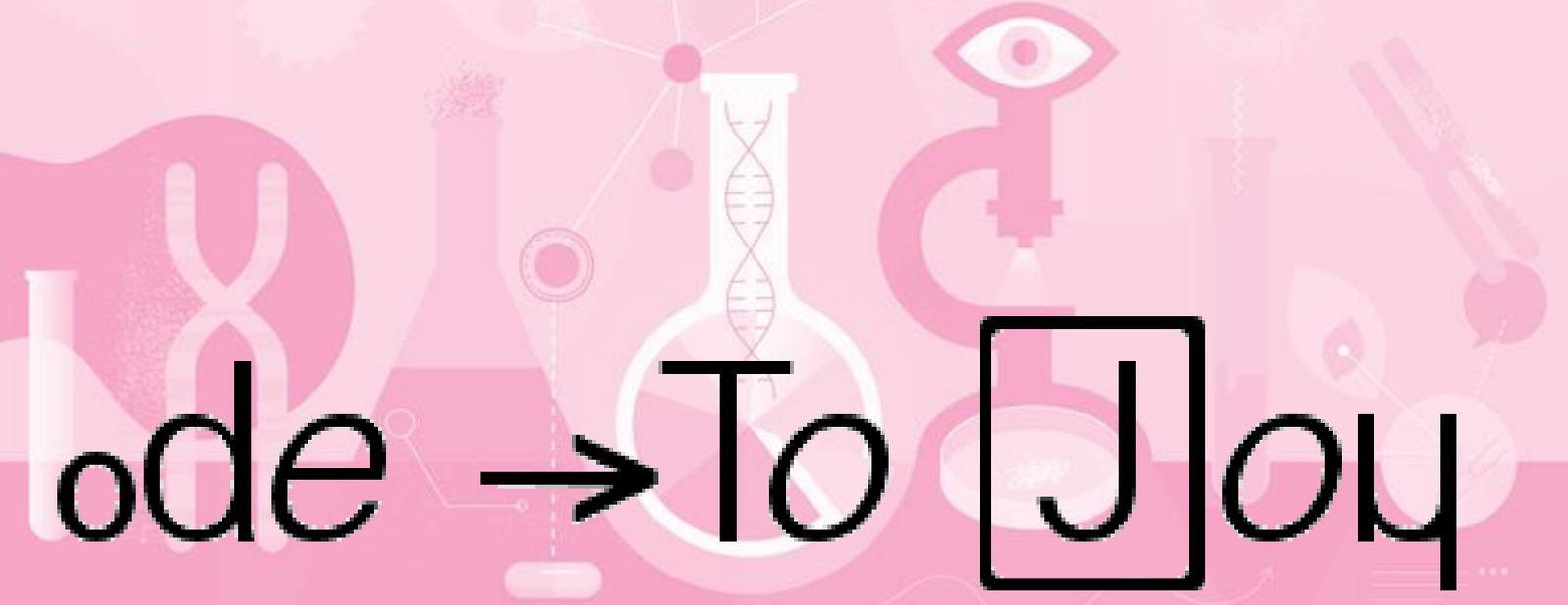


Newport Girls' High School

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



Joy Veale joined the Science Department eight years ago as a part-time Technician. She was a retired Science teacher with a specialism in chemistry, who was not quite ready to go into full retirement. This was very much to our advantage as her vast experience in teaching has been an absolute asset from the onset.

As a Technician, we all appreciated her meticulous approach and the forethought she gave to where and how the equipment is set up, depending on the room it was needed and to ensure ease of use and safety. Her advice and suggestions were highly valued by all the science teachers, in particular by those that have to teach out of their specialism. She was always ready to lend a hand in some experimental lessons to ensure that all pupils got the support that they needed and her suggestions ensured that practical work went smoothly. Not only did she carry out her usual duties of planning, setting and even fixing equipment, but she also brought new ideas for practical work, she helped develop and refresh existing practicals, and she brightened our

corridors by creating beautiful displays of our pupils' work and regularly updated them. She often helped create resources, becoming a master of the laminating machine and an expert on making large letters for our display boards. Her contribution went beyond the Science team. Joy often covered lessons for absent colleagues.

"Joy, we hope you'll enjoy every minute of your retirement and get to spend extra time with your grand-children; time which we know you cherish. Thank you for everything. We are really going to miss you!"

Dr S Catalan, Head of Science



Mrs Veale was rather camera-shy when we tried to take a picture, so we express our thanks through the art of chemical love instead!



This image really encapsulates learning at NGHS, both at school and at home this term. Thank you to our staff for blending learning as much as possible. Thank you to students for logging on from home and to parents for their unfaltering support!

The Senior Leadership Team & Governing Body of NGHS

Year 7 enjoy a Classroom Pantomime

Our Year 7s would normally have visited Oakengates Theatre to watch the annual pantomime. As Covid19 put pay to these plans, we were pleased to buy online panto tickets for our Years 7 to watch 'Once Upon a Pantomime' from AB Productions, based in the north west.



Here are some of the thoughts of students in 7 Seacole....

I loved everything from the vibrant fitting costumes to the funny jokes, which made everyone giggle. My favourite part was when Buttons and the Prince were fighting over Cinderella. I highly recommend (Lily)

The pantomime added a modern twist like the Coronavirus, but took some of the worry and the pressure away from it all. (Kanyinsola)

My favourite song was 'Perfect' which is originally by Ed Sheeran. In this version the Prince sang the song to Cinderella after rescuing her. I found the moment so sweet and was sad when it was over. (Violet)

If I had to rate this pantomime, I would give it 9/10. I would definitely recommend this to people of all ages, even the adults can enjoy it! (Brogan)

Me and my classmates shared so many laughs and had a brilliant morning (Darcey)

Everyone enjoyed it massively, joining in with the "Oh yes you do's" and "Oh no you don'ts". It was an absolutely amazing pantomime (Hannah)

I thought the pantomime was unique. It combined the global pandemic and lots of well-known fairytales from a different perspective. (Aiza)

It had comical jokes and funny songs. It was a mix of fairytales with a fun and just slightly crazy modern twist (Emily)

I was shocked how they used their imagination to relate it to 2020 and the pandemic. (Diya)

I especially liked when the peasant girl was stronger than the Prince. (Jamie-Lee)

If you fancy booking tickets for this pantomime in the comfort of your own home, please [click here!](#)



HOUSE

MUSIC

RESULTS

Our online House Music competition was adjudicated this year by three judges including a postgraduate from the Royal Northern College of Music, an experienced vocal studies teacher and a music teacher in another school. The results were announced this afternoon in our end of term assembly. Congratulations to the winners and thank you to those who entered. Most categories were very closely contested!

Category	Winner	House
Junior Instrumental	Abi M (Year 9), "This Is Me"	RODDAM
Senior Instrumental	Sophie (Year 10) "Sonata Nr. 25 in G Major"	SEACOLE
Junior Vocal	Zoe N (Year 8) "I Believe I Can Fly"	SEACOLE
Senior Vocal	Ella J (Year 11) "Rise Up"	SEACOLE
Original Composition	Izzy K (Year 11) "With You"	AUSTEN
Ensemble	Year 12 Bubble "Eye of the Tiger/Defying Gravity"	RODDAM
Sixth Form Choir	Year 13 Bubble "The Climb, We're all in this tog."	RODDAM
Most Memorable Act	Austen Year 13 Bubble "I Will Survive"	AUSTEN

Overall Ranking	THIRD Austen	SECOND Roddam	FIRST Seacole
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Wellbeing

This week we focus on.... **BODY IMAGE**

Body image is how we think and feel about ourselves physically, and it also relates to how we believe others see us. Body image is something which many people struggle with on a daily basis, and for our young people, worrying about how their body looks can often have a detrimental impact on their self-esteem. This is nothing new, but the prevalence of social media within our current society has amplified issues that young people experience surrounding their body image.

On a daily basis, teenagers are able to access a range of images of celebrities and social media influencers, which may not be accurate reflections of their actual

appearance. Comparing themselves to these images can sometimes lead to teenagers feeling negatively towards their own bodies. So-called 'Beauty Apps' are also being promoted, encouraging people to adapt their own images in order to achieve 'perfection'.

It is important to have candid conversations with young people about both of these things, to ensure they understand that what they see on social media isn't always reality.

But this isn't just to do with what they see online. Some of our students won't have social media accounts, but may still struggle with their body image. In either case, we need to teach them to have a positive relationship with their own bodies, to encourage them to accept who they are, and teach them that there is so much more to them than their outward appearance. Yes, it is important to take care of our bodies and to lead a healthy lifestyle, but promoting positive body image is essential for teenagers, ensuring that they grow into self-confident and healthy adults.

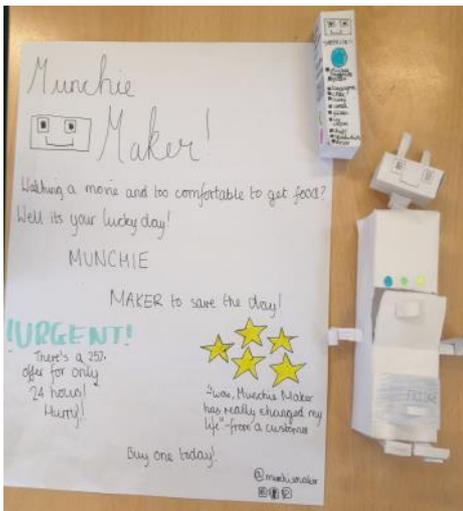


If you know someone struggling with body image and want to help them, the websites for Young Minds and Beat are good places to find information and advice.

Miss S Tomkinson, Head of Year 11

The value of money (Year 7 PSHE)

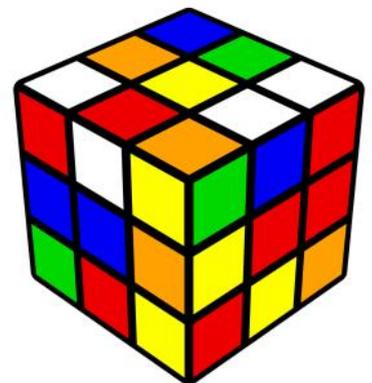
Year 7 have been enjoying discussing the topic of money in PSHE lessons. Most recently, this has involved advertising role plays. The students had to design an advert and create a product. Some ideas were: Lara the Leopard (a robotic, new best friend for children) and the Munchie Maker (a food dispenser that provides any food you want). **Miss R Crevis**



This unit is one of a range of topics discussed and learnt about in PSHE lessons at NGHS. It is part of our ethos that students have one hour of PSHE per week. You can find out more about our PSHE curriculum [on our website.](#)

7Austen Rubik's Cube Challenge

In the weeks building up to the end of term, 7AUS carried out a class Rubik's cube challenge. Mr Tolley was delighted to see a return to the good old days of the 80s and the popularity of the multi-coloured cube of joy and frustration. These girls made light work of the puzzle and our champion was Isla who managed a best time of 66 seconds to solve. She was only just a fast moving fingernail ahead of Ellie and Sarah who also proved dextrous and excellently manipulative with the cube. Credit also to Ruby and Lara who took part as well. A very happy Rubik's Cube Christmas to one and all. **Mr C Tolley**



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:

Sun 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

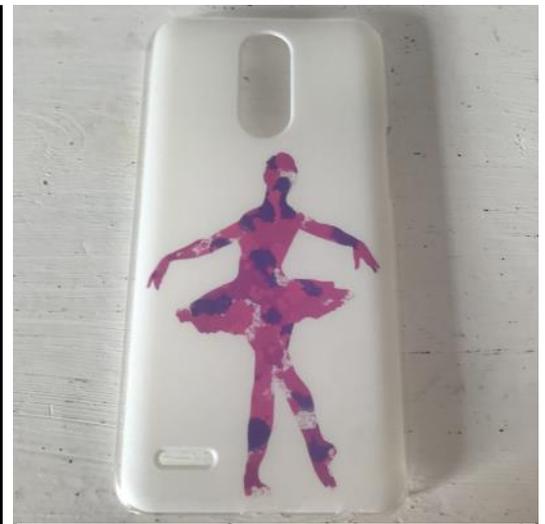
Thu 24th Dec 11.30pm - Midnight Mass (online)

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



Design Talent in Year 7

Payton (7Sea) has impressed her art teacher, Mrs Benoit, with her talent for designing phone covers. This came about during a 'show and tell' art activity and it is clear that Payton is particularly talented with original ideas. Well done!



THANK YOU FRIDAY

Congratulations to this fortnight's winners...

To: Student	From: Teacher
M Bowen (12N)	Miss A-M Davies
W Cowap-Cerrone (7S)	Ms D Branson
E Donaldson (7S)	Ms D Branson
C Fewtrell (8S)	Miss H Clarke
C Hamilton (R7)	Mrs L Payne
O Needham (12N)	History department
C Nitta (12G)	Mrs A Seys
C Nock (12N)	Mrs A Seys

To: Student	From: Teacher
C Smith-Murphy (R7)	Mrs L Payne
C Thomas (8R)	Mrs J Chandler
F Tilyard (9S)	Mrs J Chandler
C Ward (12S)	Mrs L Payne
G Worrall (8S)	Mrs J Chandler



Our Year 13 German group have a special festive message and song for all our readers.

[Click here to view this on our MFL Twitter page](#)

Frohe Weihnachten!



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



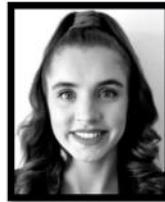
Mrs K Griffin
Head of Sixth Form



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