



# NEWPORT NEWS

## *A weekly update from NGHS*

Volume 4 - Issue 16 - Friday 15 January 2021



Students have once again been working hard on MS Teams this week and it has been good to hear yet more positive feedback from staff and parents. You should have received a letter from me on Wednesday as we reduce face-to-face Year 7-11 online learning to 45 minute lessons from Monday. This is not a U-Turn (to use a commonly coined phrase!), but more a 'developmental' approach as we feel our way through this lockdown, and it will hopefully maximise learning and students' focus for a manageable period before having a decent break and a chance to visit the bathroom, make a drink and stretch legs etc. 45 minutes of live lesson every lesson is more than many schools offer. It also mirrors the approach of some other girls' grammars, whom I regularly liaise with. I am sure some girls would like more lesson time, but we must strike a wellbeing balance. Going forward, we also want more students to appear on camera in lessons - teachers find addressing black screens understandably difficult and we are aware that some girls have been 'ghosting' for part of the lesson (logging in and disappearing) or sending texts to others instead of engaging. This is not acceptable, especially as staff are working so hard to plan lessons that will work online.

We began asymptomatic testing this week. The majority of staff who regularly come into school have signed up, as have most key worker family girls. We will write to parents next week about how this will all work when more students return (hopefully in late February) and we will get underway with the consent process. You can find out more in an info-video we have made in school. This [can be viewed here](#). I'd like to particularly thank Miss Clarke, Mrs Davenport, Mrs Jones, Mr Farrell and Mrs Machin for working with me on our testing programme.

This week we have heard the outcomes of our students' Oxford applications. We are still waiting on Cambridge and I will publish more details later. Aside from the ultra-competitive Oxbridge applications, all of our Year 13s have now completed the UCAS process and most have already secured a pretty comprehensive set of offers. Our medics and dentists are still waiting for more news, which is due in the next few weeks. It is a nervous wait, but we hope that their hard work and commitment to further education in a demanding field is rewarded.

Enjoy a bumper **TEN PAGE** special of Newport News.  
Stay safe and take care,  
**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](mailto:schooloffice@nghs.org.uk)



## PRIMED FOR SUCCESS

BUILDING UPON A CENTURY OF NGHS EXCELLENCE

This week we have a more comprehensive update on page 2 of NN. During the week, the new emergency exit has been knocked through in Room 22 (the girls will know where this is). Room 22 will become a new, state-of-the-art science laboratory in the next few weeks!

The builders are really making the most of the majority of girls not being in school. All very exciting!



### *NGHS Suggests.....Some hyperlinks for IT technology. Click to view*

- [Basic headset with microphone for a PC from a known brand - £6.99 free delivery](#)
- [Better quality headset - £25](#)
- [USB web camera - £16.99](#)
- [Web cameras we use at school - £22.99](#)



**Last week's webcam suggestion has sold out!**  
Other hardware is of course available (including supermarkets), but these items are reportedly in stock and available online.

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# PRIMED FOR SUCCESS

*From our fundraising committee*

Happy New Year to you all and I'm sure it's not the way we thought we would be beginning 2021. However, we need to remain positive and celebrate the beginning of the school extension. As a group of parents and Governors we have been meeting regularly to help co-ordinate the fundraising that we need to 'kit out' the extension with furniture and equipment. It would be no good having a bright and shiny new build with nothing inside!

We are keen to begin our fundraising in earnest as the clock is now well and truly ticking - it is hoped that the science lab will be finished by February half term. The reality is, we are not able to fundraise in the 'normal' way. We would all really enjoy the opportunity to get together for a quiz night, for the girls to have some House competitions and for us as a school community to meet and hear about the exciting plans that the Senior Leadership team and Governors have. For now we are having to do things very differently. Please watch this space for the dates and times of the short virtual presentations we will be making to parents about our Primed for Success campaign.

**Without your support we will not be able to furnish our new build.** We know that space has been limited as the school has grown and the additional classroom, science labs, computer suite and an actual dining room and kitchen will be a huge benefit to the whole school. We will also be able to increase our curriculum offer to include Drama and therefore I am asking you all to please do what you can to help - if you are able to offer a regular monthly donation then please use these bank details and fill in [this form](#) so that we can claim GiftAid, where appropriate. If you aren't in a position to help us financially but that you have skills or ideas that you think can help support our fundraising campaign then please do also get in touch [pfs@nghs.org.uk](mailto:pfs@nghs.org.uk)

We hope to have an online fundraising auction soon so please do keep hold of any unwanted Christmas presents that you may still have - watch this space for a date on how to contribute.



## **Today - Removing the walkway in the courtyard**

Thank you for taking the time to read this update - please help support the current and future girls who are fortunate to attend NGHS - they deserve the best facilities too!

Account Name:	Friends of NGHS Account
Sort Code:	30-96-02
Account Number:	07160712



## **PRIMED FOR SUCCESS**

BUILDING UPON A CENTURY OF NGHS EXCELLENCE

# mytutor

Some of our students have additional online lessons from MyTutor. This is just a reminder that these lessons are continuing during lockdown. The School pays a considerable amount for these lessons and we expect students to attend.

We don't want to pass on costs for missed lessons to families,

but cannot sustain missed classes. Please contact Mrs Taylor via email ([k.taylor@nghs.org.uk](mailto:k.taylor@nghs.org.uk)) if you take part in MyTutor lessons normally, but cannot access them at home for whatever reason. Thank you.



## Tik Tok – Family Safety Mode and Screen time Management



Tik Tok has been one of the fastest growing platforms around the world and we know many of our students are regularly using this app. Tik Tok allows its users to create short videos of themselves with music and filters. As it is such a popular app which has such a high number of young users Tik Tok have worked hard to offer features in the app to help you as a parent/carer.

### Family Safety Mode

In February 2020 Tik Tok introduced this feature. This allows a parent to link their Tik Tok account to their child's account. This then allows enabled adults to manage:

- ⇒ Screen time management: how long your child can spend on Tik Tok each day
- ⇒ Direct messages: allows limits of who can send message or turn DM's off completely
- ⇒ Restricted mode: restricts the appearance of content which may not be appropriate for all audiences

### How to enable Family Safety Mode

- ⇒ Download the Tik Tok app on your device and set up an account.
- ⇒ At the top right you will see 3 dots. Tap on these which will take you into the Privacy and Settings menu.
- ⇒ Scroll down to Digital Wellbeing and tap, you will have 3 options.
- ⇒ Firstly, tap on Family Safety Mode in order to activate the feature. Tap on parent and your child will then need to scan the QR code in order to link the two accounts.
- ⇒ You can now activate the screen management feature, this allows you to manage the amount of screen time you allow (40, 60, 90 and 120 minutes). You then need to set a password which prevents your child going over their allocated time.
- ⇒ Once this is done you can then activate Restricted Mode.
- ⇒ A further recommendation would be to limit who can send messages to the connected account or turn off direct messaging completely.
- ⇒ Also set your child's account to Private.

### Online Safety Resources for Parents

At a time when young people are on their devices more than ever I felt now would be an important time to provide a reminder about online safety. There are a number of resources with support for parents about how to ensure their child is safe online, I have signposted these below for you to use as required. Please click on the icons.



Learn more about games or apps children are using. Reviews/advice from other parents



Age-specific info which has been created for parents. Includes setting up devices.



Reporting concerns and general information



Our own online resources

# Wellbeing

## This week we also focus on.... THE POWER OF MUSIC

**“I think music in itself is healing, It’s an explosive expression of humanity. It’s something we are all touched by. No matter what culture we’re from, everyone loves music.” (Billy Joel).**

I don’t believe that any of us can argue with this statement. Throughout history, music has always played an important role in human life. Its existence is vital in improving the mood and mental well-being of everyone regardless of musical tastes and it serves as a universal language, one that everyone can communicate with.

It is well documented that listening to music can alter your mood. Shop’s play calming, relaxing music to encourage people to stay longer and spend money, gym’s play motivational music with a heavy pulse and driving beat to help your work outs and pregnant women are encouraged to play classical music to their children because it is believed to make them more intelligent, but is there anything in it?

### **Music can make you feel happier**

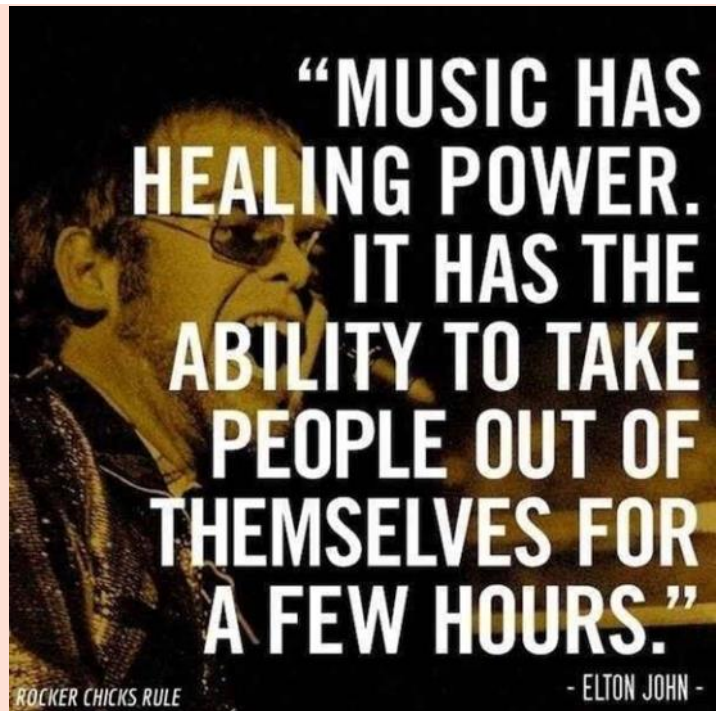
Research proves that when you listen to music you like, your brain releases dopamine, a “feel-good” neurotransmitter. As we listen, music works on the autonomic nervous system, which is responsible for controlling blood pressure and heartbeat, as well as the limbic system, which is responsible for feelings and emotions.

### **Music can help you to sleep better**

More than 350 million people suffer from depression around the world with 90% of them also experiencing insomnia. Research shows that symptoms of depression decreased significantly in people that listen to classical music before bedtime as a way of relaxing. Is it any surprise that as babies, our parents sing us lullabies to soothe us to sleep?

### **Music strengthens your memory**

Researchers discovered that music can help you learn and recall information better. Often, we are taught information using a catchy song that we can’t seem to get out of our heads! It is also interesting that we can remember the words to songs we learnt as children but struggle with information



we have been given that day! I was recently shown a video of Marta C Gonzalez, a former prima ballerina who danced with the New York ballet. She was played the finale of Swan Lake and Immediately, despite suffering with dementia, she starts to recall the movement for the solo despite not having danced for many years. Music has an amazing capacity for memory.

### **What can music do for me?**

- ♪ Start each day with your favourite song. This could be absolutely anything that motivates and makes you feel happy. A Chapman family favourite is ‘Walking on Sunshine’!
- ♪ Play music while you exercise to motivate you.
- ♪ Explore new styles of music. It is very easy to just listen to what you know but it’s so important to see how music has developed and other styles that have influenced it.
- ♪ Ask a family member for their favourite song, listen to it and find out what they like most about it.
- ♪ Play your instruments and sing! Even if you feel you have no musical ability, everyone can enjoy it whether you are playing a concerto or the spoons.
- ♪ Use music to soothe and calm you at the end of the day. Play calming music as you settle for sleep instead of looking at your phone as a way of relaxing.

If your daughter is struggling at home, please do not hesitate to get in touch with a member of our Pastoral/Wellbeing Team. Either call the Office on 01952 797550 or email [schooloffice@nghs.org.uk](mailto:schooloffice@nghs.org.uk) and one of our pastoral/wellbeing team will be in touch.

## Take Part in Musicals: The Greatest Show!

BBC Radio 2 and BBC One are raising the curtain with a very special show—direct from the West End—featuring a glittering cast of UK and international stars performing songs from the musicals.

A nationwide choir is being sought to join in with **Any Dream Will Do**. [Please find more information here](#). We hope some NGHS girls might wish to take part!



# Wellbeing



**Free online counselling support for young people!**

## This week we focus on.... KOOOTH SUPPORT

We are aware that some young people may be finding the current lockdown challenging.

The school pastoral team are still here and ready to listen so please do get in touch with us by email [schooloffice@nghs.org.uk](mailto:schooloffice@nghs.org.uk) or telephone 01952 797550 to share any concerns you may have.

In addition, young people are welcome to use Kooth to support their emotional health. Kooth will be continuing to operate as normal. As the picture shows Kooth can be used by young people to:

- Chat to a counsellor
- Read articles written by young people
- Get support from the Kooth community
- Write in a daily journal

Kooth also offer live forums, sessions available in January are:

- Monday 18th January  
Supporting a friend after a crime
- Friday 29th January  
learning to be and showing your true self

Please look on the Kooth website for details about how to join these sessions.

Kooth are also working on some additional live content which will be going on the site during January.

- Relationship communication styles
- Introduction to Adverse Childhood Experiences (ACEs)
- Children's Mental Health Week (1st – 7th February 2021)
- Body dysmorphia

Kooth is an online and confidential service giving help and advice about emotional health [kooth.com](http://kooth.com)




This week we have started our rewards assemblies using Teams. Our Heads of Year have enjoyed being able to 'see' students to share the many successes of last half term.

On Monday Miss Davies met with our Y7s and on Wednesday Mrs Goodall met with our Y10s. The first award that was presented was to celebrate students who have achieved 50 House Points since September. These names are listed on the right.

The second award was the Inter Form House Point Cup. Well done to our winning forms. Please see the blue table below for details:

Form	HP Total	Rank
7Aus	522	First
7Rod	514	Second
7Sea	492	Third
10X	549	First=
10Y	549	First=
10Z	466	Third

Year 10
A. Birchall A. Hawkins F. Healey C. Hegarty H. Makwana L. Myatt N. Parker I. Turner
Year 7
O. Adetoro S. Baah I. Buckley F. Edwards E. Ma A. Morris

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

Year Gp	Gold	Silver	Bronze
Year 7	S Baah	O Adetoro	I Buckley F Edwards A Roy
Year 10	L Myatt	N Parker	I Smith

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 7 - F. Edwards, J. Plant & H Uppal  
Year 10 - L. Keen, I. Smith & G. Wilson

**Well done to all of our winners.**

Next week's rewards assemblies:

Monday - Year 9      Tuesday - Year 12  
Wednesday - Year 11      Thursday - Year 8  
Friday - Year 13

A reminder that rewards assemblies are based on achievement each half term and so the totals have been reset to zero for this half term. Teachers are still rewarding house points as they would usually throughout this lockdown period.

We will be holding our next round of rewards assemblies after February half term to celebrate successes from this half term.



## HOLOCAUST MEMORIAL DAY TRUST

Wednesday 27th January is Holocaust Memorial Day 2021. This marks 76 years since the end of the Holocaust and this day allows us to remember and commemorate all the victims of the Holocaust and other genocides, such as Cambodia, Bosnia, Rwanda and Darfur. This year NGHS is planning several activities to encourage students to commemorate Holocaust Memorial Day. These events are being organised by Mrs Seys, aided by Chloe and Catherine, the two UCL Beacon Schools in Holocaust Education Ambassadors.

One event that we hope many students will get involved in is an art, photography and writing competition, open to all years. The brief is simple – to submit a piece inspired by the concept of **‘be the light in the darkness’**, which is the overall theme for Holocaust Memorial Day this year. We plan to create a virtual gallery to showcase the responses and the wide range of talents possessed by the students at our school. See the poster for details of how to enter and the closing date. As well as this competition, UCL is hosting a Poetry competition open to only Year 8 and 9 students. This competition is based on the life of Leon Greenman, a Holocaust survivor who dedicated much of his later life to sharing his experiences in the hope of preventing hatred and prejudice. **Congratulations to Harriet E [Y8], Aimee J [Y9], Lassya C [Y9], Olivia C [Y9] and Jasmine H [Y9]** whose poems have all been selected for submission to the competition.

In addition to the above activities, during the week of the Holocaust Memorial Day, Mrs Seys is hosting a series of lectures commemorating those whose actions in the face of prejudice, hatred and genocide act as a model for ‘being the light in the darkness’. An example of one such selfless person is Johan Van Hulst. Johan Van Hulst was a teacher who saved hundreds of Jewish children by hiding them in baskets and sacks. They were then transported out of Amsterdam by bicycle. These

children were saved by Van Hulst and his colleagues during the Nazi occupation of the Netherlands. If you are interested in attending these extra Teams sessions, keep an eye on your email for details of topics and how to sign up.

Finally, we would like to make all NGHS families aware that at 7pm on the 27<sup>th</sup> January, the Holocaust Memorial Day Trust will be streaming their Holocaust Memorial Day ceremony online. Registration is free and can be completed by following [this link](#). Following the ceremony, at 8pm on 27<sup>th</sup> January, households are being asked to ‘Light the Darkness’ by [safely] lighting a candle and placing it in a window to remember those who have suffered due to prejudice and hatred and to stand up against prejudice and hatred today. If you would like to take part, Light a candle and put it in your window at 8pm on 27 January 2021 (if you are able to do so safely). Photos can be uploaded to social media with the hashtag #HolocaustMemorialDay #LightTheDarkness.

We do hope that lots of students and families are able to take part in these activities to commemorate Holocaust Memorial Day. **Chloe & Catherine**

NEWPORT GIRLS  
HIGH SCHOOL  
HOLOCAUST  
MEMORIAL  
ART/POETRY  
COMPETITION

Deadline Tuesday 9<sup>th</sup> February  
2021

**To enter:** Produce a piece of artwork, a photograph or poem/prose related to the theme ‘be the light within the darkness’.

Entrants must state their name, house and form in their entry as three winners will be picked from each house, and the winning art/poem displayed on a notice-board within school.

To enter, email Mrs Seys your entry to [a.seys@nghs.org.uk](mailto:a.seys@nghs.org.uk)  
Any questions email [chloe.nock@nghs.org.uk](mailto:chloe.nock@nghs.org.uk)

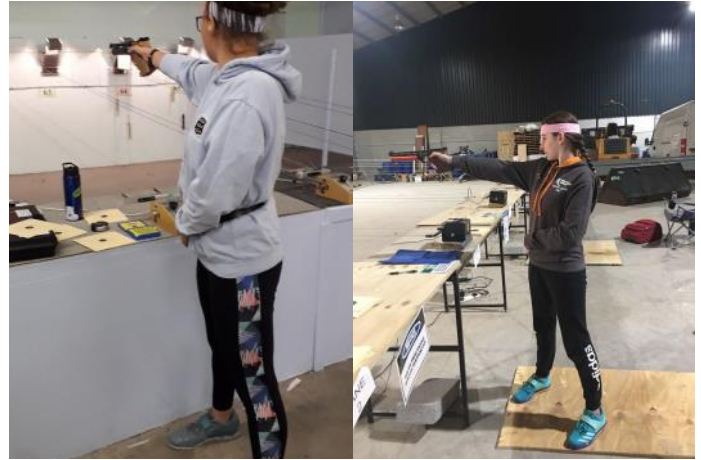
# NGHS Girls Hit The Target!

## British Shooting School Championships

Two NGHS students have both been selected to join the British Shooting Development Academy and have both qualified for the National Finals, as West Midlands winners.

Congratulations to Jasmyn Slater-Morris (Year 12) and Katie Markworth (Year 9) both of whom can be seen in action in these photographs.

Congratulations to both students - we look forward to hearing more from the National Finals in due course.



## Up, up and away - a taste of the high life!



**Elloise (Year 8) recently took to the skies for a trial flying lesson. She was asked to contribute to a magazine about her experiences and her article has been published.**

For my 12<sup>th</sup> birthday, my Mum and Nanny gifted me a flying lesson. I was thrilled as I have never been inside such a small aircraft, never mind flown any aircraft. It took a long time to finally get the lesson booked because of the global pandemic. When it was safe to have a lesson and the time finally came to get up in the air, the adrenaline was building up inside of me.

On the day of the flight, I received a classroom lesson from the flying instructor (Rob) which taught me about aerodynamics and how to use all the instruments inside the aircraft. We then headed out to the aircraft where we got to look inside, get all our headsets on, adjust my seat, and take some photos. Soon after, we started the engine.

Once we were all strapped in, Rob took us to a flat area where I learnt how to turn, stop, and speed up. I found this helpful as it helped me to get familiar with the controls. It was much harder controlling the aircraft on the ground than in the air, but Rob told me it was easier to learn and correct mistakes on the ground.

Although I was nervous when we lined up for take-off, I found it was the easiest part. Once we were up in the air, it felt like a dream. I had never realised how many trees and huge fields were surrounding the area we lived. We went over my house, my friend's houses, and even my school in Newport. It felt like everything else just stopped, like I was away from reality and my busy life.

After about an hour, it was time to head back to Cosford. Landing was the most difficult part of the whole flight; it required a lot of concentration and effort, but I did it with some help from Rob. Afterwards, we drove to the starting place and got out. It was sad to leave the aircraft as it was just so fun, but I got a certificate and lots of hugs from my family.

This flight was truly one of the best experiences of my whole life and I feel privileged to have had this amazing opportunity. I would do it again in a heartbeat and this experience has made me want to be a pilot in the future. If you would like to fly a small aircraft like I did, please contact Rob Burns at [contactus@cosfordflyingclub.org](mailto:contactus@cosfordflyingclub.org) the RAF Cosford Light Aircraft Flying Club.



# Congratulations!

**THANK YOU FRIDAY**

## Congratulations to this fortnight's winners...

To: Student	From: Teacher
R Allen (7R)	Mrs J Chandler
H Bates (8A)	Mrs L Payne
A Bhatnagar (10Z)	Mrs C Reeves
P Bolton (11X)	Mrs A Chapman
L Bottomley (S6)	Mrs A Chapman
E Bowness (11Z)	Mrs K Gill
A Chakkravarthy (8R)	Miss A Rosbach
G Clarke (8A)	Mrs A Seys
G A Cowley (7R)	Miss H Clarke
L Cox (11X)	Miss A-M Davies
M Croughan (11Y)	Miss A-M Davies
H Davies (R7)	Mrs S Dainty
A Din ((11Y)	Miss A-M Davies
R Eaton (11Z)	Mrs A Chapman
A Fairhead (9A)	Mrs A Seys
G Fernandes (7A)	Mrs A Seys
N Freeman-Evans (12N)	Mrs K Griffin
X Fujii (11Y)	Mrs A Chapman
S Garcha (11Z)	Mrs A Chapman
S Gormley (12S)	Mrs T Fujii
E Gutteridge (8R)	Miss A Rosbach
C Hamilton (R7)	Miss A Rosbach
F Hancock (8R)	Miss A Rosbach
E Hassall (8A)	Mrs K Gill
E Haynes (11Z)	Mrs T Fujii
L Hicklin (8A)	Mrs K Gill
S Hose (11Y)	Mrs A Chapman
K Hossack (10X)	Mrs L Payne
T Humphries (7A)	Mrs A Seys
E Jackson (11X)	Mrs A Chapman
V Jayasuriya (10Y)	Mrs L Payne

To: Student	From: Teacher
P Jones (S6)	Miss A Rosbach
R Khanegura (7A)	Mrs K Wallace
I Knight (11Y)	Mrs A Chapman
A Laycock (A7)	Mrs S Dainty
L Lenton Smith (9A)	Mrs J Chandler
G Lloyd (8A)	Mrs K Gill & Mrs L Payne
S Lyall (11Y)	Miss A-M Davies
D Mason (11Y)	Mrs A Chapman
M Mason (12S)	Mrs T Fujii
S Mathew (9S)	Mrs T Fujii
E Micklewright (A7)	Mrs K Gill
Z Morgan (8R)	Miss A Rosbach
A Naylor (7R)	Miss H Clarke
C Nitta (12G)	Mrs A Seys
C Nock (12N)	Mrs A Seys
Q O'Howell (9S)	Mrs T Fujii
N Patnaik (S6)	Mrs A Chapman
C Phillips (11Y)	Mrs A Chapman
L Salt (12G)	Mrs K Griffin
C Smith-Murphy (R7)	Miss A Rosbach
R Tagg (8A)	Mrs L Payne
C Tang (11Z)	Mrs A Chapman
T Uppal (R7)	Miss A Rosbach
J Upton (12N)	Mrs T Fujii
C Ward (12S)	Mrs T Fujii
M Watkin (11Y)	Mrs A Chapman
M Westwood (A7)	Miss A Rosbach
A Williams (11Z)	Miss A-M Davies
B Williams (11Z)	Mrs A Seys
P Williams (8R)	Miss A Rosbach
<b>WHAT A HUGE NUMBER OF NOMINATIONS!</b>	





## Q&A with British Astronaut Tim Peake

We have heard that Astronaut Tim Peake will be taking part in an exclusive free virtual Q&A session for young people on **Thursday 21 January 2021, from 5-6pm GMT**. [FIND OUT MORE & REGISTER HERE](#)

In an exclusive session\* for the Future TalentEd and Barclays LifeSkills communities – facilitated by Tim Campbell MBE, the first winner of TV's The Apprentice – Tim Peake will answer questions submitted by young people (aged 11-18).

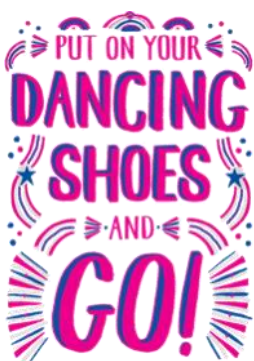
Young people can submit their questions in advance about Tim's time at the International Space Station, his chances of joining NASA's Artemis Program to return astronauts to the moon by 2024, plus STEM careers and opportunities in the space industry. \*please note that for GDPR purposes, parents/guardians/carers must register for the event on behalf of under-18s

# HOUSE QUIZ:

## When? Feb 1<sup>st</sup> @ 12.50pm

Check your emails from the House Teams on how to get involved and other updates.

Let's go have some fun and represent our houses!!!



## DANCE CHALLENGE REMINDER

Remember you can still enter the Dance Challenge we mentioned last week. Each dance group should email a video to Mrs Goodall ([h.goodall@nghs.org.uk](mailto:h.goodall@nghs.org.uk)) via We Transfer: <https://wetransfer.com/> by **Thursday 11<sup>th</sup> February 2021**.

Students can work virtually in groups of any size, year group and House. There is no particular theme, however all music and choreography must be appropriate! Every student that enters will receive 5 House Points. There will also be some additional prizes awarded.

**Mrs Goodall, Head of Year 10 & House Coordinator**



# 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

## Questions to ask your child in lockdown **YOUNG MINDS**

What could help you to complete your school work at home? Where would you like to work at home?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How can you keep in touch with friends and family at the moment? e.g. Facetime, Whatsapp

What things would you like to do in the future?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What have you enjoyed about today?

What are you worried about when you lie in bed and can't sleep?

Can you think of anything fun that we can do at home?

How do you feel about things changing?

How do you feel about staying at home?

**Click on the image to get more assistance and information**

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