



NEWPORT NEWS

A weekly update from NGHS

Volume 4 - Issue 19 - Friday 5 February 2021



The passing of Captain Sir Tom Moore has captured the interest and sadness of many this week. His eternal optimism during the first lockdown and his stoic determination to get out of his armchair to push himself physically and mentally for the benefit of our wonderful NHS during the first wave of the pandemic has touched the hearts and minds of much of the British population. As this half term draws to an end next Friday (which is no longer an INSET day), it is fair to say that many in our school community (students, staff and I'm sure parents) are finding this groundhog day style routine difficult. I am sure, like many of our staff, parents are having to juggle busy work lives with childcare and household tasks. I once again thank everyone for their support, their kind words and for doing their best (for that is all we can expect) to keep going each and every day. We take hope from the words of Captain Sir Tom as well as encouraging news about (staggered?) school reopening later this term (I know nothing more), vaccine success and of course our ongoing high levels of participation of students in online lessons. We all look forward to a safer, brighter future in the next part of 2021.

“ Tomorrow will be a good day. Tomorrow you will maybe find everything will be much better than today, even if today was all right. My today was all right and my tomorrow will certainly be better. That's the way I've always looked at life. ”
Captain Sir Tom Moore (1920-2021)

Our building programme is marching on apace and our first official site review meeting is this afternoon. So far it seems things are progressing to time, in spite of the pandemic, and we all hope things stay as such so that our new facilities can be enjoyed in late November. Fundraising is not as buoyant though and we will be back to update you after half term.

Today, Mrs Julie Lane retires as our Finance Assistant. I am sure many parents will have enjoyed speaking to Julie over the last 10 years about trips, passports, EHICs and latterly refunds(!) Staff will miss her support and friendship and we wish her all the best.

I hope that you are well and staying safe. **Mr M J Scott**



PRIMED FOR SUCCESS

BUILDING UPON A CENTURY OF NGHS EXCELLENCE

This week has seen the levelling of the ground out in the courtyard as well as the start of the piling process. Steel piles are being driven through the floor and ceiling of classrooms 24, 25 and the toilets as well as in the courtyard to support the new second floor structure. It is noisy and dirty work—the only blessing of the current lockdown is that the girls are not onsite for this noise disruption. Outside the end of the field currently looks like this... (it will be returned to grass!)



Levelled ground in courtyard

Newport Girls' High School

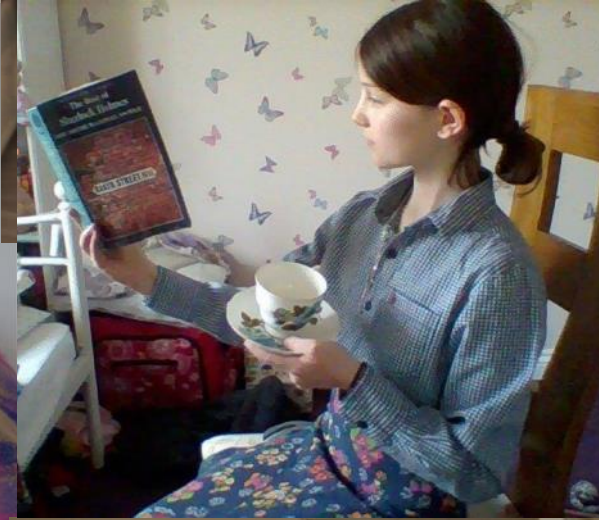
Wellington Road
Newport, TF10 7HL
Tel: 01952 797550

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

LOCKDOWN ENGLISH


In Year 7 English this week, we asked each group to dress up in the style of the book they are studying. So for Seacole it's Sherlock Holmes, Austen it's Little Women and Roddam it's Oliver Twist. We wanted to show the fun that can still be had (remotely) learning at NGHS, whatever the century! What a great response. **English Team**



So far this half term, Year 8 have been exploring a range of myths and legends. During one of their lessons last week, they were asked to research one of seven mysterious and rather frightening British myths. The students were then told to present their findings in whichever format they preferred.

Despite only having half an hour to complete the research and present their findings, the students managed to create some outstanding pieces of work, including detailed mind-maps, posters and PowerPoint presentations. Here are some excellent examples from four students. **Well done Piper, Ava T, Maya and Rhiannon!**

What does black shuck look like?



Red glowing eyes like saucers

Shaggy dog

Breath like a lick of fire

Big as a calf

What does black shuck symbolize?

The black dog is essentially a nocturnal apparition, in some cases a shapeshifter, and is often said to be associated with the Devil or described as a ghost or supernatural hellhound. Its appearance was regarded as a portent of death.

Year 8 English

SPRING-HEELED JACK



APPEARANCE

DESCRIPTIONS OF SPRING-HEELED JACK VARY BUT HIS CONSTANT FEATURES ARE A GOATEE BEARD, POINTED EARS AND HORNS, AND FIERY EYES. THE ONE FEATURE THAT NEVER VARIED WAS HIS ABILITY TO JUMP OVER ROOFTOPS AND HEDGES



ORIGIN

JACK WAS FIRST SPOTTED IN THE BLACK COUNTRY IN 1855. THERE WAS A LOT OF PANIC WHEN HE WAS SPOTTED BUT THEN THIS DIED DOWN UNTIL HIS RETURN MONTHS OR EVEN YEARS LATER. THERE WERE NUMEROUS OTHER SIGHTINGS AT BLACKHEATH IN 1877 AND AGAIN AROUND DUDLEY AND THE ACOCKS GREEN DISTRICT OF BIRMINGHAM IN THE 1880S. HE WAS LAST SEEN IN EVERTON, LIVERPOOL IN 1904




SIGHTINGS

SPRING-HEELED JACK WAS EVENTUALLY 'SEEN' ALL OVER THE UK BUT SIGHTINGS WERE MORE PREVALENT IN SCOTLAND, THE MIDLANDS AND SUBURBAN LONDON


CRESSIDA COWELL'S ADAPTATION

Author of *How to Train Your Dragon*, Cressida Cowell has also written a series of 4 books, the *Wizards of Once* collection. The third book in this series, *Knock Three Times*, shows the protagonists trying to steal 4 Nucklelavee scales to make a potion to defeat the Kingsvitch, The Nucklelavee is portrayed as a 500 hundred eye octopus-like beast that lives in a cave full of treasure by the sea. It likes to eat humans who do not take off their shoes as they step onto the Nucklelavee's beach. It's an interesting interpretation of the horse-like demon in Scottish myths.




THE NUCKLELAVEE

The Nucklelavee was a ferocious horse-like demon, sometimes the skeletal man atop the horse, who roamed the Orcaida Islands in Orcaidan mythology, terrorizing the people's crops and fields. Its name means 'Demon of the Sea'. It was a unique beast with toxic breath that killed the crops, cause a drought and cause disease and plague in livestock and humans.



Origin

- 1978 was when people first reported seeing the beast(s) along with reports of mutilated livestock thought to be connected to the beast
- With over 60 alleged sightings, the police called an investigation concluding there was no evidence of a beast but soon after the finding of a leopard skull and video footage of the beast stirred up the speculation.
- Some people say the beast(s) had escaped from a zoo or was an exotic pet abandoned due to new laws regarding that.



Appearance

- A wild cat resembling a black-panther.
- Yellow-white glowing eyes
- Possibly with two sharp, prominent teeth like those of a leopard.
- 3-5 feet long



LOCKDOWN MFL

La Chandeleur (Candlemas) is a Christian festival celebrated in France (and other Christian countries) 40 days after Christmas, traditionally by eating pancakes!

Miss Branson's French students were set a homework this week to follow a French crêpe recipe or make a poster explaining the traditions of this festival. Most people opted for the pancakes!

Here are some of the pictures – miam miam!



Olivia Y11



Meenatchi Y10



Alesha Y7



Keilly Y9



Annabelle Y9



Mia Y9



Grace Y10

Ingrédients

Nombre de crêpes: 15

- 300 g de farine
- 3 oeufs entiers
- 3 cuillères à soupe de sucre
- 2 cuillères à soupe d'huile
- 50 g de beurre fondu
- 60 cl de lait
- 5 cl de rhum

Ustensiles

- 1 louche

Préparation

Temps Total : 30 min

Préparation : 10 min | Cuisson : 20 min

- Mettre la farine dans une terrine et former un puits.
- Y déposer les oeufs entiers, le sucre, l'huile et le beurre.
- Mélanger délicatement avec un fouet en ajoutant au fur et à mesure le lait. La pâte ainsi obtenue doit avoir une consistance d'un liquide légèrement épais.
- Parfumer de rhum.
- Faire chauffer une poêle antiadhésive et la huiler très légèrement. Y verser une louche de pâte, la répartir dans la poêle puis attendre qu'elle soit cuite d'un côté avant de la retourner. Cuire ainsi toutes les crêpes à feu doux.

homework

How to make a good panada parade - galletas gregues.

Ingrédients (Ingredients):

- 4 eggs (4 oeufs)
- 4 tablespoons of brown sugar (4 c. à soupe de sucre brun)
- 4 tablespoons of flour (4 c. à soupe de farine)
- 2 Greek yogurts (2 yaourts à la grecque)
- A pinch of salt (une pincée de sel)
- A tablespoon of orange blossom (one c. à soupe de fleur d'orange)
- 30g of crushed and shelled pistachios (30g de pistachies non salées et concassées).

preparation (préparation): 15 min

cooking (cuisson): 5 min

Serves (à servir): 2-4 people panada parades

Préparation (préparation):

- In a bowl, vigorously whisk the eggs with the 4 tablespoons of brown sugar.
- Then add the flour and eggs.
- Add the salt, orange blossom and the pistachios.
- Cook for two minutes over high heat. Turn, butter and cook for 1 to 2 minutes.

As you can see, some students also prepared instruction sheets in French. Well done to Eva Y7, Rutvi Y9 and Izzy in Y10 for their hard work on the theory and practical side of the operation!

Ms Branson was very impressed with your efforts and hard work with some yummy looking pancakes clearly being sampled at home!



This half term in PSHE Year 11 have been doing some work on positive role models for young people. We have been focusing on the impact that positive role models have on wellbeing. Lots of the discussions have been around people they see online, I have been encouraging Y11 to cleanse their social media to fill their platforms with

positive and inspiring people who make them feel good. They have also discussed how they can be positive role models for each other. From all of the wonderful feedback that they shared about inspiring and positive role models, I have produced a display in school to show case the people that were mentioned in this lesson. Well done Year 11.

Just a reminder that there are plenty of online resources to support students whilst they are at home using computers much more.



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



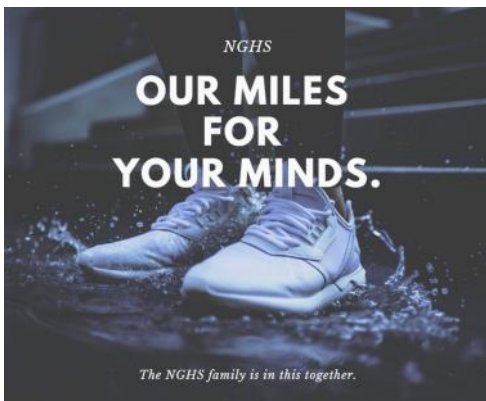
Age-specific info which has been created for parents. Includes setting up devices.



Reporting concerns and general



Our own online resources



STAFF EMBRACE FITNESS & POSITIVE MENTAL HEALTH

Team update Week 1

Camaraderie has taken on a whole new meaning, as the staff of NGHS take on the OUR miles for YOUR minds challenge.



MRS TAYLOR

When Mrs Martin invited me to take part in this challenge I instantly wanted to be a part of it, what a great way to support a fantastic and very worthy charity! For me running is 'me time' and something I do regular covering around 50+miles per month. I find it's a great way to clear the mind and generally makes me feel happier, fitter and stronger.

I have set myself a goal to run 100 miles and cycle 100 too.

I am now 3days in and have covered 22 running miles, I plan to reach 30+ by the end of the week and weather dependant have my sights set on a single 50mile bike ride this weekend. This will mainly be fuelled with cake, lots of it!!!

Pic is me and my beautiful Peanut Parker just before day 3 run



MISS CLARKE

For me fitness challenges make me prioritise planning exercise into a busy week. My foot injury prevents me from being able to take part in any running challenges and so it was great to learn this challenge was all about completing as many miles as possible during the month of February.

I am counting my everyday walking miles but I am topping these up with additional miles on the bike. I have pledged to complete 13 and a half miles each day and am enjoying finding different ways to bring more movement into my usual day.

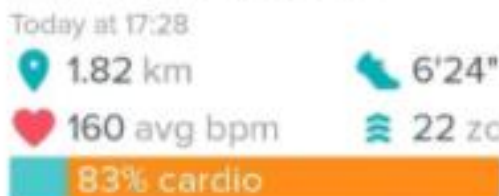
I have also varied how I am completing the bike miles with spin classes, HIIT sessions and on quieter days I'll watch a film. I am enjoying the teamwork element of this challenge and hearing about how others are getting on is helping us to stay connected during this period of lockdown.

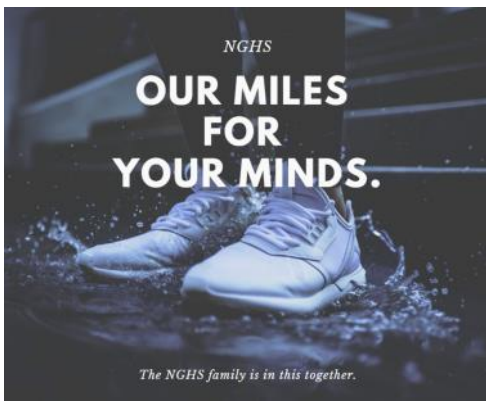


MRS GOODALL

On Wednesday, I went on my first run in over a year and since rupturing my ACL back in Jan 2020.

It may be slow, it may be short, but it's all for a good cause.





STAFF EMBRACE FITNESS & POSITIVE MENTAL HEALTH

Team update Week 1



I have pledged to complete 200 miles as part of our Team NGHS challenge: OUR miles for YOUR minds.

I wanted to take part because I felt this was a great way to show our students we are thinking about them and support the incredibly important work Mind do. I am also a big believer in the positive impact exercise has on mental health. I think setting yourself challenging fitness goals can give a tremendous sense of achievement and build confidence and resilience.

I have a young family so my miles will be completed on my turbo trainer, when my children are asleep, with just the fridge and banana trees for company! Not the most inspiring scenery but I value this time because it gives me an opportunity to focus on myself, tidy up my thoughts from the day and de-stress. It's great to be doing this challenge as part of a team, we are all pushing ourselves in different ways and supporting each other, this in itself is really uplifting. I am already looking forward to the cake I plan to eat to celebrate when we have all met our targets!

MRS WALLACE

I am really proud to be a part of such an incredibly supportive team for the NGHS Miles for minds challenge. I wanted to take part because MIND are a wonderful charity and I am a firm believer that mental health should be a priority. I personally use physical activity as a time out to prove to myself that I am capable and I am enough. It has been a long time since I have been running regularly but this challenge has definitely kick started my love for it again and I plan to do as may miles as possible.



My first walk of the challenge consisted of 7 very muddy miles, taking in the fabulous countryside that we're so lucky to have on the doorstep (and obviously a bit of flood defences in Bewdley thrown in for a bit of geography!!)





Safer Internet Day 2021

Tuesday
9th February
saferinternetday.org.uk

Safer Internet Day is on Tuesday 9 February - this year's theme is an internet we trust: exploring reliability in the online world

What is fake news?

- 👉 Watch the two-minute video on the Newsround Website: <https://www.bbc.co.uk/newsround/51271837>
- 👉 Screenshot it – How long do you think it would take to be able to screen shot three things that you have seen online that were suspicious or unreliable? Please email your best ones to schooloffice@nghs.org.uk FAO Miss Clarke Safer Internet Day to be in with a chance of winning a prize.

Big Questions

1

Should all information that goes online be fact checked first?

Quick questions to help you along the way...

- Would you check all information that appears online? How long might that take?
- Who would you trust to do the fact checking? Why?



Big Questions

3

Should video creators have to post how many times it took to get the perfect take? (e.g. for trick shot videos or dance videos?)

Quick questions to help you along the way...

- Does it matter if it took a long time to get it right? Why?
- Does it matter if the video is fake or heavily edited? Why?



Big Questions

2

Do influencers have a responsibility to only advertise things that are appropriate for their target audience?

Quick questions to help you along the way...

- How do you feel about influencers advertising things?
- Have you ever seen influencers advertising items that didn't seem like they genuinely used or liked them? What were they?




Big Questions

4

Which do you trust the most, people online or the information that you see online?

Quick questions to help you along the way...

- Why might you not trust someone online?
- How often do you find information online that you don't trust?



Please take a look at these 5 big questions and complete a poster to answer one or more of these questions. Please submit your poster to schooloffice@nghs.org.uk FAO Miss Clarke Safer Internet Day.

Share steps we can all take, some of you may do these already:

- Unfollow unreliable accounts
- Share good quality information
- Talk to friends and family
- Report
- Seek out support

Big Questions

5

In 5 years' time, do you think the information online will be more or less reliable? Why?

Quick questions to help you along the way...

- How often do you see information online that you don't trust?
- Is the internet too big to tackle this?
- Do you see changes being made to stop things like fake news? What are they?



Kooth

On Kooth you can



Chat to our friendly
counsellors



Read articles
written by young
people



Get support from
the Kooth
community



Write in a daily
journal

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 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 have launched a don't do it alone campaign and have created some content that young people can access by signing up to Kooth:

Activities

- ◆ Practice asking for help
- ◆ Send a letter to someone you love
- ◆ Dance like nobody's watching
- ◆ Create a positive word board

Articles

- ◆ Express yourself hub article
- ◆ Don't do it along

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

- ◆ Monday 8 February:
Supporting a Friend: consent
- ◆ Friday 19 February:
Tips for keeping motivated
- ◆ Monday 22 February:
Mindfulness for depression and anxiety

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

Kooth is an online and
confidential service
giving help and advice
about emotional health
kooth.com



Free online counselling
support for young people!



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
Please include your phone number and name of your daughter