



NEWPORT NEWS

A weekly update from NGHS

Volume 4 - Issue 20 - Friday 12 February 2021



We have now reached the end of a very strange half term and I would like to pay tribute to all of our staff for continuing to teach in very strange, demanding circumstances. I am bowled over by the resolve of my colleagues to proceed with the full curriculum and to prepare and deliver the best lessons possible using MS Teams. Clearly a lot more preparation and thought is required to get across the learning points that would be so much easier in the classroom, especially where practical demonstrations are necessary. Equally impressive has been the commitment of our pupils. Talking to Year 8 this week about their options, it's clear that they are making the most of the situation and look forward to starting their GCSE programme in September, but they are also very keen to return ASAP to school to see their friends and teachers. We all hope that a gradual easing of restrictions will come in March.

Given that Saturday nights are for staying in at present, The Masked Singer has been a talking point in school (with the final tomorrow) and therefore we are delighted to present 'The Masked Employee' in NN this week. Take a look at the pictures and clues on page 2 to win a prize! Thank you to the staff who helped me with a bit of light relief for the end of this half term.

On Tuesday we interviewed online for the post of Deputy Headteacher from September. The standard was very high with about 40 applicants—NGHS is very much in demand for senior leaders! On Wednesday we invited three candidates to NGHS for Covid19 secure interviews and I am delighted to announce that **Miss Sophie Webster** has been appointed as our new Deputy Head for September. Miss Webster is currently Assistant Head in a school in Birmingham. Educated at Queen Mary's High School, Walsall (a girls' grammar), she has an MA from St Andrews in Geography. She is also Principal Examiner for Geography A-level with the OCR board. The governing body and I are confident that she has the skills, experience and enthusiasm to make a real impact on our school and we look forward to her visiting NGHS when more students are present. Miss Webster is also very keen to meet our girls and staff. Thank you to all the colleagues and pupils who were involved in the remote interviews on Tuesday.

We have been delighted to receive many positive comments about lockdown education and are doing our best to offer pastoral support from afar to families who



PRIMED FOR SUCCESS

BUILDING UPON A CENTURY OF NGHS EXCELLENCE



The piling process is coming on well in the courtyard. The holes are very deep and support the structure of the next extension. Inside the school, the science lab 'first

fix' has been completed and the fit-out will start soon. We will add more photos to the [construction progress](#) webpage during half term. Do take a look!

require it, but we would welcome the opportunity to gain more formalised feedback at this half way point in the year. [If you would like to complete a parent survey, please click here and kindly oblige over half term.](#) Your responses will be considered carefully. We understand that there is a lot of angst and understandable frustration with Covid19, but I know how important the support of the wider school community is to me as Head and hope you feel that sound decisions have been made thus far.

Whilst I appreciate that the number of options for activities in half term are limited, I must request that all pupils take a break from screens/phones and school work and enjoy some downtime. Our House Photographic competition may be a useful way to pass the time on local walks. More on page 5. Miss Clarke has more suggestions for screen-less activities on page 7.

Online lessons recommence on Monday 22 February. Until then, stay safe and well and thank you for your ongoing support at this time. Stay safe, **Mr M J Scott**

Newport Girls' High School

Wellington Road
Newport, TF10 7HL
Tel: 01952 797550

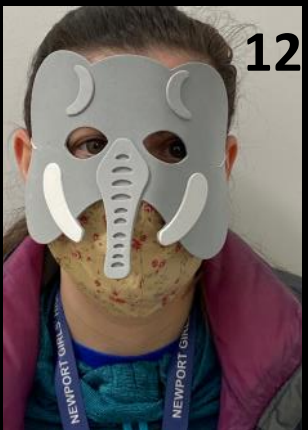
Headteacher: Mr M J Scott BA(Hons) Exon PGCertEd NPQH FRSA

To contact the School about a general enquiry, please use schooloffice@nghs.org.uk

Who is behind each mask? There will be prizes for those who get closest to guessing the identity of the NGHS staff...

THE MASKED EMPLOYEE

Visit this webpage and read the clues before guessing your answers by **Monday 22 February.** Good luck!



LOCKDOWN GEOGRAPHY

The 'I ♥ soil' project all started in a geography lesson with Mrs Gill. We are currently learning about our earth and its rocks and soils. One day, Mrs Gill was talking about soil and some of us noticed an 'I ♥ soil' image. This gave us an idea to start a project. A team of Y7s designed logos for our brand and our slogan is 'Our earth, Our home'. We have made coasters and phone cases and our project is all about helping the world become a better place, which we all look after. Phoebe is even creating decorated shoes!

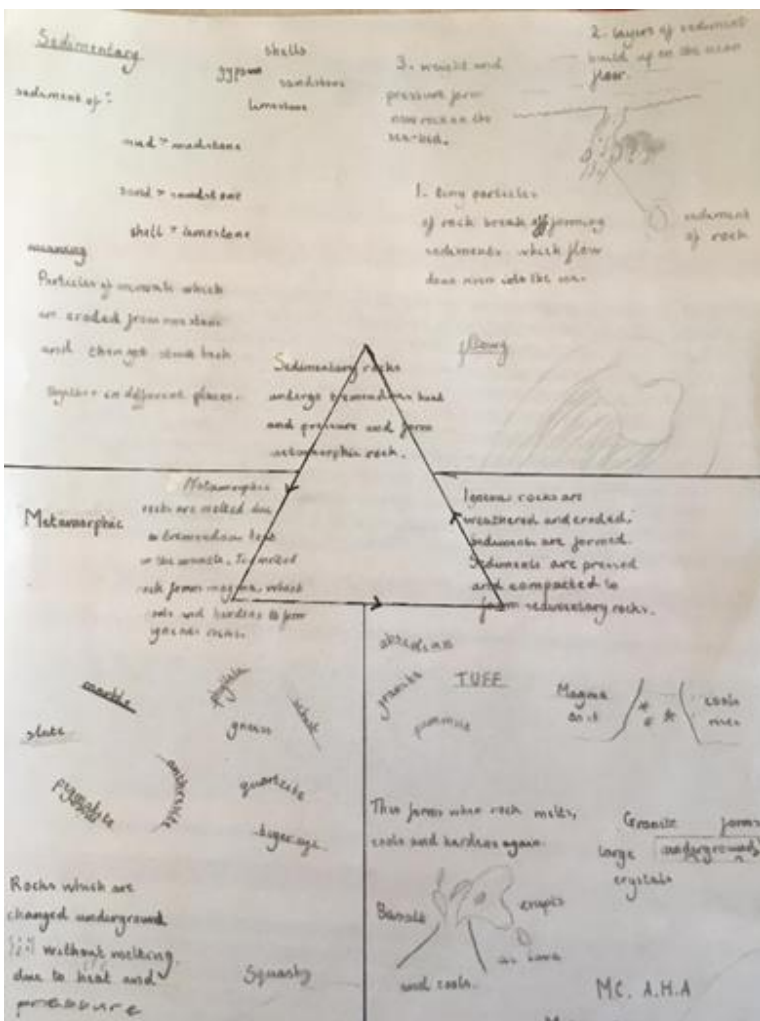
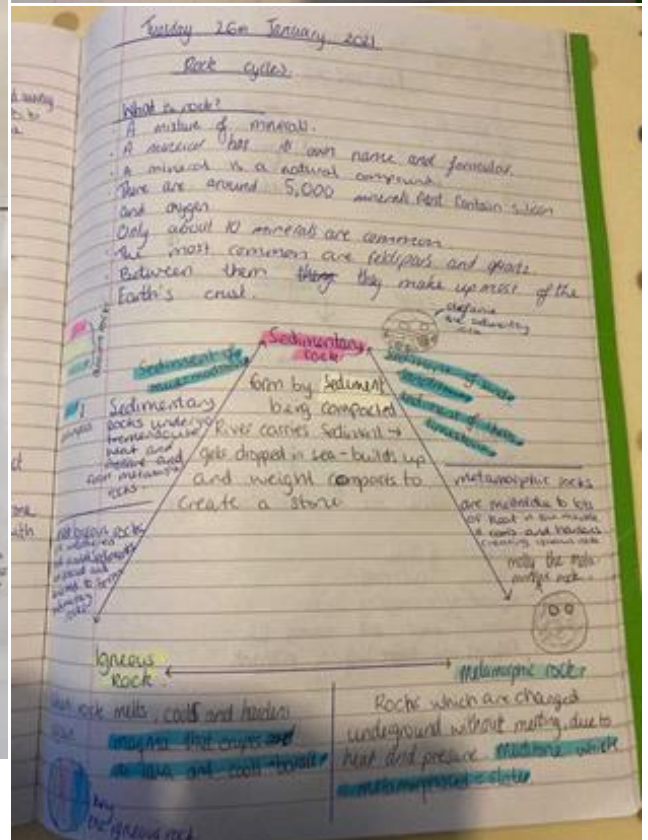
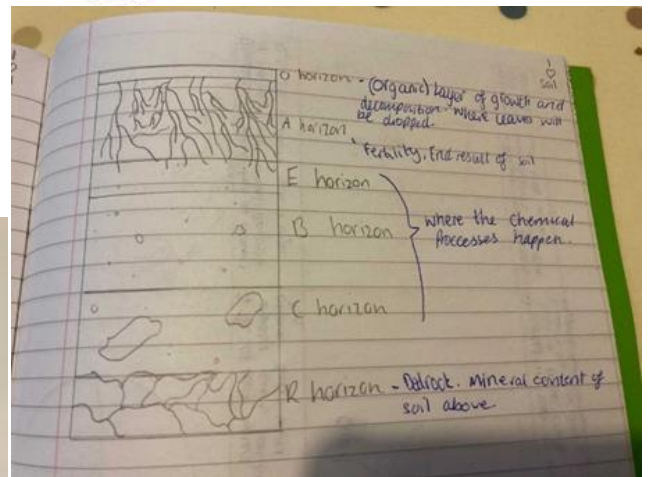
protected and why it is so important for our earth and our health. This is the 'I ♥ soil' community.

Anna, Brogan, Phoebe and Willow (7 Seacole)



Soil is one of the most important parts of the natural world. Soil hosts more than 1/4 of the earth's biodiversity and around 95% of our food comes from soil. Lots of pharmaceuticals are sourced from it. Soils include lots of nutrients, which is then passed on into the food that is grown in the ground which then finds its way into our mouths and into our bodies, providing us with the nutrients to keep us healthy.

These are just a few of the reasons why soil needs to be



Great work on the Rock Cycle and Soil Profile by Evelyn and Grace (7 Seacole).

TOP LOCKDOWN TIPS & BRIGHTENING YOUR ROOM FOR LESSONS

Thank you I2G and Mrs Fujii!



1. Buy some fairy lights
2. Grow an avocado from a seed
3. Sort your Spotify playlists out, get a speaker and a disco ball
4. Teachers - bring more pets to online lessons (seeing Charlie and Lola has become a highlight of Physics lessons)
5. Turn a piece of clothing into something else, e.g. turn a dress into a two piece. it could fail but it is fun trying
6. Buy a houseplant for your room
7. Make a collage of any holidays you've been on!
8. Go for a walk and get out of the house for half an hour
9. Get some pet fish (real or fake)
10. Write a letter or draw a picture for the residents of your nearest care home

If you have any more, please share them with Mrs Fujii via schooloffice@nghs.org.uk



Congratulations to this fortnight's winners...

To: Student	From: Teacher
L Al Hussein (8S)	Mrs J Chandler
A Aston (9S)	Mrs J Chandler
C Doyle (R7)	Miss T Wells
S Garcha (11Z)	Mr D Postle
A Hekant (8R)	Mrs J Chandler
S Hussain (8A)	Mrs K Wallace
I Jagdev (8A)	Mrs J Chandler
M Mason (12S)	Mrs L Payne

To: Student	From: Teacher
O Needham (12N)	Mr D Postle
J Payne (12N)	Mrs K Griffin
J Pham (10X)	Mrs A Chapman
D Robinson (7A)	Mrs T Fujii
A Stephen (7A)	Mrs T Fujii
S Thakur (10Z)	Miss S Tomkinson
C Thomas (8R)	Mrs J Chandler
M Woodcock (8A)	Mrs K Wallace

HOUSE

QUIZ

RESULTS

This year, our House Quiz competition went virtual! With over 40 students participating in the qualifying rounds, we were able to whittle it down to the top 3 house members per team, per age group.

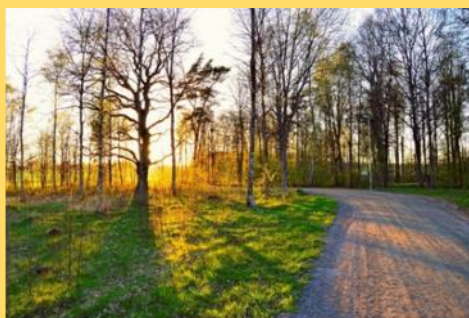
On Wednesday 10 February the House Quiz teams battled it out to become house quiz winners 2021. The competition was strong, but the questions were challenging. So, after some tough questions and super quick answers, the final results were as followed:

FIRST	AUSTEN	Isabelle M, Lara C and Esther A.
SECOND	RODDAM	Aimee C, Maja P and Oluwamunumidun A.
THIRD	SEACOLE	Samuella B, Sophie L and Lily E.
FIRST	SEACOLE	Jasmyn S-M, Keira H and Ellyson H.
SECOND	AUSTEN	Ramani E, Stacey H and Isabel K.
THIRD	RODDAM	Alice M, Aimee J, Grace T-T.

Year 7—9

Year 10—13

Overall winners: AUSTEN!



House Art and Photography Competition 2021

Theme: Signs of Spring

You may choose from the following themes and create a piece of Art/Photography inspired by that theme. Entries must be 2D and no larger than A4. Any media, including digital and any surface can be used. For example, you may decide to complete your piece on wood using oil paint or pencil onto card. You may decide that you would like to do part collage, part drawing. If you are not sure then please email Mrs Chandler (j.chandler@nghs.org.uk) or Mrs Benoit (a.benoit@nghs.org.uk) for clarification.

- ◆ **Spring Flora and Fauna** - This category refers to the spring plants and wildlife. For example, you could focus your piece on the different colours, form, shapes and textures present in this season.
- ◆ **Spring weather or skies** - Here, you could try to capture the changing weather and qualities of light at dawn, midday or sunset.
- ◆ **New beginnings** - For example, this could involve looking at animals, birds and their young.

To gather some inspiration, it may be worth looking at the close-up photographs of Karl Blossfeldt and Imogen Cunningham as well as Flowers by Helen Schmitz. Additionally, you could also search for wildlife photographers. Marks will be awarded mainly for the originality and creativity shown in the interpretation of the title. Also, skill level and use of media will be taken into account.

The deadline for completing your entries will be: **Wednesday 17 March 2021. This will give you 4 weeks to complete your entries. Something to do over Half Term?**

For more information and to submit entries, please [click here](#)

Year 12 student supports the NHS

As the NHS is under so much pressure with COVID19, I decided to look for ways that I could help and came across a Clinical Volunteer position at New Cross Hospital. I applied for the role, had a telephone interview and then was successful in being offered the position.

The Royal Wolverhampton NHS Trust have provided me with training, a uniform and an ID badge to equip me for the role. The nature of the training consisted of both in-person and online training from NHS Health Education England where I have the opportunity to access many modules such as Resuscitation, Conflict Resolution and Infection, Prevention and Control amongst many others.



The tasks that come with the volunteering role vary depending on the different departments being covered; for example, volunteering at the Covid Vaccination Hub within the hospital. This role would include jobs such as: manning the onsite reception, processing the return of consent forms from patients,

assisting with data collection and ensuring all areas are always fully sanitised. Whereas, when volunteering in places such as the Neuro Rehabilitation Centre, the focus is on being a friendly and approachable person for patients who, due to the pandemic, aren't allowed visitors. The patients on this ward can sometimes be in hospital for many weeks or longer, therefore the patients can often experience boredom.

The volunteer role for this ward location involves helping to plan, organise and deliver activities to patients to assist in their recovery but being careful not over stimulate.

There are many other volunteering positions such as working on wards and I am able to choose where I would like to help which is a fantastic opportunity for me to gain an insight into the many working areas, whilst at the same providing help to the NHS during the pandemic. It's a very rewarding role and I am very grateful that I've been given this opportunity to help the NHS.

**Fantastic work, Lucy.
Well done
from all at NGHS!**

SUPPORT OUR YOUNG ENTERPRISE!

- For our year 12 young enterprise team, our group sell letterbox gifts, and are looking forward to producing our next box in the run up to mother's day.
- We had huge success over Christmas and managed to sell over 100 boxes, now we need all the support we can while trying to run a lockdown business!

OUR MOTHER'S DAY BOXES INCLUDE:

- hand cream and nail file
- designer perfume samples
- wildflower seeds
- chocolates
- mother's charm bracelet
- bath salts
- tea
- love heart mother's plaque
- tea lights
- personalised note *optional*

ONLY £8.50

+50p for personalised note

Please check out our social media for more information!



Adore2door



Adore2door@outlook.com

Crafternoon

This week has seen our virtual Crafternoon and I am hopeful that lots of us have been able to embrace our creative side. If you have taken part in this please email some photos of your work in progress / finished project or a photo of you when you are busy doing your crafting to the school office email (schooloffice@nghs.org.uk) please write FAO Miss Clarke – Crafternoon in the subject header so that all photos are sent to me.



This week I have been (still) working on finishing off a winter crochet project. I don't want to put it away unfinished so I am persevering with it. This is what my winter garland will look like (when it is finished)

I have also started a gift for a family member, which is a lovely bright project which I am enjoying seeing it progress and am looking forward to finishing off.



My crafternoon will be continuing into the half term and I hope to have both projects completed so that I can begin some lovely Spring time crochet next half term.

Miss Clarke

HALF TERM



I would like to wish everyone a restful half term when it arrives and really stress the importance of making time for some rest and to have a focus on significantly reducing the amount of screen time next week.

For all of us in the school we have seen an increase in the amount of time we are spending on screens and so I would like to make **seven** suggestions of activities for you to complete over the next week.

- 7 Choose a colour and look out for **seven** things that are that colour when out on a daily walk
- 6 Choose **six** exercises and create a circuit style workout to complete
- 5 Declutter your room and find **five** things for a charity shop (when they open)
- 4 Share **four** compliments to people in your household
- 3 Try **three** new craft ideas or new hobbies this week
- 2 Write **two** letters to family or friends that you have been missing
- 1 Help to make **one** meal

Good luck!

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

internet matters.org

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



Reporting concerns and general



Our own online resources



Omegle is a website that pairs random strangers for live text or video chats. It first launched in 2009 and its slogan is "Talk to strangers!" There is an option for adult (18+) content and a section for people aged 13+ with parental permission. Anyone can use the site. Users simply go to Omegle.com and then choose 'Text' or 'Video' chat and the page states how many users are currently online. Depending on the time of day this can be hundreds of thousands. Omegle markets itself as a great way to meet new friends however has been known to feature pornography and inappropriate content within chats, so it's important parents are aware of the risks associated with the site.



What parents need to know about

OMEGLE



NO AGE VERIFICATION MEASURES

Omegle is completely free to use and allows users to communicate with others without the need to register, supply an email address or create a profile. This means users can remain anonymous and it's hard to trust who your children are talking to. Furthermore, there are no age verification measures and other than agreeing to the terms and conditions, your child can easily start online engagement with strangers and potentially access more adult themed content.



RISK OF CYBERBULLYING

The anonymity of Omegle can increase the risk of cyberbullying on the site. Engaging in chat with strangers means that topics of conversation can lead almost anywhere including discussions about looks, body image or the sharing of other personal information. With the availability of video chat as well, this could lead to children being coerced or forced into carrying out activities online which could then be used against them.



UNMODERATED CHAT

Omegle encourages video chat as much as it can, prompting users during their text chat to activate their web cam. Whilst text chat has a degree of moderation, the content in Omegle's video chat rooms is not moderated by administrators and, at any time of the day, there can be thousands of users online. This means that your child could easily come across illegal, unacceptable or inappropriate images or media. Omegle currently offers no function for reporting online abuse or inappropriate behaviour on its site and instead only offers advice to 'please be careful'. It also advises to 'Use Omegle at your own peril. Disconnect if anyone makes you feel uncomfortable.'



PRIVACY RISK VIA FACEBOOK

Omegle can be linked to a user's Facebook account to match their interests and likes with other users. This means that Omegle can access your child's basic Facebook information, and Facebook friends may potentially view Omegle activity. In addition, users can save the chat log and share the link without the other user's knowledge. It is not uncommon then for users to request being added to Snapchat, Instagram or WhatsApp for further interaction, moving the conversation into a more personal setting.



RISK OF EXPLOITATION

Omegle chat picks another user at random and there is very little way of verifying who your child may be chatting to. This can lead to a number of risks including catfishing (users pretending to be of similar age), identity theft (users eliciting information to commit fraud) and sexual/psychological grooming (users coercing others to act in a way or do something they wouldn't normally do).



ADULT THEMED CONTENT

Unfortunately, Omegle is infamous for its pornographic content and it is not uncommon for users to expose themselves or engage in sexual acts. If a user selects video chat, then the other user's webcam will automatically be switched on before the action to 'end chat' can be selected. There is also no 'preview' in smaller thumbnail windows. As video chat is so easy to access, it means that unintentionally viewing more mature, inappropriate or even illegal images can't always be avoided.



Safety Tips For Parents



DISCUSS RISKS WITH YOUR CHILD

It is important to speak to your child about the dangers of Omegle. Guiding and educating young children is far more useful than ignoring the possibility of Omegle being accessed. Explain to your child that Omegle is not completely anonymous and that other users will and do use Omegle to exploit others. Try to emphasise the risk of speaking to strangers and that engaging online is no different to engaging offline.



PROTECT PERSONAL INFORMATION

Omegle does not provide advice about how to protect your personal information so it's important that children are aware of what they should and shouldn't share online and with whom. If they use Omegle, always advise against sharing any personal information such as their real name, age, phone number, address or any other personal identifiable information. This also includes details of their social media accounts or gaming ID's. You should also adjust your child's Facebook settings to control what information is shared with Omegle.



REPORT CONCERNS

If your child comes across any inappropriate content or something which upsets them on Omegle, then it's important that they are able to discuss it with you and that you provide them with the support they need. If you think the content is illegal, then it must be reported to the police.



DISCOURAGE VIDEO CHAT

Try to discourage your child from using video chat on Omegle. Not only is there no filters or moderation in place, but children may be coerced into sharing intimate images or videos of themselves, which is illegal if they are under 18 and may be used against them. Omegle text chat has a degree of moderation controlled by Omegle through software and several actual moderators. The software moderates, identifies and prevents certain words and sequences of words to try and prevent bullying and grooming however is still not a 100% failsafe.



TRY OMEGLE YOURSELF

It's always an excellent idea to get a feel for the website or app your child is using so that you can see and understand the issues and risks for yourself. More importantly, it will also provide you with first-hand experience of the risks and dangers if/when you decide to speak to your child about Omegle and what they need to be aware of.



USE PARENTAL CONTROLS

Omegle is a website chat service. Children can only access the text chat on their phone and would need access to a PC or laptop to engage in video chat. If you have genuine concerns over Omegle and don't wish your child to access the site, you can add www.omegle.com to the list of banned websites and URLs. However, it's important to remember that Omegle can still be used via a web browser on an iPad, tablet, smart TV or gaming device and similar controls would need to be implemented on each of these devices separately.



National Online Safety Reminder

As we move into half term I would like to do another online safety reminder. The national online safety website contains a wealth of 'what parents need to know about' guides. These can be found here: <https://nationalonlinesafety.com/guides>

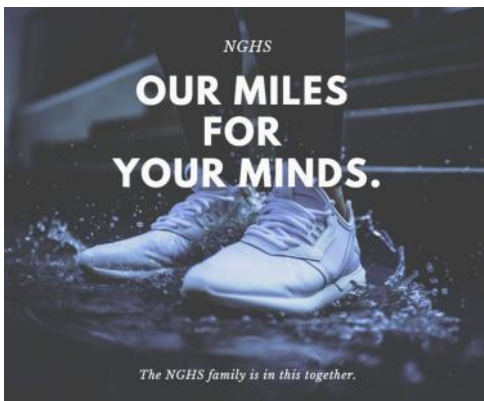
Hopefully you are aware of the apps and websites that your child is using. If they are using anything that you have little or no knowledge of the national online safety website will have some information that will help you to learn more about it. This includes the age restriction and any concerns about age appropriateness of these apps and websites.

This week we have been made aware of students in the lower school using omegle. I have attached this parent guide

specifically as I know many of you may not have heard of this website. This is a website with an age restriction of 18+ so isn't something that is age appropriate for our students to be using. As you will see on the guide there are concerns to be aware of due to unmoderated chats, use of video chat and potential exposure to content that is not age appropriate. This website has no checking of age upon using it.

If you become aware of your child using any new app or website and would like our support with talking to your child about online safety or to offer support to yourselves as parents then please get in touch with the school via email or telephone and ask to talk to the pastoral or safeguarding team to get further advice.

Miss H Clarke, Acting Deputy Head



STAFF EMBRACE FITNESS & POSITIVE MENTAL HEALTH

Team update Week 2



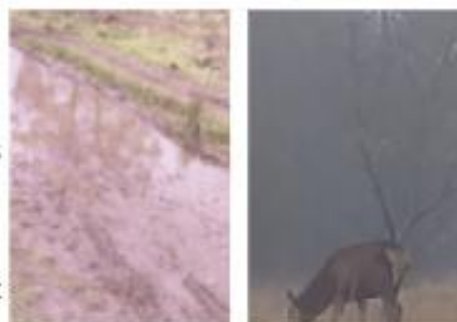
2020 certainly had its challenges for me, as I know it did for everyone. When the first lockdown began, I turned to running as my way of coping with the stress and disappointment of that time. I had never really caught the running 'bug' before, but since April 2020, I have found freedom and solace in being able to put on my trainers and get out on the road. This is a unique time in my day when I don't think about anything else but the pace I'm doing or the route I'm taking. Whilst I run fairly regularly, I have never managed as far as 50 miles in one month, so this is a challenging goal for me. Seeing what everyone else is achieving every day is spurring me on and it feels great to be part of such a wonderful team, all promoting self-care and physical exercise as a way to improved mental health.



Mr Pimm, our great Geography genius, shared this very interesting information with us this week.

Our pledge to complete 1600 miles in the month of February is the equivalent of walking from Newport Girls High school to GIBRALTAR!

All of us know someone who has, through no fault of their own, struggled with their mental health and therefore taking part in the "Our miles for your Minds" challenge was something I really wanted to do. The Mind charity is always there to support people when they need it most, and it is down to all of us to support them if we can. My personal challenge is to walk 80 miles during February, and with the support of the rest of our incredible NGHS team I know I will achieve it, regardless of the snow, mud or freezing temperatures. Not only is it wonderful to be part of this team and supporting this charity, but it is also great for my own physical and mental health too, as there is nothing better than going for a walk after you have been sat at a computer for most of the day.



Team update

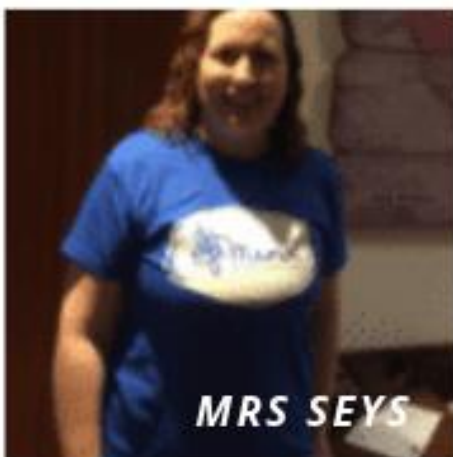
Week 2



As a wellbeing officer and a PE teacher, this challenge encompasses everything that I believe in.

Every run presents me a new challenge, an opportunity to push myself and a time to reflect on my day. I love to use running as a way to both mentally and emotionally recharge. And, I don't go too far without this guy!

I am not a natural runner! When I was at secondary school I always came last in cross country and I have vivid memories of miserable mornings shivering my way around the school field whilst my PE teacher shouted at me to get a move on. In recent years I have tried to embrace running a bit more and was proud to have (slowly) completed a 10k race in 2019 (I came last but at least I finished!) Having achieved this, I quickly got out of the habit of regularly running and I have been surprised by how much I have missed getting out in the fresh air and running through the lovely local countryside. This challenge seemed like the ideal way to get back into a routine of running, increase my fitness and raise money and awareness for a really important cause. I have challenged myself to try to run a mile a day throughout February, and I am really proud to say that so far I am on track. The work done by Mind is incredibly important, now more so than ever, and this has really motivated me to get out there and do my daily mile even in the face of pouring rain, floods, sub zero temperatures and extremely achy legs!!!



MR CAREY

I was all set to pledge to walk 50 miles during the month of February, but at a time when the mental health and well being of our youngsters is so important, I thought it was worth really challenging myself and instead opted for 100 miles. I'm so pleased that I did. The weather has been a challenge but everyone I have met on my travels has been so upbeat even during these difficult times. As the oldest member of the team I'm probably the slowest walker but as we approach the half way stage I won't be far short of the 50 mile mark. If I had included my walks to the fridge during lockdown I would be smashing it!

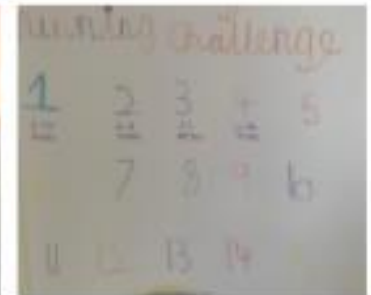


We're supporting
mind
for better mental health

Team update

Week 2

I am so happy to be a part of the 'NGHS our miles for your mind challenge.' I have pledged to run 50 miles in February. This challenge means so much to me to show you all that you are not alone and that your mental health is so important to us all. It is great to be part of such a motivating team of people who inspire me to keep going. I have found that running helps my own wellbeing, I love listening to my music and have found the benefits not only in my fitness but in boosting my mood too. I have great support at home including a chart made for me by my six year old son so I can track my miles! MIND is such an invaluable charity bringing hope to people when they most need, it is a privilege to be raising money and awareness through our miles.



#WMHD

Get support
0300 123 3393
text 86463
info@mind.org.uk

Give support
Text SUPPORT
to 70650
to give £3



*Text cost £3 plus your standard network charge. Mind receives 88% of your donation. Obtain the 44 paper's permission. Supporter Services 0300 6215 2243. We may contact you about our charity and ways that you can support us.

To give £3 but opt out from any further contact by phone and text, reply 'NOCALL' to 70650.



MIND provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

We won't give up until everyone experiencing a mental health problem gets support and respect.



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