



NEWPORT NEWS

A weekly update from NGHS

Volume 4 - Issue 21 - Friday 26 February 2021



Lots of announcements have come thick and fast this week and we are working long hours to put things in place ahead of w/c 8 March. I am aware of avoiding information-overload and I am therefore releasing key information today with a **huge plea** to ask you to support the consent process for testing over this weekend. This is absolutely vital for the smooth return to school w/c 8th March. Please read the information on **page two** carefully.

Over half term we had a great response to The Masked Employee quiz. The answers are on page 3 - Mrs Martin was particularly difficult to spot. Everyone spotted me – I wonder why! This week we have another one-off for you - **whose pet is this?** Please see page 4 and get involved. Some prizes to win!

There may be some disruption to lessons next week. Owing to the changes to the site (building work etc.) and to ensure that all staff are fully briefed on the plans for the return to school, there will be some non-live lessons in period 3 slots next week. In addition Thursday is World Book Day and we are all having a day off timetable to take part in the **NGHS CRYSTAL MAZE CHALLENGE**. Please see the earlier separate email from Miss Clarke, who has organised this. It is also Year 7 Parents Evening, which takes place from 1.45pm. Thank you to parents for attending our recent Year 8 and Year 9 parents evenings. We hope that you found them useful in making decisions about GCSE options.

Next week is **National Careers Week**. Mrs Gill has put together a wonderful programme of guest speakers at lunchtime. These talks are open to any student who is free at that time. More information on page 6.

My colleagues have reached Cádiz in Spain (in theory!) in the “**Our Miles for YOUR Minds**” challenge. It’s great to see some new faces joining this quest too. More information on pages 7-9. Along with the pets and The Masked Employee challenges, it’s nice to see my colleagues sharing their lives outside of work and some of the challenges we all face in our lives at present - it’s something I know our girls appreciate and like to see, and it makes our community stronger.

I’ve really enjoyed seeing Year 13 completing their EPQ presentations this week. Teams is a marvellous invention for this purpose and the students have done well!

Stay safe and have a good weekend, **Mr M J Scott**



In the half term holidays, Eva (7 Aus) ran a virtual charity cake stall at her livery yard, after reading the increasing numbers of horses and ponies being dumped due to the pandemic and she wanted to help. The cake stall was a great success, raising £62.50 in total with all proceeds donated to local pony rescue – Elverra. The money raised will help towards vet bills and daily care of the ponies. Eva is planning another cake stall in Easter so she can regularly support the charity.

Return to School - w/c 8 March 2021

- Please read page 2 of Newport News for essential info
- Read the letter from Miss Clarke found in the email with this newsletter about testing process and consent
- Further updates/finer details to be emailed next week

We look forward to welcoming everyone back and trust everyone will pull together to act sensibly and safely.

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

1. When are students returning to school?

NGHS is staggering the return to school in line with DFE guidance. However, we are not staggering over five days as others are! We therefore ask for your support in ensuring the correct arrival time is used (we know this is not easy):

Monday 8 March

8.40	Year 13 Austen	9.00	Year 13 Roddam
9.20	Year 13 Seacole	9.40	11X
10.00	11Y	10.20	11Z
11.15	10X	11.30	10Y
		11.50	10Z

On Monday 8 March, students in Years 7, 8, 9 and 12 will work at home with live Teams teaching.

Tuesday 9 March

Students in Years 10, 11 and 13 will be in school at normal times. Students in Years 7, 8, 9 and 12 will arrive as follows:

8.00	Year 12 - surnames A-G		
8.15	Year 12 - surnames H-M		
8.30	Year 12 - surnames N-Z		
8.45	7 Austen	9.00	7 Roddam
9.20	7 Seacole	9.40	8 Austen
10.00	8 Roddam	10.20	8 Seacole
11.15	9 Austen	11.30	9 Roddam
11.50	9 Seacole		

On arrival, students go to the **Courts** and line up. If it is raining, please bring a raincoat. They will be met by their Head of Year. Keyworker students in Y7, Y8 and Y9 can attend if essential on Monday 8th.

2. What should students bring?

Students should bring the equipment needed for the timetabled lessons that day. If the timetable is lost, it's available in the SIMS app. Please don't bring a huge bag on the first day. A reading book is also required and a pen should be in their pocket ready on arrival. A face covering (ideally two) and a bottle of hand sanitiser are required, too.

3. Is there lunch on site?

Yes there is. Lunch service will start on Monday 8th. There will be no Monday breaktime service in the dining room though. Please charge up the app - cash service has ceased.

4. What should students wear to school?

Full school uniform, unless it's a PE day when students still come in PE kit. Uniform does not need washing each day.

5. Are buses running?

We have been told that buses are running as in December. This includes the special Arriva S buses and Adams buses.

6. What about GCSEs/A-levels?

We will publish more information when we have the full guidance. Please bear with us at this time.

Any urgent questions?

More info will be sent out next week. If you have an urgent question or if your daughter is particularly anxious about returning, please use this special email address: covidreturn@nghs.org.uk.

7. How does testing work at NGHS?

The government would like all students to use a Lateral Flow Test (LFT) three times during the first two weeks when returning to school. Then home testing kits will be provided. Testing is not mandatory, but we strongly advise it and hope that students and staff participate. Our keyworker students have all been testing and have done it brilliantly. There [is a video to watch about how the tests work here](#). Once tested on Monday/Tuesday, students will sit, distanced, in the Hall for 30 minutes awaiting results before formally returning to school; bring a book! Please see the letter from Miss Clarke which comes with Newport News and **please can you complete the testing consent process this weekend** so we can prepare for the 8th. If you are not consenting, please complete the process and choose 'no consent'. **We require a response from all parents please.**

8. Is a face covering mandatory?

All students and staff will wear a face covering at all times when on site. Students should wear a plain coloured face covering or PPE mask. Because students must wear one at all times, they may need more than one during the day. Spare face masks are at Reception for a donation of 50p towards the cost of purchase. If your daughter is medically exempt from wearing a mask, **please inform us via covidreturn@nghs.org.uk**, even if you have told us before. Not wearing a face covering (unless exempt) is listed in our amended behaviour policy which will be released next week. This arrangement is in place, nationally, until the Easter break.

9. Is attendance compulsory?

The government have stated that it is **mandatory** for all pupils to attend school from w/c 8 March. If your daughter is ill, please report her absence via 01952 797550 between 8.30am-9.30am. We need to know the reason for absence. If she has any of the main Covid symptoms (high temperature, continuous cough or loss of smell/taste) she must remain at home. If your daughter tests positive for Covid, we must know **immediately**. Use urgent@nghs.org.uk out of school hours. We will complete contact tracing and students will be sent home to isolate. The government's daily testing plan has been scrapped. The period of isolation is currently 10 days.

10. What control measures are in place?

As before, we have:

- A one-way system in corridor areas where possible
- Staggered lesson times and start/end times
- Handwashing and sanitiser breaks. It is vital that students are responsible and follow guidelines
- Ventilation in all classrooms - the weather is warmer now so this will not be an issue. Additional layers under school uniform can be worn if necessary
- Break and lunch times outside unless pouring with rain
- Enhanced cleaning in school throughout the day

New additions

- Face coverings at all times inside except when eating
- Students in Years 7-11 will be in a fixed seating plan for all lessons in their home (form) rooms
- Lateral Flow Testing (described above)
- Students can only mix with their home bubble at break and lunchtime until Easter when this will be reviewed.

THE MASKED EMPLOYEE

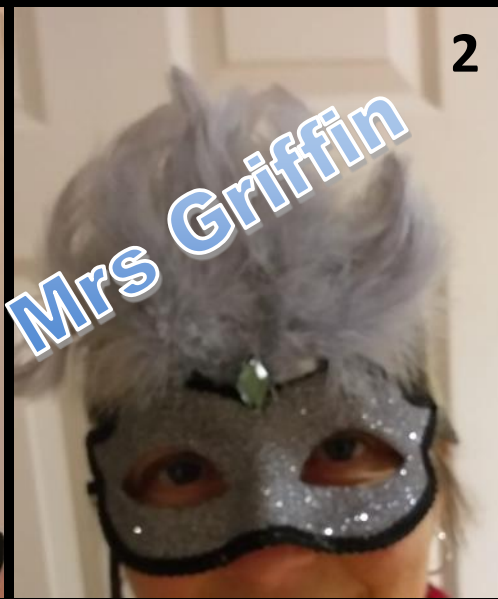
Congratulations to our winners who checked out the clues online and made their choices!

KS3 - L Clayton, Year 7

KS4 - S Hose, Year 11

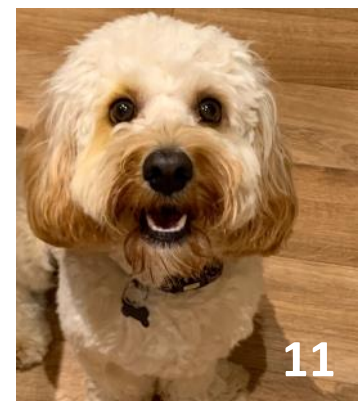
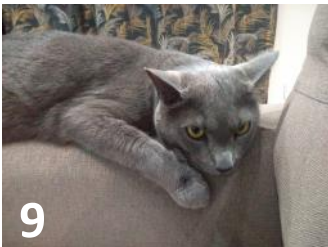
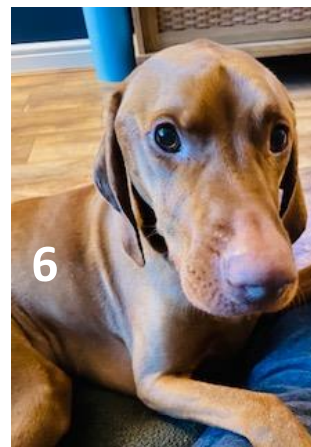
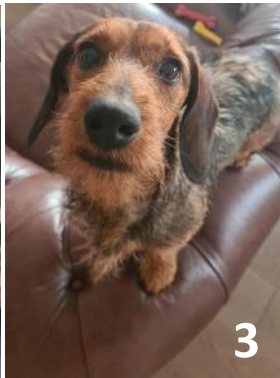
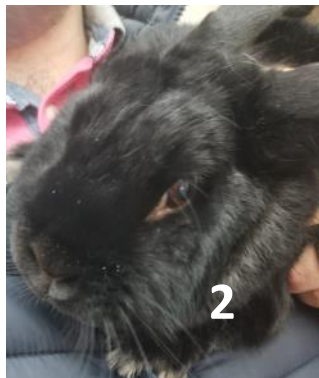
KS5 - L Jones, Year 12

Staff - Mrs Chapman





Whose Pet Is This?



Can you match these pets to NGHS staff? Answers next week...

Mrs Roberts • Mrs Chapman • Mr Postle • Mrs Danby • Mrs Gill • Mrs Chandler

Mr Scott • Mrs Goodall • Mrs Martin • Miss Davies • Ms Clarke (History)

Enter here: <https://www.nghs.org.uk/whose-pet-is-this>

LOCKDOWN **MACBETH**

A Drum! A Drum! Macbeth doth come...

11th of February marked the first ReadThrough performance, a new online initiative which aims to support students with Shakespearean and other key texts through the Covid-19 pandemic by holding live online readings. The team behind ReadThrough believe live readings enrich the learning process and strengthen students' understanding, providing further insight into context, characters and themes of the text.

The performance of *Macbeth* began at 4 and was followed by a short discussion about the text. The cast included Joe Lycett, British comedian and TV presenter who voiced the character of the Porter, as well as Pearl Mackie, a British actress, dancer and singer best known for playing the character of Bill Potts in Doctor Who. Mackie embodied the deeply ambitious and ruthless Lady Macbeth, the character to goad Macbeth into committing regicide. This shortened version of the play took us through Macbeth's immoral journey to obtaining the throne and the consequent psychological turmoil he and Lady Macbeth faced due to their guilt in approximately 90 minutes. Some of those who had donned headphones will undoubtedly have had a few jumps, courtesy of the dramatic sound effects of thunder and lightning throughout the play.

In the discussion following, the cast members answered some questions sent in by schools and considered how the abuse of power displayed in the play relates to contemporary society as well as the relationship and power dynamic between Macbeth and Lady Macbeth. Mackie remarked how Lady Macbeth is often "deemed horrendous and manipulative" because she is the one to coax Macbeth into committing Duncan's murder, however, both Macbeth and Lady Macbeth crave power, making it more "unfeasible" that a woman would want that too. Mackie added that once they have killed Duncan, it is actually Macbeth who comes forward, proposes and organises further murders.

Watching Macbeth live was an invaluable opportunity and many thanks to Tallulah in Year 11 for passing on information about this event.

Shaivi T. (Year 10)

Merci beaucoup!

We have received a letter of thanks from the Canadian nursing home to which NGHS girls designed and sent Christmas cards last term. They were bowled over by the kindness of our students and whilst they couldn't send a photograph of the residents (data protection strikes again!) they sent



us a lovely piece of artwork which was created by one of the residents as a token of thanks. Well done to

all the girls (and Mme Branson) for thinking of others overseas in the lead up to Christmas.





LOCKDOWN DANCE CHALLENGE RESULTS

The NGHS PE department would like to thank everyone who entered the 'Lockdown Dance Challenge' and congratulate them on their innovative dance performances, composed in extraordinary circumstances!

Results:

Winner– A Hekant (Year 11). A mix of Kathak and Bharathanyam Indian styles of dancing.

Other entries:

- A Morris & E Cornish (Year 7). Song choice: "Friend like me" – Will smith from 'Aladdin'
- E Rixom, H Enefer, A Steele, A Jenkins, C Fewtrell, G Worrall, M Bandhan and P Finan (Year 8). Song choice: "Upside down" by Paloma Faith
- Rutvi Shah (Year 9). Bollywood dancing.

National Careers Week at NGHS

National Careers Week takes place between 1 and 6 March 2021 and provides information, advice, guidance, across the UK. The aim is to provide a focus for careers guidance activity at an important stage in the academic calendar to help support young people leaving education and adults who are looking to develop their career. Please see <https://nationalcareersweek.com/> for more information.



At NGHS we are hosting careers insight talks via Teams next week. You will hear about the role, get chance to ask some questions and make a contact in the industry. The links to all the teams meetings will be sent on Monday morning in an email. All you have to do is click and attend.

Day	Sector	Who is presenting
Monday 1 March 12.30-1pm	Physiotherapy, NHS, Health	James Beeley is a Community Physiotherapist, working within the NHS. He works across many NHS departments including A&E, ICU, outpatients, pediatrics & geriatrics. Careers Talk: Physiotherapy and NHS
Monday 1 March 1-1.30pm	Theatre and the arts	Hannah Kimpton trained with the RWCMD and in Commedia dell'Arte, France. She has performed with several theatre companies including the New Vic Theatre and the Edinburgh Festival. She has appeared on the BBC, E4, in several short films as well as a feature film. Careers Talk: Theatre and the Arts
Tuesday 2 March 1-1.30pm	Veterinary Science	Rose Palmer qualified from the Royal Veterinary College in 2006 and has been a large animal vet ever since. Careers Talk: Veterinary Science
Wednesday 3 March 1-1.30pm	Law & Civil Service	Kim Tilling is a government lawyer. Either Kim or a member of her team will talk about careers in law. Careers Talk: Law
Friday 5 March 1-1.30pm	Medicine	Dr Helen Lloyd graduated from Birmingham Medical School in 2012, after which she worked in hospitals before completing her specialist training as a GP last year. Careers Talk: Medicine

Also, a guide for parents about talking to teens about careers [can be found here](#).



STAFF EMBRACE FITNESS & POSITIVE MENTAL HEALTH

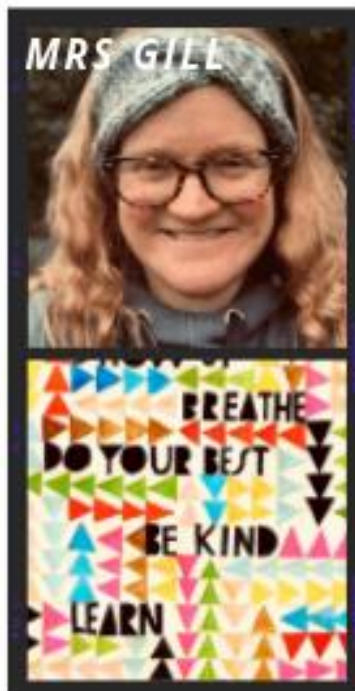
Team update Week 3



WE HAVE REACHED
*Jerez de la Frontera,
Cádiz, Spain*

Loving geography as I do means I use any excuse to get outdoors. I am less keen on being out in torrential rain but as anyone who has been on a geography field trip knows, we are used to wearing waterproofs, smudgy data collection records on clipboards and rain speckled glasses!

So, when the Miles for Mind idea was mentioned, I was really up for it. My poor dog has shorter legs now but we have had such a lovely time! I have even started couch to 5K so some of the miles I might have broken into a little jog. It's been so good for my physical and mental health and I am very grateful to Mrs Martin for sharing the idea and for all my other NGHS colleagues for their encouragement and effort. Take care everyone, Mrs Gill x



I decided to take up my own February challenge to walk outside within nature for a minimum of a mile every day having previously not met a similar wellbeing challenge in November 2020. Working as part of a team and raising money and awareness for MIND are important to me as things I feel strongly about. I am aware of the effects of the pandemic and how it has compounded the mental health of a young person I know. Helping and supporting others are great motivators for me, especially during lockdown. I'm a Pisces and a swimmer so you could say I'm like a fish out of water, having not been in a swimming pool since August 2020! Week 1. I needed my wellies due to the rain and mud but managed to photograph a few signs of spring. Total 10 Miles. Week 2 I went on my first ever night walk after parents evening. Total 12 miles. Week 3 I broke in a new pair of walking boots and got my family more involved over half term. Total 14 Miles. Week 4 I've started running as well as walking, I've spotted a bat flying at dusk and felt invigorated by the force of the wind. Four more days to go and I've already clocked up 39 miles which for me is a fantastic personal achievement.



When Mrs Martin told me about the 'Our miles for your minds' challenge I signed up without giving too much thought to how many miles I would attempt, and in what way. The important thing for me was that we would be raising awareness, and funds, for MIND and showing our students how important we think their mental health is. Initially my challenge was to run at least 1 mile every day. It started painfully, having not run for months! Time was an issue - working full-time and with a busy family and commitments, I frequently found myself going out to run late at night... that was a big test. It was dark, cold and lonely.

I was encouraged by the amazing support from the NGHs Team who were all running, walking and cycling and cheering each other on. Mrs Taylor amazed me, consistently running 8 milers... whilst I was struggling to run over 2 miles each evening. Mrs Wallace and Mrs Martin made me feel that each mile was equivalent to a marathon though, so I carried on... support is an amazing thing, and that is often the difference between what you can and can't do.

Then I had some news. I needed to have emergency surgery on my eye on 18th February, and would need to isolate from Monday 15th. I was gutted. My first thought was 'What about the challenge?'. Mrs Taylor and Miss Clarke said they would do my miles, and the rest of the team encouraged me to think of my eye, rather than my miles! Miss Clarke also suggested that I re-think how I was approaching my challenge - maybe I could do my miles quicker? So the weekend before my operation I ran 3 miles on the Saturday and on the Sunday, cycled 6 miles in a snowstorm to bump up the total, and on the Monday I walked an extra mile to my preoperative assessment, parking at the furthest point from hospital. I was nearly there. I just needed one more mile. So on Monday 15th in the evening, I ran my last mile in isolation - in my garden. It was really hard - but I managed to do it without getting too dizzy. So my total stands at 51 miles for the challenge. The surgery went ahead, and I can't run or walk for another week at least, so its over to the rest of the team to complete their miles in all weathers. I was so disappointed that I was having to pull out of the challenge that I contacted Liverpool captain Jordan Henderson, cheekily asking him to complete the challenge for me. He is out injured now or I'm sure he would have done! He did send the staff a fabulous boost last week with a message of encouragement signed by all the players and staff. As I said to my colleagues, You'll Never Walk (run, or cycle) Alone. Everyone loved the message apart from Mr Carey - as a Villa fan he said it set him back weeks! My children have joined me on this challenge (reluctantly sometimes) and my friends and family have been so generous in sponsoring me and the team. The challenge has been hard, but I think that is the point. Battling mental health issues is hard, much harder than running loops of your garden, or through snow, ice, rain and dark February nights. But getting good support, and being encouraged every step of the way by people who care about you is just SO important, and that is what the charity MIND is all about.



Evening Run in the isolation of my own garden - 1 more for NGHs - our miles for your minds...

Distance	Time	Time
1.03 mi	16:19 /mi	16hrs 49s



100% 100% 100%



MR MASON

Taking part in the Miles for Minds challenge has motivated me to complete more miles on my bike, thus helping my physical health and also raising money for this excellent charity. I have pledged to complete 240 mile cycling and with just over a week to go I have reached 193 miles. So I am feeling confident that I will achieve my goal.

Cycling ticks so many boxes for me. It's a great form of exercise that I can do sitting down!

This afternoon I have just returned from a good ride over to Ellsmere and back home via Malpas. It was quite windy and I had some rain at times but thankfully not too cold. I did 42 mile today, which will go nicely toward my overall target for Miles for Minds.



MISS DAVIES

I have felt so privileged to take part in Miles for MIND this February - I've always loved walking and these are some of my fondest memories from family holidays growing up and living in South Wales, surrounded by beautiful places like the Brecon Beacons. This month, I set myself a fairly modest target of walking 50 miles in support of this crucial charity - as it turned out, it was more challenging than I realised given the truly freezing weather some days (with a constantly sniffy nose and very cold feet!) and my 'dodgy' back! However, by the end of the half-term week, not only had we completed the 50 miles but we had smashed it and were still going strong! What I really enjoyed was that my family walked every step of the way with me - we were so good at motivating each other to get out every day and clock up a few more miles. Spending time walking and talking was wonderful - we found ourselves planning for 'life after lockdown' and reminiscing over some of the things we've done over the last year in spite of all the restrictions! Walking locally also helped us to discover new paths and walkways on our own doorstep and really appreciate the beautiful place we live in. We also played 'spot the Banksy Bird boxes' around Newport, looking for signs of the winter ending and Springtime arriving, and seeing other NGHS colleagues out and about too doing their Miles for MIND - there's always time for a quick chinwag en route! Spending time with my family this way also made me appreciate how important it is to talk, reflect, listen and sometimes, to reach out for help. I'm really proud to be part of the school team raising awareness for MIND, 75 years since it was set up (there had to be a history fact!) - never has talking about mental health been more important than after the last 12 months...



MRS BENOIT



To support young people and the charity 'Mind' I decided to join the team and I pledged to cycle 160 miles on my spinning bike. A slightly daunting challenge for me as I do not usually do this much exercise! I completed a tour of Switzerland virtually cycling around the most beautiful lakes such as Lake Lugano and around mountain trails in the Alps. The scenery was absolutely stunning, I have never visited Switzerland and would really like to travel there once lockdown has ended! I think that if it wasn't for the iFit trainers pushing me and motivating me along the way, I probably would have struggled to complete the miles. I felt like I was going on a mini holiday each time that I was on a session and it has enabled me to see different places that I would like to visit when we are able to again. Having almost completed the 160 miles I have definitely noticed a difference in my overall fitness and wellbeing. I am going to continue to 'travel the world' on my spinning bike as it has been such a positive experience for me. I would definitely recommend it!

JUNIOR BAKE OFF

...IS LOOKING FOR THE UK'S
BEST YOUNG BAKERS
AGED 9 - 15

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**APPLICATIONS CLOSE
SUNDAY 28TH MARCH 2021**

Enquiries:

applyforjuniorbakeoff@loveproductions.co.uk





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 **YOUNGMINDS**

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