



NEWPORT NEWS

A weekly update from NGHS

Volume 4 - Issue 28 - Friday 30 April 2021



The sun is shining and everyone is working hard in what is always a busy half term. Internal assessments are coming up for Year 10 and Year 12 and Years 7-9 will have a classroom based assessment in each subject during this half term. The Assessment Week timetable is published on page 2 for Years 10 and 12 and has been emailed to students. Lower years will be told by their teachers when to expect their tests.

Over the past few years, NGHS has supported a number of apprentices to gain valuable skills and a qualification. This week I am advertising for a new [apprenticeship in Business Administration for September](#). This would be suitable for a school leaver seeking a Level 3 course. If you know anyone, please forward the link above.

This week, the building work has advanced further with the upper floor structure being fixed. Sparks were flying much to the girls amusement at lunchtime! This was a noisy week and my sympathies are with the science faculty and Year 9 classes. The job just took one day so things are quieter now! I am back on the building site this afternoon for an inspection visit and look forward to seeing how the internal works are progressing as well as getting some more photos for you.

Our plans for Curriculum Enrichment Week continue apace and Miss Clarke will be in touch with parents soon about this. Just a reminder that Monday 28 June is an INSET Day and no students will be in school.

Enjoy the long weekend and stay safe, **Mr M J Scott**

Assessment Week Timetables

Year 10	Session 1	Session 2	Session 3
Monday 10th May	Maths 1 - 1hr30	RS 1 - 35 mins	Biology - 1hr45
Tuesday 11th May	Chemistry 1hr45	RS 2 - 35 mins	Physics - 1hr45
Wednesday 12th May	Geography 1hr30	English - 1hr	German R&W - 1hr35
Thursday 13th May	French R&W - 1hr35	History - 1hr	Computing - 1hr30
Friday 14th May	DT - 2hrs	Music - 1hr	Maths 2 - 1hr30
Monday 17th May	Art (4hrs) - Lessons resume for other students		Normal lessons

Year 12	Session 1	Session 2	Session 3
Monday 10th May	Art (all day) Maths 1hr30 French 2hr15	English 1 1hr	German 2hr15 History 2hr
Tuesday 11th May	Further Maths 1 1hr15 RS 1hr30	Physical Education 1hr	Psychology 1 1hr30 DT 2hr
Wednesday 12th May	Psychology 2 1hr30 Physics 2hr	Geography 1hr30	Music 1hr30 History 2hr
Thursday 13th May	Biology 2hr	English 2 - 1hr15	Chemistry 2hr
Friday 14th May	Further Maths 2 - 1hr15 Economics 1hr30		Politics - 2hr15 Maths 2 - 1hr30



PERSPECTIVE

Lots of people will tell you this, but exams are not everything. Whatever happens in these exams, you will still be successful afterwards, so if you don't do as well as you hope, try to keep things in perspective.



HABITS

Take frequent breaks, eat well, drink lots of water, keep active and try to get 8 hours sleep a night. Do not set unachievable goals for your day and do not cut out all enjoyment, you need to give your brain a rest!

MANAGING STRESS BEFORE EXAMS

self care is important

01. Keep Everything in perspective

02. Get that organised feeling

03. Get into good habits

04. Avoid bad habits

05. Get support



ORGANISATION

Break your revision down into small chunks, and form a plan.

Once you've got a plan, you won't have any more dilemmas at the start of the day about what to work on.



SUPPORT

Talk to your family about your expectations and theirs. If you are worried or anxious, chat to a good friend, family member or teacher. It helps to get the worry out of your system and help you feel calm.

Mrs Martin, Wellbeing Officer

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AS PE SUMMER OF SEMINARS

#BEINSPIRED

Johnny Pedlow



This week, the AS PE class continued their summer of seminars with a discussion with Johnny Pedlow. Johnny Pedlow is the current strength and conditioning coach of the Women's Northern Ireland football team, recently helping them qualify for the Euros 2022 in England- this is the first time they have ever qualified for an international competition.

In the discussion the AS PE students had the opportunity to actively engage with a high-level coach to discuss about training methods and nutrition. This gave a unique view of the content the students are studying giving them a deeper understanding of the subject and providing them with practical examples. Johnny went into the depths of how training plans are developed around the women, all of whom have full time jobs outside of football, and the challenges this creates. Johnny further went onto talk about the prevention of injuries and how certain training plans can reduce the risk of injury, as well as talking about the mental impact when a player injures themselves.

This is the second seminar of many to come, which provide the students with an incredible insight into how training plans are put into place and developing their understanding of topics taught within class.

Chloe M Year 12

Young Environmentalist Award

We offer our warmest congratulations to Charlotte Kemp in Year 12 who has won the Rotary Club of Wellington's Young Environmentalist Competition by writing a thousand-word essay entitled 'How does human population and consumption of plastic influence climate change?' The judging panel (who contacted me directly) were very impressed with the content and arguments Charlotte put forward as well as her mature writing style and Charlotte's entry will now go forward to the National competition. Well done, Charlotte: What an achievement!





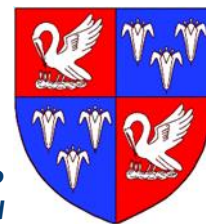
THANK YOU FRIDAY

Congratulations to this fortnight's winners...

To: Student	From: Teacher
A Aitzaz (7S)	Miss A Rosbach
A Asim (7S)	Miss A Rosbach
N Athwal (9S)	Miss S Tomkinson
L Brown (7S)	Miss H Lyons
I Buckley (7A)	Mrs A Chapman
L-M Carey (7R)	Miss A Rosbach
J Clegg (12S)	Mrs K Gill
A Corkhill (8R)	Miss A Rosbach
S Golar (8A)	Miss H Lyon
L Howard (9A)	Mrs T Fujii
S Jackson (8R)	Miss A Rosbach
E Johnson (A7)	Mrs K Gill
C Kemp (12N)	Mrs K Gill
A Khan (7R)	Miss A Rosbach

To: Student	From: Teacher
L Male (9S)	Mrs A Seys
S Mejer (11Z)	Mrs K Gill
J Orakwue (A7)	Mrs K Gill
M Padkin (11Y)	Mrs T Fujii
A Roddy (8R)	Miss A Rosbach
T Sherratt (R7)	Mrs K Gill
C Smith (11Y)	Mrs T Fujii
G Steele (10X)	Miss H Lyon
F Tilyard (9S)	Mrs A Seys
P White (7A)	Ms J Capaldi/Miss H Lyon
A Williams (11Z)	Miss A-M Davies
B Williams (11Z)	Mrs K Gill
G Worrall (8S)	Mrs A Chapman

Cambridge Masterclasses



Between 22 March and 1 April, a small group of Year 12 students were given the opportunity to attend subject masterclasses with Corpus Christi College, Cambridge. During the day, we attended two lectures, a Q&A session and a talk on applying for Cambridge, all of which provided an insight into the University's notoriously competitive application process.

On 25 March, I had the opportunity to attend the medicine masterclass. During the morning sessions, the lecturer explored concepts linked to the naked mole rat, which was the highlight of the day as we were able to take part in interactive activities and watch them live from the College. This was followed by a session with students who gave us a virtual tour of the campus and advice related to applications and student life. The experiences of these students were contrary to that which I expected due to the perceptions of the College I had previously understood.

The afternoon lecture explored a different area of medicine: neurology. A neurologist from a local hospital who was also one of the lecturers delivered a more complex concept in the afternoon of translational medicine in clinical practice. It's not an area I have done much research into, so I found it interesting despite it being complex knowledge to get my head around.

I would highly recommend that anyone who has the opportunity to attend one of these days or a similar experience in the future to do so - it is an invaluable experience and really consolidates on whether or not you wish to apply to the university or apply to the course.

On 1 April, I attended the Subject day for Chemistry. The day took a similar format to the Medicine event: two lectures, a Q&A and an admissions talk.

Both lectures revolved around a key question: how can chemistry help to solve the world's biggest questions? Given the current situation, it was amazing to learn more about the impact that the subject has had in the fight against the COVID-19 pandemic, as well as other areas such as climate change, the energy crisis and renewable resources.

One of the aspects of its science teaching that the University prides itself on is its focus on their interdisciplinary nature, which is echoed through the degree structure. Put simply, contrary to other universities, Cambridge delivers all its hard sciences through one degree: The Natural Sciences Tripos. This was demystified to us throughout the day, as well as other parts of the entrance process such as the alternative personal statement, the NSAA entrance exam and of course, the infamous interview.

I can safely say that the day has made me more sure of my decision to apply to the University than ever.

J Slater-Morris & L Salt (Y12)



THE **HUB**
NEWPORT

NEWPORT YOUTH CLUB

@ THE HUB, NEWPORT

Monday evenings

5pm - 6.30pm: Junior Club (School Years 6, 7, 8)

7pm - 8.30pm: Senior Club (School Years 9, 10, 11)

£1 per week

Catch up with friends, talk to youth workers, take part in fun games and activities in a safe environment

Contacts:

For more information, contact SYA on
01743 730005 or lucy@sya.org.uk

*Covid compliant guidelines will apply



Young people must wear masks unless exempt and be registered to attend

Max of 15 due to COVID19 Guidelines



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