



# NEWPORT NEWS

## A weekly update from NGHS

Volume 5 - Issue 11 - Friday 26 November 2021



November is almost over and this week our Year 11s completed their mocks. Ever since Year 7 it has been clear how well this year group support each other and they have approached their mock examinations with the same maturity and a sense of purpose we have seen throughout their time so far at NGHS. Our invigilators have commented on this in particular and it was a pleasure to reward all of our Year 11s with some donuts from a local bakery at breaktime today to mark the end of their exam period.

I'm afraid the last part of the building project is dragging owing to a shortage of materials and third-party supply issues for the staircases and ovens. We are assured of completion and snagging before the end of term but they will be cutting it fine and we might still be snagging on Christmas Eve! Students will receive new timetables before the end of term ready for January and we look forward to using our new classrooms and IT suite, spreading out more into the new building and also lots of great food, prepared fresh on site, in the dining room from January. Leesa, our Catering Manager, has organised a pupil focus group to consider the new menu. Student feedback is welcome!

As you can see below, we are very keen to support our friends at Telford Christmas Smile and **we welcome donations all next week at Reception**. Thank you in advance to our NGHS families for their generosity.

This evening our older students are departing for a night's shopping at Cheshire Oaks. It is great to be able to run this trip again and we are sure everyone will find a bargain.

The weather is very inclement at the moment so it's time for my annual reminder about coats! It appears that lots of Year 7-8s have coats as do our sixth formers. What happens in the middle years baffles me (!) but it's obviously not cool for many Year 9-10s to wear a coat and instead turn up drenched! Clearly we want students to remain fit and well, so do ask that everyone has a coat befitting the conditions outside when required! Whilst mentioning this, I remind parents that we always try to keep school open in bad weather, but any enforced closures will be posted on the website by 7am and messages sent to all parents/carers. Our new parent/student app will launch in the next few weeks (we have been testing it recently with a focus group of students/parents) and hope you find it more accessible than the previous SIMS app. More details to follow.

Wishing you all nice weekend,

**Mr M J Scott**



## Once again, we strive to make a difference

I am thrilled to announce we will be supporting **Telford Christmas Smile** again this year. Now for the third year running, we want to make a real difference to families in our area who are struggling to purchase Christmas gifts for their relatives. We welcome donations of gifts for babies, toddlers, children, teens and adults (boys and girls). Even a simple selection box alone is most welcome. The deadline is **Friday 3 December** and we will be collating gifts at Reception during all of next week. Please kindly consider donating something to help others in our community. More info can be found on [their website](#).



*Every child receives a selection box along with their gifts. Could you donate one or two to the charity campaign this Christmas?*

*Teenage boys often have lots of aftershave/shower gifts. Is there anything you could purchase that isn't 'smellies'?*

*Christmas Smile does not just benefit children. Adults / Parents are also catered for. Please consider buying a gift for an adult.*

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# Contacting our SEND Team



**A couple of weeks ago we included an introduction to our Acting SENDCO, Mrs Roycroft, in Newport News. A couple of parents have asked how to contact the SEND Team, so we are pleased to clarify this below.**

Mrs Benoit previously had a day a week dedicated to her SEND role, but as a full time employee, she was able to spread her SEND time through the week. Owing to a busy schedule, Mrs Roycroft is working for us one full day a week (Wednesdays), but we have additional support from Mrs Dugdale, our SEND Assistant (who is also SENDCO qualified) and Miss Davies, our Associate Assistant Headteacher who oversees SEND on our senior leadership team. To aid communication further, we have now set up a dedicated email address - SEND@nghs.org.uk which parents/carers can use.



**Head Girl Team Highlights...**

## Hypermobility Finger Strengthening

### Thera-Putty Exercises

Repeat these exercises \_\_\_\_\_ times for \_\_\_\_\_ times a day.  
These exercises will strengthen the muscles of your fingers, hand and forearm.

#### Finger Hook

Make a hook with your fingers as you press into the putty.



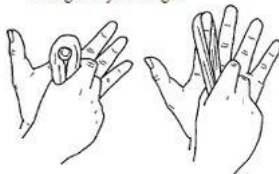
#### Full Grip

Squeeze your fingers into the putty like your are making a fist.



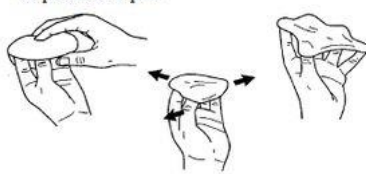
#### Finger Extension

Loop the putty over the end of the finger while it is bent. Try to straighten your finger.



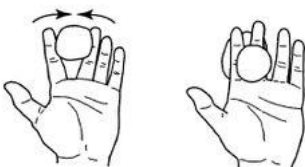
#### Finger Spread

Spread the putty like a pancake over your fingers and thumb. Try to spread them apart.



#### Finger Scissor

Place a 1 inch thick piece of putty between each pair of fingers and squeeze together.



#### Finger Pinch

Pinch the putty between each finger and the thumb.



Following the mock examinations over the last week, our Year 11 students may well be feeling the effects of all that writing! Many of us can suffer with aches and pains in our hands after writing for an extended period of time. For some people 'Hypermobility' is a daily occurrence and they may experience hand pain often. The Thera-Putty exercises above can help strengthen your hands and they are easy enough for anybody can have a go. Blu-tac or playdough work great for this activity! I encourage you to have a go and let me know how you get on!

**Mrs B Dugdale, SEND Assistant**

## All about Anki



After speaking with one of my biology teachers about effective revision methods, I wanted to write this week's HGT highlights on one of my favourite study tools, Anki.

Anki is a free open source flashcard app that I have been using for just over a year. It is designed to help prevent natural forgetting by using spaced repetition algorithms.

Personally, I have found that it has been amazing for memory improving my factual recall skills. It can help you master your week points by customising what you want to study and in what intervals.

I use Anki to revise Chemistry and Biology and when used consistently I've found that it is a useful tool to stay on top of my work.

Anki allows you to create 'study decks' for different topic areas and prioritizes each flashcard depending on whether you can recall, and how quickly.

I would recommend Anki to any students who are struggling to manage their study time, or who just need a new method of revision.

We hope you have a lovely weekend!

**Meg and the Head Girl Team**

# WHAT'S GOING ON IN... PE & SPORT

It is so important to us here at NGHS that we continue to offer a wide range of activities to our students as, for us, sport is about teamwork, friendly competition, success and achievement. This in turn develops strong self-esteem, which we feel is an important trait for our students to develop. In offering such a diverse curriculum, we can allow all students to experience these important, fundamental aspects of PE.

During lockdown, we established a connection with The Body Barn, which allowed us to offer practical lessons to our year 10 and 11's. The Body Barn is an innovative space to train and they have been successful in creating an inspiring environment in which our students can learn. This year, we have continued to strengthen our relationship with The Body Barn. Year 10 and 11 students have one lesson a week at the barn.

During the first half term, students took part in 'Punch' sessions. Sessions consisted of technical, cardio and power rounds. Students were taught basic stances and shots and developed their technique.

Students are currently taking part in Open Gym sessions, which are being led by our PE Department. Each session will consist of technical rounds suitable for all levels of ability, using body weight/weights.

Following the successful delivery of sessions lead by The Body Barn team during KS4 PE, we have now introduced sessions

to KS5 as an extra-curricular session. Sixth formers have been attending sessions on Monday and Friday evenings. These sessions will continue to run throughout the academic year.

"The girls give nothing less than 110% in every session. The progress they have made from week one to now, is nothing short of incredible." *Danny Robb* - Director of The Body Barn.



## CHRISTMAS DINNER

**THURSDAY 16<sup>TH</sup> DECEMBER**

**Turkey and cranberry sauce**  
**Brie and cranberry bake**  
**Roast potatoes**  
**Roast parsnips**  
**Sprouts**  
**Glazed Carrots**  
**Peas**  
**Pigs in blankets**  
**Stuffing**  
**Gravy**

**Seasonal spiced pudding with custard**

**Also with a 330ml bottle of sparkling water.**

**£4.00**


**Please purchase your ticket by the 10<sup>th</sup> December**



**FRIDAY 26<sup>TH</sup>**

## AS PE

**PHYSICAL EDUCATION DEPT.**



Our AS PE students continue to go from strength to strength.

Our year 13's are now making their way to the end of their theoretical course content, and working hard to complete their EAPI's. As we deliver this course over two years, it leaves us lots of time to revise and ensure they are fully prepared for their examination in the summer.

Our year 12's have hit the ground running. They are already displaying great enthusiasm and in-depth knowledge of sport and applying this to the subject content they are being taught.

## Make sure you save on bus travel

If you are aged 16-19 and live in T&W, don't miss out on discounted bus travel. Save £3 a week - visit [www.Telford.gov.uk/teencard](http://www.Telford.gov.uk/teencard) complete the form and upload a recent, passport style photograph.



# Mock Examinations

We have been so proud of our Year 11s for their positive attitude during their mocks. We know how dedicated they are to achieving their best and are confident that their commitment to their studies will enable their success next summer. As part of this mock series, all of Year 11 enjoyed a wellbeing afternoon, where no exams were scheduled and a choice of fun activities were offered. It is vital that during examinations, students balance the necessary preparation and revision, with taking care of themselves and we were eager to support them with this. The enthusiasm, smiles and laughter throughout all three activities was a joy to see!

**Miss S Webster/Mrs S Tomkinson**

## **Year 11 Well-Being Afternoon:**

### ***Drama and Theatre Workshop***

During our mock week, we all got the chance to partake in a series of activities as part of a wellbeing afternoon, including sports, drama and a crafternoon. It was surely an enjoyable (and most needed) break from the difficult week! Some of my peers and I took part in the drama and theatre activities, led by our English teacher, Mr Postle. Without question, my friends and I

spent a brilliant couple of hours flaunting our acting skills! We started by playing mini games to warm us up, including "I went to the shops and bought..." which put our memory skills to the test, as well as "Go bananas" in which someone would be asked several questions however the reply could always only be one word; the catch was you weren't allowed to laugh – this truly proved to be a challenge! Then we moved on to acting out our own scenarios in groups to practice, ready to perform in front of the whole group. Undeniably, we saw many entertaining acts. Personally, I enjoyed the scenario done by Tabby, Saira and Sophie which was a re-enactment of siblings arguing on game night, incorporating lots of humorous dialogue. All in all, it was a fantastic way to give us a breather in the middle of a demanding week and we are all thankful to our teachers for organising the afternoon. (Anuva S.)

*Crafternoon in full swing!*



## **Artist Lex visits NGHS**

On Thursday 2 December we will be welcoming the artist Lex to the school. She will be working with students in Year 7 during P4 and with students in Years 8 and 11 during P5. This session will begin with a live performance from her and will finish with a PSHE presentation on mental health and body image.

## **NGHS Scores success at Thomas Telford**

On 23 November, Year 8 and 9 footballers competed in a fixture against Thomas Telford School. It was an extremely difficult match but everyone pulled through and with the right type of determination we won. Early on in the first half they scored but instead of losing our heads we carried on playing till it got to half time. After some changes to the formation and some inspiring words, we started the second half. Eventually our hard work paid off and we scored, bringing the score to 2-2. Even when they scored in the last minutes of the game, we didn't give up and with only minutes to go we pulled through to bring it to 2-2. It then went to penalties. We took all our penalties but it was still a draw, so it came to the last penalty taken by Jasmine. We all watched on, silently, with our fingers crossed **we scored!**





## Use of Technology at Night

Recently we have heard about a few incidents of young people using their mobile phones late at night in their bedrooms. We know that, for lots of families, young people use their devices positively to help with research for homework and to be able to stay connected to friends and family. However, we also know that using devices late into the evening in bedrooms can have a detrimental impact on young people's wellbeing and also the quality of the sleep that they have each night.

From doing some research into this area I have come up with a list of suggestions for your consideration, which have been proven to boost wellbeing;

- 👉 Promoting the importance of getting enough good-quality sleep. A suggestion could be to leave phones outside the bedroom when it is bedtime.
- 👉 Reduce the amount of time sitting or lying using a screen by taking regular breaks from this.
- 👉 Talking to your child regularly about their online life, including about sharing photos and information online, and how photos and words are sometimes manipulated.
- 👉 Talk to your child about using screens and what they are watching.
- 👉 Look out for changes in behaviour as this could be a sign of them feeling uncomfortable with something they have seen on screen or social media.
- 👉 Consider screen-free mealtimes so you can have face to face conversations about how things are going.
- 👉 Try using features on phones / apps to track the amount of time spent on different apps / social media etc.

Thank you for considering our thoughts on this important matter.

## Rewards Assemblies

The last few weeks we have had our rewards assemblies, which looked at the students' successes from half term one. The first award that was presented was the inter-form house point cup. This award is given to the form with the highest house point total in their year group. Our winning forms from half term 1 were **7N, 8 Seacole, 9 Seacole, 10 Roddam, 11 Austen and Austen6**. The next award was to celebrate achievements for those students who had received the most house points (see table right)

| Yr Gp | Gold                  | Silver                               | Bronze                           |
|-------|-----------------------|--------------------------------------|----------------------------------|
| 7     | V. Matthews           | S. Karthik                           | G. Hicklin, S. Raiyat            |
| 8     | A. Morris             | M. Royce                             | A. Stephen                       |
| 9     | A. Roddy              | M. Bandhan, R. Goodwin               | Z. Ahmed, A. Hudson              |
| 10    | L. Male               | S. Rodrigues                         | E. Adeniyi, Ab. Mangham          |
| 11    | A. Birchall           | C. Cui, A. Hawkins, F. Healey, A. Wu | K. Hossack, L. Patrick           |
| 12    | A. Pattar, E. Walkley | A. Ciras, H. Sobichan                | G. Girn, M. Padkin, O. Todd      |
| 13    | C. Mahy               | M Bipin                              | C. Baugh, A. Humphries, L. Jones |

The final award that was presented was our lucky dip. One ticket is given for every 10 HP students received. The winners were:

| Year Gp    | Winners                                     |
|------------|---|
| 7          | E Jakubek, R Turner E Cambidge              |
| 8          | M Tipping, H Tay H Hayward                  |
| 9          | Z Ahmed, G Beff, E Woodward                 |
| 10         | H Mustansir, B Gill-Ballard, F Lenton-Smith |
| 11         | L Patrick                                   |
| Sixth Form | M Brown                                     |

Well done to all of our winners. 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.

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





## EXTRA-CURRICULAR ACTIVITIES

Here is the updated list for half term two. New clubs are shown in Red. There really is no excuse for any student not to be involved in at least one club or activity! Why not learn a new skill or practise something you really love? Get out of the classroom and embrace the wider life of NGHS. Our staff and sixth formers look forward to encouraging you this half term. Thank you to all those who are running sessions.

|           | LUNCHTIME  | AFTER SCHOOL  |   |
|-----------|--|---|---|
| MONDAY    | Sixth Form Netball<br>Year 7 Board Game Club<br>Physics Clinic (Y12-13)<br>Show Rehearsals (all years)<br>Week A - Rights Respecting Schools steering group (all years)<br>Week B - Genocide & Human Rights awareness (all years)<br>Wellbeing Quiet Space (all years)   | Art Club (Year 7)<br>Maths Clinic (Y13)<br>Biology Clinic (all years)<br>Dance Practice (Year 8)<br>Origami Club (Year 7-8)   | School Production Rehearsals<br>Sixth Form Punch (Body Barn) - Y13              |
| TUESDAY   | Netball Residential Training (year 7)<br>Physics Clinic (Y7-11)<br>Senior Choir (Y10-13)<br>KS3 Maths Enrichment Club (Y7-8)<br>Week A - NEA/History Clinic (Y13)<br>Week B - Cold War Revision (Y11)<br>Japanese Language & Culture Club (all)<br>SustaiNGHS/EcoSchools/Gardening Club (all)<br>Wellbeing Quiet Space (all years) | Biology Clinic (all years)<br>Chemistry Clinic (Y11)<br>Wellbeing Quiet Space (all)<br>Maths clinic (Y12)<br>Sign Language (all)<br>English Literature Clinic (Y13)                 |   |
| WEDNESDAY | AS PE group (Y13)<br>French Club (Y11)<br>Physics Clinic (Y7-11)<br>Animation Club (Y7 sign up only)<br>GCSE Geography support (Y11)<br>Lower School Choir (Y7-8)<br>Medsoc (Y12 interested in medicine/dentistry)<br>Chemistry Clinic (Y13)<br>Maths Clinic (Y7-8)  | Football Club (all)<br>Chess Club (all)<br>Wellbeing Quiet Space (all years)<br>Law Society (Y11+Y12)<br>Craftivism for Kindness (all)  | Karate Club (all years) - external coach  |
| THURSDAY  | Team Trials<br>Team Netball practice<br>Coding Club (Y8 and above)<br>Geography Revision (Y13)<br>Music GCSE Clinic<br>Drama club (Y9-11)<br>English clinic (all years + special Y11 group)<br>DIG schools archaeology investigation (Y7-8, sign up)<br>D&T Eco Fashion Club (Y7+8)  | Just Dance (second half)<br>Ukulele Club (all)<br>Chemistry Clinic (Y12)<br>Maths Clinic (Y9-10)<br>Maths support (Y11)<br>Wellbeing Quiet Space (all)<br>Year 7 Dance (first half) | Fencing Club (all) - external coach<br>Winter League Netball Fixtures           |
| FRIDAY    | Volleyball (Y11)<br>Revision Club (Y11) - Week A<br>Orchestra<br>Literary Society<br>Week B - Debating Society (Y12/13)  | Chess Club (all)<br>Crotchet Club (all)<br>Wellbeing Quiet Space (all years)<br>Year 7 Creative Writing Club  | Sixth Form Punch (Body Barn) - Y12<br>Netball Club - external coach (all years) |

# 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 any concerns, but there are certain colleagues with additional training to support you in pastoral and safeguarding matters.



**Mrs H Birch**  
Assistant Head  
Designated SL



**Mr M J Scott**  
Headteacher



**Mrs H Goodall**  
Head of Year 7



**Mrs F Davenport**  
Pastoral Support



**Miss S Webster**  
Deputy Head



**Mrs A Chapman**  
Head of Year 9



**Ms J Capaldi**  
Head of Year 8



**Mrs K Danby**  
Wellbeing Officer

Safeguarding

Years 7-10



**Mrs A Seys**  
Head of Year 10

Years 11-13



**Mrs S Tomkinson**  
Head of Year 11



**Mrs K Griffin**  
Head of Sixth Form



**Mrs D Martin**  
Wellbeing Officer

Please use [schooloffice@nghs.org.uk](mailto:schooloffice@nghs.org.uk) for routine correspondence.  
To urgently contact a member of the senior leadership team  
outside school hours, please use [urgent@nghs.org.uk](mailto:urgent@nghs.org.uk)