



NEWPORT NEWS

A weekly update from NGHS

Volume 5 - Issue 13 - Friday 10 December 2021

NGHS Delivers on Christmas!



The first basket full is unloaded



A packed minibus!



Unloaded parcels

"NGHS is our top donor school. Thank you so much to all the NGHS families for their generosity"

Katie, Christmas Smile Organiser



As the photographs above show, the donations from NGHS families to our Christmas Smile campaign have been very well received. **Thank you to everyone who took time to purchase a gift.** Almost 100 selection boxes and about 300 gifts were donated. Thank you to three Year 12s who came with me to drop off the gifts. We heard from the organiser about some very difficult cases where families are really struggling and were delighted to see how our generosity was received. If you have any time to help the charity wrap gifts or wish to make a financial donation, please search for Telford Christmas Smile on Facebook or click here.

I trust that all parents have received the separate emailed letter about the return to school in January. Thank you for your support and cooperation in attending at the right time

for a Covid test. There is a lot of concern nationally about the latest news concerning Coronavirus and we will remain alert. We hope that more LFT kits will arrive next week so we can provide these to you over the Christmas break.

Last week, Mrs Birch asked for parental input on our Sex & Relationships Education programme and you can complete a survey [by clicking here](#). It is really interesting to read the approaches from different families and more opinions are most welcome.

A repeat broadcast of next week's arrangements is on page two. Thursday is our Winter/Festive Jumper Day. Mrs Birch has set out our expectations for this and I remind students/parents that we will collect a **minimum £1 cash donation** to Newport Foodbank on Thursday morning. Term will finish at 12.30pm next Friday for a well-earned two-week break. Have a lovely weekend, **Mr M J Scott**

Last Week of Term (13-17 Dec)

Please note this may be subject to change owing to local Covid restrictions imposed by Health Protection

Monday 13 December

Year 10 can wear sensible non-uniform if participating in the afternoon trip to Stafford (see Mrs Seys's letter)
Xmas Crafternoons on Mon-Wed this week at lunch.

Wednesday 15 December

Year 7 Virtual Pantomime (am)
Carol Service rehearsals (pm)
Young Enterprise: Festive Film after school
4pm-6pm—posters in school about this
Carol Service for NGHs families (7.00pm)
Separate letter was sent regarding tickets

Thursday 16 December

Winter Jumper Day with jeans or tracksuit pants
(£1 minimum donation to Newport Foodbank)
Christmas Lunch £4 (must book in advance)
Y14 Reunion Afternoon - POSTPONED until July

Friday 17 December

Normal morning school - **full attendance**
School closes at 12.30pm. Pupils can remain until 2.30pm
if travel difficulties exist.

**This must be pre-booked via our email address
schooloffice@nghs.org.uk by the end of Monday 13 December.**



Head Girl Team Highlights...

Penultimate week!

As we complete the penultimate week of term, the festive spirit is rife throughout school (shout out to Christine's Christmas prop table in the atrium) and a lucky few even saw some snow last week.

This week saw the introduction of the mentoring scheme run by the head girl team and I'm delighted to say we have an ample supply of volunteer mentors across the year groups! As well as aiding the academic studies of fellow students, this scheme is a lovely opportunity to encourage integration and mixing between the years, especially now the year group 'bubbles' are gone. If anyone would like to get involved, don't hesitate to send me an email (jennifer.upton@nghs.org.uk) or speak to any member of the Head Girl Team for extra information.

Speaking of integration, it was lovely to see students from every year group having fun together in house music last week and hopefully we can expect the same for the upcoming house events after the Christmas break!

Have a great weekend (maybe starting that Christmas shopping),

Jenny and the Head Girl Team

Winter Jumper Day on Thursday

Next Thursday is Winter Jumper Day with a minimum donation of £1 which will be given to Newport Foodbank. This money needs to be brought in on Thursday and given to form tutors in registration that morning.



Students must still have all equipment with them. This includes:
Locker Key, Pencil case and usual stationery, Planner, Normal school bag, PE Kit – if you have PE, £1 minimum donation.

Clothing Expectation

Students are expected to wear a winter jumper with jeans or tracksuit bottoms. External jackets/coats, hats/scarfs/gloves must be removed inside the building as usual.

Clothing must be also appropriate for a school environment - this means that for all students no revealing short or low-cut items should be worn and additionally no midriffs should be seen. Any jumper slogans should be appropriate! Failure to meet any of these expectations will result in students being asked to borrow other items of clothing from school.

We hope our staff will also get into the festive spirit!



U19 Squad Place

Well done to Megan Lo (Year 13) who has been selected to join the U19 Severn Stars Netball team. She will be playing against Leeds Rhinos and London Pulse this weekend.

Grade 8 Distinction!

Huge congratulations to Emily Spencer (Year 12) who achieved distinction in her Grade 8 clarinet exam!



House Music 2021



House Music struck a happy chord!

After an extremely challenging year, we were delighted to be able to do House Music in person. With the theme being “heroes”, it allowed for a variety of different musical pieces and performances. This year, showstopper was slightly different to usual, with each House being given two musical heroes and basing their performance around them. There was an incredible display of banners from all three houses as well as great organisation from all House teams.

From Seacole, Connie, Lola and Sophie worked alongside Lillian to produce a well harmonized choir and strong soloists. Tilly’s incredible performance on the electric guitar stunned us all as her skills were broadcasted to the whole school.

Austen’s House Captain Chloe, Performing Arts Captain Martha and Eliza collaborated to put out a great set of performances, including their impressive acapella choir and amazing soloists. Chloe Tang’s performance of Debussy’s Arabesque was exactly what we needed to relax after a stressful year.

As Roddam’s Performing Arts Captain, I decided to take on the huge role of accompanying all four soloists, arranging and taking part in ensemble and arranging and accompanying choir. It was slightly challenging at times, however all the hard work paid off when Roddam came out victorious in this year’s House Music! The new addition of Lower School House Teams was extremely useful for House Music as it meant that extra support and help could be given to the sixth form house teams.

Special thanks must go to Mr. Bramhall for taking time out of his day to come and judge House Music as well as Mr. Pointon and Mrs. Chapman for sorting any issues that arose. All the House teams are going to miss the fun of NGHs House Music, however we know there are many capable and talented musicians further down the school who will be able to make House Music a memorable and special event for years to come.

B. Chung (Year 13)



Have you ever walked into a room and forgotten what you went in there for?

Well, imagine doing that regularly, throughout the day, each and every day! Some people find remembering things they have just heard or seen very difficult and it can add extra challenges when faced with learning new material.

Our working memory is a temporary storage system and is vital for many day-to-day tasks (e.g. following instructions, responding in conversations, listening and reading comprehension, organisation). Working memory is important for putting information that we are learning together with our current knowledge base (i.e. long-term memory). When we hear new information, we rely on our working memory to keep the information active so that we can focus, organise and problem solve. Easy retention of information allows our skills and knowledge to be automatic and it minimizes the need to give active thought to each and every step of a task.

If you or your child find it difficult to organise, remember a full set of instructions, focus on a task until completion or follow directions then you **CAN** do many things to help **IMPROVE** your working memory.

Working Memory Support Strategies:

- Ask your child to repeat the instruction or question back to you.
- Use a diary / school planner.
- Break tasks down and record them visually
- Play matching games such as 'Pairs'.
- Complete word searches.
- Play 'Spot the Difference'.

Distraction: This working memory game is equal parts hilarious and educational, and can be enjoyed in the classroom or as a family. Players take turns drawing number cards and must remember the growing sequence of numbers until a player pulls a 'distraction card'. This person must then answer a silly question before reciting the sequence of numbers in the exact order they were drawn.

Please be reminded that I am here to support SEND matters in school each day as well as my colleague, Mrs G Roycroft, who is covering Mrs Benoit's maternity leave as SENDCO. Should you have any concerns or queries relating to SEND, please use the following email address and we will endeavour to get back to you as quickly as we can: SEND@nghs.org.uk

Many thanks and wishing you all a lovely weekend!
Mrs B Dugdale (SEND Assistant)



Mark Pritchard MP

Last Friday, the local MP for The Wrekin, Mark Pritchard, came to the school to talk to the Year 12 and 13 politics students.

As Student Ambassador for Politics it was my responsibility to correspond with his office and plan this event. It was a rare and insightful experience, to be able to listen to Mr Pritchard's experience of becoming an MP and the reasons why he decided to pursue this as his career choice. It also gave my peers and myself the chance to ask any questions we had, to an actual Member of Parliament. This was invaluable as the answers he gave us to our questions allowed us to reconsider our opinions on the subject matters we had learnt about in lessons and from the textbook, from a first-hand point of view, as he definitely had some interesting opinions, especially about the use of the whip system and reform of the House of Lords.

For me and possibly for others this experience will allow me to view politics in a different way, especially when approaching exams. We also learnt more about the vital role an MP can have within a community, and brought awareness to certain issues within our own constituency. I also did not realise the influential role an MP can have on the international stage and the role this can have within British foreign policy.

I think we all admired the work Mr Pritchard had achieved in terms of legislation for the protection of animal welfare rights within this country. We all benefitted from this experience and look forward to taking up his offer for us all to go down to the Houses of Parliament as soon as we can.

Niamh F-E, Year 12



Teaching & Learning Update

As part of our teaching and learning focus this year, we are looking at how we can make use of **educational research** in the classroom.

As well as teaching for a deep level of understanding, staff are actively developing ways to help students with ensuring knowledge moves into their long term memory and can be recalled when needed.

On Monday 6 December, our teaching staff took part in an INSET training session where they reflected on the excellent practice that has been occurring in classrooms this term, and shared ideas and techniques they have been trialling in lessons. Excellent practice has included 'Say it again, better' where students are encouraged to reframe their answers, for example, by adding development or through using key terminology.

Structure strips have also been used in some subjects to help support students with how to begin approaching longer exam questions and the key content to include in each paragraph.

Whilst gradually over time these supports can be removed, they have really helped build confidence with exam technique. It is so important that we spend time talking with colleagues to share ideas and reflect on our own practice to get the very best outcomes for all our students.

Miss S Webster, Deputy Headteacher

St John
Ambulance



NHS Cadets

NGHS has been asked to publicise information about the NHS Cadets scheme for young people

NHS Cadets is a new scheme created by St John Ambulance in partnership with the NHS, providing opportunities to explore skills, knowledge and volunteering roles within healthcare. It is aimed at young people aged 14 to 18 who are from communities currently under-represented within the NHS and St John Ambulance.

The programme offers young people health awareness sessions, courses to develop their leadership and communication skills and an insight or experience in volunteering within the NHS.

If you would like to find out more, please [click here](#).

Your Voice Matters: Tell Us What Needs To Change

There's so much going on in your lives, and in the world, that it can all feel a bit hard to deal with. But we believe that everyone deserves to feel good and hopeful about the future. Nobody knows what life is like for young people better than young people themselves, which is why we

want you to tell us what needs to change. **We're having the biggest conversation we've ever had with young people about what society needs to do differently.** If you are aged 13-25 and living in the UK, we want you to tell us what's on your mind, what's been bothering you lately, and what would make you feel better about life – whatever that may be. Whether you're struggling with school or relationships, or you're worried about climate change, we want to know!

This survey will take just 10 minutes to complete, but has the power to make a difference. So, have your say on the big issues affecting your life and how you feel, and help young minds to start something amazing.

Please follow [this link](#) to participate in the survey.



The Big Young People's Survey

Have your say on the big issues affecting your life and how you feel

Join in today

Kooth December Updates

Kooth is an online mental wellbeing community that students are signposted too if they would like free, safe and anonymous support. Kooth are available over the Christmas Holiday period.

Our team is still here to provide mental wellbeing support over the holiday period.



Chat Availability Dates and Times

Thursday 23/12/21 12pm - 10:00pm	Monday 27/12/21 4pm - 8:00pm	Friday 31/12/21 12pm - 6:00pm
Friday 24/12/21 12pm - 8:00pm	Tuesday 28/12/21 4pm - 8:00pm	Saturday 1/01/22 4pm - 8:00pm
Saturday 25/12/21 4pm - 8:00pm	Wednesday 29/12/21 12pm - 10:00pm	Sunday 2/01/22 6pm - 10:00pm
Sunday 26/12/21 6pm - 10:00pm	Thursday 30/12/21 12pm - 10:00pm	Monday 3/01/22 4pm - 8:00pm

Find support today by visiting [kooth.com](https://www.kooth.com)

Competition for 16-18 Year Olds

How can social video platforms create a safer space for young people? We know there are harmful videos out there and much more needs to be done; this is a chance for young people to have a say. Ofcom have announced a competition for 16-18 year olds who can enter for the chance to win a £100 voucher published in the Financial Times.

Ofcom have recently published some interesting articles and competitions for young people.

Please see these information boxes!

Online Safety: Ask the Awkward

Young people want their parents and carers to have everyday conversations with them about relationships. CEOP have released some new resources that may be useful when approaching difficult conversation related to online relationships. Please follow [this link](#) to find out more:

Gurls Out Loud: Blocking Out Abuse

The online safety part of our parent's presentation evening this year focused on Online Sexual Harassment. As the school's safeguarding lead, we are aware that every day girls are contacted online by adults who to try to manipulate, groom and exploit them. This is a key safeguarding and online safety area to be aware of. The Gurls Out Loud web page has some facts and advice which I feel would be useful for all parents and carers to be aware of. For more please follow this [link](#).

Young people can request Google remove images from search results

The legal 'right to be forgotten' has been around since 2014 but recently Google have extended this. Now, any person under the age of 18 (or their parents/guardians) can fill in a form and request that one or more images are removed from Google search results.

We know that young people can spend a lot of time online. This week we have received a resource from National Online Safety about sharing kindness online. This shares 10 top tips we could all try to make the online world a little kinder.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



NOS National Online Safety
#WakeUpWednesday

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 for routine correspondence.
To urgently contact a member of the senior leadership team
outside school hours, please use urgent@nghs.org.uk