



NEWPORT NEWS

A weekly update from NGHS

Volume 5 - Issue 14 - Friday 17 December 2021

Winter Jumpers Galore!



At the end of a long and very busy term, I would like to thank our whole NGHS family for their hard work, support and sense of community. The return to school in September brought about a marked uplift of work and readjustment for staff and students and this has taken its toll on everyone. Coupled with this has been the need to work remotely at times because of Covid and some staff have stoically continued to work/teach from home in spite of being poorly or have had to juggle childcare with teaching when our own children have been taken ill. Other colleagues have had to balance work with caring for elderly relatives. I know this picture is replicated in many other keyworker scenarios and, to everyone who has found themselves in this position, I thank them for their service and commitment. The vaccination programme was very well executed at NGHS with the reported highest uptake of vaccination in the county here and this has clearly made a difference to our student absences with a marked drop of Year 8-11s succumbing to Covid since November. We know this programme will be repeated in the new year. It is anticipated that we will reopen in January as per the pre-advertised staggered return. That said, I recall Christmas Eve 2020 when changes were issued by the DFE

at around 3pm! Please do keep an eye on your emails on/ around 2nd January in case of change. School will be closed until 3rd January but we share details of agencies on page 3 of NN which are open to students/families in case of need.

The new building will not open until into January because of last minute snagging issues which the company has not resolved in time for the end of term. I am disappointed with this news and I will be in school next week driving this forward so we can take occupation ASAP in the new year.

This week's Winter Jumper Day has raised £800 for Newport Foodbank. Thank you to everyone, staff and students, who took part and enjoyed the Christmas lunch.

Finally our new Sign Language Club has been meeting this term under the direction of one of our Year 13s, Jasmyn. It was a delight to be invited to watch them rehearsing their rendition of a popular Christmas song. We asked them to video a verse for everyone, [click here to view!](#) It's great to see students engaging in this new language.

It is now time for a break of over two weeks during which we hope everyone will enjoy some downtime ahead of next term. THANK YOU to everyone for their supportive words and having faith in all that we continue to navigate.

With very best wishes for 2022,

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



Y10 Bowling Reward Trip

On Monday Year 10 went on a reward trip to Tenpin Bowling in Stafford. It was fantastic! We played for hours and were provided with food and drink as well. It was so nice to be out with our whole year.

A huge thank you goes to Mrs Seys and all the staff who organised the trip, came with us and made sure we were safe. A special thanks goes to Mr Scott who drove all the way to Stafford to make sure we could still have a trip after the initial reservation in Telford was double booked!

Darcie D(10)



Head Girl Team Highlights...

It's the end of term!

After an incredibly busy term, it is finally time for a well-deserved rest. It has been lovely to meet all of the new students and be back at school for a full term.

With events such as the sixth form opening, Year 13 health day and House music taking place this term, I have really enjoyed having more in person interactions with my peers and teachers.

Please use the Christmas holidays to relax, catch up with friends and family and have a lie in!

On behalf of the Head Girl Team, I wanted to say a huge well done to all students for consistently working so hard. We also wanted to say thank you to all members of staff for the constant support they give us and for all of the effort that they put in, we are very grateful.

I hope you have a lovely holiday and wish you the very best for the new year.

Megan and the HGT



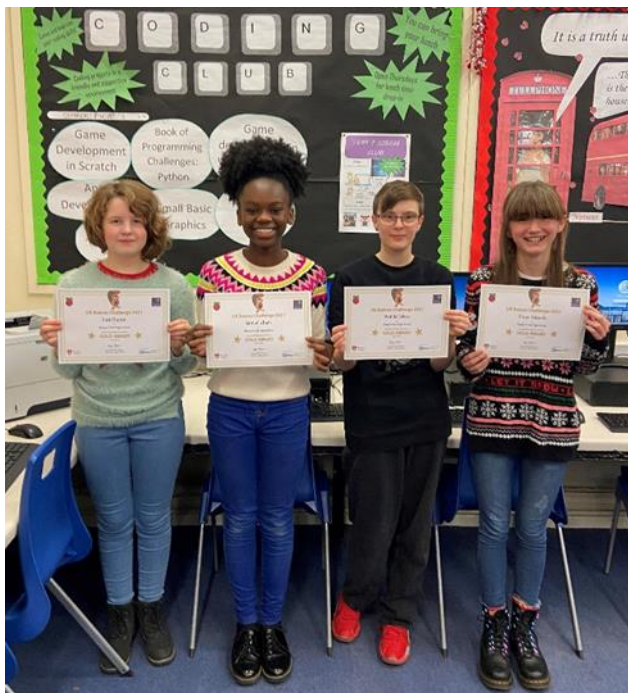
Left: Katie and Jasmyn in action!

Top Ten National Rankings!

The regional round of the British Shooting Schools Pistol and Rifle championships was held remotely and the results published over the last week.

In the Pistol competition, Jasmyn Slater-Morris shot in the senior category and came second in the West Midlands and **sixth nationally** and Katie Markworth shot in the intermediate category, coming first in the West Midlands and **sixth nationally**. Both have qualified for the national final in February next year.

In the rifle competition, Jasmyn entered the senior category and came **first in the West Midlands** and **third nationally**, also qualifying for the national final held in February next year. Congratulations to both students—what an achievement!



2021 Bebras Challenge High Scores!

The “2021 Bebras Challenge” results are in, and Lara, Samuel-la, Mathilda and Freya have been awarded a “Gold” certificate because of their high scores. In fact, Mathilda got the highest score in Shropshire, according to the BEBRAS official statistics. This is a great start for coding club, which has got off to a roaring start this term.

The BEBRAS challenge consists of as many logical/mathematical tasks as you can complete in an hour and is a rigorous test of a student’s aptitude for computer science. It is run by Oxford University and the certificates have been signed by Professor Peter Millican of Herford College.

There will be more news in the New Year as four of our year 8s are off to the Cyberfirst Girls national finals. Well done NGHS coders!

NGHS Poetry Competition 2021

We were very pleased with the number of entries for this year’s competition, which asked students to create poems based on the theme of ‘choice’. The standard was excellent.

This year, Dr Lucy Andrew judged the competition. Dr Andrew is a Senior Lecturer in English Literature at the University of Chester. She was very impressed with all of the entries and has selected a winning poem from each key stage. You will be able to read the winning poems and a selection of entries on the school website in the new year. Well done to all the students who entered the competition and to the three winning poets!

Key Stage 3 Winner – ‘This Place I Call My Own’ by T. De Silva

Key Stage 4 Winner – ‘In My Defence’ by I. Vickers

Key Stage 5 Winner – ‘Fears and Resolutions: A Performance Poem’ by M. Bowen

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)



Keeping to a Routine!

We are now at the end of the longest term of the academic year. It has been a busy time for us all and everybody deserves a good rest!

However, for some people, change can be difficult to cope with. Some people need a set routine to follow as it offers them stability, reassurance and can ease anxieties.

At Christmas time, routines can be swept under the carpet with all the hustle and bustle and fun of the festive period but for some, this can cause:

- Anxiety
- Uncertainty
- Behaviour Change
- Mood Change
- Heightened emotive responses

Therefore, it is important to manage the change of routine as best as you can. Here are some tips to help you plan for any change you may occur during the holidays:

- **Preparation** – if you have a party coming up or a trip somewhere, give regular reminders of the event, perhaps discuss what the situation will be like or show pictures / website of where you are going.
- **Timetable** – time table your day or week ahead of schedule so you know what to expect and at what time. This can be a visual timetable too.
- **Extra Time** – allow for extra time to get ready and to get to places.
- **Quiet Time** – allow for time out each day to help with any over stimulation one may experience.
- **Communication** – talk to each other, express thoughts and feeling where you can.

Please be reminded that I am here to support SEND matters in school as well as my colleague, Mrs Georgina 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 break!
Mrs Dugdale

How can you reduce waste at Christmas

What to do with unwanted gifts:

Over the Christmas period, around £42 million worth of gifts are sent to landfill each year, as well as a 30% increase in rubbish equating to around an extra 3 million tonnes.

There are several ways you can reduce your waste over the Christmas product, and in some cases save money.

- 1.) Buy meaningful gifts for people you know will appreciate them
- 2.) If you receive a gift you do not want, don't throw it out! Firstly, check if you can return it! Some stores will let you return without a receipt so it's best to check first. If not, consider either re-gifting it or donating it! Many charity shops take in unwanted gifts so before throwing any away, consider donating them.
- 3.) When buying gifts, asking for a gift receipt for the item makes it easier for people to return items to store for exchange!

When it comes to items such as gift bags, consider reusing them again in the future – most gift bags are sturdy and can be used again and again. This is especially true of plain coloured ones and/or ones with a non-specific design.

How to reduce food waste and eat more sustainably at Christmas

The Big Issue estimates that the UK throws away 270,000 tonnes of food each year. Estimates also suggest we waste 5 million Christmas puddings, 2 million turkeys, and 74 million mince pies each year. As the price of living continues to rise, how can we reduce our food waste to benefit both our pockets and the environment?

Whilst many of you may have already bought your turkeys or other meats, try to include more plant-based food in your Christmas meals, if possible. This contributes to less greenhouse gas emissions from meat production.

If you want to buy meat, perhaps try a local butcher as this minimises the distance the meat has to travel; supporting British farmers and butchers.

Look for sustainability certifications such as RSPO-certified palm oil and MSC-certified seafood to promote sustainable farming and production processes.

Consider leftovers- what can you do with your food if it remains uneaten? Try to find recipes that use these, particularly for boxing day meals. Many foods can also be frozen to eat at a later date but please check before you do so.

- Try not to store leftovers in clingfilm- good alternatives include Tupperware, foil or wax-based cloths such as beeswax wrap.
- Try to choose seasonal vegetables over those out of season that are imported- this can reduce your meals carbon footprint as well as supporting British farmers. In addition to purchasing seasonal food, try to consider how it will be stored. Some hardy vegetable such as carrots and potatoes can be stored out of the fridge for long periods which can make them last longer.

What to do with unwanted food

- Donate to food banks
- Regift if possible, particularly if they have a long shelf life
- Use food bins or try to compost what you can

If you can afford to, avoid single use papers such as napkins and table cloths and instead opt for material versions which can be reused either every year or with every meal depending on the design.

Whilst many wrapping papers can be recycled, not all of them can be due to the materials used. If a wrapping paper is made of foil or is shiny, it is likely it cannot be recycled so place it in the regular water bin rather than the recycling. If wrapping paper is recycled wrong, it can mean the entire load has to be placed in landfill or burned as it has been contaminated.

PSHE Autumn Term Review

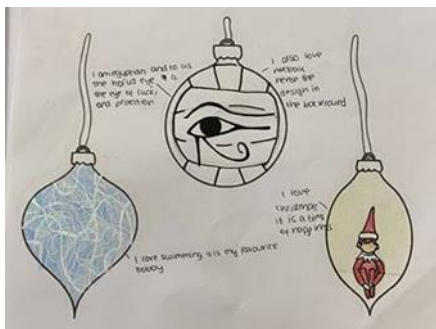
We have completed another half term of PSHE lessons and I have again provided a short summary of what has been happening in some year groups. All students in Years 7 to 12 are taught one hour per week of PSHE and these lessons cover 3 key areas:

Living in the wider world, Health and Wellbeing,
Relationships and Sex Education

Year 8

This half term Year 8 have been looking at Discrimination and how we can understand differences within our wider community with better understanding and feel confident to ensure we are being kind and fair to all. We have been exploring how we should celebrate differences in others and how we can support individuals with protected characteristics. Learning how to abide by UK laws such as The Equality Act 2010 and why these are so important in society.

During our final week of term, we have been looking at celebrating our differences in a festive way, designing our own festive decoration to celebrate our own differences. Looking at religion, culture, sexuality, hobbies and interests.



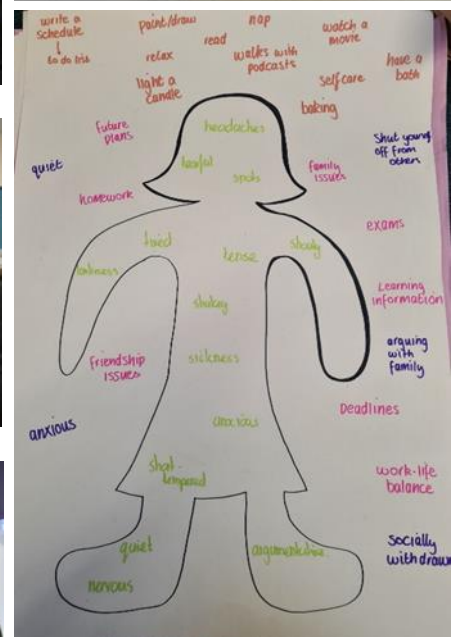
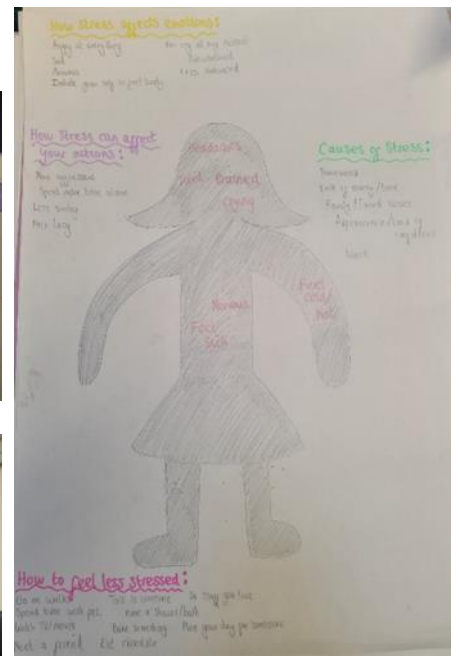
Year 10

Year 10 students have been focusing on the Health and Wellbeing strand and this week the students took part in a citizenship exhibition at lunchtime on Wednesday to raise awareness of mental health conditions, treatments and related charities. The students undertook research and prepared display boards covering a wide variety of mental health conditions such as Munchausen's syndrome, body dysmorphia, bi-polar disorder and Seasonal Affective Disorder. Students in Year 7-9 were able to visit and talk to the Year 10 student's in order to learn more about these conditions. Special thanks go to these students for raising awareness of such an important matter so sensitively and in an imaginative way.



Year 12

Year 12 are continuing to work through a vast array of topics within their PSHE Enrichment lessons. These have included healthy relationships, gap years, and how to manage stress. Within this lesson on stress, students took the time to consider what can cause them stress; responses were wide ranging, from life after school and sitting exams, to busy shops and playing monopoly! They then considered how stress can manifest itself, how they manage their stress, and completed different activities including colouring and writing positive affirmations to provide some ways that might help them with this in the future.



WHAT'S GOING ON IN... PSYCHOLOGY



This week in Psychology Year 13 have continued their study of the psychology of attraction and romantic relationships. They have examined the stages through which a relationship breaks down, with some good first-hand experiences of heartbreak being shared to liven up class discussions. In addition they have carried out an in-depth study of how celebrity obsessions develop into dangerous behaviours, before finishing the topic by examining how relationships differ in an age of social media and electronic devices. *"Studying human relationships on a scientific level has really allowed me to understand how people can improve their own relationships in everyday life"* E. Bailey, Y13.

Year 12 have continued a strong start to their study of A Level psychology by investigating the structure and function of the human memory. This has required them to engage with a range of undergraduate level theories, whilst examining ground-breaking research into how easily an eyewitness testimony can be distorted. *"I can't believe how easily someone's memory can be distorted, especially when this has such serious consequences."* M. Padkin, Y12.

YEAR 9 AMAZING ART SHOWCASE



During the Autumn term my year 9 Art GCSE class have been working extremely hard discovering illustration. Focusing on careers and where Art and Design may take you in the future. They have been discussing the importance of visuals which accompany text in books, articles and zines. They have been exploring watercolour, taking inspiration from artist and illustrator Holly Exley. Their theme has been "Food", therefore creating their very own class recipe book illustrated by members of 9K Art.

Miss Holmes, teacher of Art.

Congratulations!

THANK YOU FRIDAY

Congratulations to this fortnight's winners...

Each fortnight we recognise students who have gone the extra mile to help a member of staff. Parents will receive recognition of the child's success through a postcard home and publication in Newport News.

To: Student	From: Teacher
N Athwal (10Sea)	Mrs H Birch
C Biggs (11Rod)	Miss A-M Davies
H Bone (9Aus)	Mrs T Fujii
E Bower (R6)	Mrs A Chapman
L Bruneau (7S)	Mrs H Furnival
M Croughan (R6)	Mrs K Gill
D Davies (10Rod)	Mrs Chapman, Mrs Saysell
U Haskell (10Sea)	Mrs H Goodall
E Hassall (9Aus)	Miss A-M Davies
A Hekant (R8)	Mrs L Payne
E Hutchinson (S6)	Mr D Postle
A Jarrett (10Sea)	Mrs H Birch
E Jones (10Aus)	Ms J Clarke
A Lutzeier (10Aus)	Mrs H Goodall

To: Student	From: Teacher
S Lyall (A8)	Mrs K Gill
A Mangham (10Rod)	Ms J Clarke
B McCloy (11Sea)	Miss A-M Davies
I Nicklin (S6)	Mrs K Gill
Z Nwaomu (9Sea)	Mrs A Chapman
A Roddy (9Rod)	Mrs A Chapman
I Russell (10Rod)	Mrs H Goodall
P Saiprasad (11Sea)	Miss A-M Davies
H Sedman-Smith (9Aus)	Mrs A Chapman
M Smith (11Sea)	Miss A-M Davies
C Snaith (10Rod)	Ms J Capaldi
O Todd (S8)	Mrs L Payne
A Wyke (10Sea)	Mrs H Goodall

I would like to thank everybody who contributed to the bake sale that my friends and I held last week. So many of my friends helped with the baking and selling of cakes every day last week, including Evie, Megan, Willow, Alanna, Holly, Emily, Kanyinsola, Violet, Hannah, Louise, Sophie, Chanel and Ruby. Hannah won the show cake that we raffled. **We had a great response and managed to raise an incredible £400 for MNDA**, 5 times my original target of £80! So that's five people with motor neurone disease who will be able to bank their voice. Thank you to everyone who bought a cake or a raffle ticket for the show-cake.
Lily (Y8)

£400 raised for Motor Neurone Disease!



The National Online Safety Network have provided a guide for making the most of the online world at Christmas, please see poster below:

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.

When parents and carers finally have the chance to spend some quality time with their child over Christmas, many face a familiar struggle to prise their young one's attention away from their phone, console, tablet or computer. Fun family bonding over the festive period, however, doesn't have to exclude devices. There are sackfuls of Christmas activities and ideas online which grown-ups and children can enjoy together. We've compiled our own 'nice list' of seasonal suggestions for how to –

MAKE THE MOST OF THE ONLINE WORLD THIS CHRISTMAS

WHEN THE SNOWMAN BRINGS THE SNOW...

1 EAT, DRINK AND BE MERRY

Budding bakers will relish helping out in the kitchen with some toasty festive treats. Spend some time together researching child-friendly Christmas recipes online (the BBC Good Food site is an excellent place to start), and then you and your little elves can rustle up gingerbread santas, marshmallow snowmen or reindeer shortbread. The only thing that's more fun is eating your creations afterwards!

1

4 A WORLD OUTSIDE YOUR WINDOW

From turkey on the beach in Australia to roller-skating to church in Venezuela, Christmas is celebrated in a variety of ways worldwide – curious youngsters might enjoy discovering other nations' festive traditions online. Google's Santa Tracker is a brilliant (and free) starting point, with games, activities and animations to help children enjoy learning as they count down to the big day!

4

2 THE OLD SONGS ARE THE BEST?

We've all had that Christmas compilation CD that was almost perfect, if it wasn't inexplicably missing one of your best-loved tracks. In this era of music streaming, however, your little helpers can assist you in compiling a definitive playlist of all your favourite seasonal songs – no more pining for The Pretenders or wishing for Wizard.

2

5 THE NEAR AND THE DEAR ONES

Between time constraints, distance, the weather and Covid precautions (or a combination of all four) for many families it just won't be possible to physically spend time with everyone they'd ideally like to this Christmas. Video calling technology, of course, takes some of the sting out of the disappointment by virtually transporting loved ones into your living room.

5

3 DECK THE HALLS

There's no such thing as 'too many' Christmas trimmings! Let your child channel their excitement into some creative crafting, and you'll make memories as well as your own DIY decorations. There are loads of step-by-step guides online (including video walkthroughs on YouTube) for seasonal showpieces like paper plate angels, handprint wreaths and cupcake wrapper Christmas trees.

3

6 KIDS FROM ONE TO 92

If Santa's brought your young ones a console this year (or they already had one), it's a perfect excuse for some quality time while they gleefully trounce you at FIFA or Mario Kart. Digital versions of traditional board games like Monopoly and Cluedo are available on most platforms, too; get the whole household together for a modern take on some old-school family fun.

6

7 A WINTER'S TALE

Everyone enjoys a story at this time of year; after all, the whole celebration is based on an engrossing yarn. Sites such as Audible are an excellent way of entertaining excited young ones, with classics like Dickens' *A Christmas Carol* and seasonal short stories by Enid Blyton alongside more contemporary Christmas tales by the likes of Tom Fletcher, JK Rowling and Ben Miller.

7

8 CAN'T WAIT TO SEE THOSE FACES

People used to express their gratitude for a thoughtful Christmas gift with a thank you card or a dutiful phone call. Not in the digital age: now your relations can see first-hand on video calls how delighted the children are with their presents – and even how they look in that slightly questionable hand-knitted pullover.

8

9 BROUGHT ME SOME CORN FOR POPPIN'

Snuggling up against the winter weather with the family (and a generous helping of chocolates) to enjoy a well-loved movie is a delightful Christmas tradition. The usual streaming services have some classic candidates on offer; *Home Alone* and *The Santa Clause* are on Disney+, while Amazon Prime has *Elf* and *The Grinch*, and Netflix goes with *The Princess Switch* and *The Christmas Chronicles*.

9

10 GUESS WHAT I FORGOT?

Friends and family pitting their wits against each other on Zoom, Teams or Skype really took off during lockdown, so why not revive the tradition over the holidays? Your questions could be on the biggest news, sport and showbiz stories of 2021, or be Christmas themed, or you could stick to classic general knowledge. Ideal for those days between Christmas and New Year.

10

NOS National Online Safety
#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

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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