



# NEWPORT NEWS

## A weekly update from NGHS

Volume 5 - Issue 15 - Friday 7 January 2022



It has been lovely to welcome almost all of our students back to school this week. I say 'almost all' as sadly there are a number who currently have Covid and are isolating. In my pre-return letter, I asked for understanding and support from parents as we face what every school and organisation is facing in terms of a staffing shortage because of Covid isolation. In my online assembly this morning, I reminded students of the need to show tolerance and kindness towards others. Our staff will continue to do as much as they can to prioritise teaching and extra-curricular activities for students, but they are also being burdened by the need to support colleagues who are ill by setting work and occasionally stepping in to cover lessons when our usual cover team and senior staff are maxed out. This will be a difficult half term for us all and we hope that everyone stays well.



Tuesday testing!

I would like to say a massive thank you to all of our NGHS families who supported me and the school in the pre-return testing, in particular those who came in on Tuesday afternoon or later on Wednesday and Thursday. I appreciate the burden of this to some families and I know of some who made changes to their family's plans to accommodate our desire to get back to school promptly. I am aware of schools where testing take-up has been very minimal and I am grateful for the maturity of our students in complying with our and the government's requests for testing, face coverings etc. I also know of schools where all pupils do not return until Tuesday next week and, whilst the pre-return testing was an inconvenience, it has meant we have had a prompt, effective start to the spring term.

We were treated (!) to a brief snow flurry yesterday so just a reminder that we have procedures in place in case of school closure. Closing the school is a last resort (particularly during the day itself) but students should all know how to contact a parent/relative during the day if required. If a decision is taken to close the school one morning owing to heavy snowfall or a boiler issue, news will be posted on the school website around 7am. Snow closure

decisions are usually taken jointly with the Heads of Adams and Burton Borough to best effect transport.

We have welcomed three new faces to NGHS this week. Miss Shannon Gaughan joins us as Exams and Data Manager and Miss Kim Short as English Coach. Miss Short will work with Year 9 and Year 10 students to improve their English work and older students will soon get to know Miss Gaughan as she coordinates entries and exams! Mrs Tracey Sinclair returns to NGHS officially in a couple of weeks time to cover Mrs Tomkinson's maternity leave, but has been in school to undertake some general supply over the past few days. A brief introduction to our new staff can be found on page 2 of this week's Newport News.

Are you or is someone you know looking for some temporary part time work? NGHS is recruiting exam invigilators for May and June 2022. The role will involve helping to oversee external GCSE/A-level exams either en masse in the Hall or in 1:1 small rooms. Experience working with young people is helpful, but full training will be provided. Please see the box below for more information. In addition, I am delighted that NGHS has partnered with the Department for Work and Pensions to offer two Kick Start roles. These are designed for young people aged 16-24 and last six months. The aim is to give candidates experience in a sector of employment. We have decided to offer one post titled 'Resource Technician' working with the Design Technology team in lessons, but also creating some displays of pupil work and information around school. A qualification in graphics at GCSE or BTEC would be helpful for this. The second post will be a 'Premises Assistant' to support the caretaker team in maintaining our site and doing portering, gardening, litter-picking and odd-jobs around the school. A GCSE/BTEC course in construction, technology, gardening or engineering would be a good prerequisite here. Both of these roles will be advertised in the next week or so at national minimum wage, so if you know anyone looking for work and a starting point for their career, please encourage them to apply. I am proud to support this national scheme to help get young people into valuable employment.

Have a lovely weekend

Mr M J Scott

### Exam Invigilators

[Click here](#) to learn more about our posts as Exam Invigilators for the 2022 exam season (and potentially beyond).



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](mailto:schooloffice@nghs.org.uk)

# A warm welcome to...



**Mrs T Sinclair**  
*Teacher of English*

Hello again NGHS! My name is Mrs Sinclair and I am delighted to be returning to this wonderful school after covering for Ms Capaldi last year! I am an experienced English and history teacher who has taught in various locations from the Isle of Man to Qatar in the Middle East! I look forward to catching up with some familiar faces and to availing of the opportunity to work with such hard working and polite young people.



**Miss S Gaughan**  
*Exams & Data Manager*

I am delighted to join the NGHS family as the new Data and Exams Manager. I have held this role for seven years already and previously worked in large mixed secondary schools in Shropshire and Birmingham. Joining a new school mid-academic year is slightly daunting but I have been made to feel so welcome and I am looking forward to getting stuck in!



**Miss K Short**  
*English Academic Coach*

Hello, I'm Miss Short and I am so delighted to join the school as the Academic Coach for English, working particularly with Years 9-11. I have an English degree from the University of Wolverhampton and have previously worked at Telford College. I enjoy reading and writing and spending time with my son.



**Head Girl Team Highlights...**

## Be Kind...

Welcome back to NGHS everybody and happy new year! We hope that you have all had a well-deserved rest over the past 2 weeks and are excited to get stuck in with all the school activities this term!

As we begin a new year and a new term, it's really important to us as the HGT for everyone to embody the #BeKind movement in everything they do. As a family at NGHS, we are all expected to treat each other with respect and the students at this school are incredible when it comes to helping one another. It is always lovely to walk through the school corridors and see smiling faces or hear students complimenting one another.

The HGT are extremely proud of you all and the positive atmosphere you have all contributed to creating at our school. This incredible joint effort has led to NGHS being awarded the Kindness Ambassador status and we want 2022 to be all about being kind.

Whether it's holding a door open for the person behind you, helping your friend with their homework or giving a warm hug to someone who is upset, your kind actions and words can make an incredible impact on someone else.

So we just want you all to remember to #BeKind!

**Ros and the HGT**

## Body Image Parents Forum

All parents should have received a letter today with details about an (optional) Parent's Information Evening on Tuesday 11 January, which will be led by myself, Mrs Danby, Mrs Goodall and Mrs Martin. The focus will be to raise awareness of body image and self-esteem in young people. The meeting will be on Teams from 6.30pm for 30 minutes. We hope that lots of you can join us for this informative event.

## CANTEEN TIMINGS – HALF TERM 3

To ease congestion at lunchtime, we ask that you observe the following times at the Dining Room for lunch. If you have a club/activity which clashes with your lunch slot, please make yourself known to the teacher on duty when you arrive at the Dining Room.

- 12.35 Year 11s
- 12.45 Year 8s
- 12.55 Year 9s
- 13.05 Year 10s
- 13.15 Year 7s

There will be no separate year group queues!  
Sixth Form - please use the Atrium!



# PSHE Workshops For Year 8 & 10 Next Week



To complement our PSHE lessons we do engage with a number of organisations to deliver important messages to students. One of the organisations we work closely with is Loudmouth who are an Educational Theatre Company. We have been working with them for a number of years and are delighted to be able to welcome them back to NGHS next week for some face to face performances and workshops.

Parents of students in Years 8 and 10 should have received a letter from me containing further details. But Year 8 will be attending a session on Tuesday afternoon called Out of It, which has a focus on supporting young people to make informed choices around alcohol and drugs. Year 10 will be attending a session on Friday afternoon called Working for Marcus, which has a focus on raising awareness of child sexual exploitation, grooming, online safety and consent.

As a Kindness Ambassador School, we celebrate and reward all of the acts of kindness that we see on a daily basis. In order to encourage this even more I am sharing the January Random Acts of Kindness Calendar. Let's get involved in sharing daily kindness using this calendar this month. Let's be the change we want to see in the world!

Mrs H Birch

## JANUARY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
<small>DECEMBER</small> S M T W Th F S 28 29 30 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7 8	<small>FEBRUARY</small> S M T W Th F S 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12	28	29	30	31	NEW YEARS DAY 1 Create a kindness journal or jar to capture wonderful moments throughout 2022.
2 Unplug from technology today.	3 Stop what you're doing, close your eyes, and take a deep breath.	4 TRIVIA DAY Focus on completing one goal today.	5 BIRD DAY  Go out and enjoy watching the birds.	6 Start a puzzle today.	7 Notice and appreciate the tiny details around you.	8 BUBBLE BATH DAY  Take a bubble bath today!
9 Take a treat to your local police or fire department.	10 Eat your food slowly today and savor everything.	11 CLEAN YOUR DESK DAY Tidy up your workspace.	12 Offer to help a classmate on a project.	13 MAKE YOUR DREAMS COME TRUE DAY Take one step towards making your dreams come true.	14 Compliment a custodial staff's hard work.	15 NATIONAL BAGEL DAY Plan a staycation with your family.
16  Post a kindness message on social media.	17 Begin a journal on how you feel each day and why.	18 Listen to a friend without judgment.	19 NATIONAL POPCORN DAY  Share a bowl of popcorn with a friend or family member.	20 Take a walk and enjoy the fresh air.	21 Watch the clouds and find shapes while enjoying the sun.	22 Make a list of 10 things for which you are grateful.
23 HANDWRITING DAY Handwrite a note to someone that means a lot to you.	24 COMPLIMENT DAY Compliment five people around you on something not related to physical appearance.	25 Practice 4-4-6 breathing. Breathe in for 4 counts, hold it for 4 counts, exhale for 6 counts. Repeat.	26 Practice active listening with a friend.	27 Notice your body language. What are you communicating?	28 Exchange personal stories with a new classmate.	29 PUZZLE DAY Play a board game or do a puzzle with friends or family.
30 Allow yourself to sleep in and relax.	31 HOT CHOCOLATE DAY Share a conversation over a cup of hot chocolate with a friend or family member.	1	2	3	4	5

Visit [www.randomactsofkindness.org](http://www.randomactsofkindness.org) for more kindness ideas.

RANDOM ACTS OF KINDNESS FOUNDATION®

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### What's on Kooth in January



Kooth is an online mental wellbeing community that students are signposted to if they would like free, safe and anonymous support. Kooth send me monthly updates to share with you about what is happening in January, please see picture below.

January 5	January 7	January 10	January 14
<b>Discussion Board:</b> Back to the Swing of Things	<b>Live Forum:</b> Goal Setting - How to go about it? 7:30 to 9pm	<b>Live Forum:</b> Houseplant Week Growth through Growing 7:30 to 9pm	<b>Discussion Board:</b> World Religion Day-Friends from Different Faiths
January 14	January 19	January 20	January 24
<b>Kooth Podcast:</b> What to do when things feel a little unsafe	<b>Live Forum:</b> Celebrating our Civil Right 7:30 to 9pm	<b>Discussion Board:</b> Have a Hug on Us!	<b>Live Forum:</b> Brew Monday- Tips for Feeling Down 7:30 to 9pm

Find all of this & much more on [Kooth.com](http://Kooth.com)



## Beating the January Blues!

Returning to school and work after a break can be overwhelming. You may feel that you're out of routine, your sleep cycle is different and your body is lethargic. The cold, dark mornings and nights don't make you feel much better but there are things you can do to overcome the 'January Blues'.

When busy facing challenges, we can forget to take care of our own wellbeing. Looking after yourself is an important part of being resilient and coping with challenges well. You must be kind to yourself.

**Breathing activity:** Sometimes we are so full of emotion we can't think very well. There are many things we can do to help us so that we can then think more clearly and start to understand what we are feeling and thinking. One activity is the 'blowing bubbles' breathing exercise. Sit somewhere quiet or close your eyes. Imagine you have a bottle of bubbles, or if you have some real ones, blow some real bubbles. Gently blow a bubble and watch it float away. Breathe in and then blow another bubble out. Keep blowing bubbles until you feel better.

**Video activity:** When we are ready to think more about what causes us to feel worried, we can do activities to help us. Watch the video about Circles of control: [Do the activity from the video](#). Think about how understanding what you can and can't control can help you feel better. How do you feel when you have worries? Does understanding your worries make you feel better?

Please be reminded that I am here to support SEND matters in school each day as well as my colleague, Mrs 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](mailto:SEND@nghs.org.uk)

Many thanks and wishing you all a happy new year!

**Mrs B Dugdale** (SEND Assistant)

## NSEA Kelsall Success

Over the Christmas holidays, some of the NGHS equestrian team competed in a Show jumping competition at Kelsall Hill Equestrian Centre, in Cheshire. Eva T competed as an individual in the 60cm class, and she flew round to receive an awesome third place. Then Eva T (8 Austen), Charlie S (10 Roddam), Hannah J (7S) and Jazz R (8 Roddam) competed as a team in the 70cm class. They gained first place in a competitive class. Hannah and Jazz also received individual placings in this class, Hannah had a fabulous double clear to achieve 4<sup>th</sup> place and Jazz gained an individual placing of 2<sup>nd</sup> also on a double clear. Hannah and Jazz then went on to compete as individuals in the 75cm class. This was again a very competitive class and both girls placed in the top ten. So overall it was a fantastic day for Team NGHS!





We are running a half-termly art competition open to all students, regardless of ability, year group or subjects you take. Any media can be used as well as any size up to A3. Entries will be collated into a display and there will be prizes for winning pieces. You can enter the open theme, or this half term's theme: 'the world around us', this can include nature, your surroundings, or a piece about all of society-or anything else you think fits into the theme. Ensure your entries are handed into Miss Holmes in Room 7 by Friday the 11th of February (the last Friday before February half term). On the back or attached to it should be your name, form, and which theme you have entered. We look forward to seeing your entries!

Year 12 Art Ambassador

In support of



## Charity Fundraiser

*Congratulations to Portia (Year 12) who has raised over £200 for BEAT. She explains...*

At the end of August, I decided to raise some money for BEAT eating disorder charity by holding a charity raffle. Since the pandemic started, the number of eating disorders in young people - especially women - has dramatically increased. The businesses in the local area were very generous in donating gifts for raffle prizes, for example a dozen krispy kreme doughnuts and cinema tickets. Overall, I raised £202.50, which the charity were very grateful for. It was an invaluable learning experience and I was so pleased to raise money for such an important charity.



## Eco-Society Sustainable Living Tips

About 3.6 million tonnes of food is wasted by the food industry every year in the UK, and almost 2/3 of it is still edible. Not only is much of this waste not properly disposed of, the emissions that went into producing it are wasted by unnecessarily throwing it away.

In an effort to both live sustainably and support the 8.4 million people in the UK struggling to afford to eat, Newport Food Save and Share has been working since 2019, and throughout Covid, to collect and distribute food that is perhaps damaged or past its sell-by date, but is still perfectly fine to eat. At present, they are located at the Royal British Legion in Newport between 11:30 and 12:30 on Monday mornings. They ask for a donation of £2 per head for a bag of food that will help you through the week and donations go to helping them continue to run and expand so that they can reach more people.

The food share has become an invaluable part of the Newport community in helping local families. Often, becoming eco-friendly has been sold with a decidedly hefty price tag, excluding low-income families and then blaming them for the detrimental effects of high-emission companies and businesses on the planet. To give an example of how the food share has helped, they estimate that in just the last three weeks, their work equated to a CO2 saving of 2500kg! The food share is open to everyone, whether your in a tight place with money or want to be more sustainable in your food shopping. They are also looking for more volunteers to join them, and you can find their details [at the end of this presentation](#) made by the food share.

# 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)