



# NEWPORT NEWS

## A weekly update from NGHS

Volume 5 - Issue 22 - Friday 4 March 2022



It was lovely to welcome everyone back after half term this week and I thank all our students for their maturity around the lifting of Covid restrictions. The number of Covid cases here is now below five (out of 700 people on site) and long may it stay this low. I am also grateful for the positive response I received to my email last Sunday about the way forward in "living with Covid". Like the rest of the country, NGHS is having to adapt to this and the common sense approach clearly being employed by staff, students and NGHS families is much appreciated.

This week, Year 6 families have learnt whether they will be joining NGHS and we look forward to welcoming our new cohort to the Transition Days later on this year, which we have not been able to host (properly) for some time. The Transition Team (Mrs Goodall, Mrs Birch, Mrs Danby and myself) as well as other staff look forward to getting out to visit the students in their primary schools. It is very important for us to have this individual meeting with Y6 pupils and their teachers before they transition to high school and it's a highlight in my academic year.

**Do you have any teenage fiction books in excellent condition?** World Book Day was this week and I am delighted to have found funding to create our Reading, Relaxation and Research room. Our caretaking team are currently prepping the walls for painting in Room 14 and book cases are arriving shortly. We don't currently have funding to buy new books, but I am sure there will be plenty which have been read once at home and are sitting on shelves or under beds! If you have a fiction book or two that fits this category, please can we add it to our new fiction library? **Students can drop off any read fiction books (in good condition) at Reception next week.**

I am delighted that Charities Week fundraising money has continued to roll in this week and the final donations amount are as follows:

House	Charity	Total
Austen	Endometriosis UK	£1096.17
Roddam	Lingen Davies Cancer Fund	£1292.63
Seacole	B'ham Children's Hospital	£1317.26
<b>Grand Total</b>		<b>£3706.06</b>

I am very sure this must be a record for the School and I am very proud of the whole NGHS Family for coming together to raise this in five days. We will shortly arrange for cheques to be sent to the charities on behalf of NGHS students.



Talking of charity fundraising, we continue to be shocked and saddened by the situation in Ukraine. Our priority as a school community is to support the humanitarian crisis which befalls not just in Ukraine, but neighbouring countries who are taking in those fleeing the country. In 2008, I spent my summer volunteering at an orphanage in Moldova, a country which is rarely spoken about in the news until this week. Neighbouring Ukraine, it is the poorest country in Europe and many people survive on very little, yet is opening its doors to all those seeking refuge. I have been contacted directly by Save The Children asking for help with their fundraising effort. Whilst supplies (such as toiletries and tinned food) are being collected locally it will take a while for these to reach the area and therefore I would like us, as a school, to make a financial donation to the internationally recognised charity. **To this end, Monday will be a non-uniform day and we ask that any student or staff member who chooses to participate, brings a minimum of £1 (ideally £2) to school with them. If £2 is brought by most students/staff, we will easily raise £1000 between us all.** Thank you.

Finally, some baby news! I am delighted to be able to let you know that Mrs Tomkinson (English teacher and Head of Y11) has had a baby boy! Frederick William arrived safely yesterday (on World Book Day!) and we wish Mrs Tomkinson and her husband every happiness with their new arrival. Families may also be aware that a familiar face returned to NGHS this week. Mrs Wallace (Maths) is taking a period of parental leave until May and I am delighted that Rev. Steve Walters (Deputy Head from 2016-2020) has come back to teach her maths classes. Mrs Wallace's classes are in very safe hands and I know our older students have enjoyed seeing 'The Rev' back in school.



Wishing you a lovely weekend,

Mr M J Scott

# History Castle Competition

Before half term, we were given the opportunity as History Ambassadors to judge the year 7 castle making competition, which correlates with their current unit of study, the Normans. It was extremely pleasing to see so many promising young historians within the year group and we enjoyed looking at and reading their booklets about their chosen castle type. From castles made of cake to those made within the realm of Minecraft, the effort that had gone towards making these fantastic presentations was clear, and we felt honoured to be able to judge the passion that had gone into this project. The decisions we made whilst judging were not easy and although we were only able to choose 3 of our favourites, as ambassadors we were very impressed by the standard of work we saw within this competition. That being said, congratulations to all of the year 7s who submitted their castles, especially those who won a prize and we hope to see more amazing and exceptional work from the lower school in the future.



*Head Girl Team Highlights...*

## REVISION TIPS

I hope you all had a lovely half term and are feeling refreshed and ready to go.

We've just passed the half way mark of the academic year, it's a good idea to start thinking about revision for A-Levels, GCSEs and end of year exams.

Here are some of the HGT's favourite revision techniques:

1. **Blurting** - this is where you write out everything you know about a topic, and then use a textbook and a different coloured pen to fill in any gaps in your knowledge.
2. **Active recall** - when you quiz yourself with questions and then challenge your brain to recall the answer.
3. **Space repetition** - recalling information at small increments of time, and then gradually increasing the time between recall.
4. **Cornell notes** - split a page into 4 areas, one for the topic title, one for key words, one for the bulk of the information and one for a summary of the content.

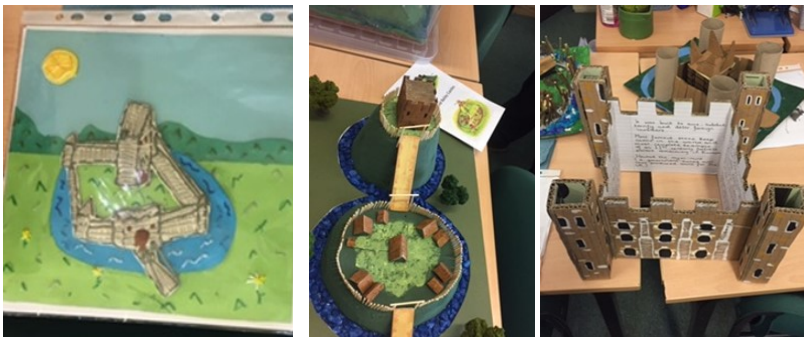
I like to partner these methods with the Pomodoro technique, where you work for 25 minutes and then have a 5 minute break in order to maximise the deep focus periods of learning.

I hope some of these techniques help you, and I hope you have a great weekend!

**Meg & the HGT**

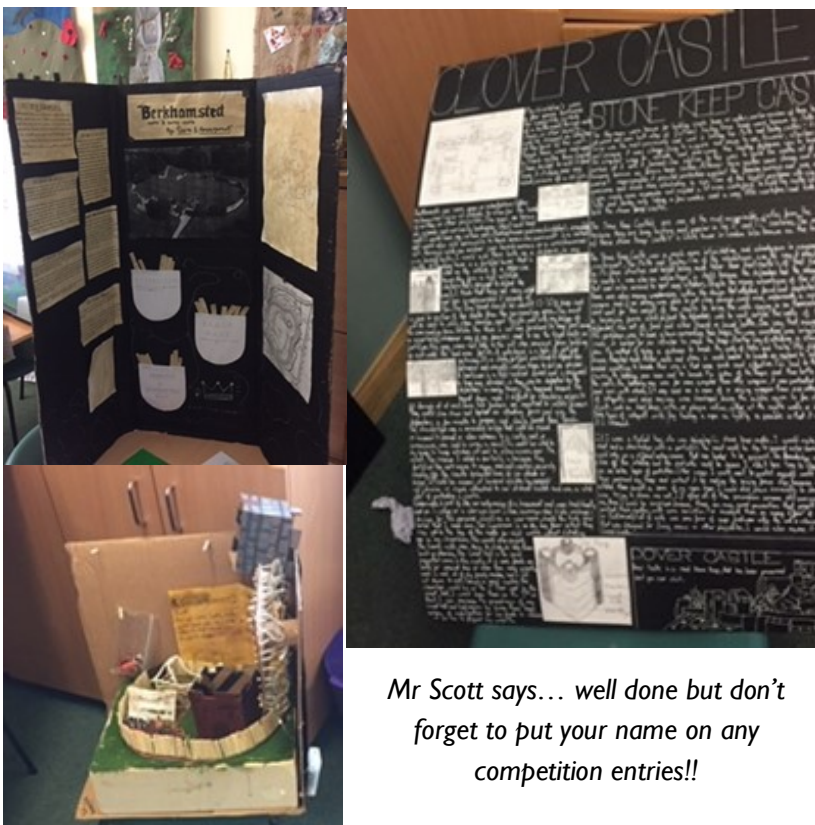
## Year 7 Parents

We look forward to welcoming you on Thursday next week for Parents Evening. Mrs Danby (our Wellbeing Officer) will also attend and can answer any questions about Wellbeing at NGHS, being a parent to a teenager or any external support agencies we partner with. Thank you.



**Teachers' Choices** (L-R) Eleanor 7N (*Tapestry Castle*), Genevieve 7N (*Best Moat and Bailey*) & Anonymous? (*The White Tower*) - see your history teacher to claim a prize!

**History Ambassadors' Choices (below)** First prize—No Name (*come on, Year 7!*), Second Prize (Laura, 7S) and Third Prize Cara & Amarpreet.



*Mr Scott says... well done but don't forget to put your name on any competition entries!!*

# WHAT'S HAPPENING IN POLITICS ?



Politics is a fascinating subject as it encourages us to think critically as well as analyse key political institutions. In year 13 the main focus is the American system of government whose contrasts to the British system are intriguing. It is so interesting looking at the level of media attention it receives from the highly politicised Supreme Court to the worldwide press coverage of the Presidential election process. Studying politics allows for a greater understanding of current events and provides a basis for changing the future.

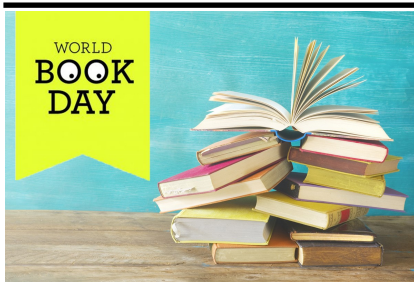
**Lekshmi M. (Year 9)**

A level politics has helped me in so many more aspects of my life, inside and outside of school, than I expected. I started politics with the baseline knowledge and a general understanding of what was going on in UK government, but now I understand so much more. After learning about the origin of the different strands of political theory it has helped develop my knowledge of the political world because I can apply

it to the policies presented by the major political parties. While some people would see the idea of regular essays for homework as being awful, it has actually been the best method of improving my essay writing skills as previously I was never that good writing effective essays, whereas now I can effectively argue my case in an analytical manner. I believe it has massively helped with my time management as well as being a perfect process of revision from writing essay plans to including everything I need to achieve top marks.

I love politics lessons because they include much more active involvement in the lesson as it is important to share our views as well understanding others perspectives too. It was also really engaging when our local MP came in to talk to us and answer our questions, which ranged from foreign affairs to what he would do if he were Prime Minister for the day. Politics has been very beneficial for me especially due to the current events happening in the UK and around the world; I feel I have a clearer understanding of it all and having since started politics have gained a better insight into the minds of politicians.

**Charlotte P—Politics Subject Ambassador (Year 12)**



In honour of World Book Day, we held a staff and student mystery book swap.

The Centenary Hall was very busy at lunch with around sixty students bringing in a wrapped book to swap with one of their peers. We hope everyone enjoys their new books!

**Mr Postle (Head of English & Arts)**



# WHAT'S HAPPENING IN CHEMISTRY?

Before the half-term holiday all three of the year 12 chemistry classes studied the properties and reactions of alcohols. This included the oxidation of alcohols using acidified potassium dichromate (VI) solution. For the first time we had the opportunity to use the 'Quickfit' apparatus which enabled us to safely distil off the product as it was produced, thereby avoiding further oxidation to the carboxylic acid. The apparatus was difficult to set up and it took a few goes before we got it right. Gentle boiling for about 20 minutes gave us a few cm<sup>3</sup> of distillate which we hoped was ethanal. To confirm the identity of the product we reacted it with Tollen's reagent and obtained an amazing silver mirror on the inside of the test tube. Practical work is a really enjoyable part of A level chemistry and this experiment generated lots of 'wows' when the silver mirror appeared from nowhere.



## And in Year 7...

Year 7 got down to some real experimental science as they made copper sulfate from copper carbonate. Safely adding copper carbonate to sulfuric acid and seeing it fizz; pouring the gas formed into some limewater and giving the test tube a shake. The cloudiness indicates carbon dioxide. Following this they filtered and left the solution to evaporate for a week before recovering some really cool crystals.



## Gold Award Olympiad

The Chemistry Team also wish to congratulate Lillian Salt in Year 13 for achieving a **GOLD AWARD** in the Chemistry Olympiad.

Lillian's score places her in the top 8% of chemists who sat the examination nationally. Well done!



Over the last three weekends, Charlotte Toogood in Year 10 has competed in the County Swimming Meet for Shropshire with Newport Swimming Club. She entered 17 out of 18 races, got 15 personal bests and ended up coming third overall in the 15 year old girls, tying for second but losing out on medal count. She would encourage anyone else interested in swimming to have a go as it's a great way to stay fit and train with a friendly group of people. She swims with Newport and District Swimming Club, who would be happy to hear from potential new members.

# 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
E Anderson (A6)	Mrs H Birch
O Augustus (R6)	Mrs B Dugdale
M Delves (9Rod)	Mrs C Petford
A Din (R7)	Miss A-M Davies
J Ding (S6)	Mrs K Griffin
E Fearn (S6)	Mrs H Birch
C Fewtrell (9Sea)	Mrs C Petford
M Gemmill (9Aus)	Miss S Webster
A Girn (R8)	Mrs B Dugdale
G Girn (R8)	Mrs B Dugdale
T Hardiman (A7)	Miss A-M Davies
E Haynes (S8)	Mrs B Dugdale
A Hekant (R8)	Mrs B Dugdale

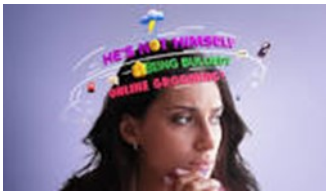
To: Student	From: Teacher
L Hikkaduwege (7S)	Mrs H Furnival
K Hossack (11Aus)	Mrs L Roberts
E Jackson (S8)	Mrs H Birch
E Jevons (9Rod)	Mrs C Petford
I Knight (A7)	Miss A-M Davies
C Nock (R7)	Mrs A Seys
E Rixom (9Sea)	Mrs C Petford
A Sheikh (9Sea)	Mrs A Seys
J Slater-Morris (S6)	Miss A-M Davies
A Talens (S7)	Miss D Branson
O Todd (S8)	Mrs B Dugdale
A Williams (R8)	Mrs H Birch
G Worrall (9Sea)	Mrs C Petford



## DIGITAL LEADERS APPOINTED!



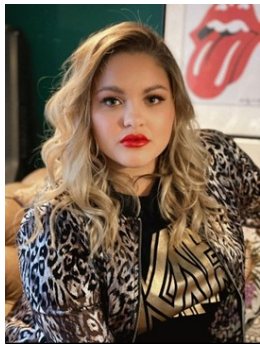
The first group of Digital Leaders has now qualified and received their badges. The pupils above will be able to help with first level technical problems in the classroom, ensuring the teacher can get on with teaching. Over the last few weeks they have received training in dealing with the common computer related problems encountered in the classroom, which range from monitors not showing all the information required to smart board sound not working. The Digital Leaders will offer their services and if they can't deal with the problem quickly, they will offer to escalate it to Technical Support, supplying the diagnostic information needed for them to attend to the problem more quickly. The students above had to pass a test to qualify to be a Digital Leader and Mr Lewis, our IT Technician presented the students with their badges and gave them good advice in a short address afterwards. The Digital Leaders initiative was the brainchild of Navya in year 10. We wish them all well in their new roles! They are pictured with Mr Ley and Mr Lewis.



## ParentWise: A helping hand for parents and carers

The Government has launched a new website to support parents and carers. As children get older and more independent, issues that affect them can be harder to spot and deal with. The website hopes to help parents/carers to learn about potential dangers and to can give you the knowledge and skills to act if there is a problem. It

could also help keep your child safe by preventing problems before they happen. You know your child best, so if you've got a feeling something's up – you're right not to ignore it. Please follow [this link](#) to find out more.



## Lex: Rearranged Date

On Thursday 10 March we will be welcoming the artist Lex to the school. They will be working with students in Year 7 during P4 and with students in Years 8 during P5. These sessions will take place in the Drama Studio. This session will begin with a live performance and will finish with a PSHE presentation on mental health and body image.

## Student Voice Meetings are next week!

Monday –Pastoral Review  
Tuesday—School Council  
Wednesday—Health & WB  
Thursday—6th Form Council  
Friday—Sports Committee

## Parents Info Eve



## On Monday (Teams)

All parents should have received a letter with the details about an (optional) Parent's Information Evening on Monday 7 March which will be led by the charity HOPE not Hate. The talk will be a brief introduction to HOPE not Hate's pedagogy; how important it is to address small prejudicial behaviours, such as stereotyping in an effort to combat large issues such as discrimination with the aim to make everyone's school and community environment a more welcoming place for everyone. The meeting will be held on Teams from 6.30pm and will last approximately 30 minutes. We hope that lots of you can join us for this informative event.

## Wellbeing Wednesday

Every Wednesday in form time is Wellbeing Wednesday. This year we have tied the form time activities into the 5 ways of wellbeing which were introduced to students in an assembly at the beginning of the academic year. The five ways to wellbeing are shown on the right.



REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY



TALK & LISTEN, BE THERE, FEEL CONNECTED



EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF



DO WHAT YOU CAN, ENJOY WHAT YOU DO, HAVE YOUR MOOD



Your time, your words, your presence

## The 5 ways to wellbeing

Within my assembly I talked through each area and ways in which students could try to meet each area in their everyday life.

Our Wellbeing Wednesday form time activities have also been linked to this area, so last half term students focused on **GIVE**. The form time activities have included: Giving back to others, Giving back to yourself, Giving back to nature, Time to talk day, Children's mental health week, Give thanks.

This half term the form time activities will be focusing on **BE ACTIVE** and students will be looking at the following: Be Active, Establishing routines, Nutrition and hydration week, World sleep day, Mindfulness minutes.

## Helping Children Deal with World Conflict

Dragonfly Education have sent a resource to support parents to navigate potentially emotional conversations following the events of last week. We know that this has created a sense of uncertainty, anxiety and fear for many. They have produced a leaflet that offers straightforward guidance on how to look after the mental health and wellbeing of our children and young people. You can download this [here](#).

# 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)