



NEWPORT NEWS

A weekly update from NGHS

Volume 5 - Issue 7 - Friday 22 October 2021



Thank you to everyone who bid in the auction which raised over **£1700!**



Half term has arrived! It's been a busy and productive first half term with commitment and dedication from all of our students and staff. Thank you to all parents and carers for their support, too.

This week our newsletter has a special focus on PSHE (Personal, Social & Health Education). Our work in this important element of the curriculum is known among other schools in the local area and Mrs Birch, who leads PSHE, is also presenting to other Grammar School Heads about NGHS's approach to sex and relationships education in November. We hope the summary on pages 3-4 will help you understand what has been covered so far this term.

Thank you also to Mrs Tunnicliffe and our other parents/governors who have led a very successful auction for Primed for Success. I hope that parents/carers/colleagues who have bid for lots are pleased with their winning bids and enjoy the experiences that have been offered. I really must also thank all of the local businesses who have given their time/products/services. We will publish a full list in Newport News after half term as we know many small businesses have struggled with a loss of earnings in the past 18 months, but have still kindly contributed to the auction.

After half term, we will be having a push on morning attendance. I would remind parents/students that school starts at 8.50am and students should be on site by 8.45am so that they are in their form rooms when the bell rings. I appreciate there are times when lateness is unavoidable (buses, heavy traffic etc.) but it is more the students who are regularly late in the morning that we wish to support in improving their punctuality, which is essential in adult life.

Over half term there will be more work on the new building, which is coming along well and we have some additional repairs/annual maintenance work going on in school. I hope that all of our students enjoy a week away from NGHS. I know many have some school work planned, too. This is fine, but must be balanced with some rest and recuperation. Finally, next half term starts on week B of the timetable and we look forward to seeing everyone safely back on Monday 1 November at 8.50am (prompt!)

Wishing you a nice half term break,

Mr M J Scott



PUMPKIN CARVING CRAFTERNOON



During lunchtimes this week the art room has been full of students taking part in the pumpkin carving Crafternoon. We wanted to spend some time focusing on the benefits of craft activities on boosting our student's mental health.

It has been fantastic to see the pumpkins be transformed and we have had some wonderfully creative ideas from the students taking part. The finished pumpkins and results of the competition will be announced after half term. Thank you to the Head Girl Team for coming to help with the Crafternoon and to all of the students who took part.

Mrs H Birch

Further to Mrs Birch's newsletter article last week I am delighted to share that we have appointed 8 students onto the Shropshire Young Health Champion team. We will be meeting in the first week after half term to share our thoughts and ideas and learn about the next steps in the project.

For anyone who was considering putting an application in but missed last week's deadline, I will be able to receive late applications to open up 4 more places for interested students. If you would like to put in an application after half term can you please apply in writing by Wednesday 3 November at 9am.

Catering Times

In order to ensure that all students are able to access the canteen at the start of lunch over the course of the academic year we will change the timings each half term. Please see the new timings which will start on Monday 1st November.

CANTEEN TIMINGS – HALF TERM 2

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 9s
12.55	Year 10s
13.05	Year 7s
13.15	Year 8s

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



loudmouth
education & training through theatre

As a school we use the company Loudmouth to enrich the PSHE curriculum that is offered to students here. Loudmouth is an educational theatre company that supports children and young people to have safe, healthy and happy lives. At this time, they are creating a brand-new theatre in education programme on sexual harassment and assault for secondary aged young people that will be going into schools in January 2022 – we hope to be one of the pilot schools for this. Loudmouth are very keen to hear local young people's views on these issues so that the programme is written to cover the issues that young people are facing. They have therefore created an online survey for students who are interested to complete. Please follow this link: [Click here to have your say on our new sexual harassment and assault theatre in education programmes \(young people's survey\)](#)



Head Girl Team Highlights...

This half term has been both exciting and challenging to say the least.

There have been so many opportunities to get involved, such as House Bake off and pumpkin carving, and it has been great to see so much enthusiasm from students - as well as staff!

Congratulations on all you have achieved this term, whether it be sending off your UCAS applications, or winning a county netball competition.

The hard work and dedication put in from all members of NGHS has shone through this half term and now it's time for a well deserved break!

These are the HGT's top tips for looking after yourself this half term, using the time for a break so that we're ready to work hard next half term.

- ⇒ Get enough sleep. Catch up on the sleep you didn't get in term time and have a lie in!
- ⇒ Fuel your body with the right food! Try and eat a balanced diet, whilst also enjoying some of your favourite treats.
- ⇒ Hydration is key, make sure you're drinking enough water! Drinking enough water keeps your brain alert and can improve your mood.
- ⇒ Get outside every day. Spending time outside improves mood and reduces feelings of anxiety.

We hope you have a brilliant half term and are looking forward to see you soon!

Meg and the Head Girl Team

WHAT'S GOING ON IN... PSHE

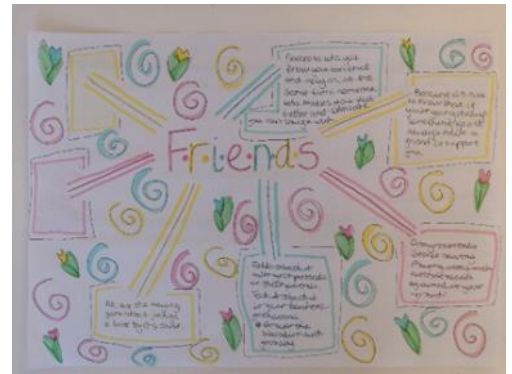
This week I wanted to share an update about PSHE lessons so far this half term. As a school we teach one hour per week of PSHE to all students in Years 7 to 12 and these lessons cover 3 key areas:

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



We are also an early adopter school for the statutory relationships, sex and health education curriculum and have been delivering this to classes since September 2019.

Two of our Year 7 students have written a short summary about what has been covered in PSHE so far this half term:



"In PSHE in Year7, we have been doing a range of activities revolving around our new experience at secondary school. For example, the first topic we did was 'adjusting to big school' which is when we spoke on our problems and worries for the future. Overall, we have had a great start to our PSHE unit and we are really enjoying all our subjects."

"Mrs Jones (A School First Aider) came in and taught us the steps and how to perform hands only CPR."

In Year 8...

"In PSHE in Y8 have been learning about alcohol, drugs (both legal/over-the-counter and illegal) and caffeine. As well as the effects these substances have on the body if misused. The PSHE curriculum teaches the importance of avoiding certain substances, how to use safely and the long and short term effects of over consumption. We have been looking at peer pressure and how we can keep ourselves safe, support friends and who to go to if we need support ourselves."



In Year 9 students have been working on storyboards with Mrs Chapman. They have been learning about different forms of conflict and then ways they can resolve issues that they may experience on a day to day basis.

In Year 10...

Mrs Gill has been working with Y10 students on the living in the wider world section of the PSHE curriculum. Some of our year 10 students take part in a careers programme, which has offered an insight into future pathways and the world of work. This has involved a local employer, ReAssure, offering guidance around job applications, CVs and mock interviews and ASK offering advice on interview techniques and employability. The interviews involved ten representatives from ReAssure interviewing our students on their 'soft' employability skills and offering an experience of, and feedback for, a group interview scenario. Despite the nerves, our students rose to the occasion and did themselves proud, receiving glowing feedback from the employer team.



WHAT'S GOING ON IN... PSHE

In Y10 Miss Webster has been delivering lessons on the relationships and sex education part of the PSHE curriculum and some students have shared their thoughts on these lessons below:

"This term we have been learning about the difference in healthy and unhealthy relationships, We looked at the characteristics in relationships, what is consent and how it can be given. We learnt the age of consent is 16 and followed this by looking at types of victim blaming"

"I have found these lessons useful as it has helped me to understand how to stay safe online in relationships and in real life. This is helpful to most people our age as it is normally the age where relationships are normal and we should know what the signs of a toxic relationship are and how to get out of one"

In Y11 Mrs Birch has been delivering the lessons on relationship and sex education. The focus for this half term has been on communication in relationships, this has included lessons on personal values, assertive communication and relationship challenges and abuse. This week the focus was on abusive relationships and students completed the following activity (right):

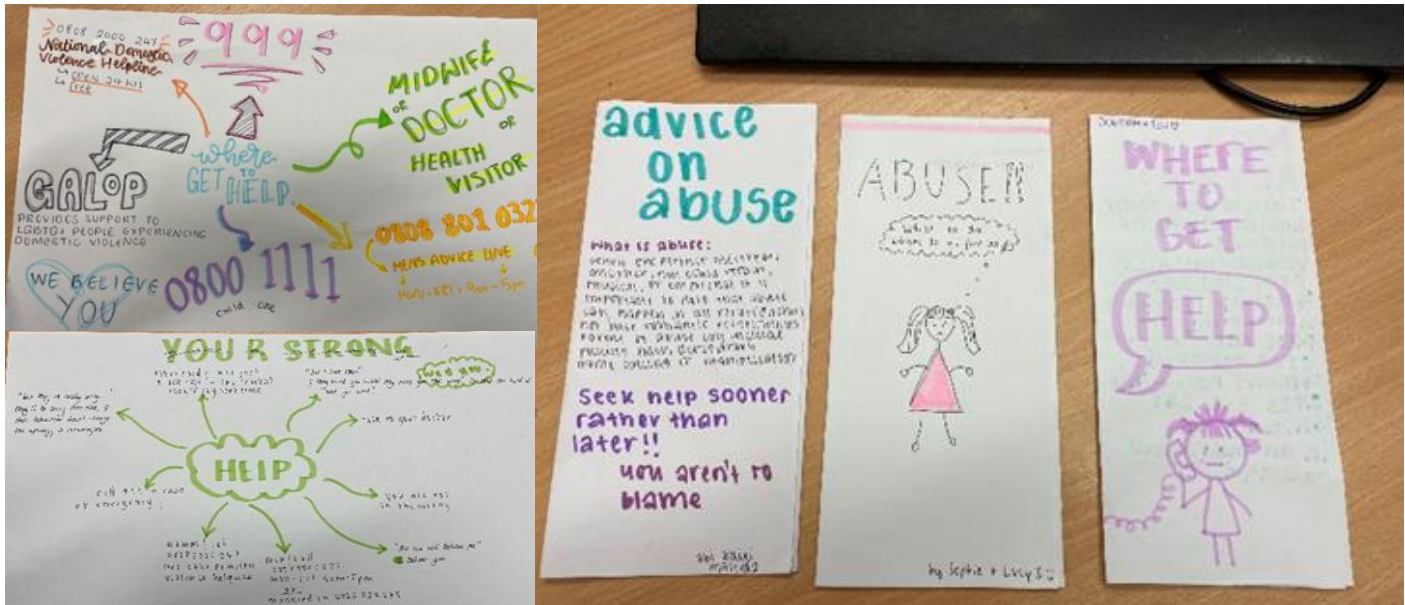
Plenary

Challenge: Using the information you have learned today, create an advice and awareness leaflet from one of the charities or organisations on your list about how to spot abusive relationships.

More challenging: Explain clearly where victims can get help and the difference between a healthy and abusive relationship in your leaflet.

Mega challenging: In your leaflet, explain why some people stay in abusive relationships and what impact that can end up having in the long term.

Identify 'red flags' that someone may be in an abusive relationship. Describe how a person in an abusive relationship could receive help and the services they can access. Explain why a person may stay in an abusive relationship, even when it is making them feel bad and they know it is abusive.



In Year 12...

In Sixth Form Enrichment a student has written a short report about the content that has been covered so far this year.

Having an hour of Enrichment a week has allowed me to become at ease with the new school routines. We started off learning about revision techniques and how to adapt to year 12, fully discussing how to revise and the importance of a work life balance. Throughout the two years of sixth form these will be the core ideas we will come back to and use to help improve our skill base.

After the unit on skills all of the sixth form are on a carousel, with each area focusing on a different topic area. I am focusing on the wider world and last week we learnt about the mandatory nature of the jury service. This is something that, after the age of 18, there is the possibility of being involved in and therefore could start to affect some of us next year.

The importance of understanding what is involved in jury service and being prepared for the situation we will use later on in life, preparing us further for life after A-levels!

DRINK SPIKING

As some of our students begin to reach the age of 18, it is important that we raise awareness of keeping themselves safe in new environments such as bars and nightclubs. Nottingham Police have recently reported that they are investigating reports of spiking, where the victims believe they have been injected with a needle. There have also been an increased number of reports of drinks being spiked. We would encourage our students to remember the following:

- Remain vigilant; be aware of your surroundings
- Stay with your friends and look out for each other; if someone begins to feel unwell or dizzy, seek help
- Never leave your drink unattended and don't accept drinks from people that you do not know
- Report any incidences that concern you to the police for further advice and support.



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 above. Within my assembly I talked through each area and ways in which students could try to meet each area in their every day life. Some examples of this are shown below:

5 ways to wellbeing

 <p>CONNECT</p> <p>Connecting with others is important for our wellbeing and helps us feel safe, less stressed and anxious</p> <ul style="list-style-type: none"> • Write emails & letters to share a favourite memory • Play video games with friends or family • Play online board games with friends or family • Start or join a virtual book club • Engage in a group chat with friends, family or colleagues • Video chat someone you care about • Host a virtual dinner or drinks catch up • Check on neighbours and people in your community 	 <p>KEEP LEARNING</p> <p>Staying curious and engaged with the world around you is a great way to maintain wellbeing</p> <ul style="list-style-type: none"> • Take an online course in a topic you have always been interested in • Learn a musical instrument using a YouTube tutorial • Learn a new language • Take an online cooking course • Set yourself a reading challenge • Subscribe to a new podcast • Call your parents or grandparents and ask about life when they were growing up • Research a different culture 	 <p>TAKE NOTICE</p> <p>Being aware of what is going on around you can help to focus on the present moment</p> <ul style="list-style-type: none"> • Notice the beauty of the neighbourhood you live in • Take time to feel the sun on your skin and appreciate fresh air when you can • Reflect daily on things you are grateful for • Take the time to thank someone for how they make you feel • Download a meditation app and practice mindfulness regularly • Pay attention to the plants in your garden and how they change daily 	 <p>BE ACTIVE</p> <p>Staying physically active is important for overall health and wellbeing and helps clear the mind</p> <ul style="list-style-type: none"> • Go for a walk around your neighbourhood • Download a running or walking app and set yourself a challenge to complete a certain distance. • Sign up to a local online yoga, pilates or stretching class. • Try a new kind of exercise online in the comfort of your home. • Use household items as weight and try a strength workout online. • Dust the cobwebs off the bike and go for a ride. 	 <p>Give</p> <p>Giving back and showing kindness to others has a two-fold effect, making both people feel good</p> <ul style="list-style-type: none"> • Give compliments to those that make you feel good • Think about a skill you could share with a friend, family member, neighbour or colleague • Share a favourite recipe • Share your knowledge and expertise with those in need • Offer help to a neighbour that can't do their shopping • Walk your friend's dog if they are unable • Run errands for those more vulnerable • Cook an extra meal for a vulnerable friend
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Our Wellbeing Wednesday form time activities have also been linked to this area, so this half term students have been focusing on **CONNECT**. The form time activities have included:

- ⇒ Making Connections and Healthy Friendships
- ⇒ National Fitness Day
- ⇒ Being in Someone Else's Shoes
- ⇒ Hello Yellow Day

Next half term the form time activities will be focusing on **KEEP LEARNING** and students will be looking at the following:

- ⇒ National Stress Awareness Day
- ⇒ Kindness
- ⇒ Anti-Bullying Week
- ⇒ How to stay mentally and physically well
- ⇒ Building resilience
- ⇒ Positive mental health
- ⇒ Wellbeing over the holidays

Active Lives Survey

We have been contacted by Energize - Shropshire Telford and Wrekin to ask if our students in Years 7, 8 and 11 could participate in this year's active lives survey. This is a completely voluntary survey which is carried out for Sport England which hopes to find out:

- ⇒ Children's activity levels
- ⇒ Physical literacy
- ⇒ Swimming proficiency
- ⇒ Wellbeing
- ⇒ Self-efficacy
- ⇒ Levels of social trust

Some additional documents are attached to the newsletter about the survey. These surveys can be completed online by following the links below by **17 December 2021**.

YEAR 7: <https://ipsos.uk/QAZKIP>

YEAR 8: <https://ipsos.uk/TUZKQD>

YEAR 11: <https://ipsos.uk/RVZKXT>

JUNIOR

LEARN TO ROW

**KNOW ANYONE
AGED 11-14 (YR 7-9)**

who maybe interested in rowing?

Why Trentham?

- Qualified Coaches
- Regular Training
- Regional & National Junior Race Events
- British Rowing Affiliated Club

Why Rowing?

- All-over-body Workout
- Aerobic Conditioning
- Low Impact Sport
- Promotes Teamwork
- Provides Opportunities

trenthamboatclubjuniors.co.uk



facebook.com/TBCjuniors

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