



NEWPORT NEWS

A weekly update from NGHS

Volume 5 - Issue 9 - Friday 12 November 2021



Last night's Sixth Form Open Evening was very successful and I'd like to thank Year 11 attendees and parents as well as many students from other schools. My colleagues pulled out all the stops to promote their subjects and answer questions, and our Student Ambassadors and Tour Guides were fantastic role models and advocates for NGHS6. I really appreciate their time and support. Our Year 11s will now have a programme of careers/options support over the coming months before the options deadline on Valentine's Day (14 February).

We look forward to welcoming Year 10 Parents onto site next Tuesday for Parents Evening. As mentioned previously, there are some Covid19 protocols (face coverings (ideally), sanitiser, distancing etc.) that we need to follow and I thank parents/carers in advance for their support with this when they arrive at school for the safety of all present. Please remember to park in town - there is no parking on site until after 5.00pm when Moorfield's car park can be used.

I am thrilled to announce we will be supporting **Telford Christmas Smile** again this year. Now for the third year running, we want to make a real difference to families in our area who are struggling to purchase Christmas gifts for their family. We will welcome donations of gifts for babies, toddlers, children, teens and adults (boys and girls). Even a simple selection box alone is most welcome. The deadline is

Friday 3 December and we will be collating gifts at Reception during week commencing 29 November. Please kindly consider donating something to help others in our community. More info can be found on [their website](#) and more information comes next week in Newport News.

Talking of charity support, we propose restarting yet more of the things we love about NGHS such as Bake Sales (cakes are always popular here!) and charity collections. Next week each House will nominate/vote on House Charities for the school year and we would love to see exciting ways to raise money over the coming months.

It's been another busy week on the building site. There are some photographs on page 3 to update you on progress, particularly on the top floor where the classrooms are situated. Thank you to the parents who made a £25 donation to buy a noticeboard. We still need some more so please feel free to make a donation [here](#). Also, we would like to thank every company who donated to our Auction and you can find these listed on page 6. Please do support local businesses where you can!

Finally our Year 13s enjoyed a **Health Day** on Wednesday. Focusing on the wider-life-skills, our students learnt how to find the screen-wash and dipstick on Mr Carey's car, how to prepare food safely, how to keep safe on the roads and self-defence skills. I know they enjoyed the day immensely!

Wishing you all nice weekend, **Mr M J Scott**

Term Dates 2022-2023

Autumn Term	Spring Term	Summer Term
INSET DAYS Thursday 1st / Friday 2nd September	INSET DAY Tuesday 3rd January 2023	TERM STARTS Monday 17th April
TERM STARTS Monday 5th September	TERM STARTS Wednesday 4th January	MAY DAY HOLIDAY Monday 1st May
HALF TERM STARTS Wednesday 19th October at 3.45pm	HALF TERM STARTS Thursday 16th February at 3.45pm	HALF TERM STARTS Friday 26th May at 3.45pm
RETURN TO SCHOOL Monday 31st October	RETURN TO SCHOOL Monday 27th February	RETURN TO SCHOOL Monday 5th June
TERM ENDS Friday 16th December at 12.30pm	TERM ENDS Friday 31st March at 12.30pm	TERM ENDS Friday 21st July

At NGHS, we endeavour to stick to T&W holiday dates wherever possible. The start in September is prompt to 'get going' after the summer break (as this year), but we have extended October half term by 2 days. This will give our students and staff a decent 11 day break in the long autumn term to ensure they have time to complete any work they wish (in the upper years) but also have a break.

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

Year 13 Health Day

Amongst the madness of A-levels, deadlines and House Music, Year 13's health day was the perfect way to de-stress and re-focus on aspects of life that often get forgotten in the chaos. The day was a brilliant opportunity for us to re-emphasize the importance of protecting our mental and physical wellbeing, and provided us with invaluable guidance on how we might do so.

With many of us learning to, or, indeed, already driving a particular highlight was Mr Carey and Mr Wade's session on how to change a tyre. The advice, I am sure, we will not soon forget, and which will no doubt serve us well in the future. Alongside this, we worked together as a year group to compile a book of quick and easy recipes to help us through university with expert advice from our beloved Christine and, whilst some of us may have cried at the idea of saying goodbye to her and her cookies, it was overall a very positive experience.

In the afternoon, we moved into the hall for a wonderful two-hour seminar with Danny that reminded of us of the importance of staying active and looking after our bodies and, although the team mascots were questionable, the quality of the advice we received certainly wasn't.

On behalf of all of Year 13, a special thanks must go to Mrs Martin and Mrs Griffin for organising such an enjoyable and helpful day, as well as to all of the brilliant guest speakers who made the day such an experience!

Martha B

Year 13 search for the jack and locking wheel nut with Mr Carey



Afternoon seminar with Danny on nutrition in the Hall

Geography Lecture Series

We are continuing our Geography Lecture Series with the first session on 16th November. The lecture will be delivered by a representative from the Marine Conservation Society. They will talk about their core ideas of work, sustainable seafood, clean seas, and ocean recovery. This is aimed at geography and biology students, but everyone is welcome to attend and the Teams link will be sent to everyone.

Jessamy (Geography Ambassador)



Head Girl Team Highlights...

Fabulous Health Day

We have reached the end of another week at NGHS... which means we are getting closer to the end of term! This is an exciting time for us all, with house music rehearsals, open days and many more events coming up.

For instance, on Wednesday, the Sixth Form Team arranged an incredible 'Health Day' for the Year 13s. The entire day helped get us ready for our future after NGHS, with a special focus on Health and Well-being. In the morning we had a carousel of activities and talks... two of which from our very own Christine and Mr Carey. Christine prepared us for when we have to leave behind her food – with everything from cooking hygienically to wonderful recipes. I for one will definitely be implementing her 'Stir-fry' into my meals! Mr Carey kindly used his own car in order to show us how to change a tyre, with lots of helpful tips (and anecdotes) on how to be a responsible car owner. Following from this, people from Telford and Wrekin council delivered a talk on Road Safety – including mobile phones and how to be a considerate passenger. We were also given an incredibly necessary talk on Self Defence – where some useful tips (such as carrying a Personal Safety alarm) were shared. Finally, Danny from the Body Barn delivered a talk on nutritional and healthy lifestyles – including sleep, exercise and emotional wellbeing.

This day was invaluable and we are very grateful for all the hard work put into the opportunity!

Hope everyone has a lovely weekend!

Maisie and the Head Girl Team



Upstairs Toilet Block



IT Room



Dining Room Entrance



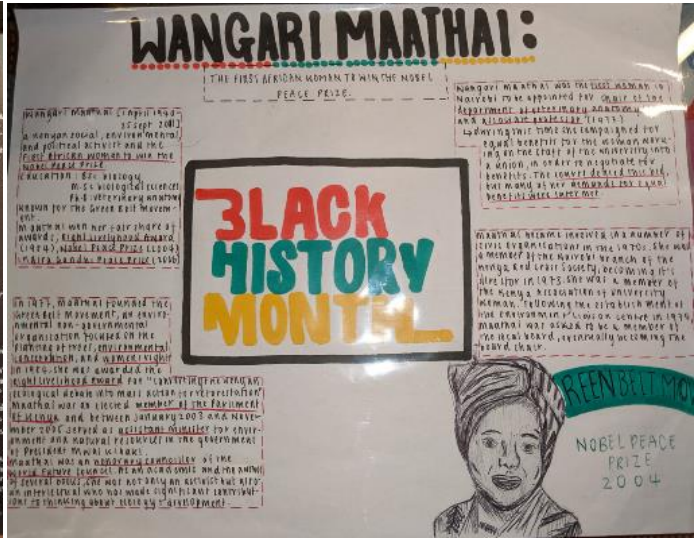
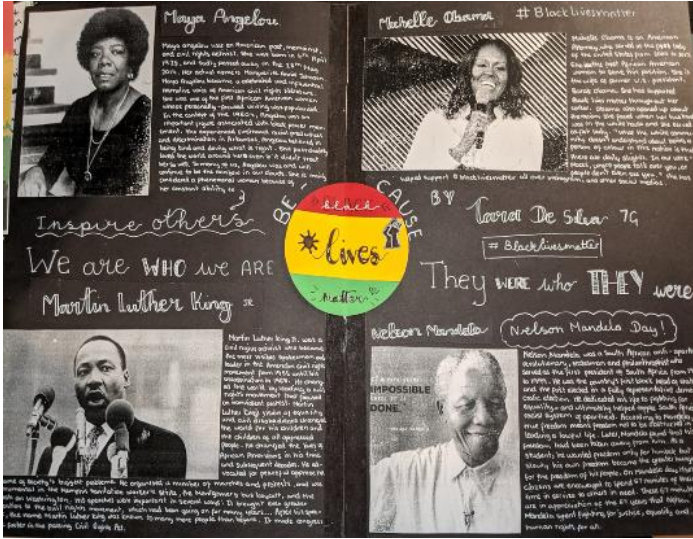
Mrs Roberts'
Room

Photos
On Site
5.11.21



Mr Heighway's Room

BLACK HISTORY MONTH

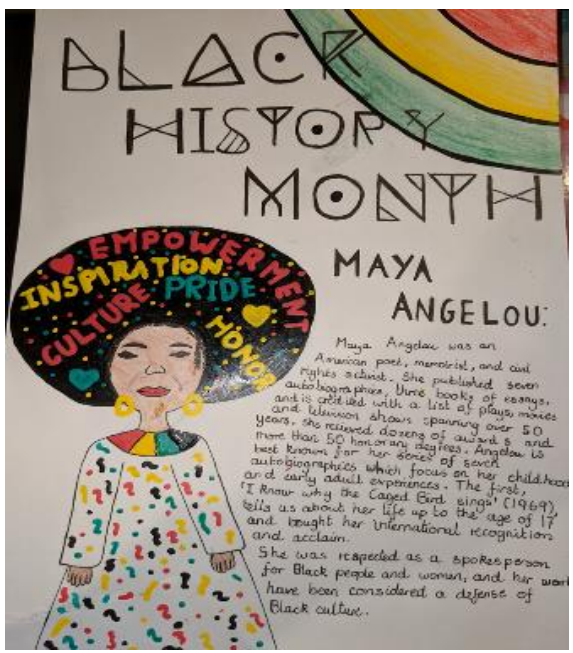


As Black History Month draws to a close, we have had the pleasure of looking at and judging the history department's Black History Month Competition submissions, and we were amazed to see such lovely visual entries. There was a particular effort made by Seicole and Austen who had submitted the most entries, but we were pleasantly surprised that there was effort across all the year groups and not just younger students (although we love Year 7 getting involved!). We were blown away by the quality of all the submissions and it was clearly evident that the students who participated spent a lot of time and worked really hard on their entries which we are really grateful for – we all learnt something new from their research! Along with this, it was also refreshing to see that as well as famous Black icons being featured such as Martin Luther King Jr and Rosa Parks, this year's entries showcased less well-known icons such as Mae Jemison and Wangari Maathai. It was extremely difficult to pick an overall winner for each house since there were so many amazing entries, and this is why we also listed our favourites in the assemblies over the last couple of weeks. As revealed in each house assembly, the winners are:

- 👉 For Austen - Samanvi from Year 8
- 👉 For Roddam - Lucy from Year 11
- 👉 For Seicole - Tara from Year 7

We were amazed at the quality of entries and hope our lucky winners enjoyed their lovely prizes! We encourage everyone to go and research Black icons who have made a difference. Finally, we encourage students to look out for the new BHM display and to think about the important messages we shared through our assembly throughout the year and not just in October! A huge thank you to everyone who got involved!

Chloe, Oli & Ros (Year 13) and Miss Davies





PASTORAL UPDATE FROM MRS BIRCH



Parent Event well attended

Thank you so much to all of the families who joined us virtually for the SP-ARK session with Papyrus on Tuesday. It was extremely well attended and your support with these parents information evenings is appreciated.

The purpose of the evening was to equip you with some knowledge to be able to offer support to a family member or friend. Hopefully you have been able to look at the resource section of the website: please follow the link [here](#). There are a number of resources that you might find helpful including apps to support your wellbeing, safety plans, conversation starters, coping strategies and distraction techniques.

Please also remember that Hopeline is available so please get in touch with them if you would like some advice. You can also call and talk to a member of the safeguarding team in school if your concern relates to a student at NGHS.

Mrs H Birch, Assistant Head



This week we have met with our Kindness Ambassadors and talked to them about World Kindness Day. This year it is on Saturday 13 November. This is a day to

celebrate the importance of being kind to each other, to yourself, and to the world.

As I mentioned last week in NN, we are hoping to get students involved in a Dance for Kindness Event. We are asking students to follow [this link](#) to learn the dance routine.

On **Monday 15th November** we will be hosting a break time event in the hall to perform this dance routine with as many of the school community as we can. Please learn the dance and get involved.



Kooth is an online mental wellbeing community that students are signposted to if they would like free, safe and anonymous

support. There are some new resources available on the website around anti-bullying week, national stress awareness day and movember.

On Wednesday 17th November as part of anti-bullying week, Mrs Martin and Mrs Danby will be encouraging students and staff to add some kind words to a display in school. The display will show that 'kind words cost nothing' – encouraging kindness and compassion with our students. This year's theme for anti-bullying week is 'one kind word' – kindness is more important today than it ever has been and our display will demonstrate this allowing 'kindness to fuel kindness.'

JOIN THE CONVERSATION

Have your say

HAS A YOUNG PERSON YOU KNOW USED THE MENTAL HEALTH CRISIS SERVICES?

We are calling on young people as well as their parents, carers or other professionals to give their feedback on crisis mental health services for children and young people.

HAVING YOUR SAY

Whether the young person has received care as in-patient or in the community, we want to know your views and experiences.



IT DOESN'T MATTER HOW, WHERE, OR WHY YOU'VE COME IN TO CONTACT WITH SERVICES, WE STILL WANT YOU TO HAVE YOUR SAY ABOUT HOW THEY COULD BE IMPROVED





healthwatch
Telford and Wrekin



healthwatch
Shropshire

GET INVOLVED

You can complete our dedicated survey on our websites by using the above QR codes.

www.healthwatchtelfordandwrekin.co.uk
Email: info@healthwatchtelfordandwrekin.co.uk
Phone number: 01952 739540

www.healthwatchshropshire.co.uk
Email: enquiries@healthwatchshropshire.co.uk
Phone number: 01743 237884

Health Watch

We have been contacted by the organisation Health Watch regarding a project they are currently undertaking titled Children and Young People's Mental Health Crisis Services in Shropshire, Telford and Wrekin. They are interested in finding out the views of young people and families about the experiences they have had with services in the local area. If you would be interested in sharing your views please scan the QR codes and complete the survey.

PFS Auction - Thank you!

Quick Links (click to view)

We'd like to say a massive THANK YOU to all the local businesses who supported our recent auction. Their logos are below and quick links to their websites/social media platforms are shown on the right. Please support local business at this time!



- Halfpenny Green Wine Estate
- The Avenue Cookery School
- Hawkstone Park Follies
- Norbury Wharf Ltd
- Parkview Laser Care
- Ceramic Artist, Anne Cardwell
- Artist, Jonny Atkinson
- Beaumaris Wellbeing in Newport
- Weston Park
- The Lamb Inn at Edgmond
- Anglo Welsh Great Haywood
- Box of Goodness
- Social icing in Newport
- Smallwood Lodge Tearooms
- Sophisticutz in Shrewsbury
- Elite Athletic Performance in Stafford
- NWK Valeting Ltd
- Lucy Dunn, fitness Instructor
- Elite Hampers, Newport
- Jude at Digital Dawg Portraits
- The Shropshire Macaron Co.
- Allure in Stafford
- Medieval Madness – Shrewsbury
- Shropshire and Beyond
- Protean Art in Stafford
- Courtyard Coffee Roasters
- Kay at Flopsy and Bear
- Serenity Spa
- Little Rascals Play Centre
- Red Wood Weaving
- Trentham Monkey Forest
- Shrewsbury Prison
- Claire at Myrtle, Fox & Maude
- Boujee Beauty Bee in Telford
- Stafford Tenpin
- Daisy Chain Gift Shop in Newport
- Maria at All About You, Newport
- Olga Levchenko Senior Stylist
- Hawkstone Hall & Gardens
- Anthony Prince at Riverside Cabins, Shropshire
- Battlefield 1403, Farm Butchery & Café
- Slav Fit of 1 Step Closer, Pers Trainer
- Stoke Ski Centre

In addition, some parents kindly donated items for the auction.

WE ARE HIRING

Academy are currently recruiting for our passionate and driven Catering team.

Job Title: Service catering assistant

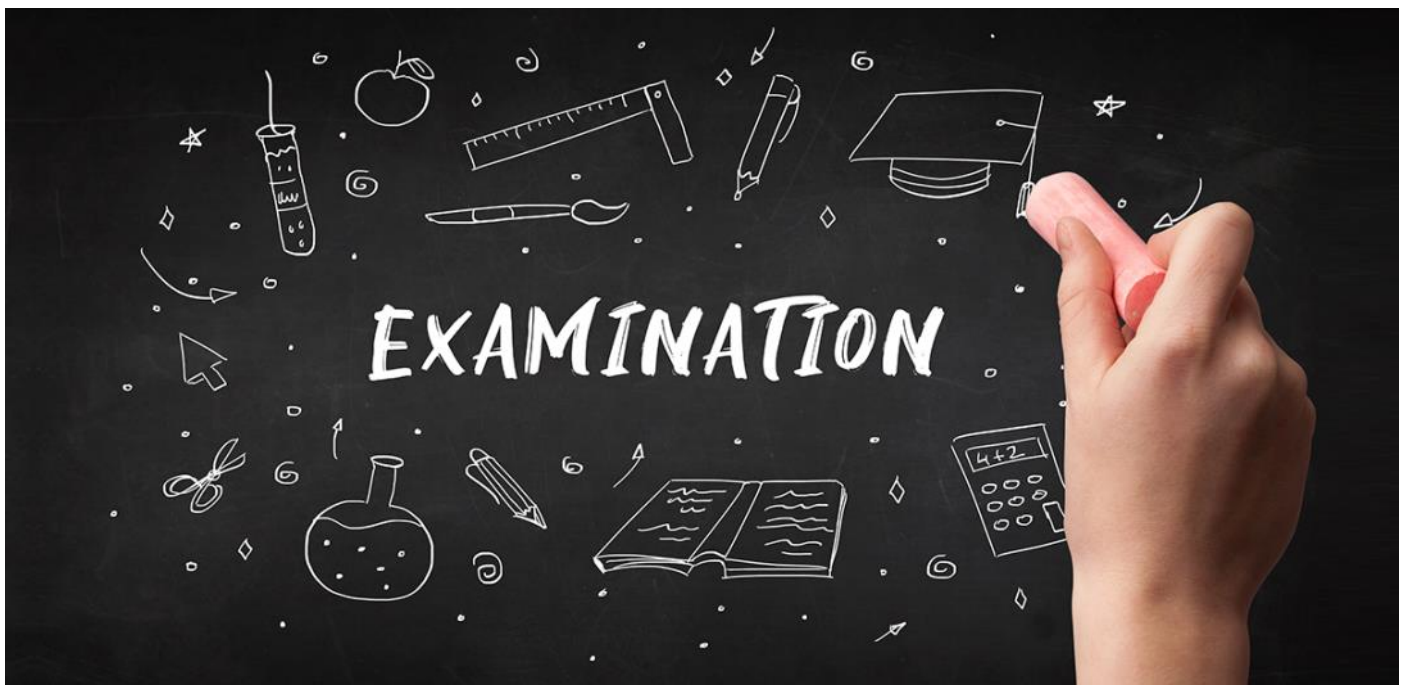
Hours per week: 3 hours per day, Term time only, equated pay

Location: Newport Girls High School, Newport

Please contact Leesa Owen, Chef manager for further details;

Leesa.owen@atalianworld.com





Mrs Tomkinson's Top Tips for Mock Examinations

- ✓ Practise positive self-talk both before and during the exam. See below for some suggestions.
- ✓ Ensure your work space is well-organised and does not include any distractions.
- ✓ Practise different breathing strategies to calm you down when you're feeling overwhelmed. See below for some ideas.
- ✓ Take some time to do something you enjoy during the week. Exercise, read a book or watch your favourite TV programme.
- ✓ Ensure you double-check that you have the right equipment for each exam the night before. You don't want to be frantically trying to locate a protractor 30 minutes before your Maths exam!
- ✓ Don't be tempted to cram just before an exam. You won't learn anything new in this time, and will probably increase your stress level.
- ✓ Ensure you get a good night's sleep before each exam. Minimise caffeine consumption and avoid having screens in the bedroom.
- ✓ Stay hydrated and eat well before each exam.
- ✓ When you open your exam paper and read the first question, take a moment to breathe. Don't rush or panic- take the time you need.
- ✓ Put everything in perspective. Your mocks are supposed to help you know what to expect from your real GCSEs, but they are also a way of establishing your next steps.

And finally... Do your best! This is all we can ask of you.

Some breathing techniques to try:

- ⇒ Box breathing
- ⇒ 4-7-8 breathing
- ⇒ Milkshake breathing
- ⇒ Alternate-nostril breathing

Positive affirmations for the mock period:

- ⇒ 'I can do this.'
- ⇒ 'I believe in myself.'
- ⇒ 'I am prepared'
- ⇒ 'I am confident about...'
- ⇒ 'I know I've done all I can.'



EXTRA-CURRICULAR ACTIVITIES

Here is the updated list for half term two. New clubs are shown in Red. There really is no excuse for any student not to be involved in at least one club or activity! Why not learn a new skill or practise something you really love? Get out of the classroom and embrace the wider life of NGHS. Our staff and sixth formers look forward to encouraging you this half term. Thank you to all those who are running sessions.

	LUNCHTIME	AFTER SCHOOL	
MONDAY	Sixth Form Netball Year 7 Board Game Club Physics Clinic (Y12-13) Show Rehearsals (all years) Week A - Rights Respecting Schools steering group (all years) Week B - Genocide & Human Rights awareness (all years) Wellbeing Quiet Space (all years)	Art Club (Year 7) Maths Clinic (Y13) Biology Clinic (all years) Dance Practice (Year 8)	School Production Rehearsals Sixth Form Punch (Body Barn) - Y13
TUESDAY	Netball Residential Training (year 7) Physics Clinic (Y7-11) Senior Choir (Y10-13) KS3 Maths Enrichment Club (Y7-8) Week A - NEA/History Clinic (Y13) Week B - Cold War Revision (Y11) Japanese Language & Culture Club (all) SustaiNGHS/EcoSchools/Gardening Club (all) Wellbeing Quiet Space (all years)	Biology Clinic (all years) Chemistry Clinic (Y11) Wellbeing Quiet Space (all) Maths clinic (Y12) Sign Language (all) English Literature Clinic (Y13)	Harper Netball Fixtures
WEDNESDAY	AS PE group (Y13) French Club (Y11) Physics Clinic (Y7-11) Animation Club (Y7 sign up only) GCSE Geography support (Y11) Lower School Choir (Y7-8) Medsoc (Y12 interested in medicine/dentistry) Chemistry Clinic (Y13) Maths Clinic (Y7-8)	Football Club (all) Chess Club (all) Wellbeing Quiet Space (all years) Craftivism for Kindness (all)	Karate Club (all years) - external coach
THURSDAY	Team Trials Team Netball practice Coding Club (Y8 and above) Geography Revision (Y13) Music GCSE Clinic Drama club (Y9-11) English clinic (all years + special Y11 group) DIG schools archaeology investigation (Y7-8, sign up) D&T Eco Fashion Club (Y7+8)	Just Dance (second half) Ukulele Club (all) Chemistry Clinic (Y12) Maths Clinic (Y9-10) Maths support (Y11) Wellbeing Quiet Space (all) Year 7 Dance (first half)	Fencing Club (all) - external coach Winter League Netball Fixtures
FRIDAY	Volleyball (Y11) Revision Club (Y11) - Week A Orchestra Literary Society Week B - Debating Society (Y12/13)	Chess Club (all) Crochet Club (all) Wellbeing Quiet Space (all years)	Sixth Form Punch (Body Barn) - Y12 Netball Club - external coach (all years)

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