



# NEWPORT NEWS

## A weekly update from NGHS

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**J**ust a short Newport News this week as we are in the midst of internal assessments in most year groups. Students are coping well and our Year 7s are getting to grips with what is expected in this formal setting for the first time. Our Year 11s and Year 13s are facing their GCSE/A-level language orals at the moment. I must remind parents of these year groups that, just like controlled assessments/NEAs, the orals are formal examinations and attendance and punctuality are vital. Students must check their exam timetables carefully and be in the right place on time! Our MFL staff are working hard to ensure they keep to the tight schedule.

Tuesday saw our Open Evening and also Open Morning. Both were well attended, but particularly the evening when over 300 families walked through our doors. As always, our students were marvellous in volunteering to help showcase our school and assist staff in the subject areas. A massive thank you from me and our governors to all of those who gave up their evening to help NGHS. I gave four Headteacher talks along with some excellent speakers from Year 7 and Year 12. There was a real buzz around the school and I hope that any current parents who attended really enjoyed the experience. Our staff enjoyed discussing our curriculum and support systems

with prospective parents and worked hard to promote their subjects/roles within our NGHS Family. The portal for Year 5s to register for the test opens in early May; do keep an eye out on the website.

We are now nearing the end of formal teaching for Year 11 and Year 13 students. Miss Heyes has provided some helpful thoughts for these year groups on page 2. I add today a quick thought about planning for study leave...we do encourage students to work in school during the study leave period and spaces are allocated for both year groups. Students can also easily ask a quick question of their teachers at break/lunch etc. Whilst students are free to come and go during study leave and parents are responsible for ensuring they can get safely to school at the required times, we **strongly recommend** that students work in school in the morning if they have an afternoon examination; this reduces the stress of getting to school in time for the afternoon papers.

Next week we begin our visits to primary schools to welcome the next cohort of 120 students into Year 7. As ever it's a wide geographical area but we really enjoy getting out on the road to effect a smooth handover.

Wishing you all a lovely long weekend, **Mr M J Scott**

## Great Night for Swimming!

On Wednesday 19 April, Newport Girls' High School attended the Telford and Wrekin Schools Swimming Gala being held at Wrekin College. Taking a strong squad, the team were confident of positive results in several events:

The junior girls (years 7 and 8) competed in 5 individual and 2 team relay events. The girls attained the outstanding achievement of 2 individual first places and 2 team relay wins. They also achieved one 2<sup>nd</sup> place, one 4<sup>th</sup> place and one 5<sup>th</sup> place. This gave a team total of 48 Points. Agonisingly, this fell one point short of Thomas Telford on 49 who won the overall title by a single point!

In the intermediate girls age group (years 9 and 10) there were again some excellent results. Astonishingly, the students finished 2<sup>nd</sup> in every one of the 7 events. This consistency was even more remarkable when you consider that in 4 of the events they finished 2<sup>nd</sup> by less than 0.5 seconds! On such fine margins championships are won and lost and again the girls came so close. Final team score – Thomas Telford 52 Points, Newport Girls' High 49 points.

All of the girls performed magnificently on the night and were so unlucky not to be crowned team champions despite some wonderful individual performances. Massive congratulations to all.

**The PE Team**



Eve W (Y8)

1st—Junior 50m Backstroke



Grace W (Y9)

2nd—Intermediate 50m Backstroke  
2nd—Intermediate 4x25m Individual Medley



Hermione T (Y8)

1st Junior 50m Breaststroke



Sarah F (Y9)

2nd—Intermediate 50m Breaststroke  
2nd—Intermediate 50m Butterfly



Elizabeth W (Y10)

2nd 50m freestyle



Lauren W (Y7)

2nd 4x25m Individual Medley

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Newport, TF10 7HL  
Tel: 01952 797550

**Headteacher:** Mr M J Scott BA(Hons) Exon PGCertEd NPQH FRSA

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Outside of school hours: [urgent@nghs.org.uk](mailto:urgent@nghs.org.uk) for matters of significant urgency

Going for a **walk** for a minimum of 10 minutes each day is one of the simplest and most effective things you can do to look after yourself during exam period. The physical movement releases endorphins to help you to relax and feel more positive. Walking outdoors surrounded by nature amplifies the benefits, even more so when you walk somewhere expansive where you feel 'small' in comparison. If you've ever walked to the top of the Wrekin you'll know what I mean. Tune in to the sights and sounds of nature and notice how you feel. A 10-minute walk is just as good as an intense 45-minute workout in terms of calming a busy brain and boosting your mood.



It goes without saying that eating as well as you can is also very important. Don't make any big changes to your diet during exam time, and try to eat nutritious, healthy food with plenty of snacks to maintain your energy.



Staying hydrated is really important at all times, but during exam times **drinking water** has two important benefits. Research shows that water consumption can alleviate anxiety. Drinking water also has huge benefits for our cognitive function, so if you want to feel calmer and be able to think more clearly, drink more water.

**Sleep** often suffers at exam time however research says sleeping well is linked to better exam results, better recall, better mood and better health. Although many students sacrifice sleep to revise as much as they can, a good night's sleep before an exam could actually improve exam performance more. To maximise sleep benefits, aim to establish a regular bedtime and waking time for at least a week prior to your exam. Not looking at your phone/device immediately before bed will help you to sleep better as the blue light emitted by electronic devices interferes with our biological clock, tricking us into staying awake for longer. If you can't read, try listening to a podcast and set a timer for it to switch off after a short amount of time (e.g. 10 minutes).



**Social connections** are really important to boost our mood, enhance our mental health, boost our immune system and help our self esteem which in turn will help us to perform at our best. You may be spending less time with friends because you are prioritising revision, but make sure you are not spending too much time on your own. Check-in with friends, and make the most of opportunities to chat to people in your family – it will be time well spent.

# Study Leave Top Tips

# Weekly Maths Challenge

**Problem 1**

$a+1=b$        $d+1=a+h$   
 $b+1=c$       and  $d=c+1$   
 $(a+1)+1=c$      $(c+1)+1=a+h$   
 $a+2=c$        $c+2=a+h$   
 $a=c-2$

$c+2=(c-2)+h$   
 $c+2=c-2+h$   
 $c-c+4=h$   
 $h=4$

**Problem 2**

Correct points  $> 100$  because  
 correct points - incorrect points = 100.

Correct points = number correct  $\times 7$   
 $\therefore$  number correct  $\times 7 > 100$   
 number correct  $> \frac{100}{7}$        $\frac{100}{7} = 14.3$   
 number correct  $> 14.3$   
 $\geq 15$

Number correct  $\times 7 =$  correct points

$15 \times 7 = 105$	
$16 \times 7 = 112$	←
$17 \times 7 = 119$	
$18 \times 7 = 126$	Correct points - 100 must
$19 \times 7 = 133$	be a multiple of 4
$20 \times 7 = 140$	because incorrect points =

number incorrect  $\times -4$ .

Can't be 140 because then 0 questions would be incorrect  $\therefore$  points  $\neq 100$ .

$16$  correct = 112  $\therefore$  3 incorrect  $\rightarrow 3 \times 4 = 12$   
 $112$  correct points - 12 incorrect points = 100 ✓  
 $20$  questions - 16 correct - 3 incorrect = 1 blank

Well done to the 95 year 7 and 8 students who sat the UKMT Maths Challenge on Wednesday afternoon. It was a tough paper and they all worked really hard to do their best. We should get the results next month. This week, we take a break from the maths challenge and wish everyone the best for exams week. Well done to L Smith (Y11).

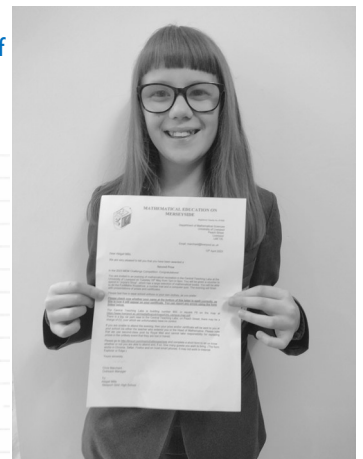
Mrs L Roberts

## #2 out of 1300 in the UK!

Each year the Mathematical Education on Merseyside Organisation run a Challenge involving seven long problems that students have 2 weeks to complete. This year, they received a total of over 1300 entries for Challenge from 126 schools. Congratulations to **Abigail Mills** in year 7 who won 2<sup>nd</sup> Prize for her fantastic work. She will attend a Prize-Giving Evening at Liverpool University on 16<sup>th</sup> May. Here is one of the challenging questions and her meticulous solution.

### 6. Rock Hard Sums

An ancient Egyptian stone tablet is found, as shown to the left. It is correctly deduced that it is a sum, with each of the symbols representing a different digit. Surprisingly, there are 2 ways it could be done. What are they?



#### Question Six - Rock Hard Sums

I have written out the sum again, using letters instead of symbols to make it easier to work with.

$$\begin{array}{r} a \ a \\ b \ a \ c \\ \hline b \ a \ a \\ c \ c \ b \end{array}$$

$b$  must be less than 5 because otherwise  $b+b > 10$  but there is nothing carried into the thousands column so this can't be true.

I started off by seeing if I can find a solution when  $b=1$

If  $b=1$

then from the 100's column

$$b+b=1+1$$

so  $c=2,3,4$  (depending on if anything is carried over)

If  $c=2$

then from the 1's column

$$a+c+a=11$$

$$2a+2=11$$

$$2a=9$$

which doesn't work as  $a$  must be an integer

If  $c=3$

then from the 1's column

$$a+c+a=11 \text{ or } 21$$

$$2a+3=11 \text{ or } 21$$

$$2a=8 \text{ or } 18$$

$$a=4 \text{ or } 9$$

If  $a=4$

then

$$a+c+a=4+3+4=11$$

so there is a 1 carried to the 10's column

Then from the 10's column

$$a+a+a+1=4+4+4+1=13$$

so  $c=3$  and 1 is carried to the 100's column

Then from the 100's column

$$b+b+1=1+1+1=3=c$$

so this works

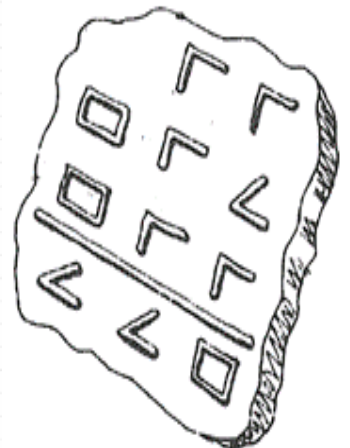
so one possible solution is:

$$\begin{array}{r} 44 \\ 143 \\ \hline 144 \\ 331 \end{array}$$

I then realised that, as all the digits are less than 5 that if I multiply all the digits by 2, the sum will still work.

so the other possible solution is:

$$\begin{array}{r} 88 \\ 286 \\ \hline 288 \\ 662 \end{array}$$





# 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 Adkins (6A3)	Mr R Bourne
L Chilcott (6R1)	Miss S Webster
C Cui (6S1)	Miss S Webster
O Delves (10Rod)	Mrs J Barker
G Evans (6A2)	Mrs K Griffin
G Graysmark (R2)	Miss S Webster
J Hill (6S2)	Mrs Barker, Miss Webster
K Hossack (6A2)	Miss S Webster
T Humphries (9Aus)	Miss S Webster
C Hurst (6S3)	Mr R Bourne
L Keen (6R3)	Mr R Bourne
L Lane-Craddock (6S1)	Miss S Webster
L Lo (6R1)	Mrs K Taylor
C Mander (6S1)	Miss S Webster
A Masey (R2)	Miss S Webster
B McCloy (6S1)	Mrs K Griffin
M Munnelly (6S2)	Mrs J Barker
C Nwaomu (9Rod)	Ms J Capaldi

To: Student	From: Teacher
N Parker (6A2)	Mr R Bourne
K Partridge (6R1)	Miss S Webster
V Paslar (6A3)	M. C Audouin
L Patrick (6A2)	Miss S Webster
E Raymond-Martin (6S1)	M. C Audouin x2
P Saiprasad (6S2)	M. C Audouin x2
A Sharma (6S3)	Mrs L Payne
A Srivastava (6R2)	M. C Audouin x2
A Stephen (9Aus)	Mrs T Fujii
S Sulake (6A1)	Mrs K Griffin
D Thomas (6S2)	Mrs K Griffin
C Tunnicliffe (6R2)	Mrs T Fujii
H Turner (9Rod)	Miss S Webster
L Upton (6A2)	Miss S Webster
L Ward (S1)	Mr R Bourne
G Wilson (6S1)	Mrs T Fujii
A Wysome (10Aus)	Mrs T Fujii

## Teaching & Learning Parent Video

We are extremely fortunate that our students have a real of love of learning. Indeed, in our recent Outstanding Ofsted report, it was noted that 'pupils and students quickly develop a thirst for more knowledge and the curiosity to find things out for themselves'. As parents and carers, we know that you want to help support with this from home.

Watch our third parent teaching and learning video for a few ideas of how this could be done!

If you have missed our first two videos, you can find them using the link below, too.

**Miss S Webster, Deputy Headteacher**

**[Click here to view the T&L videos!](#)**

# NGHS PASTORAL WHO'S WHO 2022-23

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.



**Miss S Webster**  
Deputy Head  
&  
Acting Designated  
Safeguarding Lead



**Mr M J Scott**  
Headteacher



**Mrs H Goodall**  
Head of Year 7



**Miss J Walker**  
Head of Year 8



**Mrs K Danby**  
Wellbeing Officer  
& CSE Lead



**Mrs F Davenport**  
Pastoral Support



**Ms J Capaldi**  
Head of Year 9



**Mrs A Chapman**  
Head of Year 10

Safeguarding

Years 7-10

Years 11-13



**Mrs K Griffin**  
Head of Sixth Form



**Mrs D Martin**  
Head of Year 11



**Miss E Heyes**  
Acting Well-Being  
Officer Year 12-13