



NEWPORT NEWS

A weekly update from NGHS

Volume 6 - Issue 27 - Friday 5 May 2023

Platinum Safeguarding Award



Our Staff Safeguarding Team and Head Girl Team representatives



This week we received news of our Platinum Safeguarding Award following an audit last month. This is the highest category and this high level is very difficult to attain. This award is testament to the hard work, training and dedication of our Safeguarding Team (led by Mrs Birch our Designated Safeguarding Lead and Assistant Headteacher who is currently on maternity leave), the Deputy Safeguarding Leads; Miss Webster, Mrs Danby, Mrs Davenport and myself) and indeed the whole staff team who undergo regular updates in safeguarding our students. The audit was thorough and over 30 staff were spoken to as well as students. We are thrilled that our commitment has been recognised and this ties in with the comments from Ofsted last year about exceptional safeguarding practice.

The internal assessment period has now concluded and staff are busy marking students' papers. Once again I applaud all of our students for their hard work and commitment to preparing for their assessments. Our

GCSE orals are now also complete and hats off to Year 11 who have overcome nerves and seen it isn't as bad as they feared! We are just in the process of finalising our staffing for September with some new appointments to reflect the continued development of the school (90 Year 11s are sitting GCSEs but 120 Year 7s are joining in the third year of our five year expansion). We are also looking at the site developments which can be afforded this summer to further improve the quality of resources and education we provide for our students.

Parents of Year 9/10 students who are going on the Paris trip next month should have an envelope of information to complete via their child. Thank you advance for doing this promptly so we can keep the tour company updated.

This week's NN contains some facts about the Coronation from our history team, so, if you are celebrating this weekend, I hope you enjoy the occasion! Just a reminder school reopens on Tuesday morning.

Wishing you a nice extended weekend, **Mr M J Scott**

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To contact the School about a general enquiry, please use schooloffice@nghs.org.uk
Outside of school hours: urgent@nghs.org.uk for matters of significant urgency



Saturday 6 May 2023 will see the first coronation of a British monarch for 70 years. Only those now in their 70s or above will remember the last one. The coronation ceremony has its roots in traditions over a thousand years old.

Below are 10 interesting facts about the Coronation adapted from an article by the Historical Association – if you would like to read more, please visit the website: www.history.org.uk

1. The UK is the only country in Europe to still carry out a coronation ceremony for the monarch.
2. Westminster Abbey closed in late April to prepare for the Coronation on 6 May – for the Coronation of Elizabeth II it was closed for eight months to prepare.
3. The oil that is used to anoint the King was made in Jerusalem to a special and secret recipe containing sesame, rose, jasmine, cinnamon, neroli, benzoin and amber – as well as orange blossom. It will be ‘animal free’ for the coronation in 2023 suggesting that the musk that had previously been included will not be included this time. This recipe is based on those used before but it is not an exact copy, as that was lost when the apothecary that had created the previous ones ceased being in business.
4. The Coronation Chair used in the ceremony is the one built for Edward I in the 13th century. It has undergone extensive renovation so that it can be used this time as the wood has become fragile over the years. When it was first used 700 years ago it was covered in gold and had painted decorations on it. When it was on display during the 17th and 18th centuries, people carved graffiti into the back of it. And it was even damaged due to an explosive device that went off near it during campaigns by the suffragette movement in 1914.
5. King Charles III will be the 40th monarch to be crowned at Westminster Abbey.
6. The King will wear spurs at the Coronation that were made in 1661 for King Charles II. However, records show that spurs have been part of the Coronation attire since King Richard I, the Lionheart, at his Coronation in 1189. The gold, leather and velvet spurs symbolise knighthood, and they were altered in 1820 for King George IV.
7. Not all partners of the sovereign are crowned, but for those that have been in the last two hundred years they have worn the Queen Consort’s Ring at the Coronation. It is a ruby in a gold setting, originally made for the Coronation of King William IV and Queen Adelaide in 1831. It will be worn by the new Queen Consort, Queen Camilla, on 6 May.
8. Two state coaches will be used by the King for the procession. The Diamond Jubilee State coach will be used to take the King and Queen Consort to Westminster Abbey. After the Coronation service the newly crowned pair will travel in the Gold State Coach first used by George III to the State opening of Parliament in 1762. That coach weighs four tonnes and so is pulled by eight horses and only travels at walking pace.
9. St Edward’s crown which is used at the moment of coronation weighs 4 pounds 12 ounces. It is made from solid gold and jewels. It is based on the medieval crown used until the removal of the Monarch from England. The original crown was melted down in 1649 and was believed to have been the one used by Edward I, the Confessor. The St Edward’s crown was made for the restoration and the coronation of Charles II.
10. King Charles III is the oldest English King to ascend to the throne and be crowned.

The History Department

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 nights' 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

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