



NEWPORT NEWS

A weekly update from NGHS

Volume 6 - Issue 28 - Friday 13 May 2023



Three-day weekends have become something of a novelty of late so we will find next weekend a lot shorter, I'm sure. Fortunately the weather is improving although we tend to see at least three contrasting weather forms during each school day!

This week has seen Year 11 and Year 13 finish their formal lessons. Both cohorts have enjoyed celebrations in school on their final day of teaching. It has been lovely to see over 30 Year 11s return already to work in school during the day. With exams starting next week, it is reassuring they are taking their studies very seriously with some even staying until 5pm when school officially closes. I am sure those at home are also working hard. Parents of Year 11 are reminded that the Centenary Hall workspace is uniquely available for Year 11s from Monday so we do encourage students to work in school particularly on days when they have one exam and not two (either morning or afternoon). All of our staff wish Year 11 every success for next week!

Year 13 had a lovely final morning on Thursday. It was great to see them reminiscing on seven years (or in some cases two years) well-spent. They must also continue to work hard, but we look forward to seeing some excellent outcomes from this in August. As with Year 11, we are happy for Year 13s to come and work in school during study leave. Some students have exams starting next week, others (mainly our scientists) have a longer gap before their first examination, so please use the time wisely and by being in school Y13s can also catch up with teachers over any queries.

Our Trustees (Governors) have received a request to house an apiary (beehive) on school grounds. Owing to a range of views on this proposal, there is a consultation available and your views are sought. Please visit www.nghs.org.uk/beekeeping to find out more and have a say. Your opinion is important and no firm decision has yet been made. Consultation closes on 8 June 2023.

Wishing you a lovely weekend

Mr M J Scott

Goodbye Year 13!

It has been a week of mixed emotions for Year 13 as lessons formally ended and they embarked upon study leave in order to prepare for A levels, which start in earnest next week. There have been lots of laughs and tears as students attended their last ever lesson for each subject. On Tuesday they did themselves proud with a lovely fancy dress day and on Thursday attended a final assembly and presentation where they received gifts and a few final quirky certificates. The students had also taken it upon themselves to make a video during which they commented on their favourite memory from NGHS6, which was really touching and very funny. As a Year group they have worked incredibly hard and we are very proud of the progress they have made. We wish them the best of luck in their forthcoming exams and know they will do themselves and us proud.



Newport Girls' High School
Wellington Road
Newport, TF10 7HL
Tel: 01952 797550

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

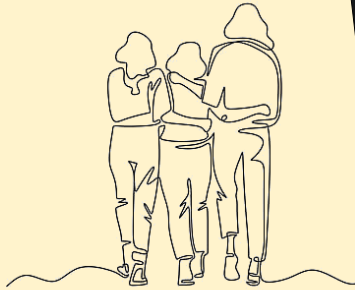
To contact the School about a general enquiry, please use schooloffice@nghs.org.uk
Outside of school hours: urgent@nghs.org.uk for matters of significant urgency

Give Way on Pavements!

Just another quick reminder of the need to give way to vulnerable pedestrians, scooters and adults with young children whilst walking to school. The pavements in Newport are not wide and there is no need to walk 3-4 abreast on the way down to school. Students' cooperation is appreciated by local residents, in particular the elderly and partially sighted.

Thank you!

Mr M J Scott, Headteacher



Head Girl Team Highlights...



My amazing team and I are so excited to begin our role in representing the school for the next academic year.

First of all, I would like to send a huge thank you to the whole of the outgoing Head Girl Team for all they have done for the school; Liv, Anvita, Liv A, Emily, Melissa and Nikita, we have big shoes to fill!

In the past couple of weeks, we have held various student committee meetings, and it was lovely to hear about some of the ideas students have suggested to further improve the school. We have also overseen the open evening last week, so you may have seen us around the school a bit.

As we move forward, our aim is to encourage a smooth integration and transition of students to the school, promote participation in school, to liaise with staff to represent the student body and ensure every student feels supported academically and with their own well-being too.

Furthermore, we'd like to say a huge well done to all those who recently finished their end of year exams, and we wish the Year 11's and Year 13's the best of luck in their exams.

Once again, we look forward to working hard over the next academic year to represent all student voices, to forge strong links between the school and the community, and to maintain the school's values.

Katy Hossack (Head Girl) & the HGT

SOCIAL MEDIA TIPS

General Tips

- Think before you post - don't post anything you wouldn't say in person
- Report any inappropriate content
- Talk to a trusted adult about any concerns you have

Minimum age requirements

- Tiktok 13
- Snapchat 13
- Instagram 13

Tiktok Safety Tips

- Set account to private
- Turn on restricted mode
- Disable "suggest your account to others"
- Only allow DM's from friends
- Report an inappropriate video by pressing and holding on the video and then tapping on the report button

Instagram Safety Tips

- Switch your account to private
- Only accept follow requests from people you know
- Only accept message requests from people you know
- Report any inappropriate posts by clicking on the three dots and then report

Snap Chat Safety Tips

- Make sure that "Who can contact me" is set to 'friends'
- Restrict who can see your story to friends only
- Turn off location services for the snapchat app or go into ghost mode within the app
- Opt out of find friends



We continue to be concerned, particularly among Year 7 and Year 8 students that they are choosing not to take heed of the advice and teaching offered in our PSHE/Computing lessons in terms of appropriate conversations on line. We therefore once again provide some tips and support for sensible use of social media. Perhaps parents can also discuss this at home? Thank you.

Miss A M Davies (Senior Leader for Year 7 & Year 8)

NGHS Rugby Thunders On To New Heights!



We recently had the chance to be able to take our under 16's rugby team to the Northampton Saints 7's competition, it was a brilliant opportunity to be able to allow our students to play a different style of rugby, further their knowledge and get more experience. Throughout the day I saw a huge improvement in every player, each player should be incredibly proud of themselves for the work they put in throughout the day. Many tries were scored along with many tackles being made. I am beyond proud of the team as a whole, they are a credit to the school, the ability they have shown throughout the recent rugby season is incredible, they are all very talented players with brilliant rugby values, their determination, teamwork and sportsmanship is something that many other teams have recognised and applauded us for as well as the successes they have had as a team this season.

Miss P Regester, PE Apprentice



Laila Beech (Y7) has completed the Six Summits Challenge, a thirty-six-mile trek across the Shropshire hills, organised by Scouts. Over three days Laila walked from Corndon Hill on the Welsh border, across the Stiperstones, over the Long Mynd and Caer Carodoc hill, then up Brown Clee and onwards to Titterston Clee hill where the challenge was completed. She made her camp along the way, pitching her own tent, cooking her own food, and navigating from bases camp to base camp only map and compass allowed. On occasion cooking was not possible due to the wind and rain. She was one of the youngest scouts to complete the challenge. Well done Laila!



PGL Netball Weekend

Our Year 8 and Year 9 netballers have enjoyed a fabulous PGL weekend where they played in a tournament against many over UK schools. Two teams finished second overall, which is a fantastic achievement. Thank you to Mrs Goodall, Miss Saunders, Mrs Martin & Miss Register for giving up their weekend to make the trip happen.



Newport 1 (Miss Saunders)

My experience at PGL Liddington was very enjoyable. Even though my team wasn't victorious, the match we did win was full of excitement. The facilities were very good and the activities such as the big swing were a hit among students and teachers. Our team displayed great determination and improvement throughout the weekend. This trip was really enjoyable for all who attended and i really recommend a trip like this.

Newport 2 (Mrs Martin - finished second overall)

My experience at PGL was such a joyous and fun one! The activities provided were so amazing and going on the giant swing with Mrs Goodall was absolutely priceless. Matches begun Saturday afternoon and even though the weather was miserable, the enthusiasm was high. Me and the REAL dream team led by the amazing Mrs Martin worked our socks off in every match making it to the finals but unfortunately not coming out on top. Overall this trip was something I could never forget and something everyone should experience!

Newport 3 (Miss Register)

Netball weekends with NGHS are always super fun and very enjoyable. PGL sites have many fun activities, such as, giants swings, zip lines and an archery range. All the instructors are very nice and approachable too.

This year I was given the honour of being chosen to be my netball team's, team captain. The team played really well and demonstrated amazing sportsmanship towards other players. I am so proud of them for showing great team spirit and for keeping a smile on their face even though we were playing in the pouring rain. I could not have asked for any more from them.

Newport 4 (Mrs Goodall - Finished 2nd)

Last weekend, the netball teams took part in a tournament at PGL centre in Liddington. We all fought for a win in every match and the Year 9 team, managed by Mrs Goodall, placed second after competing in a tough final against Chauncy. We were all shattered with Jess falling asleep in the common room and Izzy on a bench outside. Although the weather on Saturday was tough to play in, Mrs Goodall and the whole team kept moral high and pushed through until the final whistle. Overall it was a great experience and definitely a weekend to remember!



Well done to all our teams for their commitment and for being the most polite students at PGL!

MENTAL HEALTH AWARENESS WEEK

In a recent mental health survey that was carried out by the Mental Health Foundation, a quarter of adults said they felt so anxious that it stopped them from doing the things they want to do, some or even all the time. In the UK, six in ten adults feel this way and over 8 million people are experiencing an anxiety disorder at any one time.

This Time out Tuesday, as a part of mental health awareness week, make sure to grab some ribbon and a pair of scissors. The green ribbon is an international symbol of mental health awareness. By wearing this, you will help end the stigma around mental health.



This year's theme is anxiety. **Anxiety** has been recognised as one of the most common mental health problems we can face.



In preparation for Mental Health Awareness Week, beginning on the 15th of May, the Health and Wellbeing Panel have organised an activity each lunch time during the week to help students destress and relax. This year's theme is anxiety, and it is extremely important for everyone to understand the severity of this feeling. This unfortunate feeling of unease, defined as worry or fear, that can be mild or severe is suffered by over 8 million people in the UK. Students at NGHS will take part in many activities that will highlight the importance of acknowledging anxiety and how to cope when suffering it. Students will also make green mental health awareness badges during Time Out Tuesday Form to recognise the key issues surrounding anxiety.



Monday - Outdoor Rounders organised by House Sports Captains



Form Time - Time Out Tuesday - Green Ribbon Activity



Tuesday - Colouring Activity



Wednesday Puzzles & Games



Thursday - Meditation and relaxation session organised by Miss Heyes

Friday - Yoga Session organised by Mrs Gill



Haberdashers' Adams' Coach Update

19 May & 5 June

These are Teacher Training Days at Haberdashers' Adams but coaches are running as normal.

19 July

All Adams Coaches will go to Oakengates on this day so there are no Telford North nor South nor Wolves HA coaches on this day. The Market Drayton route will pass NGHS and drop students in the morning but there is no evening Market Drayton service from NGHS on this day.

Weekly Maths Challenge

Due 9am next Wednesday - email a photograph of your work to l.roberts@nghs.org.uk!

All Year Groups

Problem 1

Each of the five vases shown has the same height and each has a volume of 1 litre. Half a litre of water is poured into each vase. In which vase would the level of the water be the highest?

A



B



C



D



E



Problem 2

In a particular fraction the numerator and denominator are both positive. The numerator of this fraction is increased by 40%. By what percentage should its denominator be decreased so that the new fraction is double the original fraction?

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
S Abel-Lawson (6A3)	Mrs A Benoit
A Azzopardi (6A1)	Mrs A Benoit
M Boateng-Dampite (R2)	Mrs T Fujii
R ElGizawy (6A3)	Mrs A Benoit
T Fletcher (6R2)	Mrs A Benoit
G Hicklin (A1)	Mrs A Benoit
I Hurst (S2)	Mrs A Benoit

To: Student	From: Teacher
E James (A1)	Mrs A Benoit
P Kerr (6A3)	Mrs T Fujii
L Nicklin (S1)	Mrs A Benoit
Z Reynolds (6R2)	Mrs A Benoit
A Sheik (10Sea)	Mrs T Fujii
G Steele (6S2)	Mrs A Benoit

One of our Year 12s is overcome her own health challenges to raise money for Cancer Research UK. Well done to Grace B and her family. She says: "We all know someone who has been touched by cancer, it's happening right now. Cancer has plagued many lives, with family and friends losing their loved ones to the disease, life is far too short for some. 5k may not be far for most but for me it's a real challenge with my own newly diagnosed health conditions. If you can, please donate to my page today and help bring forward the day when all cancers are cured."

Thanks for taking the time to visit my fundraising page.



<https://fundraise.cancerresearchuk.org/page/graces-giving-page-2227>

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

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