



NEWPORT NEWS

An update from NGHS



Volume 7 - Issue 14 - Monday 22 April 2024



Farewell from Mr Scott...



I am very proud to have led NGHS through **two** outstanding Ofsted inspections. Being named West Midlands School of the Year 2020 and receiving awards were also highlights. I am enormously proud of the improvements in pastoral care, drama and the building projects to improve facilities. I'm pleased to announce that Art/DT will be fully refurbished this summer. Also, I have greatly enjoyed taking part in a number of trips and visits - I've always been keen to share these experiences with students. Taking 160 students and 14 staff to Paris this time last year was also something not to be forgotten (for many reasons!)

Being Headteacher is a rewarding job, but never straightforward; when a pandemic the magnitude of Covid came along, few could have imagined the sheer volume of work (and exhaustion) Heads faced for six months solid without a day off. I must pay tribute to our AMAZING team of staff who were willing to listen to my plans and trust me to get us through. Of course our students were prepared to do what was necessary to try to keep the school open (or if not, to keep learning on Teams). It was a horrendous time, which took its toll on us all, but we made it through...together.

I must thank my SLT, in particular Mrs Birch and Miss Davies who have been on my team throughout. In more recent times, I have enjoyed working with Mrs Jones, Mr Pointon & Miss Webster and ask that you lend your support to Miss Webster as Interim Head for the rest of the term. I wish Mr Jones every success as Head in September and have already held meetings with him and Miss Webster to handover. To all our staff, thank you for putting our students first in all that you do.

Finally, to our students. Kind, courteous, hard-working, willing and receptive, it has been a privilege to be your Headteacher. I must specifically mention Year 13; many of whom joined the same year as me. They achieved the school's best ever GCSEs (ranking us 18th in the country) and they are on track to not let me/us down this summer! Thank you, Class of 2024 - I'll miss you.

So, this Friday I leave NGHS. As it's exam week for Y10/12, it'll unfortunately be business as usual this week! I'll miss NGHS but will take happy memories with me.

Take care & thank you for your support, **Mr M J Scott**

Above you can see the front page of the very first edition of 'Newport News'. Published on 19 January 2018, this was in response to a parental survey three weeks after starting as Head when 'comms from NGHS' was identified as a desired area for improvement. Rightly or wrongly, I have made Newport News my personal mission; often sitting down at my office desk before dawn on a Friday to get the newsletter designed/formatted and ready to send out. It has been a labour of love, but equally a pleasure and a privilege to capture all the news from the last week (or so). This is the last edition I shall author and design. ☺

Being Headteacher of NGHS has been an honour and pleasure. I joined after eight years in two successful girls' grammar schools for my first Headship. I am grateful to Mr Ed Lewis (former Chair) and the Board of Governors for entrusting their school to me and have felt supported in making decisions about the School's future.

There have been so many highs of my 6½ years at NGHS. Whilst faces have come and gone, the school's family spirit has remained strong, as has the fierce House rivalry which I have pushed further; on my arrival we had House Drama, House Music and Sports Day (that was it). Now we have about ten activities across the year and our House Leadership positions are fiercely contested. For me, it has been about promoting leadership outside the classroom as much within it and I have always tried to find new, innovative opportunities for our students.

Marathon Runners!

Despite being incredibly busy with planning, marking, and other school commitments, some of our staff have still found the time to undertake the training needed to run a marathon! Last weekend, **Miss Webster** completed her first ever marathon in Manchester. Despite injury setbacks early on in training, being slightly jet-lagged from the Easter holidays, and a tumble in the second half, she is the proud owner of a finisher T-shirt and medal. Having started running just 18 months ago at her local Park Run, her determination (and sometimes stubbornness!) ensured that she would complete the 26.2 miles and cross that finish line with a smile!

This weekend, **Miss Saunders** took on the London Marathon. She completed this in 4hrs 37 mins! If you would like to sponsor Miss Saunders, she is raising money for The Brain Tumour Charity. Her fundraising account can be accessed via the link above; any donations are greatly appreciated. **Well done to both staff on their tremendous efforts.**



Thanks Head Girl Team!



Last Monday, Mrs Griffin and Mr Scott treated our Head Girl Team to a meal out in Telford. This long-standing annual tradition, well since 2019(!) was a great opportunity to thank the Team for their hard work over the past 12 months. They have represented NGHS within and beyond our School and have given up a lot of their own time, including evenings and weekends, to run roadshows, attend events and get involved in the wider-life of the school.

To Katy, Bella, Izzy, Onara, Lydia, Swara and Braeagh - thank you for being such great role-models to our younger students. We enjoyed a lovely evening and thank you for your company. Best of luck in your exams! You can find out more information about our [NEW HEAD GIRL TEAM here](#).

Mr Scott & Mrs Griffin

New House Teams



At NGHS, the House system is one of the most important aspects of school life, creating an atmosphere of competitiveness, inclusion and fun. This year, the amazing team is Eva (House Captain), Issy (Deputy House Captain), Holly (Sports Captain), Briony (Music Captain), Paida (Drama Captain), Erin (Communications Captain), and Ella (Charities Captain). We are all thrilled to have the pleasure of working alongside all year groups in hopes of achieving success within the following year. As a team, we strive to ensure that as many people get involved, as much as possible, and aim to create an inviting and welcoming House environment for all year groups to ensure our collaborative success. Alike our namesake, Jane Austen, we aspire to achieve victory in each and every House event, with the support of the entire Austen House. We are proud to say that the whole Austen House is incredibly motivated to do well,

and we could not be happier to help steer Austen towards ultimate triumph, and to continue the legacy of previous Austen teams- it is both a privilege and honour which we all readily accept. The House ethos continues to be a fundamental area of school life which forms a strong House community, and it is this that really makes students feel at home in both Austen, and NGHS as a whole. We could not feel prouder to have been given the opportunity to represent our House and we will fulfil our roles to the best of our ability!

Eva (Austen House Captain)



The House system is the heart of NGHS and is crucial to the school's overall integration, inclusivity and sense of community. This year Roddam has an undoubtedly fabulous House team consisting of myself, Millie (House Captain), Tatiana (Deputy), Ava (Sports), Darcie (Drama), Alice (Music), Abi (Charities), and Anita (Communications), who have a great passion and enthusiasm for Roddam. We are fortunate enough to be named after an inspirational local hero, Mary Roddam. She formed a home in Edgmond for girls who lived in poor working conditions, and she was a powerful advocate for women's health during the early 20th century. Her heroic work is what inspires pupils in Roddam to constantly strive for success, as well as creating an attitude of kindness and helpfulness throughout all year groups. One of our favourite things about Roddam has to be the friendliness that we uphold between each and every member. We may not be known as the winning House (yet), but we are definitely known as the 'most fun House', which I take pride in.

Throughout my many years at this school, I have been lucky enough to witness the House system in all its glory, and this year we hope to inspire the younger years to get as involved as we have with the many House events on offer. As a team, we are extremely excited for the year ahead of us and cannot wait to (hopefully!) bring Roddam to many victories across all the House events.

Millie (Roddam House Captain)



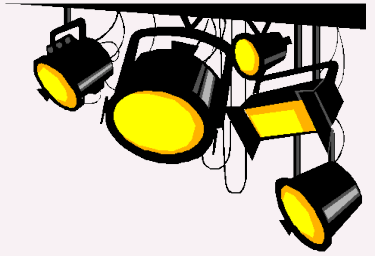
The NGHS House system gives students the opportunity to engage in exciting and challenging competitions that not only provide a sense of belonging and House spirit to each individual House, but also provide an overall feeling of school spirit. Students have the opportunity to showcase their talents, suit up in accessories and glitter the colour of their House (green preferably) and cheer for their House. In Seacole we strive to make every House event as exciting, inclusive and enjoyable as possible...whilst also beating Roddam and Austen. This year we have a very strong, enthusiastic team; myself, Ellie (House Captain), Navya (Deputy), Iso (Sports Captain), Hannah (Drama Captain), Emily (Music Captain), Lila (Charities Captain) and Ibukun (Comms Captain). Placing a particular emphasis this year on lower school inclusion, we intend to leave Seacole with a legacy of diligence, dedication and enthusiasm whilst also aiming to keep things fun and exciting for everyone. We are all delighted to be taking on these positions as we recognise the pivotal role the

Houses play in the wider school community. Our House is named after the inspirational Mary Seacole, the pioneering and compassionate nurse who provided vital care to soldiers during the Crimean war despite facing racial prejudice. She provides our House with a constant reminder to show determination and resilience. Mary Seacole's selfless actions also teach us the power of compassion and commitment to helping others. As the reigning House cup champions, we are confident that with the support of the rest of Seacole, we will be able to keep the ribbon on the House cup green this year!

Ellie (Seacole House Captain)

YEAR SPOTLIGHT

Year 9



Year 9 has been a whirlwind of adventure and achievements since we returned in September. It's been a fun packed Spring term which has seen Year 9 immerse themselves in a range of activities and competitions, while continuing to achieve academic success. It was a joy to award so many students with certificates from the renowned Maths Challenge and witness their involvement in The Big iDEA award, led by Mr Ley.

The talent hasn't stopped there! Several students put on a showstopping performance in the Little Shop of Horrors and showed real commitment to the success of the production. While helping backstage I witnessed

Year 9 supporting younger cast members and rallying together to wow the audience. Most recently, Year 9 have shown even greater leadership skills by volunteering as tour guides for prospectus students during our open evening.

As we head into the summer term there's lots more to look forward to – House drama, Duke of Edinburgh expedition, curriculum enrichment week, applications for the Lower School Head Girl Team and the all-important Sports Day... will Austen continue their winning streak? I hope you enjoy learning a little more about life in our Year 9 forms and what they've been up to.

Miss J Walker, Head of Year



Year 9s starred in LSOH!

The third annual school production, Little Shop of Horrors, didn't fail to impress. It was led by our amazing teachers Mrs Chapman and Mr Bird and the fabulous sixth form principals. The twisted but hilarious show based around a little flower shop on Skidrow, starred Seymour, our clumsy yet kind-hearted hero, Audrey, a ditsy blonde, Mushnik, your classic failing businessman, Orin Scrivello DDS, a pain-inflicting dentist and the killer plant, Audrey II. As well as our incredible Ronnettes, who sparkled on the stage, narrating the story with their gorgeous harmonies.

In the lead up to the performances we must admit that the whole cast was very apprehensive, and had no idea how it would go, yet we all pulled together and created many memorable moments thanks to months of hard work and numerous sacrificed lunch times. We enjoyed every second and can't wait to see what next year's musical has in store for us! **Bella & Freya (Year 9)**

YEAR 9 MUSIC



Music lessons in year 9 are extremely interesting and fun to take part in whether that's with the whole class or small groups. Throughout the year so far, we have learnt how to combine songs and describe film music. I particularly like when we work with people who we don't normally work with as it gives me and others the opportunity to talk to different people. Mrs Chapman makes lessons exciting for all and I look forward to it every week. - **Grace Clarke**

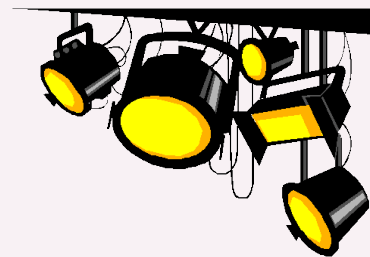


Girl-Guiding Adventure

This summer, Dora A-S (Year 9), has been selected to join a Girl-Guiding Service Project in India. She will be visiting South Delhi to teach children English, Maths, Computer Science and Fine Arts. She will also visit an Elephant Conservation & Resource Centre, explore the Jama Masjid Mosque and a Sikh kitchen. She is seeking support for the trip to enhance the lives of children and experiences through purchasing materials either by sharing the fundraising link or making a donation yourself. Thank you. [CLICK HERE FOR MORE.](#)

YEAR SPOTLIGHT

Year 9 – meet the forms...



Form 9A1 enjoys getting involved in many things both inside and outside of school. Between the revision for tests and notices our form finds time to have fun as we get involved in our favourite activities such as doing the daily Tayheardle where we test our knowledge of pop songs (our form's skills are unmatched). Many members of 9A1 took part in the Junior Maths Challenge and our form received many bronze and silver awards. We have seen more success in house events winning house board games earlier this week and we are happy to say our form representative won their game of snakes and ladders. During charities week, our form organised a competition where the winner won a sweet jar. We enjoy getting involved outside of school and our form has many successes, especially in sports. Our form is particularly good at netball with Violet M, Philippa W and Bethan J playing for our school team. Sian H and Caitlin H do karate outside of school and have treated us to a demonstration during form time. We are also talented in the arts. With Bryony T and Erin P doing drama with an

outside organisation and Alice W dazzling the school with her musical talent during her saxophone solo. This is only a few of our forms' many achievements and a small snapshot of the hard work put in by 9A1 as a form and individually. **Chizua 9A1**

Life in 9A2 is constantly busy, whether its extracurricular activities during the school day, or the many clubs that our students partake in outside of school hours. For example, Hermione T and Eve W are prominent members of the school's accoladed swim team, Laura M, Elia R and Millie B all do RAF Cadets outside of school, and Amarpreet B and I do karate, as well as others in the form. Our year, taken as a whole, takes part in numerous sporting events, which students strongly partake in, like Cross country, Football and Netball. As far as the House events go, we don't manage to show off our skills quite so much, as Austen haven't quite found their feet in the winning world (unless its sports day). Narrowly missing out on first place in House dance and the form board competition, we look forward to soon coming first! I'm proud to say that I'm form captain of 9A2 and would encourage anyone to take on the role if they had the chance, come September. **Easha**

Last weekend we performed our play 'Orchestra' at the Buxton Opera House with our performing arts group PQA. PQA is really fun as you meet new friends and get many exciting opportunities like performing on the West End and the National Theatre. **Abigail and Erin 9A1**

A few words from Miss Pritchard....

I have really enjoyed being Form Captain of 9S1 so far this year. We started strong in House Competitions by winning the Form Board Competition, with our amazing 'out of this world' theme which was combined with our school's ethos! During House Charities week one of our talented classmates Genevieve managed to raise £102 towards Seacole's house charity, The Severn Hospice by making crochet key chains. Many of us have participated in both the Maths Challenge and the Idea Award, with many receiving Bronze and Silver certificates. We also represented Seacole in House Quiz and Board Games with a lot of eagerness. Something I love most about our form is that we are all very supportive of each other, and we all communicate well, whether this is through form time discussions or activities, sometimes even playing cards! I have thoroughly enjoyed being 9S1's form tutor. With only starting in September, the students have been a real asset to me, supporting me with navigating the school and always offering help! I love to catch up with them every morning, to hear the latest news and to enthusiastically encourage them to engage in the TOT, reading and homework. They are truly lovely students and I can't wait to see them thrive in the coming years!

Jess, Tara, Riya, Enid, Chloe, Addi, Sophie all recently achieved iDEA awards! :)

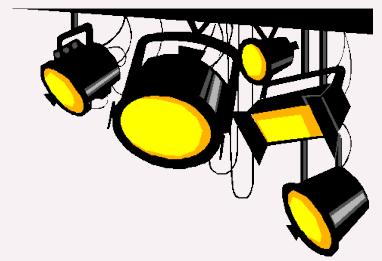


Our achievements:

- House quiz- Summer, Lauris, Tara, Sophie
- Houses Board Games - Tara
- Grade 5 piano- Enid
- Genevieve- bronze skiing
- Riya and Tara badminton county finals
- ABRSM grade 5 piano merit -Enid
- ABRSM grade 3 piano merit -Tara
- ABRSM 4 ballet and tap distinctions - Izzy H
- Riya and Tara badminton county finals
- Genevieve-bronze skiing
- Tara- ice skating grade 10
- Summer- ice skating grade 5
- Maths Challenge: Polina (silver), Tara (silver), Riya (bronze), Jess (bronze), Bea (bronze).

YEAR SPOTLIGHT

Year 9 – meet the forms...



9S2...

9S2 is quite the sporty form! About half of our form play sports outside of school, with every person doing something different.

From fencing to netball to hockey 9S2 really does it all! Some are so talented that they play nationally!!

Miss Wells - *'I love badminton, it's great being in the moment, strategically focusing on and attaining the next point, analysing your opponent's next move!'*

Hirah - *'I enjoy hockey because it helps you develop new skills and it is a great team environment.'*

Sienna - *'I enjoy fencing because it allows to mix with a variety of people and learn new skills.'*

Ife *'I like doing multiple sports as I learn new skills from all and it's fun!'*

Hirah and Sienna

In DT we are working on perspective drawing and we began by learning one-point perspective drawing cubes and then we moved on to drawing shapes in two-point perspective such as cubes, cylinders and hexagonal prisms. We then began to work on a graded two-point perspective drawing of a modernistic house once we finished we added a sign naming the house. We have since moved on to drawing a city scape. I have chosen to draw a scene of the Arc de Triomphe and the Eiffel Tour which I created by editing two images together and now I have begun working on completing this piece. We appreciate DT as a way to showcase our artistic abilities while also learning about different types of plastic and their effect on the environment. At the beginning of drawing our houses' none of us believed that we would be able to complete a building as accurate as the image we saw. However, over multiple lessons, we progressed and achieved realistic results.



Bethan and Sophie



I'm proud to be the form captain of 9R1, we have had a great start to the school year, filled with exciting news and achievements. Among them was Layla, a talented netball player who is currently playing for Seven Stars. We all wish her the best of luck in her upcoming games. Alicia is preparing to take her grade 6 LAMDA exam. Alicia has been working tirelessly to perfect her performances and we are all confident that she will excel in her exams. In addition to Layla and Alicia's accomplishments, we also celebrated Lisakee who recently won "Staffordshire Young Musician of the Year." Her musical talents are truly impressive and we are all proud to have her as a member of our form.

One of the highlights of this year for our form was our participation in house events. With fierce competition and strong team spirit, we all came together to support our house and showcase our skills in various activities. Whether it was House music, board games or Art and photography, we all gave it our best and had a great time bonding with our peers. As the week ended, we reflected on the many achievements and successes of our form. Layla, Alicia and Lisakee have set the bar high for the rest of us, inspiring us to work hard and pursue our passions with dedication and enthusiasm. We are proud to be a part of our form and look forward to many more exciting weeks ahead.

Somkenechi

In a world of filters and TikTok trends,
Where beauty standards constantly bend.
Scrolling through feeds, perfection on display,
But real beauty lies in embracing who we are each day.

Not just a size, not just a look,
The perfect body's found in every nook.
In curves and lines, in scars and grace,
It's the journey we've walked, the challenges we face.

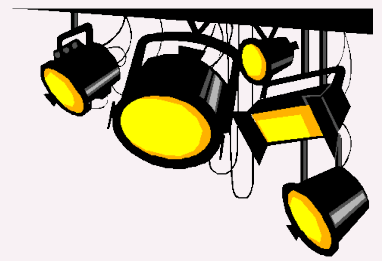
So let's redefine what perfection means,
Embrace our flaws, our imperfections, our dreams.
For the perfect body isn't a static sight,
It's the love we give and the light we ignite.

In a world that seeks the perfect frame,
Where beauty's defined by a societal claim.
But the perfect body, it's not just one mold,
It's the uniqueness and stories that make us feel bold

By Layla B and Alice W, Y9

YEAR SPOTLIGHT

Year 9 – meet the forms...



9R2 have had an excellent start to this year. It all kicked off with a hugely competitive 'board game competition' and my form were just beaten by Austen, to their annoyance!

From here on in, they all gathered their momentum and were encouraged by both staff and students to join in as many clubs and after school activities as possible. The list is long! Then came the 'House Bake Off' and the standard of baking and design was excellent. The following girls took part from 9R2, Srinidhi, Lucy, Mahi and Hajira and all were pleased with their results.

In terms of individual success Sklya deserves a mention as he has managed to achieve a maths award as well as taking part in Karate events at county level, outside of school. Beth and Freya have also juggled huge commitments in terms of play rehearsals leading up to an amazing performance in 'Little Shop of Horrors'.

Miss Walker also put on a game of bingo, which all those who took part, thoroughly enjoyed. Many Year 9's have signed up to take part in the Bronze Duke of Edinburgh Award which will be taking place during Curriculum Enrichment week.

After finishing the Spring term on a high note, with a number of Easter eggs, this term will offer 9R2 the chance to take part in more competitions and challenges. So, despite their busy academic schedules 9R2 have been able to enrich their experiences with all that Newport Girls High School has to offer.

Miss R Webb

9R2 have enjoyed many achievements in school and out of school in a range of sports arts and other hobbies collectively and individually. Firstly, we are all working on our Duke of Edinburgh, bronze awards, physical skills and volunteering sections earlier in the year Bella, Freya, Meredith, and Emma took part in Little Shop as plants, an executed their performances very well. Eva, Emma, Hajira and Mahi have all completed the iDEA award, a computer skills award equivalent to doing Duke of Edinburgh in terms of UCAS points.

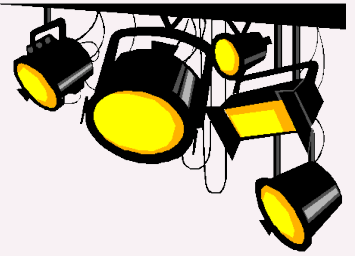
Here are some achievements that we have completed in our form individually:

- ☞ Freya is very near to getting her black belt in karate. She has been doing it for four years and has taught a class.
- ☞ Skyla is on the England karate team, the regional netball team and is currently at a grade 8 in flute.
- ☞ Bella does performing arts outside of school and performed Les Misérables and Matilda as well as teaching little kids rugby and is also part of the explorers
- ☞ Dora will be teaching maths and English to children in India through her guides group
- ☞ Srinidhi got a prize in an Indian singing competition against people throughout the UK, and she also learns Carnatic music and Bharatnatyam, two Indian art forms, as an exposure to her culture.
- ☞ Annabelle is a grade 6 in singing
- ☞ Lucy does synchronised swimming, after swimming for 14 years

Well done to all in 9R2!

YEAR SPOTLIGHT

Year 9



YEAR 9 ART



BIOLOGY OLYMPIAD (BBO)



Congratulations to our fabulous scientists!

The British Biology Olympiad (BBO) challenges and stimulates students with an interest in biology to expand and extend their talents. The competition consists of two, 45-minute multiple choice papers to be taken online under staff supervised exam conditions.

Students were presented with topics and ideas which they are not familiar with, so they had to use their problem-solving skills and understanding of core principles.

Over 15,000 students from more than 900 schools worldwide took part in this year's competition. The top 5% won Gold, the next 10% Silver and the next 15% Bronze.

NGHS students have received some incredible results, with thirteen taking part and nine students winning medals. Medal winners are:

GOLD: Vinethma, Shruthi, Charley and Aditi

SILVER: Sophie

BRONZE: Annalise, Caitlyn, Eleanor and Maahi

Year 12 French Essay Competition

The Department of Languages, Literatures and Cultures at King's organised a writing competition in several languages for students in Year 12.

The competition invited students to submit an original piece of writing in French on the topic of universalism in France. Students had to write 400-500 words in length.

Rosie (Y12) attended the workshops on 20 March 2024 on "What is comparative literature?" led by Dr Alice Xiang and Dr Cillian Ó Fathaigh and "Do Black Lives matter in a colour-blind Republic?" led by Dr Jim Wolfreys – A good title for an IRP!

Thank you for all the students who entered this competition.

Mr C Audouin, Head of MFL

T&W Young Musician

Congratulations to Holly Bone (Y11) who has won the Senior Singer Category in T&W Young Musician Awards earlier this month.

After her recent appearance as the crazy dentist in Little Shop of Horrors, it's great to see Holly rewarded again, this time for something a little more mainstream! Well done to Holly! **Mrs Martin**



What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/energy-drinks

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.

Heads of Year



Mrs H Goodall
Head of Year 7
Associate Senior
Leader



Mrs A Chapman
Head of Year 8



Miss J Walker
Head of Year 9



Ms J Capaldi
Head of Year 10



Mrs D Martin
Head of Year 11

Sixth Form Team



Mrs K Griffin
Head of
Sixth Form



Miss E Heyes
Well-Being Officer



Mrs V Glew
Administrator
(Sixth Form)

Safeguarding Team



Mrs H Birch
Assistant Headteacher
Designated
Safeguarding Lead (DSL)



Mrs K Danby
Well-being Manager
Lead Deputy DSL & CSE Lead



Miss S Webster
Head of School



Mr M J Scott
Executive Head, Deputy DSL



Mrs F Davenport
Pastoral Support, Deputy DSL