



NEWPORT NEWS

A fortnightly update from NGHS

Volume

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Miss Webster (Head of School)

As you can probably imagine things have felt a little strange at NGHS this week following Mr Scott leaving us last Friday! It was lovely to see so many students wish him well on his last duty outside of school on Friday afternoon, and we know he has been very grateful for all the messages he has received. We wish him the best of luck in his new role and know that he will be a success.

Meanwhile, our week here at school has been as busy as ever. Most notably, our Year 11s have had their final week of teaching and it was lovely to celebrate their time here so far in an event run by Mrs Martin. During this time of revision, we would like to remind students that they are welcome to come into school to revise, as for many this will provide a structured routine to follow and allow them to speak to teachers if support is needed. Miss Heyes also continues to be on hand should any students be worrying about the upcoming exams and need to talk. Please can I take this opportunity to remind students that although they may not be in formal lessons,

they are members of our school community and so our behaviour expectations remain. We also hope many of our Year 11s will be returning to us in September to continue their studies for Sixth Form.

Year 10 and 12 have continued to impress us throughout our assessment week. They have demonstrated excellent behaviour and our Exams Officer, Mrs Everett, would like to thank them for this. As they receive their results and feedback from these assessments, we encourage them to reflect on what went well and any next steps that could see them make further improvements in the future. Their subject teachers will be able to provide any specific areas they should work on and we urge them to take all this advice on board in preparation for next Summer's formal examinations.

Next week, our Year 13 cohort will commence study leave and we look forward to seeing their fancy-dress outfits on Wednesday; each year their creativity further impresses us! We wish both Year 11 and Year 13 the very best of luck for the upcoming examination series.

Finally, as a reminder, due to the Bank Holiday school will not be open on Monday 6th May. We hope you enjoy the slightly longer weekend!

Best Wishes

Miss Webster



A special week with year 11



This week, students have chosen to celebrate together with a form breakfast with their incredible form tutors, who have been a pillar of strength and a fountain of knowledge and advice for them for several years. The relationships they have together are to be admired. Our theme day of 'Animated Movies' was a great success. Students went to incredible efforts to really look the part! There was so much laughter in the corridor on Thursday morning as they made their entrances. The end of year celebration assembly allowed for me to reflect with the students at how far they have come since September, to reassure them that they are ready for the challenge that lies ahead, and to remind them that GCSE's are only a stepping stone to what comes next. Stu-

dents were given a small gift each as a reminder of such a special year, and we looked back at all of their years so far with a presentation of photographs and videos from Year 7 to Year 11. I wish them all every luck for their exams and I look forward to celebrating with them on results day. I am very proud of each and every one of them and hope that many of them return to continue their studies with us next year.

Mrs Martin
Head of Year 11



Newport Girls' High School

Wellington Road

Newport, TF10 7HL

Interim Headteacher: Miss S Webster MA MEd

To contact the School about a general enquiry, please use schooloffice@nghs.org.uk

Meet year 11

As Year 11's formal teaching comes to an end this week, I felt it was important to look back and reflect on what they have done and how much they have achieved. As Head of Year 11 I have been so impressed by this cohort.

there was a need for any additional support and the best format for this such as attending interventions, mentoring, revision timetable support, and exam technique guidance. Year 11 conducted themselves with the upmost maturity and displayed great levels of resilience which will set them in good stead for the soon to commence GCSE examinations. A particular highlight of my year was the bowling trip that followed mock examinations as a celebration and a big well done!

They have displayed a mature approach to learning, showed resilience in times of challenge and been a constant support to each other through this year.

This year has seen Year 11 immerse themselves in clubs and competitions, all while continuing to maintain academic success. We had some very notable performances from Year 11 in the school production and the infamous house music competition and bake off. The talent displayed by you all made me immensely proud.

Mock Examinations gave students the opportunity to experience what examination conditions will be like. Mock exams play a big part in reducing anxiety in summer examinations as they become familiar with exam format and conditions, and it offers an insight into their areas of strength and areas of development. It also allowed us as staff to identify if

This is a year group I have continued to be inspired by. I have spoken to staff and students over the last few weeks and it has been abundantly clear to me that they have had a wonderful impact on all of those around them. It has truly been a joy and a pleasure to have been Head of Year 11.

Over the coming weeks, we will continue to support Year 11 through their examination period as we have done so throughout the year. We will be ever present when they come in for study leave, as well as before and after exams. Please remember that if any students or parents and carers need our help and support in any way we can be contacted through the pastoral hub and the school office.

Mrs Martin (Head of Year 11)

11 Austen

Madeline 11A Form Captain



Our form is an incredibly competitive group of people, but this just means we have a lot of house spirit and as a Year 11 form, we have had many ups and downs. A lot of us have been together since Year 7 and have had a long journey to Year 11. One of our highlights has got to be when we won the form board competition last year with our 'Life is a Highway' themed board, and we also can't forget the collaborative karaoke sessions we have at the end of every half term. Many thanks to Dr Catalan who has been our form tutor since the beginning and has helped some of us with tricky physics questions. From 'promposals' and karaoke to Dr Catalan singing "Believer" by Imagine Dragons (Mrs Martin's favourite band), we've truly had the best time ever this year. I am so lucky to be form captain to the BEST form out there. Good luck to everyone in their exams. WHAT TEAM?!

11 Roddam

Rhoda 11R Form Captain



Being the form captain for a year has been an incredible experience filled with growth and learning. I've enjoyed being a part of the Roddam family and hope that we can still have as much fun during Sixth form no matter where we go. Honestly, it's been a long journey that I will always cherish and I wish everyone the best of luck for their future. No matter who stays or leaves we'll always be the NGHS family.

11 Seacole

By Zoe IIS Form Captain



Over the last four years we have developed a close-knit relationship and I have really enjoyed being a part of this amazing family. It is so sad to see the end of this era, but I will forever treasure the relationships that I have made, and I know the rest of the form will too. I am really excited to go to sixth form knowing that I have fantastic friends that I can carry with me as I tackle this new phase of life. A special mention must go to Mrs Petford who has been our form tutor since Year 9. She has been there through the good and the bad and has been extremely supportive, especially during stressful examinations. We will forever be grateful.



*This year
at a glance*



Bletchley Park

This trip taught Year 11 just how powerful mathematics can be in a visit to this heritage attraction, once home to top secret world war code breakers. Students got to experience how math is used in real life scenarios, with hands on demonstrations and engaging sessions, developing their knowledge around the world war, STEM and codebreaking.



Geography Fieldtrips

The London trip supported students in their human geography field work. Students had the opportunity to see first-hand the regeneration of Canary Wharf and the Olympic Park. Since this yearly trip has been in place, students' answers on their exam papers have amplified in quality due to having experienced this learning first hand, not just through a text book. Another very successful Geography trip this time to support the physical geography element and investigate the Bradshaw model.

Duke of Edinburgh

With many of our students completing this difficult challenge they have had fun, improved their self-esteem and built confidence, and, I imagine, laughed a lot.

Bowling

This trip was a rewards trip for the whole year group to congratulate them on their hard work and their mature and resilient approach to their mock examinations. Their competitive side came out, as did that of the staff!

A Message from the Head Girl Team

It has been a busy start to our time as the Head Girl Team! Firstly, we would just like to say a massive thank you to the last HGT. Katy, Bella, Lydia, Onara, Braeagh, Swara and Izzy, thank you for all you have done for the school; we hope to live up to your legacy! Furthermore, we would like to thank Mr Scott, who has done so much for NGHS during his time as headteacher. Congratulations on your new job, though you will be missed.

During our first few weeks in office, we have been kept occupied by several student council and committee meetings, which allow us to gain insight into students' ideas and opinions about what we can do to better the school, which we are always open to and encourage hearing about. With year 10 and 12 assessment week (finally) ending this week, we can easily say that there is a tangible sense of relief in our year and we hope that everyone receives results that they are proud of. That

being said, we understand that exams can be very stressful, so the HGT are always around for a chat if anyone is struggling.

Year 11 (easily spotted by their colourful leavers hoodies) start their study leave today, and for Year 13 this begins next week in preparation for their GCSEs and A-Levels. We wish them all the luck in the world (though we're sure that they will do amazing!).

Finally, we look forward to being your school representatives over the subsequent academic year. We hope to enrich our school's links with the community, promote student voices and help to ensure that all pupils feel supported in every possible way.

Jasmine (Community and Careers) and the HGT

Looking After Yourself During Exam Time – 5 Top Tips!

Whether you are in Year 7, 8 or 9 thinking ahead to assessment week in June, in Y11 about to go on study leave ahead of your GCSEs, or in Y13 about to embark on your A Level examinations, the top tips below are really important but often get overlooked.

It is important to remember that you cannot perform to the best of your ability if you are neglecting the basics and not looking after yourself. It is vital that you balance the demands of your revision with eating properly, getting enough sleep, and taking breaks such as going for a daily walk or talking to a friend.



Eat well

It goes without saying that eating well is very important. Try to eat nutritious, healthy food with plenty of snacks to maintain your energy.

Establish a consistent sleep routine

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. Not looking at your phone/device immediately before bed will also help you to sleep. As an alternative to reading, try listening to a podcast and set a timer for it to switch off after a short amount of time (e.g. 10 minutes)



Get some exercise each day

If you already go running, practice yoga or go to the gym – don't stop during exam time as these activities are proven to help you!

If you don't normally do any exercise, remember that going for a short walk 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.



Keep hydrated

Staying hydrated is really important at all times, but during exam times drinking water has important benefits, such as helping you to feel calmer and think more clearly.



Spend time talking to others

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.



Y12 Assessment Week – Top Tips on Acting on Feedback

Miss Heyes, Well-being and Progress Officer Y11-13

Getting assessment results back can be a huge boost for some students – but an important life lesson is learning how to stay motivated when results don't match expectation. Y12 students had their assessment week last week, and they are now getting ready to receive their marks and feedback. I asked a group of Y12 students to be honest about their worries regarding exams and they told me that their main worries are 'failing and not getting good enough grades' and 'not getting the predicted grades I need to get into University'. It is important to note that perceived failure and feeling 'not good enough' are entirely subjective, and comparisons with others are really unhelpful. Rather than seeing a disappointment as the end of a tough journey, it is possible to see it as the beginning of a more positive one.

Thomas Edison famously patented the electric lightbulb, but some of his inventions did not take off (sap extractor, talking doll, rock crusher, electric pen anyone?) but nonetheless throughout his adult life Edison patented a new invention roughly every eleven days. He put his success down to his considerable perseverance, and rather than seeing disappointing results as 'failure' Edison said "I have not failed 10,000 times, I've successfully found 10,000 ways that will not work"

Teachers see assessments and exams a bit like Edison saw the missteps along the way to his successes. Words like 'failing' and 'not good enough' were not in Edison's vocabulary. I asked Mrs Griffin for her insight. "Assessments and exams are invaluable as they are all part of the learning journey. They are a great opportunity for students to see what they are doing well and which areas they can work on to improve. It is wonderful to see the progress made when students return to their own work, apply the advice they are given and then improve the quality of what they can produce. My best piece of advice would be to never compare yourself to your peers, all that is important is your own work and progress."

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Mr Wright adds: "As with most subjects, in Chemistry, you can't move onto more challenging content before understanding the foundation knowledge so assessment is used formatively in lesson time to check for understanding. When preparing for any assessment, students should focus on key definitions and equations first using flashcards, discarding ones they recall easily and practicing with those they recall less easily. Then follow this up with self-assessed practice questions. A big part of "getting" chemistry is students applying their knowledge to unfamiliar contexts and scenarios, and the more students practice questions of varied styles, the easier this will be."

Miss Davies agrees: "One tip in History is to always look back over previous advice and feedback given on exam-style questions and the next time you do a similar style question, try to apply that advice. Try not to put too much emphasis on individual marks or grades – see the bigger picture. It's ok to make mistakes and get things wrong – it's how we learn from them and move on that's important!"

Mr Pointon's advice regarding acting on feedback is simple. "If you are still doing what you have always done, and it's not working... you need to do something different".



Y12 Assessment Week – Top Tips on Acting on Feedback (from Y13)

Y13 students have their own advice to share. One student said, “If I were to give anyone in lower sixth advice it would be to set a certain time each evening that is for **REVISION**, not homework, or finishing off class notes”. Developing a study habit is certainly something that can only help you to improve. The mantra in the Sixth Form Office that students hear from me all the time is ‘little and often’ and research supports the idea that last-minute revision is not nearly as effective as repeated learning over a longer period of time. As A-Level Psychology students will know, this helps our memory as we consolidate our learning by actively using and reviewing our knowledge on a regular basis.



Another Y13 student said “Exams aren’t as stressful as they seem. Keeping on top of revision whilst making time for yourself is the best advice.” It’s also important that students remember all the support that is available to them in school. Alongside ‘drop-in’ sessions and subject intervention, there is an opportunity for Sixth Form students to meet together on a Monday lunch-time to develop study skills specifically for A Levels, and there is a corresponding session on a Friday lunch-time for Y11 students with a focus on GCSE revision techniques. The most important step for many students is recognising that they can ask for help and support – the key here is to do it sooner rather than later.

A Y13 student concludes, “While exams can by their nature be somewhat stressful, in the lead up to mocks we received significant support that made this much more manageable. Knowing that mocks were just a way for us to prepare ourselves for the real exams in the Summer was a way of minimising the pressure”. The pressure the student alludes to could come from many sources – but more often than not it comes from the individual student’s desire to do their best, and as long as you are working hard, persevering, listening to (and acting upon) advice and feedback and asking for any support that you might need, you can be assured that you are doing your best.

Sixth Formers Race for Life!

On the 4th of May, Ellie, Eve, Iso, Lizzie and me will be taking part in the ‘Pretty Muddy’ 5k Race for life. So far, we have raised over £700 collectively for Cancer research UK. This challenge will push me and my friends to the limit. We will be taking on an obstacle course where we will be running, sliding, and crawling through mud - whilst raising money for an amazing cause. **Liv W Y12**



Lost Property

We have a vast collection of lost property. Please can you ensure that your child claims anything belonging to them as soon as possible.

Anything that has not been claimed by half term may be donated or disposed of.

Thank you.

What Parents & Educators Need to Know about SHOPPING PLATFORMS

For people looking to make purchases on their phones, several shopping apps – such as Temu – allow users to buy goods at reduced prices. Others, like Vinted and Depop, let you sell items you no longer want. As internet shopping continues to grow, however, so does the risk of scammers, hackers and breaches of privacy.

WHAT ARE THE RISKS?

MISSING ITEMS

Users of Vinted, Depop and Temu have reported not receiving their products despite payment being taken. Users can initially contact the seller to query a missing item, and they have between two and five days (depending on the app) to tell the company what has happened. However, once the money has reached the supposed 'seller', it can be quite difficult to get back.

SCAMMERS AND PHISHING

Scammers are always on the lookout for unsuspecting buyers or sellers. Common tactics include cancelling shipment of an item once the payment has been processed or asking to conclude the chat and payment outside of the app, where the victim is no longer protected by the buyer protection plan. This should, naturally, be avoided at all costs.

DATA MISUSE

Apps of all kinds frequently collect our data, often asking for more information than is necessary to set up an account. Data gathered in this way is then usually sold on to third parties for marketing purposes. Lately, certain apps have been under scrutiny for using spyware to track their members' activities – but all too often, the user's consent to this practice has been hidden away in the terms and conditions.

FAKES OR REPLICAS

It's certainly not unheard of for poor-quality products to be falsely marketed as luxury items, using misleading pictures or clever wording. These disingenuous sales are sometimes outed by suspiciously low price tags, but this isn't always the case. For children and young people especially, there's a risk that the promise of bagging a high-end item for a fraction of its usual price will outshine any suspicions they may have.

SLOW REFUNDS

While all apps offer a refund if the product is damaged or doesn't match the description, it can take up to a month to be compensated for this. For many people (especially during a cost-of-living crisis) that can be a long time to be without both the product you bought and the hard-earned cash you spent on it.

MISLEADING DESCRIPTION

Some people will be able to notice when, say, a product's photo and its description don't seem to match. This isn't a reliable means of picking up on misleading marketing, however – especially not for children and young people, many of whom may not yet realise that such practices even exist. While it's illegal to advertise one thing and sell another, plenty of shady traders use clever wording and omissions to get around this.

Advice for Parents & Educators

ALWAYS STAY ON THE APP

It's vital that users pay for any goods through the same app on which they found them, to ensure they are covered by buyer protection. This means users can access support if the item arrives damaged, isn't as described, or doesn't arrive at all – allowing them to seek compensation for the loss. Such regulations can't protect you, however, if you didn't do the deal through the app in question.

BE WARY OF PHISHING ATTEMPTS

Scammers frequently send messages within these apps to steal personal and financial information from other users. Don't respond to these messages – and under no circumstances should you follow any links they contain. Check for spelling errors, as well as inspecting the name of the sender. Report any suspected phishing emails to the app's help centre – and notify your bank if you think your financial information has been compromised.

CHECK REVIEWS

Take time to read the reviews and comments left by other users – not just of products, but of sellers and buyers, to ensure they're legitimate and reliable. Before buying an item online, check the reviews for comments about the product's quality, the seller's communication and the delivery time. If you're selling, check the reviews of your buyer for red flags such as frequent requests for refunds or claims of 'missing' items.

KEEP SAFE AS A SELLER

Sellers can be exploited just as much as buyers. Some users may purchase an item, for example, then pretend it didn't arrive to secure a refund. Always take photos of the shipping label, along with a picture of you posting the item. Send the package's tracking number to the buyer and keep a copy for yourself, letting you investigate any future claims that it never arrived. When taking photos of items you're selling, ensure nothing personal is in the background.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at 8CyberAware, who has developed and implemented anti-bullying and cyber safety workshops and policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

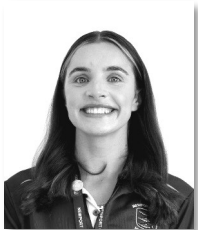
Source: See full reference list on guide page at nationalcollege.com/guides/shopping-apps

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



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, CSE Lead
Senior Deputy Safeguarding Lead



Miss S Webster
Interim Headteacher, Deputy DSL



Mrs F Davenport
Pastoral Support, Deputy DSL