



NEWPORT NEWS

A fortnightly update from NGHS

Volume 7 - Issue 17 - Friday 7th June 2024



Miss Webster (Head of School)

Welcome back to the final half term of this academic year. We hope all our NGHS families had a lovely break and are feeling refreshed for the next few weeks. We also hope it allowed our Year 11 and 13 students to continue revising while also taking some time to look after their own wellbeing.

Years 7, 8 and 9 started their assessment week on Wednesday and this continues into the start of next week. These are an opportunity for students to demonstrate their learning so far this academic year. Once these are marked and returned to students, we encourage them to focus on their feedback rather than simply the mark achieved; the feedback is what will help them make further progress moving forward.

The rest of this half term is both busy and exciting! It is often a favourite within school as there is so much happening. Mr Williams has been working hard finalising arrangements for Curriculum Enrichment Week and we hope that students are looking forward to the exciting array of activities that are planned. We also have two of the big House events of the year with both Sports Day

and House Drama at the start of July. I recall the first Sports Day I attended at NGHS three years ago and it was like nothing I'd ever experienced! From the House banners to the level of encouragement from the Sixth Formers cheering the younger years around the track, and of course the legendary 'DJ Carey', it is a truly brilliant day (even if we did get a little rained on last year!). Furthermore, if the House Rounders competition before half term is anything to go by, there will definitely be some friendly competition between the houses once more this year! There are also Duke of Edinburgh expeditions as well as a number of other trips including a Biology residential and visits to London. Please can we remind students that we are only able to offer all of these activities alongside their studies due to the high standards of behaviour we have, and therefore it is important that they each take responsibility for their part in maintaining this and being a positive member of our school community.

Finally, this week's Newport News is a little different as I have recruited some of our very talented Year 12 students to support with editing and designing this week's edition. Many of them are looking at how they can make applications for universities, apprenticeships, jobs, or stand out in a competitive environment, so at NGHS we try and provide as many opportunities as we can for positions of responsibility. I am sure you will agree that they have done a great job this week!

Best Wishes,

Miss Webster

Student takeover!

We wished to be members of the team curating Newport news as we are all avid readers outside of school. We therefore jumped at the opportunity to help edit and produce enticing articles fortnightly.

Being given this opportunity to help produce Newport News gives us students the chance to create something we can be proud of, with peers who we may not have previously worked with. It also allows us to share and develop individual ideas within a group and develop our analytical and writing skills. We hope you like what we have created with the help of Miss Webster! Abi M and Ella F—Year 12

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

A MESSAGE FROM THE HEAD GIRL TEAM

Despite having just been launched straight back into the first week of another half-term, I hope everyone has thoroughly enjoyed their May holiday and got lots of rest and downtime, especially the Year 10s and 12s who have recently finished their internal exams.

This half term sees the Year 11s and Year 13s continuing with their GCSES and A-levels. We all wish them the best of luck, I'm sure they will smash them! This week, internal assessments for years 7-9 have just started and we have no doubt everyone will do their best.

This week especially, the whole school have been enjoying the (slightly) better weather - with the fierce competition between the houses continuing during lunchtime in House rounders. Although unfortunately the Year 12 rounders game was cancelled on Tuesday due to - what Mrs Goodall very aptly called - torrential rain.

Speaking of House events, the Drama Captains have been very busy organising house drama, from the production itself to auditions and rehearsals. I'm sure the Drama Captains will be glad when they get to see all their hard work showcased on stage in a few weeks. Rehearsals are starting this week, so keep an eye on the house team notice boards for rehearsal times. We have been told that this year may be our best productions yet so expect House Drama to be pretty amazing!

There is much to look forward to this half-term, from House Drama to House Sports Day to Curricular Enrichment Week so I hope everyone really enjoys it! Finally, there also will be a second-hand clothes sale happening this half-term so please look out for more information on that, which will be coming out soon.

Wishing everyone the best final half term of this year,
Lauren (Academic Chair)
and the HGT



CALLING ALL NEWPORT GIRLS' HIGH SCHOOL ALUMNAE!



We are always keen to hear what our former students have been up to. Let us know your journeys, successes and aspirations so that we can share in celebrating them with you!

Get in touch via our dedicated e-mail:
alumnae@nghs.org.uk

NGHS NEWS!



Gardening Club!



This year we began fresh by cultivating the land outside of the art studio. We de-weeded the soil and laid out some grass seeds, which are finally starting to grow! Over the past few weeks, we also planted many flowers next to the art studio. Although they are not growing as much as we wished, we are hopeful that the area will start to look much better as we approach the end of the summer term.

Whilst the art studio was our biggest project, we have also been working on some smaller projects too. We started off the new year by germinating plants inside Room 19, which took several months to finish growing. However, the end result was amazing, with one of my favourites being the potatoes that we planted in March. We hope to continue our two-year winning streak as we enter our potatoes into the Newport contest!

The Gardening Club has been working hard on making the school look fantastic! We've planted new plants for the front of school and several others into flower beds around the science classrooms. We are also starting to grow pumpkins for next Halloween!

Bella H, Year 7



As part of our extra-curricular provision here we have our very own Bee Keeping club! Whilst the club have been learning about bee keeping, we are now in the position to give them some practical experience. Following some very kind offers from parents, I have been able to set up my own colony of bees. To do this, I made up three bait hives and secreted them at various places around Newport (including just outside my back door) and just before half term one attracted a swarm. That night I transferred it to a hive at the apiary and the bees have now nicely settled down to collecting the materials they need for establishing the colony in that hive. First impressions are they have a lovely temperament and are an ideal colony.

There are many people who need thanking particularly: the land owners, for their generosity in time and help in setting everything up, in addition to giving a place to call home for the bees; Mrs Fletcher for her help and advice; Mr Williams for help with the bee keeping club as they made the frames for the hives; for the members of the Shropshire Bee Keeping Association for their help and advice and continued support; and the general support of the students and their parents. Our club will now be involved in inspecting the colony of bees and ensuring the hive is well maintained following all the guidance. We will keep you updated on the club's activities! - Mr Wade



Bees swarming into the bait hive

Bees flying in and out of the new hive

I have been learning German at NGHS since Year 7 and last year my mum suggested doing an exchange visit. She has an old friend in Germany whose daughter is my age. We thought this would be the perfect opportunity to improve my German and her English, as well as experiencing foreign culture and school. In 2023, Lea came for her first visit and shortly after I made the return trip to Obenburg. I found the main differences were that their days are considerably shorter, finishing at 12.30, and they don't have a uniform or dress code! Lea has now visited a second time and enjoyed another week at NGHS. Despite never having played rounders before, she proved to be an

excellent cheerleader at the Year 9 tournament (we came home with Gold!). She also enjoyed discussing the Bundesliga with Mr Tolley and being able to have a proper chat with Frau Rosbach. We thought it would be fun for fellow students and teachers to sign a GB flag as a meaningful souvenir for her.

Laura M Year 9



SWIMMING GALA SUCCESS



Prior to half term, seven of our very talented swimmers headed to the **Shropshire schools swimming gala**, with some amazing results:

- **1 personal best for Lauren + Eve**
- **2 personal bests for Hannah**
- **Ella & Lauren getting a bronze medal**
- **Charlie getting two golds**

Overall, lots of fun was had and the results were great, so a massive well done to:

Charlie, Ella, Hermione, Hannah, Charlotte, Eve & Lauren

-CHARLIE T, Y12



PE and Football Weekend!

Before half term, the PE staff organised our very popular and successful PE and Football weekend. Teams of students competed over the weekend to showcase their sporting skills.



My experience at Condover Hall was incredible. It was also a privilege to be captain of my team, and the icing on the cake was definitely placing second against some fierce schools. When we arrived, we were able to explore the site and have a go at some of the activities. We were welcomed with a beautiful sunset which was, quite literally, the calm before the storm. My team started off Saturday morning by exploring the activities we could do, with the aerial trek being a hit and, in the afternoon, we began our matches coming out with a win! This winning streak then continued until our last match of the day, where we got to half time and were down by 3 – 0. Just as we were about to start the second half, thunder and lightning abruptly arrived, and the second half of the match was to be postponed until the next day. This was a sign to turn the game around. We had an early start on the Sunday, ready to try and take back the win. When we took to the court we were bursting with excitement, however, despite our energetic play we were not able to secure the win. However, we didn't let that shake us because we still had second place to claim as ours! We won the rest of our matches and finished off the day by winning some shiny medals. Hopefully next year we will be able to come out on top! (Third times the charm?)

Layla B Year 9

Having not played 5-a-side-football for many years it took a bit of getting used to playing by the new rules and pitches, but within the first game our team quickly gelled together and started to play the football we knew we were capable of. As the day went on, we played even better, finding our rhythm and eventually winning 4 out of the 5 games we played. This meant we made it to the semi-finals! After a lot of hard work, we won our match 6 to 3, unfortunately we lost the finals overall but still secured second place. I couldn't be prouder of how far we got and how well we worked together to encourage and support one another throughout the day. We were awarded our medals and spent the rest of the weekend celebrating our well-deserved, big win! - Freya E Year 10



Newport 2 didn't have to much luck over the weekend coming 5th but we still enjoyed it nonetheless, with some amazing saves, great shots and overall well-played football from the entire team. We started off our first match with great momentum and an early first goal. As a team we were able to find our rhythm, with a fast, high-pressure style of play causing the other teams to make mistakes. We acquired a couple of injuries over the course of the tournament, but persevered and pushed through to play to the best of our ability. I loved captaining Newport 2 as it gave me the opportunity to see the amount of talent and skill our players had, and I look forward to playing with them again. Although we didn't win it was a fun experience and I think I speak for the team when I say I'm counting down the days until the next competition!

Lottie, Year 9



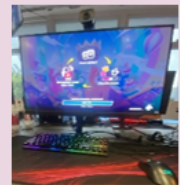
Young Enterprise Update

Young Enterprise Success



One of our Young Enterprise Teams, CaraBling, were delighted to attend the Regional Final of the young enterprise competition at Warwick University before the half term. Mr Pointon, Mrs Taylor and Mr Bentley accompanied us to the amazing campus, where we prepared for our interview and presentation. After what seemed like a gruelling interview with many tricky questions that we felt we answered well, we were rewarded with a trip to the prestigious Esports centre at the university.

This was a great reprieve after our stressful morning, and we enjoyed attempting to work the high-tech computers and play some games! After this, we set up our trade stand, and had the chance to meet the other teams and learn more about their businesses. Later in the afternoon we made our way to the lecture theatre for our presentations.



It was very nerve-wracking, but our presentation went very well, and we were proud of our performance. We are ecstatic to announce that we were awarded with first place, despite the great competition, meaning that we are going to the national level of the competition to represent the West Midlands! This is an immense achievement, and we are so proud of how far we have come. This has been such a great opportunity, and we look forward to competing at nationals.

Aimee J—Year 12

Mental Health Awareness Week

The Daily Mile!

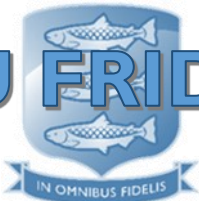
As you know, before half term we ran a range of activities for Mental Health Awareness Week. One activity was 'The Daily Mile' where all week we had a dedicated group that met daily to walk a mile around the perimeter of the school field at lunchtime. Wellbeing representatives from Y10, Violet W and Debbie Z have worked tirelessly to enthusiastically encourage students to join in each day, culminating with the highest turnout of the week on the Friday! Huge thanks to Rosie and the rest of the team for launching the event on Monday, and to everyone who came along. The message was simple – move for your mental health. The Daily Mile has given us all a brilliant opportunity to walk a mile each day, chatting to each other, meeting students from different year groups and having some fun trying to recruit others to join in. G stickers were awarded for all that got involved and rewards for those that took part every day.



Miss Heyes

Well-being and Progress Officer

THANK YOU FRIDAY AWARD



| <u>Awarded to:</u> | Awarded by: |
|---------------------------|-------------------------------|
| M Adamson (A1) | Mrs T Fujii |
| A Aitzaz (10Sea) | Mrs T Fujii |
| T Bhat (R1) | Ms C Reeves |
| H Biju (6S2) | Mrs L Roberts |
| O Cass (6S2) | Miss AM Davies Ms J Clarke |
| Q Dang (10Rod) | Mrs T Fujii |
| F Edwards (10Rod) | Ms J Capaldi |
| E Green (6S1) | M. C Audouin |
| R Gupta (10Aus) | Ms J Clarke |
| M Halls (9S2) | Mrs T Fujii |
| K Ho (6A2) | Miss AM Davies Ms J Clarke |
| E Jenkins (6A1) | Mrs L Roberts |
| C Kershaw-Young (9R1) | Mrs T Fujii |
| L Knight (6A2) | Ms J Clarke |
| S Lawrence (10Sea) | Mrs T Fujii |
| B Palmer (9S1) | Mrs T Fujii |
| D Patel (R3) | Mrs K Wallace |
| H Tay (10Sea) | Ms J Clarke |
| N Tunncliffe (10Aus) | Ms J Clarke |
| M Turner (6S1) | Mrs L Roberts |
| V Whiles (10Sea) | Ms J Clarke |
| B White (6R3) | Miss AM Davies |
| L Wrigley (6A1) | Ms J Capaldi |

10 Top Tips for Parents and Educators

ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

7 TEACH EMPATHY

'Healthy friendships' doesn't always mean 'perfect.' Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship; to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

9 UNDERSTAND BOUNDARIES

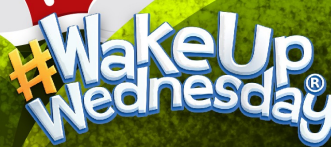
One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

10 SPOT THE SIGNS

We can't always supervise young people: sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

Meet Our Expert

Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.



The National College®

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