



NEWPORT NEWS

A fortnightly update from NGHS

Volume 7 - Issue 3 - Friday 6 October 2023



September has already disappeared and the half-way point of this half term has passed. We are delighted with how our Year 7s and incoming Year 12s have settled into the NGHS Family. Our Year 12s are off to

Liverpool this weekend and I'd like to thank a large team of staff who have given up their weekend. Equally, September saw weekend commitments for netball and DofE; without our staff's sacrifice of non-school days these opportunities would not exist for our students; thank you.

Last Friday brought the devastating news of the coach crash which claimed the life of a Year 11 girl at West Kirby Grammar School. Our thoughts are very much with staff and pupils at one of our 'sister schools'. I had the privilege of working at West Kirby as Deputy Head and, whilst I know, first-hand, the strong community which exists there, exactly as at NGHS, there is a difficult time ahead as the school comes to terms with their loss. The accident highlights the importance of children travelling safely on coaches, in particular the need for seatbelts to be worn. Please support us in reiterating this message.

This week's Newport News is *packed* with news from the school and also contains our first 'spotlight focus'. It's the turn of the Humanities Faculty today and we will continue this focus across all faculties during the year. We also have information about two Black History Month competitions and news from our first big House Event, Bake Off. The standard of entries this year was overwhelming and our judges had a very tough job! September was also a busy month for Sport and we include a round-up on fixtures. Lastly we include a parent page around vaping. This is an ever worsening issue for many young people and NGHS takes a very hard line on this, but we also believe in educating about the dangers, hence this parent update.

Have a lovely weekend, **Mr M J Scott, Headteacher**



As we pass the half way point of this half-term, the number of NGHS points being awarded continues to increase. Our Year 8 cohort are leading the way with over 1300 points so far this academic year with Year 9 following closely behind! We would also like to thank parents and students for ensuring excellent attendance to school. As you are aware, our school target is 97% and so we would like to give a special mention to Year 7, 8, and 12 who as year groups have attendance figures over 98% so far this term.

The changes to our behaviour policy this year are also enabling us to intervene early with students that may need support. We are really proud of the behaviour displayed by our students, however, we have noticed that a number of students are receiving warnings for lack of/incomplete homework, and/or lack of books and equipment. As parents and carers, please can we ask for your support in helping students ensure they are organised and deadlines are met. To support this, we would encourage you to:

- ⇒ Check your child's planner each evening for any homework they have been set
- ⇒ Support them with time management to ensure they are not leaving their homework until the last minute
- ⇒ Encourage them to pack their bag the night before to ensure they have remembered everything they need for their lessons as well as any homework that is due
- ⇒ Have conversations about homework; what is it that they need to do? How long have they taken to complete it? Have they put their best effort into each piece?

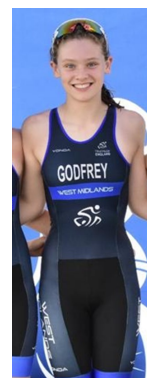
Finally, please can we take this opportunity to remind both parents and students that they should not have energy drinks in school. Thank you for your ongoing support in maintaining the high standards of behaviour we have here at NGHS; it ensures our school family is one that treats one another with kindness and respect, and celebrates the successes of all.

Best wishes, **Miss S Webster, Deputy Head**

Year 7 Student Excels at Regional Triathlete Event

The IRC's are regional teams of triathletes competing for points. This year's event was held at Malory Park. There were four races and two aquathons where you swim and then run. Individual points are still counted in the teams' overall scores. My first individual race went amazingly, I came 15th. During the second race I unfortunately sprained my ankle on the run but still managed to get top ten. The third race (a team race) is called the Transition Challenge and my team came **second**. On Sunday, the final race was the Team Relays, so I entered the water 10th and finished the swim 7th so I had a great swim. The bike is my best discipline so after the bike I came 3rd. After the run I dropped down to 5th when I passed over to my teammate! Overall our team came 6th, which was a fantastic result.

P Godfrey, Year 7





U16 ESFA Football Cup Success



On Thursday 21 September our U16 football team headed over to Charlton to take part in their first round of the ESFA tournament. Owing to a year 11 trip to London taking place on the same day, the U16 were missing a few players.

Despite having no substitutes, they started the first half confidently and were pretty evenly matched against Charlton. NGHS played some excellent football and just before the half time whistle Izzy ran through on goal and slotted the ball into the net to make it 0-1 to NGHS.

The second half began the way the first half ended with NGHS having most of the possession and looking threatening in attack. Freya made a brilliant run with the ball getting past a couple of players, the Charlton defenders backed off Freya as she approached the box, Freya saw her opportunity, looked up and took a shot from outside the box that went in the goal to make it 0-2 to NGHS.

The rest of the second half NGHS looked comfortable on the ball, making some excellent passes and our defence kept alert for when Charlton attacked. With 10 minutes left, Izzy made another great run and slotted away her second of the game, to make it 0-3 to NGHS.

I am so proud of every single player they all played their part and worked well as a team. They are now looking forward to round 2 against Oswestry. Well done NGHS!!

Miss R Saunders, Director of Sport

Condover Hall Netball Weekend

We arrived at Condover on Friday afternoon and had a few hours to settle in, trade pillows, get our dresses, and create a snack bed(?) before dinner. Dinner was probably the most exciting part of our evening because after this we relaxed and started to prepare for our games tomorrow.

We had our matches on Saturday afternoon and Mrs Martin and Mrs Goodall had informed us the rain was to start around the same time as our first match and finish at approximately the end of them. Brilliant.

We played some ace teams, and got into the swing of things, winning all 7 matches in landslide victories, propelling us into first place in our pool. Not only did we win all of our games, but we also gained a goal difference of 51 goals, one that second place came nowhere near with a mere 31 goals.

That evening there was a huge selection of activities to choose from, from campfire to a laser maze but, it was the silent disco that won overall.

After we had cooled down from the most strenuous part of the trip, Newport Ninjas (1) found out we were going to be in the Cup playoffs on Sunday morning. With that prospect in mind we headed to bed.

Our first game on Sunday was our first loss, but we took that and used it to push us further, ending the playoffs with only one game lost out of four. This was an amazing result and even though we didn't win the tournament we were a standout team with a game that was recognised by the umpires as "lovely". As this weekend was our first time playing as a team ever, I have high hopes for the rest of the season and cannot wait to see what this year has in store for us!

Lucy L (Netball Captain, Y13)



Parent Information Evenings

Wed 11 Oct 6pm Y10 via Teams

Wed 11 Oct 7pm Y8 via Teams

Thu 9 Nov Y7 in person*

(*Individual 5-minute tutor appointments are made before and after this meeting if required by parents)

Heads of Year will send letters confirming arrangements and Teams links (as required). All sessions include information on safeguarding, assessment, curriculum & pastoral support.)



The first House competition of the school year, House Bake off, was a huge success and everyone was insanely impressed with all of the entries.

From the perfect Paddington, to superb samosas, and the realistic bucket of “fried chicken”. A huge thank you to everyone who gave up their time buying ingredients and working tirelessly to bake their creations, along with the staff and the house team who also helped with judging and to manage the lunchtime bake sale, which **amazingly raised £600 for Macmillan Cancer Support.**

AUSTEN

RODDAM

SEACOLE

Seacole dominated the Bakes Across the World category, whilst Austen served up some Super Savouries, and **Roddam** were the overall winner and crafted some of the most realistic cakes in disguise. It was such a shame to slice up the incredible creations, especially with Mr. Ley made from cake! Overall, this year’s entries have blown us away and we hope to see our NGHS students star in the Great British Bake off someday. Next up, House Music!

By Charley H, Alisha A, Valeria P (House Communications Captains)

	<u>Bakes From Across the World</u>	<u>Is It Cake?</u>	<u>Famous Faces</u>	<u>Super Savouries</u>
Y7 & Y8	Diana K 🏆	Abigail M	Samma G	Evelyn D 🏆
Y9	Beatrice P 🏆	Lucy K	Laura M	Nadia K Azeen A
Y10	Chiemela N	Evie C 🏆	Alanna D	Poppy W
Y11	Rebekah T	Scarlette B	Aimee C 🏆	Hannah SS
Sixth Form	Lassya C 🏆	Franchi B 🏆	Isabelle M	Lucy P



= Overall Category Winner



FACULTY SPOTLIGHT

Humanities



The Humanities Faculty comprises a number of subjects spanning Year 7-13 including; Geography, History, Religion & World Views, Psychology, Economics and Politics. More information can be found [on our website](#). The Head of Faculty is Mr J Pimm and Second in Faculty is Mrs J Barker.

Rachael Dear (NGHS Alumnae) talks to LawSoc

On Thursday at Law Society, an NGHS alumni spoke to us about her journey to becoming a trainee solicitor, studying law at the University of Birmingham, as well as talking about law degrees at other universities and less conventional routes into law, such as degree apprenticeships and law conversion courses. Additionally, we were provided with information about different roles within the profession, such as barristers and solicitors, and what a typical day in the life would look like. The talk was so helpful as an aspiring legal practitioner, as it provided an insight into what it takes to become a solicitor, and has given me the confidence to pursue my future goals. Thank you so much to Bella, Mia and Mrs Griffin for facilitating the experience, and I would thoroughly recommend attending Law society to other aspiring lawyers.

Maddie E-G, Yr 12

We would be pleased to hear from parents who can deliver talks to students in person or via Teams on their professional lives, particularly in the fields of Medicine and Law. Please contact Mrs K Griffin, Head of Sixth Form via schooloffice@nghs.org.uk if you can help! Thank you.

**BLACK
HISTORY
MONTH**

Competition time!

Let's inspire and empower future generations...

The challenge... to create a poem or piece of art that captures the spirit of Black History Month and celebrates the achievements and contributions of black women.

Deadline: Friday 20th October

Open to all year groups. One winner per house.

Please hand in your entry to your history teacher.

Black History Month 2023 focuses on celebrating the exceptional achievements of black women. To mark this, the History team is launching a competition. Please submit a poem or piece of art about a pioneering black woman who has made an impact, explaining why she is an inspiration to you. Your entry doesn't have to be about famous people; it can be about members of your family, women who have inspired you, or even about you and your own experiences. We want you to get creative and have fun! Please hand in your entry with your **name, year group and House** on it to your history teacher by **Friday 20th October**. There will be prizes for the winner in each House.

Ms J Clarke, History & RW Teacher

Year 7 Religion & World Views

Year 7 have made an excellent start in Religion & Worldviews. Nationally, there have been a number of developments in religious studies – one of which is to broaden the scope of what is studied to include worldviews. Year 7 have begun their studies by exploring the question “What is a worldview?” In his book “The Universe Next Door” James W. Sire sets out eight questions to help define a Worldview, students enthusiastically discussed these challenging questions to begin to explore their own worldview; questions such as:

- ⇒ What is the primary reality? What is really real?
- ⇒ What is the nature of external reality (that is the world around us)?
- ⇒ What is a human being?
- ⇒ What happens to a person after death?
- ⇒ Why is it possible to know anything at all?
- ⇒ How do we know what is right and wrong?
- ⇒ What is the meaning of human history?
- ⇒ What are my personal life-orienting commitments? What matters most to me?

Students used their answers to identify the worldview they were closest to. Classes were diverse, including rational agnostics, humanists, those who were spiritual but not religious, theistic believers, those with an eastern worldview and some nihilists, who are suspicious of those who claim to know too much. Understanding their worldview is an important starting point for pupils as every idea we will explore will be viewed through the lens of their worldview and as such will affect the way in which the beliefs, views and actions of others are understood and evaluated.

Mrs J Barker (i/c R&WV)



Year 7 decorated their books with images that either represented their worldview or their life-orienting commitments.

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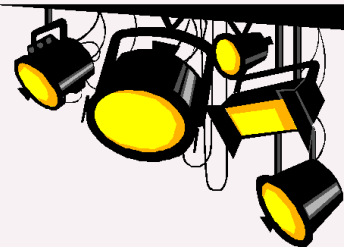
- I Luskenaité,
- T DeSilva,
- A Mills,
- S Dhiraj,
- A Williams,
- S Spickernell,
- E Christiansen,
- I Fletcher.

Mr J Pimm, Head of Faculty

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FACULTY SPOTLIGHT

Humanities



Medieval Religion

During their induction in the summer term, our new year 7s explored the role of medieval religion. They started to design their own stained glass window doom paintings and many completed them over the summer. All who entered their pictures received a House point and the winners were chosen by the history ambassadors Braeagh and Swara. Sanjana in 7H took the top prize and Danielle W and Abbie E in 7S won the runner up-prizes. Thank you to all that entered – they were brilliant.



Winning Entry



HA Great Debate Competition – 27 students attended the first session of this club this week to practise their skills in creating an argument in preparation for the Great Debate public speaking competition. The topic chosen by the HA this year is Which historical place or person from your local area deserves greater recognition? If you would like to get involved or have any ideas then you can pop along to room 4 on Mondays at 1pm. Let's get talking about local history!

Weekly Maths Challenge

Challenge #3: Black History Month

Can you work out who this famous mathematician is? Can you find out more her work? Best work will be published in Newport News. Due Wednesday 18 October 2023 to Mrs Roberts...

Hint: "Transmitter"



Well done to everyone who entered the NGHS Maths Challenges #1 and #2.

The winner this week is K. Charcinska (pictured), who made an outstanding scale model of the problem. Congratulations to the following students for their great solutions.

Challenge #2.1: A. Mills, M. Younis

Challenge #2.2: R. Wattal, A. Fatima, A. Mills, M. Younis

Challenge #1: E. Rixom, D. Patel, P. Finan, R. Goodwin, K. Charcinska, A. Jenkins, G. Worrell, C. Fewtrell, E. Makepeace

Duke of Edinburgh Silver... 'A Privilege to Observe'

More photographs are on our website

I joined the Silver qualifying expedition with 5 teams of Year 11 students last weekend, and was hugely impressed by what I saw. On arrival in Llangollen it was obvious how much preparation the students had already undertaken. They were ready to navigate their teams (the imaginatively titled Red Hot Chilli Steppers, Save our Soles, Are we there yet? Dora's Explorers and Whale) through a series of checkpoints, and were already fully prepared with waterproof clothing, supportive walking boots, and huge rucksacks to carry their kit in. Matt Craig from Gateway Outdoors has worked with NGHS for many years, and he was on hand as the students stepped off the bus to greet everyone and introduce his team.

The teams set off armed with Ordnance Survey maps correctly oriented, the route across the hills marked out in black Sharpie, and compasses at the ready. I watched the teams disappear into the descending mist and drove with Mr Mason to the final checkpoint. We waited to meet students coming down from the forest to see them across the main road into Glyn Ceiriog. We topped-up water bottles and encouraged everyone that there really was not far to go.



Anyone who has ever felt tired and lacking motivation after a busy day at school or work will empathise with mission the teams faced as they carried their kit alongside the banks of the River Ceiriog to the first camp site. Here they could not rest and relax after their long day of hiking – there were tents to be pitched and hot meals to be prepared on basic camping stoves. I was invited to see the variety of pasta and noodle dishes that were being prepared. The teams worked together to plan the next days' routes, and, as darkness fell, everyone retired to their tents for an early night. Becky from Gateway Outdoors noted that the shower block and washing-up facilities had been left spotless by the weary teams.

Rain overnight meant that tents were soaked through, and needed to be packed away swiftly ready for departure. Route cards were inspected by the Gateway Outdoors team and I could see different tactics emerging – some groups preferring to press on and minimise breaks to arrive at camp early, whereas others recognised their need for regular breaks and allowed longer for their hike. It was great to see how close friendships between group members facilitated the supportive, positive atmosphere, and in spite of the difficulty of the challenge, there was a lot of laughter.



Day two ended in Llanarmon where the first group arrived well ahead of schedule. Wet tents were pitched to dry in the sun, and there was time to rest and chat before cooking commenced. The students told me that the day had been tough but they were now even more motivated to complete the challenge on Sunday. With Storm Nigel closing in, the camp fell silent, ready for yet another early start. Route cards, compasses and maps were all pointing to Llangollen for the final leg of the expedition, and every single student who attempted this challenge successfully qualified.

The Gateway Outdoors instructors reflected that NGHS students had been enthusiastic, organised and polite and a pleasure to be with, which was no surprise to myself, Mr Mason and Mr Wade who had been answering queries from locals all weekend about where our students were based and what they were doing. People were heartened to see young people committing themselves to such a challenging mission and were full of praise for their behaviour.

Well done to each and every one of the Year 11 students who completed the expedition – a huge personal challenge in itself, but to have left such a positive impression on everyone along the way was something that made us all feel very proud. DoE promises to be fun, and I have no doubt that the students will have some fantastic memories of their expedition from time spent with their friends doing something truly challenging and inspiring.

Miss E Heyes, Well-Being Officer (Y11-13)

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be **disposable** (once the liquid or battery runs out, the vape is thrown away) or **rechargeable** (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE
& PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



www.thenationalcollege.co.uk



@thenatcollege



/thenationalcollege

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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



Miss S Webster
Deputy Headteacher
Designated
Safeguarding Lead (DSL)



Mrs K Danby
Well-being Officer, CSE Lead
& Safeguarding
Case Coordinator



Mr M J Scott
Headteacher, Deputy DSL



Mrs F Davenport
Pastoral Support, Deputy DSL



Mrs H Birch
Assistant Head, DSL
(on maternity leave)