

Newstead NewsFriday 3 November 2023

Headteacher's Update

I hope you had a good half term break and that the wet weather didn't spoil any of your plans. We seem to have dodged the worst of Storm Ciaran this week, although I did wake up to puddles of water inside my porch on Thursday morning.

As we return to school this half term, many students are thinking about upcoming internal examinations. Year 11 Language oral exams have been taking place this week, with their first series of mocks following shortly. Year 12 have their Assessment Week next week too. Year 13 are looking ahead to their first mocks after Christmas, with UCAS applications being sent and offers coming back quite quickly, there is a sharp focus on progress and attainment.

Because of this, I wanted to write this week on the subject of exams and as students begin to draw up revision timetables and get revision notes organised, it's also a time when anxiety can begin to bite.

It's inevitable that we all feel some degree of anxiety about being 'tested' — whether that is taking a driving test, being interviewed or sitting an exam. A small amount of nerves or stress can be a good thing as it allows us to be alert and ready for the exam, as well as heightening our senses and giving us that extra 10% we never thought we had. But for some, this anxiety can be debilitating, and students can struggle to perform at their best. There are many factors that can lead to anxiety, and rarely is it just one thing, which makes it harder to reduce or manage.

So what can you do if you're a student feeling anxious, or if you're a parent or carer wanting to support your child in remaining calm and focused whilst tackling their anxiety?

Ofqual have put together a <u>number of resources on their website</u> including a <u>guide for students on coping with</u> <u>anxiety about exams</u>. This was written with experts in the field of test anxiety from Liverpool John Moores University and the University of Manchester, some of whom have also <u>written a series of blogs</u>.

These resources include lots of different tips and tools that work for different situations, and there are also carefully designed packages – combinations of strategies which have been tested and found to work. There is also a list of resources which you may find useful.

If you're interested in the detail of the research literature underpinning best practice in this area, Ofqual have published a review.

In supporting young people in preparing for assessments, we must not overlook some of the simple things either. A good diet, maintaining healthy exercise and getting enough sleep are key factors in supporting wellbeing. The National Sleep Helpline have an advice line (see next page) which you may find useful should you require further support in respect of this. Striking a balance with leisure time vs work time is always hard, but it's important that students do still keep up their hobbies and sporting activities. They may need to be pared back for a couple of weeks, but they shouldn't be stopped altogether. I know that when I run, it allows me to work through my thoughts and mull over things that I may have been stewing on during the week.

As we look ahead this half term, we have Our Year 7 and 8 Disco next Thursday, and our half-termly Learning Together Forum the following week on 14 November. On 16 November, you are most welcome to join our Music Department to celebrate with our Year 7 Singing Showcase. On 23 November, it's our Sixth Form Open Evening from 6-9pm where we invite current Year 11 students and parents to meet our Sixth Form Team and subject teachers as they make their decisions on what to study next year.

Wishing you a restful weekend,

Alan Blount Headteacher

Dates for your diary

5-17 November Y11 Mock Exams

Thursday 9 November Parents' Association Disco
Tuesday 14 November Learning Together Forum

Thursday 16 November Year 7 Singing Showcase Evening

Thursday 23 November Sixth Form Open Evening for current Newstead Wood students

Thursday 30 November Year 13 Parents'/Carers' Evening

Tuesday 5 December Year 8 Curriculum Evening – Studying for Success in Year 8

Thursday 7 December Christmas Concert

Thursday 14 December Carol Service

21 December-2 January Christmas Holiday

Term dates for 2023-4 and 2024-5 can be found on our website here.









We have some fantastic speakers for you in our Autumn Term Guest Speaker Programme. These talks are open to students and parents. To book a place, click on the name of the speaker.

Monday, 20 November, 4pm:

<u>Farooq Ullah</u>, Senior Sustainability Development Advisor at the International Institute for Sustainable Development: *Sustainable Solutions*

Farooq Ullah is a senior Sustainability Development Advisor at the International Institute for Sustainable Development, having previously led on sustainable development for The B Team, and having held the positions of Executive Director for the Centre for Development Results and Chair of the Engagement Committee for Future Earth, among other significant roles in this area.

For anyone interested in the history of sustainable development and contemporary sustainability challenges, this talk is essential!

Wednesday, 29 November, 4pm:

Zara Loughridge, Senior Economist at Oxford Economics: Economics improving lives

Zara Loughridge is a Senior Economist in Oxford Economics' Economic Impact Consulting team. Recently, she has worked with Amazon and the US Department of Labor. Prior to joining Oxford Economics, Zara spent three years as a Government Economist, working at the Department for Education and Department for Work and Pensions. She is passionate about economics that is accessible and improves lives. For anyone studying Economics or looking to study it in the future, this is a must!

Wednesday, 13 December, 4pm:

Dr Emily Emmott, Lecturer and Teaching Fellow in Biological Anthropology, University College London: *Adolescent Sociality across Cultures & Academic Career Advice*

Dr Emily Emmott is a Human Behavioural Ecologist at one of the leading universities in the world, who studies how the social and physical environment influences human development and behaviour. Her academic interests focus on child-rearing systems and their implications for health and wellbeing. She will be talking on her research into fascinating areas of biological anthropology, as well as giving academic career advice. Anyone interested in attending a top university, establishing an academic career, or who is interested in Dr Emmott's areas of study should absolutely attend!

Around Newstead

Food Bank Delivery

Here are our harvest donations arriving at Hayes Community Food Bank. Thank you for your contributions!



Jollof Rice Workshop

Thank you to chef Shirley and the team for an amazing jollof rice workshop at the end of the half term!



French Trip to Paris

At the end of last half term, 31 Y11 and Y13 students, alongside Miss Hau, Ms Bongout, Mrs Meader and Mrs Ristic-Smith set off for a 5-day trip to Paris. There were plenty of opportunities to use their French knowledge - from a tour in French of the tunnels and trenches at Vimy Ridge, looking around Sacré Coeur and Montmartre, an afternoon at Musée d'Orsay (originally a train station with its iconic clock faces) admiring the many works of art, a boat trip on the River Seine, ordering a galette (savoury pancake) and crêpe in French, and navigating around a French hypermarché and the market in Versailles, to a full tour around an artisan chocolaterie in Lachelle. Obviously we also managed to climb up to the 2nd floor of the Eiffel Tower (in the rain!) and fit in a full day at Parc Astérix!









Speaker News



We are very grateful to Sir Graham Brady MP for coming to speak on Thursday. His insights and candour were thoroughly enjoyed by students and staff alike; he gave a fascinating talk.

On Wednesday our very successful alumna, Shreya Srinivasan spoke to our school community today about paths into law and university life. Since leaving Newstead, Shreya has won competitions, led a podcast, and landed a very impressive contract. Thank you to Shreya for her great talk.



DT Spooky Halloween Competition

We had some fantastic entries over half term to our Spooky Halloween competition! Well done to the winners (pictured) who will receive achievement points and prizes.



Year 11 Food Preparation and Nutrition

This week, on the return from half term, the Year 11 Food students had two lessons of revision, helping them to summarize their learning so far ready for their mock exam on Monday.

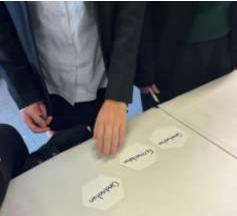
We combined both classes and asked them to make a concept map together, linking the learning they have done to the key areas to revise from. We gave each student a randomly picked, titled hexagon, asked them to make a definition and then find the other person they may be linked to.

The Year 11 students worked well both as individuals and as teams to make the end result, saying they had not revised in this way before, and it really helped them to connect the subject areas together!

This is an excellent revision and learning technique that can be used for many subjects, often with post-it notes on the wall, to help collate, condense and recap prior learning. The students then took photos of the end result to take home and either recreate or revise from.









Free Maths Careers Webinar

Former Newstead student Beth C (who left last summer) is part of a webinar for the Advanced Mathematics Support Programme looking at further study and careers in Maths. The target audience is Y9, 10 and 11 students and the free webinar is on 16 November 4.15pm-5pm. Sign up here.



Sparks Update

Well done to this week's top 10 Sparx Readers:

- Saadia S in 8W
- Isabella W in 7G
- Ellen H in 7S
- Abisha C P in 7G
- Alice C in 7S

- Prisha B in 7G
- Ellie H in 8W
- Ceana F in 7S
- Nafeesa S in 8N
- Nilacia C in 7S

Great news from United Learning – Newstead are at the top of the Sparx Reader leaderboard for all United Learning schools across the country!

Please take care of your library books

Treat them like you would treat your phone - with care and respect.

Treat them carefully when taking them home and reading them.

Keep them safe - they are your responsibility when borrowed.

Make sure they are kept clean.



Remember - other students want to read your favourite books too!



Library Update



Monthly Borrowing Overview

October 2023:	Borrowers:	Issues:
Year 7	111	443
Year 8	85	293
Year 9	43	134
Year 10	47	144
Year 11	34	92
Year 12	54	115
Year 13	29	65
Total	403	1286

Star Borrowers

Iris	7N	Hansikaa	7P	Chioma	9P
Neevh	7N	Jessica	8W	Wenxuan	9P
Florence	7N	Madeleine	8W	Tanisha	10N
Amelié	7N	Charlotte	85	Eleanor	10N
Khushi	7N	Olivia	85	Millie	10N
Electra	7W	Nmesoma	85	Oluwatoni	10W
Hannah	7W	Senumi	85	Kelechi	10W
Simran	7W	Annabel	85	Finn	10F
Hriya	7W	Imaan	8F	Lucy	10G
Angel	7 S	Rose	8F	Nandana	10G
Dia	75	Olivia	8F	Kierujaa	10G
April	7F	Aria	8F	Anthiya	10P
Merisha	7F	Sara	8F	Lucy	115
Tripti	7F	Srisha	8F	Vyshally	115
Zainab	7F	Dhiviyaa	8G	Klementyna	115
Aarushi	7F	Caroline	8G	Frances	12N
Jasmine	7F	Thuwaraka	8G	Fran	12W
Fiona	7F	Aksha	8P	Julia	125
Ariadne	7F	Heather	9N	Gayathri	12F
Sophie	7G	Aleena	9W	Niamh	12G
Kinjal	7G	Celia	95	Grace	13N
Mehr	7G	Enunice	9\$	Gbemisola	135
Elizabeth	7P	Eniola	9F	Rowan	135
Joanne	7P	Kurangi	9G	Ethan	13F
Mariam	7P	Keerthana	9G	Hephzibah	13H
Naomi	7P			'	

Well done to our librarians who have completed their reading challenge for the year two months early! Miss Mullins and Miss Hudson set themselves the goal of reading 150 books between them during 2023 and their challenge chart is now full!



Congratulations:

- Ming Ern L (8G) and Ming Hui L (8P) have been offered a place by the National Children Orchestra to play Violin in the National Under 13 Orchestra for 2024. The programme includes two week long residential in Dorset during Spring and Summer ending with concert performances in Lighthouse, Poole and Bristol Beacon respectively.
- Reika (8S) had a great time playing badminton during half term.
 She competed in Hampshire and in Oxford in the Under 13 Bronze tournaments. In Hampshire, she won Gold in the Mixed Doubles category. In Oxford, she won 3 medals, Silver in Singles and Gold in both Women's Doubles and Mixed Doubles.
- Eloise N (11W) won the J5 ITF World Tennis Tour in Lithuania last week, battling through 5 matches to be crowned Champion. Well done Eloise, we are very proud of you!

We're keen to celebrate students' successes outside school – please email us with any achievements at news@newsteadwood.co.uk.







Achievement Points

Here are this week's Achievement Point totals. Congratulations to the following students and tutor groups.

House Totals for the Week								
	Swift	226						
	Nightingale	176						
	Wren	100						
	Phoenix	97						
	Griffin	73						
	Falcon	40						
Top Tutor Groups of the Week								
Year 7: 7S								
Year 8: 8S								
Year 9: 9N Year 10: 10S								
	Teal 10. 103							
	Top Students of the Week							
	☆ Year 7 ☆							
Charlotte L 7S	Kyra	M 7N	Senumi W V 7S					
Isla D 7S	Isla D 7S Erin D 7S							
	Erin W 7S							
	拴 Year	8 🔅						
Valerija S 8G	Precio	us O 8S	Nadia M 8N					
Raveesha D S 8S	veesha D S 8S Advaita D 8G							
	★ Year 9 ★							
Nithyashree T 9N	Ayushi S 9N		Janavarshini J 9N					
Aayushi K 9N								
🏂 Year 10 🏂								
Arunima K 10N	Tara	T 10S	Eden L-S 10W					



Languages News

Word of the week

Answers to this week's words of the week:

French: l'hiver - winter

German: die Schultüte - school cone

Spanish: frutería - fruit shop

Chinese: 喜欢 - like

Japanese: 高い (たかい) - expensive/tall

Latin: celare - to hide

The words for next week are:

French: des friandises

German: der Hagel

Spanish: melocotón

Chinese: 餐厅

Japanese: おいしい

Latin: emere



Newstead Wood School Parents' Association News



We had a good AGM last week: thanks to those who attended. We now have a full team in place, though several vacancies will be coming up next summer so watch this space!

Chair - Victoria; Vice-chair - Anmol; Vice-chair - Wealth;

Treasurer – Kapil; Vice-treasurer – Arindam

Secretary - Sara; Vice-secretary - Bola

All parents and guardians of Newstead Wood students automatically become members of the NWPA so we hope you can join us in organising and attending some events this year. We aim to enrich the school community by helping at school events like plays and open days; we provide practical services, like the secondhand uniform sales; we encourage parents to support each other through social events and the individual class WhatsApp groups; and we run fundraising activities like the Year 7 disco and the Family Quiz. There's something for everyone, please get involved!

We are currently looking for volunteers to help with the Y7/8 disco next Thursday November 9th, to help organise a quiz in Feb/March, to help with half-termly uniform sales; and to help with the familiarisation tests on some May/June Saturdays next year.

If you have any questions about the Parents' Association, would like to know how to join your class parents' WhatsApp group, need information on uniform, or would like to volunteer to join one of our teams, please get in touch at pa@newsteadwood.co.uk Thanks!



The PA are excited to announce that we have teamed up with Stikins to offer parents the opportunity to purchase quality labels for your children's school uniform, whilst earning the school commission at the same time! This money can then be used to continue to help purchase some of the fantastic resources that benefit our children's learning.

As we all know, lost property is a problem in all schools and I am sure we are all familiar with our child, at some point, coming home from school with a missing item. As parents, we are aware that time is precious, which is why we think these labels are such a great idea; they simply stick onto the wash-care label of clothing. They can even be used in shoes! Naming of clothing is a school requirement and we are hoping that with this opportunity we can start to eliminate some of parents' frustrations that surround these issues.

How it works:

Each order placed quoting the school reference number **14318** will provide the school with 30% commission. If you use the link on our school website's <u>Uniform Page</u> to order your labels online, the number is filled in automatically for you!



Revision books, uniform, PE kit: for sale from the PA Hut on

Tuesday 5 December 3.15 - 4pm

Volunteers are needed from 2.30pm to 4pm

Great condition... great prices... great for the environment...and great for the school!

Jumpers (£3 each/2 for £5), 6th form blazers (£5), Skirts (£3/£4), shirts (£2 each, 3 for £5), trainers and astroturfs (£3), umbrellas (£1) and other items are also available, plus textbooks and revision books (£2 each, 3 for £5) in many subjects. Payment by cash or card.

VOLUNTEERS to help for an hour or so occasionally would be very welcome, please email pauniform@newsteadwood.co.uk for more information. No special skills needed, all training given!

DONATIONS of uniform, PE kit, coats etc. all welcome and can be left at reception anytime. Please remove or cross out names if possible and label the bag 'donations'. Thanks very much for all the donations we've had so far; keep them coming!

Thank you for your support as we help the school, help the environment and help you with your shopping!



Imperial College School of Medicine Vision Junior Medics Conference 2023

For Year 11 and Year 12 Students who are interested in studying Medicine

ICSM Vision is an outreach society run by medical students from Imperial College School of Medicine. We are pleased to invite your students to our annual Junior Medics Conference!

The Junior Medics Conference will be held on **Sunday 10th December 2023** at Imperial's South Kensington Campus. The day will consist of **inspiring talks** and **informative practical workshops**, designed to help students answer the following questions:

- "What is it like to be a doctor?"
- "What is studying medicine really like?"
- "I want to study medicine- what should I be doing right now?"

Click here for more information about the Junior Medics Conference and how to book a place!

We are very excited to be able to offer your students this opportunity for £5 and we do hope they will be able to join us! Please note we are an outreach society, as such the price is necessary to cover the costs of this event.

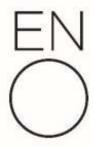
As we are keen to ensure this email reaches you, we would be very grateful if you could send a short reply to visioninfo@imperial.ac.uk to confirm you have received our email.

Please feel free to contact us at the above email address if you have any questions.

Kind Regards,

ICSM Vision Team

Book a place now!



The Magic Flute 2023/24 SEASON Children's Casting Call: Spirit Boys

In Spring 2024 English National Opera is reviving Simon McBurney's production of Mozart's <u>The Magic Flute</u>. We are looking for **six children of any gender (with unbroken voices)** over the age of 9 to perform the role of Spirit Boys.

AGE: 9+

AVAILABLILITY: All dates & times on the schedule. Rehearsals are designed to be outside of school hours as much as possible but time off school will inevitably be required and the school's permission will need to be given for the children's Performance Licences.

AUDITONS: information below

Children must live in London (within the M25)

ROLE OUTLINE

This is a small singing and movement role requiring a high musical standard. There are three Spirit Boys (which can be played by any gender) in the production. Their role is to guide and protect the characters Tamino & Pamina, as well as rushing onto stage to prevent Papageno & Papagena from taking their own lives.

We are looking for six children: they will be divided in to two teams of three. While one team performs the other team will cover for alternating performances. All children need to be at the theatre for all rehearsals and performances.

IMPORTANT INFO

There are themes of suicide in this production and the children interact with this: as mentioned above, in two scenes other characters (Papageno & Papagena) are considering taking their own lives and the Spirit Boys rush onto stage where they prevent them from doing so.

The role also involves very heavy make up and costume so that the children appear as three old men (see photo or this production trailer).

Please note that physical contact to guide children around the space may sometime be necessary for safeguarding during rehearsals and performances, by both Production Staff and fellow performers. This would be carefully monitored and in line with the ENO Safeguarding Policy.



Donald Cooper

AUDITION INFO

First Round Auditions | London Coliseum, St Martin's Lane, WC2N 4ES

- Mon 27 November, 16.00-20.00
- Tue 28 November, 16.00-20.00

Second Round Auditions | London Coliseum, St Martin's Lane, WC2N 4ES

Tue 5th December, 16.00-20.00

Material to Prepare:

- Choose one vocal line from the music attached to be sung in English. Please note the most popular vocal line is usually the top one.
- · One piece of your own choosing, no more than 5 minutes in length.

Each audition will be approximately 10 minutes.

If you are interested in auditioning please contact Miss McGarr for more information.

What Parents & Carers Need to Know about



FIVE NIGHTS AT FREDDY'S



Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

LIGHT



As a result of FNoF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards material sturbing themes, for example, and (in some cases) age-inappropriate language.

STRESSFUL

Due to FNGF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings ar sale is a crucial part of the gamepla and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

PLAYING IN ISOLATION

tony parents will be relieved to sorn that Five Nights at Freddy's is a ingle-player game which doesn't include any online chat unctionality. Conversely, however, his could also make playing FNoF uite an isolating experience – specially if your child is spending a to of time investigating the game's pooky, shadowy environments.

IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that pramises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Dreadberr' (costing £8.99), which unlocks new levels

Advice for Parents & Carers

USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or 105 device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freday's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they re old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

LIMIT SPENDING

Unlike many popular titles, Five Night's at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Night's at Freddy's, or you're worried that the game's scory themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break it the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

Meet Our Expert

Carry Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The inquirer, Carry is now a freetance technology journalist, editor and executions.

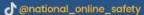












Contact us and keep in touch

General email enquiries <u>office@newsteadwood.co.uk</u>
Attendance reporting <u>attendance@newsteadwood.co.uk</u>
Need to contact a subject? Email the subject name e.g. <u>science@newsteadwood.co.uk</u>

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Easyfundraising

Help out when you check out! Support Newstead Wood School Parents' Association http://www.easyfundraising.org.uk/newsteadwoodschool

Thank you to all of you who are supporting the school through a monthly donation – if you still haven't got round to setting this up, forms can be <u>found here</u>. And thank you to all of you who are supporting the school library through our <u>Amazon Wishlist</u>.