



NCS Newsletter

28th June 2024

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Headmaster's Message



When we lived as a family in Devon, my children's secondary schools were hardly 'local'. The nearest was 12 miles away and the nearest FE College was 22 miles away. The schools laid on coaches for the hundreds of pupils who were dispersed across rural Devon. Trafford is blessed with many excellent schools within a few miles of each other. When NCS set off on its Free School journey, I was keen to see that we could serve the local community, namely postcodes WA14/15. North Cestrian lies at the centre of these two postcodes: rural to the west and south, urban to the north and east. Almost all children

coming to this school now come from these postcodes. There have been 4 days of admissions appeals over the last two weeks, with many families desperate to secure places at North Cestrian for their children. The decision is made by an independent panel. While I resist growth in pupil numbers, because I have to manage this aspect of the school, I am often sympathetic to the plight of these families. This is why we are looking to seek funding to provide more space and classrooms, ideally via the Loreto Prep site, supported by Trafford LA. The local authority and local political groups are supportive of this, for which I am grateful. However, commercial money interests talk loudly, and nothing is assured, though I remain optimistic of a good outcome in the end. I am confident that we will retain the strong community feel of North Cestrian where 'individuals thrive'.

End of Term

There is no winding up towards the end of term. Rather, it is like a giant rolling wave about to come crashing down on the shore. Please check the calendar dates and the details to ensure you're kept in the loop of the many events taking place at this busy time.

Advanced Notice

- | | |
|------------------|--|
| Fri 28/6 | Summer Music Festival Vanstone Hall 7-8pm |
| Mon 1/7-Fri 5/7 | Year 10 Work Experience Week |
| Mon 1/7 | New Year 6 Parents Evening |
| Thu 4/7 | New Year 6 Induction Day |
| Mon 8/7-Tue 9/7 | Stratford on Avon Trip |
| Wed 10/7 | Sports Day pm |
| Fri 12/7 | Own Clothes Day: to support Cest Fest - £3.00 – to allow own clothes and wrist band entry to Cest Fest. |
| Sat 13/7 | CEST FEST 1200-1500: stall holder encouraged to set up early eg 11.00-11.30 |
| Mon 15/7 | GOING GREEN DAY – pupils in school uniform but with a green accessory eg green socks, head band. Non-meat menu in canteen, samples to try, 'green' recipes/demonstrations. |
| Mon 15/7-Wed17/7 | Y10 Outdoor Activities Day |
| Wed 17/7 | Hay Day |
| Thu 18/7 | Term ends 1200 |

Deputy Reflections



The website - voteforpolicies.org.uk - is a really clear way to review the different policies on offer from the parties at the general election. You can follow the Quick Start button or choose as many of the policy areas as you would like. The website guides you through the selection of the policy that fits your opinion best. In order to collate the votes, you will be presented with a pie chart and table of percentages at the end of the survey. Enter those scores here.

<https://forms.office.com/Pages/ResponsePage.aspx?id=BMpVtRm7BkGSpgMFydIHTQXATWouq4hJi0G5-4C8dedUNVE1RzZMTUJTNko0RIdPQTNHVzVGU0Y5TC4u>

Simply **type the number only** for each party - remember if the party is not on your results list that means you enter a 0. Just like a real vote your answers are anonymous.

- See if you are on the [character news](#)
- Check out the latest [character development opportunities](#) or continue to build your [character bench mark certificate](#).
- [You can Nominate a Pupil for their Character Development here.](#)
- Pique your interest for the [cultural capital](#) and [send in your reflections](#)

Eureka Trip - Friday 21st June



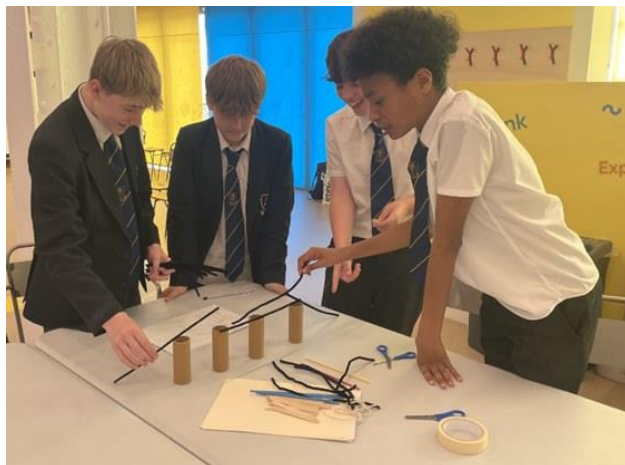
Ms Taylor, Mrs James Mrs Keen and Mr Cruyton took 30 year 7 pupils to the Wirral, to visit the Eureka interactive science museum and take part in an engineering challenge. The pupils were divided into groups and given an assortment of items from which to build a bridge. It had to withstand earthquakes and high winds. The testing was very competitive as each bridge was shaken and windblown to see how they performed. Each group was then questioned or did a presentation explaining their ideas and the processes that they used to create their bridge. After lunch the pupils were given time in the shop and to explore the interactive museum.



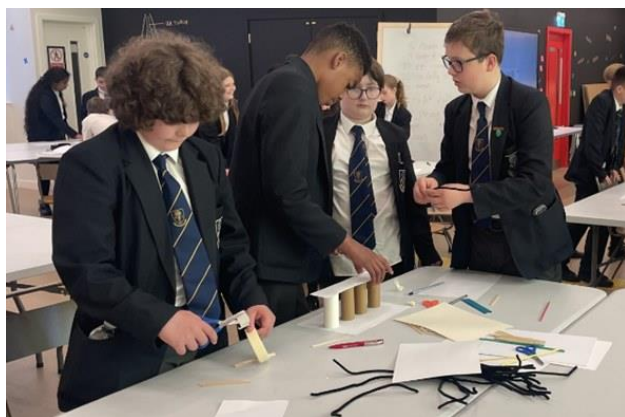
1 - Eureka



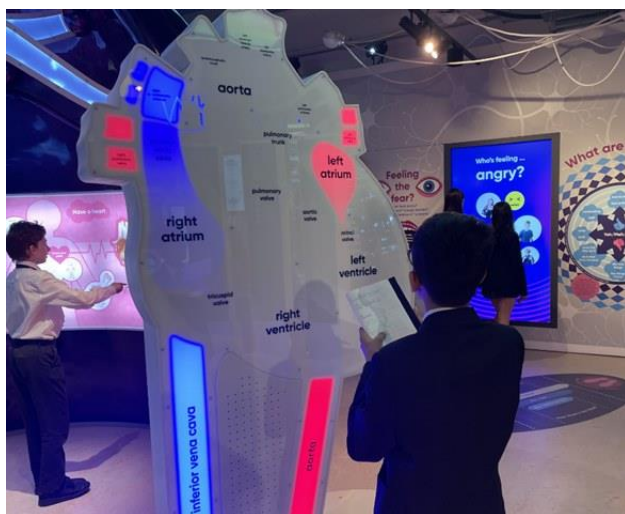
2 - Eureka



3 - Eureka



4 - Eureka



5 - Eureka



What Parents & Educators Need to Know about GAMBLING

Gambling can be defined as betting or risking money or something of value on the outcome of a situation involving chance. Under current regulations, gambling is legal for adults in the UK - its potential impacts on the wellbeing of individuals, families and communities are well documented - emphasising the importance of safeguarding children and young people against these hazards.

WHAT ARE THE RISKS?

Adverts for online bookmakers and betting exchanges can raise concerns about targeting vulnerable groups, fostering addiction, promoting misleading expectations, impacting mental health, affecting social norms, posing regulatory challenges, influencing minors and other ethical issues. Effective regulation, responsible advertising practices and public education are essential to mitigate these concerns and address the potential harms associated with excessive exposure to manipulative advertisements.

IMPACT ON MENTAL HEALTH

Gambling can exacerbate mental health issues such as anxiety, depression, and stress - especially if it leads to financial loss. Individuals with existing mental health conditions may use gambling as a coping mechanism - but the cycle of gambling can worsen their symptoms, creating a detrimental impact on overall wellbeing. Integrated support services and treatment options are crucial to address these interconnected challenges effectively.

MANIPULATIVE ADVERTISING

FREE BET!

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ADDICTIVE FEATURES

All gambling products carry safety concerns, but some can be even riskier and more addictive. The frequency with which people can place bets can encourage them to do so often - with rapid spins and multiple betting options, for example. Betting on sports events, especially with live in-play betting options, can be highly engaging and habit-forming. The 24/7 availability of online platforms can also increase the risk of excessive gambling, particularly among young people.

GATEWAY BEHAVIOURS

Certain features of other products - such as video games that offer in-game purchases - can lead to gambling among young people. These mechanisms can sometimes be designed to exploit psychological vulnerabilities, encouraging repeated spending to acquire virtual items or advantages. Such practices can normalise the associated risks and desensitise young people to putting their or their family's money in danger.

PEER PRESSURE

Exposure to gambling through friends, influencers or social circles can normalise risky behaviour and create unrealistic expectations about the chances of winning. Addressing peer influence requires support services, responsible advertising practices and effective education on the subject to minimise the impact on children and promote healthier choices.

FINANCIAL DIFFICULTIES

The most common impacts of online betting come in the form of financial losses and debt. This, in turn, can lead to distorted perceptions of money, deterioration of relationships, social isolation, and poor academic and career outcomes. Regular gambling can even exacerbate other risky behaviour by making it seem less significant - potentially leading to a cascade of health impacts and financial loss.

Advice for Parents & Educators

ENCOURAGE OPEN DISCUSSIONS

Sporting events can be a good opening for conversations about gambling, as some sponsorships may reference and even glamourise it. Talk to children about how these promotions make them feel and encourage frequent conversations about any concerns they may have. Adverts, influencers and online platforms may also feature gambling products. As a child grows, it's important to encourage their critical thinking skills to help them avoid being manipulated by this type of marketing.

KNOW THE WARNING SIGNS

Parents and educators should be vigilant for signs of gambling harm among young people. Look for changes in their behaviour such as increased secrecy, unexplained money issues, mood swings or withdrawal from their usual activities. Open conversations about gambling risks and maintain a supportive, non-judgemental environment. Try to familiarise yourself with resources and helplines for assistance and guidance.

MONITOR SPENDING

In-game purchases can be appealing to children, allowing them to unlock new features or cosmetic items in a fraction of the time it would take to win them by playing. Talk to children about how they spend money online; an interest in what video games they play can encourage the conversation. Consider setting up restrictions on their devices, requiring their parent or carer's permission before making any purchases. Talk about finances regularly and openly.

GET FURTHER SUPPORT

Support and treatment for young people is available via the Young People's Support Service at GamCare, who can be contacted at 0800 8020133. A link to their website has also been included in the sources of this guide, along with links to several other support networks. Your GP and local NHS gambling clinic are also available if you require additional advice. Don't hesitate to reach out for help if you're concerned about a child's gambling behaviour or their financial situation.

Meet Our Expert

Ygam's mission is to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education, and research. The charity was established in 2014 as a result of the lived experience of their founders.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/gambling>

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Year 9 Food Options Rendezvous Café, lesson to gain Food Cultural Capital Awards.

Dates have already been sent out to the 40 pupils to school emails, 20 pupils on each session. (Dates are 8th and 15th July 2024, in T3, period 7, 3.20pm to 4.30pm) Please check your school email for information sent and to see what date you have been invited to.

Chicken Kiev Enrobing Lesson



These one-off events are to invite the new year 10 pupils who have chosen the AQA GCSE Food Preparation and Nutrition Qualification starting in September. These events will give me the opportunity to meet all pupils who have chosen my subject and to introduce myself to them all; this event will let me see what skills the pupils have at present and to see how we can increase the skill level over the two-year program.

Thank You

Mr. Millard - Food Technology Teacher

Cest Fest 2024!

BAKE OFF

COMPETITION Ask your Form Teacher for an Entry Form or collect one from T3 from Mr. Millard





7 - Bake Off

You can drop off your cakes on **Friday 12th July 2024**, and I will store in fridges in T3, or on the day itself, Saturday 13th July 2024 between 11am to 12noon

The cakes will be Judged at 1pm and the results will be issued at 1.30pm.

Good Luck to all who enter!!



8 - Cest Fest 2024



9 - Cest Fest 2024

Contact Us:



School Office - 0161 928 1856

Email - office@northcestrian.co.uk

REPORT AN ABSENCE TO - absence@northcestrian.co.uk