



NCS NEWSLETTER

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3rd May 2024

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Headmaster's Message



Thank you to the parents and pupils who supported the extraordinary ACEF appeal via today's non-uniform day. It makes stark how individual lives are subject to matters often beyond their control and

how fortunate we are in the UK with our very moderate climate. The Indian Ocean Dipole (IOD) – like the famous El Nino – refers to warm and cold ocean currents that sometimes become more extreme. In this case the waters of the western Indian Ocean were warmer than usual, leading to heavy rains in East Africa. ACEF supports the Brainhouse Academy a school of around 900 pupils located in a slum area of Nairobi, Kenya. The floods have destroyed the school’s food stores and have rendered parts of the building unsafe. In response, Mrs Few and the school charity team sought to raise funds by a non-uniform day, initially for Friday 10th, but as Year 11 would have missed out because of study leave, it was brought forward for today. Cestrian Character – Generous of Spirit – has greater significance knowing that it goes to help young people in even greater need than normal. Later on this year, four members of staff are visiting the Brainhouse Academy to see for themselves the work that is being done there and to forge greater links between the two schools. More information about ACEF can be found on its website: acef.uk.com



1 - Brainhouse Academy

Safeguarding

The National Crime Agency (NCA) has alerted schools up and down the country to a rise in the number of instances of ‘sextortion’ – namely children being forced into paying money or other demands after an offender has threatened to release nudes or semi-nudes of the victims. I attach a link to an adapted letter proposed by the NCA for parents.

[NCA sextortion.docx](#)

In the meantime, we have given a presentation to pupils to educate further on this matter. I hope we can all work together to eliminate this hideous crime.

Advanced Notice

Mon 6/5 School Closed – Bank Holiday

Fri 24/5 School breaks for half-term

Deputy Reflections



A really simple message to hopefully generate a lot of really sophisticated feedback and actions to improve North Cestrian school yet further!

We are really proud of the amount of feedback we have received from the annual voice surveys. Every year we take a great deal of time, thought, and further consultation with respondents to act on the feedback from pupils and parents.

With one week to go - we need all your help!

Pupils: One survey on the school is found on the Arbor Assignments - please complete by Thursday 9th May

Pupils: a second survey on subjects is found on their school email - please complete by Thursday 9th May

Parents: I have sent you an Arbor email and repeat the link below - please complete by 20th May

<https://forms.office.com/Pages/ResponsePage.aspx?id=BMpVtRm7BkGSpgMFydIHTQXATWouq4hJi0G5-4C8dedUQ0pZNDdTT0g2VlpORjUzU1VMT1E1TkNGMC4u>



2 - A QR Code for the Parent Voice Questionnaire

Final reminder to complete the parent voice: which clubs / societies / groups your child is part of beyond their school life. We could support their development by bringing those skills to the fore in school, by providing space to lead, and of course highlight the many and varied rich and fulfilling lives that might motivate others to follow you!. Please complete this Form Questionnaire with some details.

<https://forms.office.com/Pages/ResponsePage.aspx?id=BMpVtRm7BkGSpgMFydIHTQXATWouq4hJi0G5-4C8dedUNEo5RFpQSk1RMEtHM0dTQ09JODI4SkpMUC4u>

MR CLIFFE ALREADY COLLECTS YOUR SPORTS CLUBS INFORMATION SO THINK BEYOND SPORT CLUBS IN THIS FORM QUESTIONNAIRE.



3 - QR CODE LINK TO THE questionnaire FOR EVERYONE!

- 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](#)

ARE YOU ADDICTED?

**Mobile Phones are now essential
but some people use them to excess**



22%
of adults and
47%
of teenagers use their
phone whilst on the toilet

81%
of people never
turn their phone off
(even when in bed)

**Your phone is a great tool but it can also
hurt your performance unless it is managed**

- Students who perform a task just in sight of their phone (regardless of if they are using it) do about 20% worse as it still distracts them
- Phone use every day for longer than 20 minutes at a time leads to poor sleep quality and duration
- Being on your phone within an hour before bed means that you are almost three times as likely to get less than five hours sleep
- Students who are on their phone more get worse grades, regardless of gender or previous grade average



by @inner_drive | www.innerdrive.co.uk

Schools with complete mobile bans twice as likely to be rated outstanding, report finds

Policy Exchange study finds children at secondary schools with a veto on devices achieved GCSE results one or two grades higher ([Telegraph 30th April](#)). In a foreword to the report, Prof Jonathan Haidt, a psychologist, said: "Phones must be locked up at the start of each school day in phone lockers or locked

pouches, from which they are retrieved at the end of the day... “We can give them six or seven hours each school day in which they can be fully present to learn, connect and flourish.”

“Most secondary schools say that they have some sort of ban in place on the use of mobile phones, but, as this report shows, only 13 per cent of schools in England and Wales actually separate students from their phones for the duration of the school day.”

Read about mobile phone addiction [here](#)

7 Ways to Overcome Procrastination

by @inner_drive | www.innerdrive.co.uk

- 1 Do the Task for Just a few Minutes**
Use the Zierganick effect – once you start something your brain remains alert until you finish it.
- 2 Do the Hard Tasks First**
Doing the hard tasks while your brain is still fresh means you are less likely to give up on them or procrastinate.
- 3 Believe in Your Ability**
You can do it, just implement the skills and strategies you have learnt to self-regulate.
- 4 Manage your environment**
Control it don't let it control you. Get rid of distractions especially that lovely beguiling phone of yours.
- 5 Set yourself Short Deadlines**
Impending deadlines get you going. So go ahead set yourself short deadlines.
- 6 Model Success**
Who do you know that has done this task well? What did they do? Copy what they did.
- 7 Make the Task Harder**
Sounds counterintuitive but it can make the task more interesting.



4 - 7 Ways to overcome Procrastination

This week pupils have been learning about **procrastination** (task avoidance) and taking responsibility for their learning.

The top tip was to apply a 3-minute rule; to commit just 3 minutes to the task and see what happens!

For Y11 and their parents, there is some sound advice and further links to ensure that revision and examination preparations are as effective as possible.

Read more about it [here](#).

Best Wishes to our Y11 pupils who start their written GCSE papers this week!

RE Thursday 9th May am Biology Friday 10th May am

Last Minute Revision tips – [read more here](#).

Pupils can go home early on Wednesday, Thursday and Friday to prepare IF the permissions form has been completed. Email Dr Askey if you have a query.

See the adapted timetable for next week below.

	Form	Period 1	Period 2	Period 3	Period 4	Period 5a	Period 6
Monday 6th May	BANK HOLIDAY						
Tuesday 7th May	FORM TIME	MATHS	MATHS	OPTION B	Bside + AX Science AY/Z English	ENGLISH	SCIENCE
Wednesday 8th May	SAS Briefing: Rules & Lockers, procedures SPORTS HALL	RE Masterclass Vanstone & Canteen	Bside + AX English AY/Z Science	OPTION A	OPTION C	RE tasks & targeted interventions	HOME Optional RE & Geog P6(L4, U12) & P7(U8)
Thursday 9th May	Register at LH4 like mocks	RE EXAM	RE EXAM	BIOLOGY MASTERCLASS Vanstone/Canteen	BIOLOGY MASTERCLASS Vanstone/Canteen	HOME	HOME
Friday 10th May	Register at LH4 like mocks	BIOL EXAM	BIOL EXAM	ENG LIT Masterclass Vanstone	Farewells, Reminders & Home Canteen	HOME	HOME

5 - GCSE Timetable

Study leave for all pupils begins on Monday 13th May – Y11 pupils should only attend when they have an exam. Pupils MUST SIGN IN and OUT of school for each session.

Morning exams – be in school for 8.30am, exams need to start at 9am. Pupils will be able to leave after their exam.

Afternoon exams – be in school for 12.30pm, exams need to start at 1pm. Pupil will be able to leave after 2.30pm.

Official leaving and farewell celebrations will take place after the geography and physics exams on June 14th.

ARBOR GUIDANCE [CLICK HERE](#) FOR MRS REEDY'S TUTORIAL



ARTNEWS

KS4 GCSE Art

Evidence shows that students who study the Creative Arts have improved overall academic performance through several key aspects.

Y11 Update

Students in Y11 concluded their Exam project with 10 hours spent in Art over the course of two days during which they produced a “final piece” of artwork of their own design inspired by the artists they had studied in their sketchbook. The final hand-in for the Natural Forms Portfolio project will be Tuesday 7th May to allow the marking and moderation process to take place.

GCSE Art Drop-in



The Art room is open Monday, Wednesday, Thursday and Friday for students to drop-in and use the materials, equipment and facilities available in school. All GCSE students are expected to work on their projects for a minimum of two hours per week to allow them to attain the best grade they can achieve.

KS3 Art

Year 9

Y9 students are now moving onto a project focussing on Food and will be using a range of media to produce different studies.

Year 8

Y8 students are currently producing a class community project to produce a large portrait of an influential artist that they have all contributed to and will conclude looking at portraits. Here is some of their amazing artwork based on their own photographs edited using PhotoPea.



6 - Y8 PhotoPea



7 - Y8



8 - Y8

Year 7

Y7 students are have concluded their studies of the formal elements in art by producing some awesome artwork of insects below.



9 - Y7 Insects



10 - Y7 Insects

Art Club

Gold week – Monday after school

Art club is open to everyone who would like to try out a technique or create an artwork they have found out about. There are also mindful activities and whole school activities to participate in.

Demonstrating Cestrian Character – Independently produced art work

We enjoy seeing your independently produced artwork. Bring yours in to be rewarded with character points and stamps for your rewards passport.

Here is a selection of recent work:



Schwarz







Contact Us:



School Office - 0161 928 1856

Email - office@northcestrian.co.uk

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