



NCS NEWSLETTER

14th June 2024

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Headmaster's Message



A good number of our pupils were asked to complete a confidential survey about vaping, as part of a borough-wide piece of research. Thank you to Miss Collins and Mr Worswick in assisting with this. The act of vaping and carrying associated paraphernalia are prohibited at North Cestrian. NHS guidance accepts that vaping ('e-cigarettes') is less harmful than tobacco smoking. Nevertheless, a recent House of Commons report (*Youth Vaping in England, 12-1-2024*) raises concerns that the rate of vaping among young people is increasing. The sale of addictive nicotine e-cigarettes is illegal to under 18s and the

King's Speech provided for measures to make the sale of non-nicotine vapes to under 18s illegal too. I share these concerns for a number of reasons. Firstly, the addictive nature of nicotine found in many vapes creates a dependency on e-cigarettes. I can think of better ways young people can spend their money on over the ensuing years. Secondly, they promote risky (and unsociable) behaviour: by bringing vapes into school, pupils risk sanctions (up to and including exclusion) and exposing young or vulnerable pupils to these devices. Thirdly, they encourage exploitation and abuse – where does the money come from to buy these devices? We have the right to search pupils for prohibited items, which can then be disposed of by school. We report peddlers of such things to the police. We advise, educate and sanction pupils for using, carrying and most firmly for distributing e-cigarettes.

Mobile Phones

Nicotine-free, but highly addictive, we are watching the government's machinations over the use of mobile phones in schools. These machinations may have been shelved during purdah. Nevertheless, we feel we were ahead of the curve in our control of the use of mobile phones in school. Research is clear that mobile phones are a deep source of distraction especially for young people with the need to feel connected and validated. For this reason we have clear and consistent rules on mobile phones:

1. Phones (and similar devices such as smartwatches) must be turned off and stored safely, from the school gates upon entry, until leaving.
2. Any sight of a phone, in use or not, will lead to the phone being confiscated. We have to be strict on this because pupils will wrangle every excuse under the sun (I was checking the time, I was turning it off, I was using its calculator). We cannot discern between 800 pupils' use.
3. Confiscation initially is until the end of the day. Five days for a second offence, ten days for a third. Confiscation is in school, in a safe, day and night.
4. Please do not come back to school with a "safety plea bargain". If it were that vital for safety, the child should know not to risk confiscation in the first place, and that should be reinforced by their parents. In any case we offer use of a 'burner phone' if it really is an issue.

We are taking stock of this policy, and may yet come down firmer on ensuring the addiction to mobile phones, in school at least, is broken.

CEST FEST

This annual assembly of activities takes place on Sat 13th July 12.00-3.00pm on the school site. Form groups have been sorting themselves to organise stalls for the festivities. We trust the summer weather is saving itself up for some sweltering sunshine. Please refer to the PTFA's pages for more useful information.



1 - Cest Fest 2024

Advanced Notice

- Sun 16/6-Thu 20/6 Barcelona Trip
- Wed 19/6 INSET (School Closed to pupils)
- PTFA Meeting - 1900-2100 Head's Study
- Fri 28/6 Summer Music Festival Vanstone Hall 7-8pm TBC
- 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 pm Sports Day (TBC)**
- Sat 13/7 CEST FEST 1200-1500**

Deputy Reflections



Parent Voice Results Summary:

- **88% of parents say their child is happy at North Cestrian.**
- **88% of parents would recommend North Cestrian to another parent.**
- **87% say that North Cestrian gives their child the support they need to succeed.**
- **88% know that North Cestrian has high expectations for their child**
- **89% say that their child does well at North Cestrian**
- **The school supports my child's wider personal development 83%**
- **My child feels safe at school 88%**
- **My child can take part in clubs and activities at this school 90%**
- **Parents feel that the quality of the newsletter and school website has increased (8/10 score)**

We will now begin to invite parents in to discuss further improvements.

- 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](#)

This weeks pupil briefings have been on the character trait of Purposeful. "Why does someone give their time and energy to something?"

It is easily seen that character development next steps and the next task related to Cultural Capital can be targeted as purposeful.

It is at the top of my CV. Purposeful Use of Feedback is in our Attitude to Learning grid which feeds the reports to parents. 'Purposeful' is the most common type of character point recognised in pupils.

Purposeful links to 3 virtues.

Vision: what you aspire to become. The ability to think about your future, and plan for that future with wisdom and imagination

Autonomy: the ability to make your own decisions about what to do. To be trusted to do things yourself. Ownership of you.

Leadership: the ability to lead (yourself, others, task), to influence the direction and the outcome.

We talked about how it applies to attendance, Pupil Prefect roles, Character Development/Cultural Capital/Extra Curricular, the General Election and Student Voice.

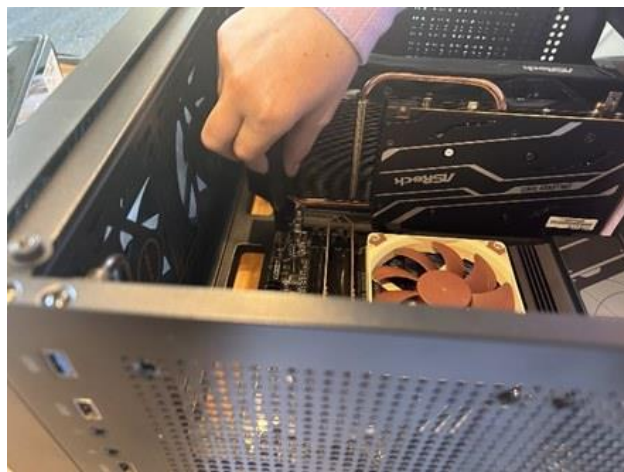
Of course, purposefulness is ultimately ubiquitous and correlating to leading a rich and fulfilling life! Ask you son / daughter how they planned for this in the Character Lesson this week.

Computing News





2 - Hardware



3 - Computing



4 - Drives

Hardware Heroes

Year 7 have been learning about System Architecture and Memory and Storage over the last few lessons. Two of our Year 7 students have really taken their learning to the next level and have either built their own computer or taken apart a computer to see how it works. Laurence B worked with Mr Worswick to dismantle and reassemble an old laptop to see how all the hardware works together. Luke W has ordered parts and built his own computer. Well done, Luke! Below are some of the parts he used and the finished computer he built.

Arkwright Scholarship



ARKWRIGHT

ENGINEERING SCHOLARSHIPS

part of The Smallpeice Trust

Angel G in Year 11 got through to the final interview stage of the Arkwright Scholarship. This saw her teach herself engineering principles to pass a gruelling 2-hour exam, complete a programming project and prepare a presentation to give at interview detailing the work she did on her project and why she felt she was a deserving candidate for the Scholarship. We wish Angel every success as she awaits confirmation of her achievements.

ESPORTS

Ethan J and **Max L** in Year 10 have taken the lead on Esports Club. Students should check their emails for fixture dates and teams.

10 Top Tips for Parents and Educators

FAIR PLAY AND FRIENDLY COMPETITION

In school sports, fair play and friendly competition are important for character development. Fair play embodies respect and integrity while good-natured competition balances rivalry with camaraderie. This guide addresses potential challenges – like the pressure to win – and offers practical tips on instilling values of fair play and cultivating a positive sporting environment for young athletes.

1 LEAD BY EXAMPLE

Parents, carers and teachers should try to exemplify fair play: demonstrating respect for opponents, coaches and officials. Children frequently learn by observing adult behaviour, so displaying a sense of fair play sets a powerful precedent for them to follow in their own actions on and off the field.

2 EFFORT OVER OUTCOME

Encourage children to focus on giving it their all, rather than basing their entire performance on whether they win or not. This fosters a growth mindset, where the journey and the process of improvement are valued just as much as the end result. It also reduces the pressure to "win at all costs", which can be a harmful outlook in some situations.

3 SET CLEAR EXPECTATIONS

Establish clear guidelines and expectations for behaviour before, during and after sporting events. Ensuring that children understand what is considered acceptable conduct helps prevent misunderstandings and promotes a positive, respectful atmosphere.

4 HIGHLIGHT COOPERATION

Underline the value of teamwork and cooperation in achieving success. Success isn't just about individual achievements, but about how well the team communicates, encourages each other and works together towards a common goal. A strong focus on cooperation fosters camaraderie and mutual support among players.

5 DISCUSS ACCEPTING DEFEAT

Help children to understand that they can't win every contest – that losing occasionally is a natural part of both sport and life in general. Teaching them to accept defeat gracefully and learn from their mistakes promotes resilience, humility and the ability to bounce back stronger from setbacks. Taking a loss in one's stride is also an admirable trait and can help children and young people garner respect in their future life.

6 ENCOURAGE INCLUSIVE PARTICIPATION

Promote an environment where all children feel welcome and valued, regardless of their skill level. Prioritise the importance of participation and enjoyment over winning, creating a supportive atmosphere where every child can thrive and develop their abilities without unnecessary pressure.

7 FOSTER CONFLICT RESOLUTION SKILLS

Teach children how to resolve conflicts peacefully and respectfully, both on and off the field. Providing them with strategies for effective communication and problem-solving helps build stronger relationships and enhances their ability to navigate challenges, which can be a huge boon to them throughout their adult lives.

8 TEACH RESPECT

Emphasise to children the importance of respecting everyone involved in the game, regardless of the outcome. Respect for your teammates, opponents, coaches and officials helps to create a positive, inclusive sports environment where everyone can feel valued and appreciated.

9 GIVE CONSTRUCTIVE FEEDBACK

Offer feedback that focuses on areas for improvement rather than unfiltered criticism. Praise what a child has done well and advise on how to improve, rather than simply pointing out shortcomings. Encouraging a growth mindset and highlighting progress helps children to develop confidence, resilience and a desire to continue striving for excellence.

10 CELEBRATE GOOD SPORTSMANSHIP

Try to avoid solely drawing attention to children's physical performance on the field. Recognise and celebrate acts of sportsmanship, fair play and kindness, too. By spotlighting positive behaviour, you reinforce the importance of such conduct and inspire children to practise this in the future, creating a culture of respect and camaraderie within the sports community that does wonders for morale.

Meet Our Expert

Caroline Holder is a PE consultant based in Staffordshire. Having worked across all age ranges delivering PE in schools, she now trains teachers and works with schools to develop their provision and ensure it achieves maximum impact for pupils. She passionately believes in the impact that PE, sport, and activity can have on children.



WakeUp
Wednesday

The
National
College

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

Work Experience



Dear all Students & Parents,

Thank you for your engagement over the Spring term and now into the second half of the Summer term. Work Experience placements have been steadily added to Unifrog and I have been able to confirm 32 placements in the past two week.

There are currently 38 students who have yet to add a placement. Many of our students are confirming to tutors and myself that they have yet to add their placement to Unifrog. Please do so as you do want to lose out on securing a week out of school and in the world of work . So please: when you have confirmed your placement with the employer, upload it to Unifrog.

The ever changing nature of the world of work sees the traditional 9-5 job being a thing of the past. As such, I attach the option for those who are yet to source an opportunity to complete a virtual work experience. The attached leaflet/link provides some additional ideas. Unifrog are offering this virtual work experience with requirements for the students to sign up for all five days and record all activities via Unifrog as evidence of completion. .

Here are our key dates for work experience that have been delivered throughout the year either via assemblies, Career lessons & via Arbor:

Autumn term - Delivery of the Careers programme - How Unifrog can assist in sourcing placements using the apprenticeship tool.

9th January 2024 - Student placement delivery during assembly

1st March 2024 - Continuing upload of placements onto Unifrog

29th March 2024 - Careers department to assist sourcing placements for students.

June 2024 - Placements confirmed

1st July - 5th July 2024 - Work Experience commences. Monitored by Mr Boswell and Mr Gallamore.

8th July 2024 - Work experience - Feedback forms to sent to placement coordinator and student for delivery before the end of the academic year.

Any problems please use the previously dispatched letter that has useful links addressing how to load a placement and further advice on how to source a placement.

Mr Boswell (Head of KS4)

The infographic is titled "unifrog VWEX VIRTUAL WORK EXPERIENCE JULY 1ST - 5TH". It features a pink frog character sitting at a laptop. Three thought bubbles around the frog contain the following text: "Learn what career opportunities each employer has to offer", "Keep an open mind and try something new", and "Boost your CV with a certificate when you're done".

Day 1: Includes a QR code with the text "Develop your employability skills & sign up to as many days as you like!". A speech bubble says "You can gain all these skills". The ICAEW Chartered Accountants logo is present, with associated skills: Problem-solving, Accountancy, and Communication skills.

Day 2: Features the Tesco logo and skills: Product design & pitching, Social media, and Marketing.

Day 3: Features the Teaching logo with the tagline "Every Lesson Shapes a Life" and skills: IT skills, Communication skills, and Data analysis & evaluation.

Day 4: Features the NHS logo and skills: Recruitment, People skills, and NHS values and careers.

Day 5: Features the BBC logo and skills: Ethics, Journalism & news, and Fact-checking & credibility.

Physical Education & Sport News



Paris Olympics & Paralympic Games 2024

LAUNCH DAY

12/06/2024, several of our students attended an Allianz Move Now Festival to officially kick off Olympics Season! Students took part in a carousel of different sports including visually impaired football, dancing and tag judo!

Well done to Olivia S and Carys P who were both awarded medals for their display of Olympic values throughout the session

Pictured: Isaac F, Micah C, Josef T, Aidan F, Morten M-P, Jessica O'B-F, Carys P, Isaac L, Olivia S, Cameron C, Freya B & Arthur S!



7 - Allianz Move Now



8 - Allianz



9 - Allianz



10 - Paris 2024

Well done on developing your character & demonstrating fantastic sporting prowess!

Uniform & Kit

“All pupils smartly wearing the correct uniform.”

The aim of uniform and appearance policy extends to our PE kit.

It is important that students adhere to the uniform policy, even on days when they have PE. At the beginning of this academic year, the decision was made for students to arrive into school wearing their PE kit on lesson days. The rationale behind this decision was to increase and maximise the amount of time that students could be active for.

Please support the school in ensuring students are wearing correct PE kit. The list can be seen below.

Please note that trousers, leggings, training pants etc. should always be PLAIN NAVY BLUE.

Students should also always bring their school uniform with them on lesson days. This ensures, that in event of poor weather, students have the option to change into dry clothes.

Jewellery is not permitted in line with the school policy. If ears have been recently pierced, please contact the class teacher.

Thank you for your support!

Adam Cliffe, Head of Sport



11 - NCS PE Kit

SPORTS CLOTHING

PE (INDOOR)

- **NCS Trainee Tee** (Compulsory)
- **Shorts** (Compulsory)
- **Skorts** (Compulsory)
- **Full Zip top** (Optional)
- **1/2 Zip top** (Optional)
- **Training pants** (Optional)
- **Printed leggings** (Optional)
- **Games socks** (Compulsory)

GAMES (OUTDOOR)

- **Games Shirt***
- **Socks Navy & Gold***
- **Rain Jacket*** (Optional)
- **Track Suit Trousers*** (Optional)
- **Navy Sweatshirt with NCS logo**
- **Navy leggings***
- **Games Skort***
- **Socks Navy & Gold***
- **Rain Jacket*** (Optional)
- **Track Suit Trousers*** (Optional)

Cest Fest 2024!

BAKE OFF

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



13 - Bake Off



14 - 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!!



15 - Midsummer's Night Dream

TICKET
ADMIT ONE
1234567

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DRAWN AT CEST FEST SATURDAY 13TH JULY 2024

Tickets £5 FOR 5 & £3 FOR 3

ALL PROCEEDS GOING TO PTFA

16 - Cest Fest Raffle

Contact Us:



School Office - 0161 928 1856

Email - office@northcestrian.co.uk

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