



Newsletter - 1st March 2024

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1st March 2024

In This Issue...



Headmaster's Message




This coming Thursday 7th March is **World Book Day** (WBD). For us it's part of a bigger picture to promote literacy and its sibling, oracy. The theme of WBD is 'gothic horror'; the literary landscape of fear and haunting. Influences in literature go back to Shakespeare, Alexander Pope and then Byron and Mary Shelley. We associate dungeons, creepy churches, things lurking in the dark, a general sense of threat, terror, claustrophobia and 'things that go bump in the night' with the Gothic Horror. For modern times we have anything from *The Woman in Black* to *The Haunting of Hill House*. The genre is studied at school

in texts like 'The Strange Case of Dr Jekyll and Mr Hyde.' But in a sense, we are encouraging all reading simply for sheer enjoyment. Teachers have displayed on their class doors a synopsis of their current read. Mine is shown here.

In classes we include 'higher level' reading. Subject texts are often bullet-pointed or simplified. Teachers use extracts from journals to introduce pupils to more sophisticated reading.

Our canteen has table placeholders with extracts from newspapers – local, national and international news items, regularly updated. Plus, academic journals are available for pupils to read.

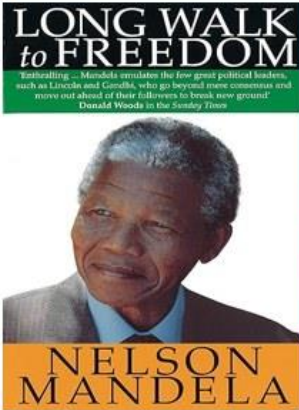
So, to celebrate World Book Day and enthuse over reading, on Thursday 7th March we are having a non-uniform day. **More than this, we encourage pupils to dress up in Gothic Horror Themed Clothes:** I expect some vampires and mad scientists but feel free to use your imagination. I only stipulate nothing dangerous or revealing/immodest. **We ask for £2.00 contribution** via parent mail. Money raised will support literacy projects in school, with some proportion to our charity school via ACEF.

Mr Bergin	
The Burning Room	
	I chose this book because I like police procedural stories and the book was recommended to me. In this case a man dies 10 years after being shot; all the evidence is stone cold. Can Bosch and his new partner solve the case?
Why not ask him about it?	

Deputy Reflections

Mr Bell

Nelson Mandela: Long Walk to Freedom



A former pupil gave me this book. He had championed Nelson Mandela as a role model in our public speaking competition. The pupils voted Mandela into sixth place!

I find the words uplifting and emotional. I cried when delivering a who school assembly just after he died. The movies and documentaries are really thought provoking and powerful too.

Here are good summaries...

'Essential reading for anyone who wants to understand history - and then go out and change it' - President Barack Obama

'The authentic voice of Mandela shines through this book . . . humane, dignified and magnificently unembittered' - The Times

A Long Walk to Freedom is the exhilarating story of an epic life: a story of hardship, resilience and ultimate triumph told with the clarity and eloquence of a born leader.

Why not ask him about it?

Take the opportunity to read the Arbor information on your child. How many Character comments do they have? 92% of pupil received at least one in half term 3.

In the briefings this week I showcased the pupils who were currently in line for one of the governors' character prizes. The winners will show the most character development between Jan and Easter. So, they are still 4 weeks left to get to the top of the league.

- Donated by Mchale and Co Solicitors ; 2 theatre tickets

- Donated by TWC, part of McHale and Co Solicitors; 3 bikes between now and summer – any age + another prize of Bike Maintenance workshop for 5 people + 1/2 day shadowing qualified Bike Mechanic

- Donated by Altrincham FC; 2 x tickets for Altrincham FC game x 5 matches (so 10 tickets total – can all be same match or match of their choice get two tickets) & Also a signed Altrincham FC shirt

- Donated by Mchale and Co Solicitors ; 2 x work experience days with Adam Horner, owner and also 1 day shadowing Head of Crime Roberto Lavorini

- Donated by Car Finance = 1 days shadowing CEO and owner Reg Rix

- Donated by Hibbert Homes – 1 day shadowing MD and owner Adrian Hibbert

- Donated by Trading Places = 1 day shadowing MD and owner Steve Cox

1 - List of Governors' Character Development Prizes. Which one are you aiming for?

Over 100 parents attended our Character Education at North Cestrian Parents' Evening. I will send the PowerPoint out to all parents. Don't miss out!

QUALITY MARK

ACE School of **CHARACTER**

NORTH CESTRIAN CHARACTER EDUCATION

Identify, develop, and reward cultural enrichment and personal sophistication to equip pupils with Character traits that grow mindfull well-rounded young people who can achieve in a diverse, ever-changing world. North Cestrians discover, demonstrate, and pursue talents and ambitions to thrive and lead rich and fulfilling lives as global citizens.

NORTH CESTRIAN SCHOOL

CESTRIAN

Sophisticated

Responsible

Resourceful

Resilient

Our mission is for pupils to thrive and lead rich and fulfilling lives, building on a foundation of hardwork, fairness and honesty.

Generous of spirit

Leads from mistakes

Passionate

Purposeful


CHARACTER EDUCATION

Cultural Capital Definitions

The essential knowledge for educated citizens, introducing people to the best that has been thought and said, allowing an appreciation of human creativity and achievement.

People, with a new level of self-motivation, can build upon this to seek out new experiences and respect the knowledge to 'stand on the shoulders of giants' in order to carve out new pathways of research, creativity, progress and solutions.

"standing on the shoulders of giants" is a metaphor which means "using the understanding gained in the past to help make future progress". In 1675, Isaac Newton said: "If I have seen further [than others], it is by standing on the shoulders of giants." I say, "The brilliance of each new generation means that the apprentice becomes the master and that is both an essential and comforting thing."



In Greek mythology the blind giant Orion carried his servant Cedalion on his shoulders to see for him.

You and Cultural Capital

Origins/
Foundations

↔

Key
Developments

↔

New Frontiers
/ Next steps

The Past

You – curious –

Purposeful

Passionate

hard work

The Future

Cultural capital is the beyond-the-textbook, maybe beyond-the-qualification but it is never beyond your passion and purpose.

It is the knowledge, the touch stones on which generations can speak with each other. It is the cultural capital you need before you can take us further in the human race's creativity and achievement... we can debate, lead, investigate, evaluate the issue, experiment, solve.

To be ready for the next stage of education, Key Stage 4 and qualifications, we expect pupils to purposefully show how they are motivated to study and specialise in their choice of GCSEs.

When "choosing options in Year 9", only pupils who have shown successful pursuit of cultural capital opportunities and character development in those subjects will be best placed to build successful applications to be selected to study subjects. It will be a competitive field of applicants for limited places!

One of the ways to be successful is to read the subject's editions in the NCS 100 Journals. Through the journals and the tasks set by teachers, pupils' sophistication will grow. You will be able to lead debates and present information to take lesson-based learning further.



- 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](#)



2 - When does purposeful meet generosity of spirit?

Altrincham vs. Cancer Day – Thursday 29th February 2024

On 29/02/2024, during Year 9 PE lessons and Year 10 Wellbeing lessons, our students will be running or walking 5 kilometres at the school fields in aid of The Christie Hospital. We at North Cestrian are proud to support such a wonderful cause and hope that all our participating students will be able to raise funds to be donated.

Any funds raised will be greatly received and can be collected on the day in cash or donated on www.justgiving.com/altrinchamvscancerinyourowntime

Please use the sponsorship form overleaf to keep a track of your fund raising! For more information about the day please visit <https://visitaltrincham.com/event/altrincham-vs-cancer-2024/>

ACADEMIC NEWS - Exam Updates

EXAM UPDATES

- **Year 11 GCSE Art Exam** is confirmed as Friday 19th April and Monday 22nd April all day (10 hours total)
- **Year 11 GCSE Spanish Speaking exams** are still to be confirmed – Likely 25th, 26th April and 3rd of May. Mrs Hayes and her team will let individuals know their specific exam times in the coming weeks.
- **Year 10 exams** are confirmed as Tues 16th April to Thursday 25th April inclusive. Pupils will be in school from 8.30am but will be allowed to go home at 12.40pm with parental permission. A form will be sent to parents in a few weeks. The proposed schedule can be seen below.
- **4 things students should avoid when revising** – Distractions from phones, listening to music, cramming, and not getting enough sleep. Read the article [here](#)

	Mon	Tue	Wed	Thur	Fri	
8.30am	15-Apr	16-Apr	17-Apr	18-Apr	19-Apr	
P1	Normal Lessons all day	ENGLISH LIT 2:15	Business(1:45), Engin(1:30), Media (1:30)	MATHS 1 (no calc) 1:30	Psych (1:35), Stats(1:30) Food (1:45) CIM (1:40) CWK L2	
P2						
BR						
P3		Exam Team prep day	Spanish W & R (1:00, 0:45) Drama (0:45)	RS 1 & 2 50 + 50 min	HISTORY 2hrs	GEOGRAPHY 1:30
P4						
P5a						
P5b	LUNCH &/or HOME					
P6	REVISION OR HOME					
	Mon	Tue	Wed	Thur	Fri	
	22-Apr	23-Apr	24-Apr	25-Apr	26-Apr	
P1	ENGLISH LANG 1:45	Music (1:00), Sport (1:00), H&Soc (1:30)	BIOLOGY 1:15 / 1:45	MATHS 2 calc 1:30	Normal Lessons & Catch ups all day	
P2						
BR		Art (1:40) CWK				
P3	Spanish Listening (0:40)	PHYSICS 1:15 / 1:45	Computing (1:30)	CHEMISTRY 1:15 1:45		
P4						
P5a						
P5b	LUNCH &/or HOME					
P6	REVISION OR HOME					

Dates for your Diary

Key Dates

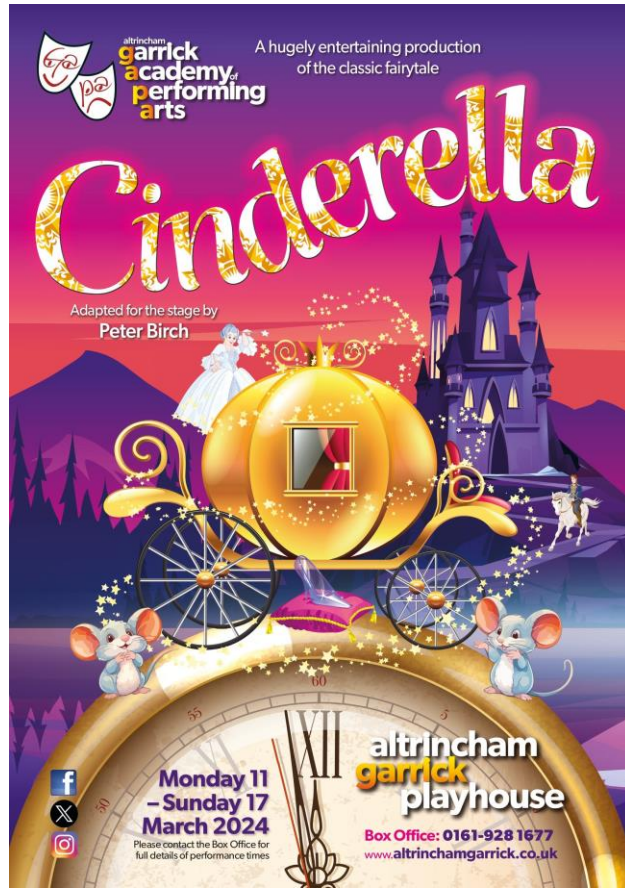
Advanced Notice:

- Thu 7th Mar - World Book Day
- Thu 7th Mar - TAPAS Evening
- Fri 8th to 17th Mar - Science Week
- Mon 11th Mar - Start of Ramadan
- Thu 14th Mar - Pi Day
- Fri 15th Mar - Red Nose Day

- Fri 22nd Mar - PTFA Easter Bingo
- Thu 28th Mar - Term Finishes 3.20pm



3 - Spanish Tapas - Hola!



4 - Aidan F (Y8) is building many aspects of his character through his work with the Altrincham Garrick Theatre. So, if you would like to see the Cinderella show then check out the tickets here [Cinderella - A GAPA Spring Pantomime | Altrincham Garrick](#) . If you would like to get involved in any aspect of performance then please contact Aidan or the theatre, there is also voluntary work available - all great to build your character benchmarks with!

North Cestrian School PTFA

NGS LOTTERY

2 Draws Annually

£250 prize

ANNUAL ENTRY IS £12 WHICH GIVES YOU
ENTRY TO BOTH DRAWS IN DECEMBER & JULY

THE MORE ENTRIES YOU HAVE THE MORE CHANCE
OF WINNING VIA PARENTMAIL PMX

PTFA NORTH CESTRIAN SCHOOL,
DUNHAM ROAD, ALTRINCHAM
WA14 4AJ

Photo: www.Photodisc.com



PSYCHOLOGY



These pupils have made an excellent effort in Psychology at North Cestrian over the past term.

Year 10	Hassan A	For excellence in Psychology assessments.
Year 11	Ashaar M	For purposeful revision and attendance at all revision sessions. Well done Ashaar!

GCSE Drop-in Sessions:

WEDNESDAY ANY Week from 15:30 – 16:15 with SFe U12

THURSDAY Gold Week (Week 2) from 15:30 with LMc U10

Psychology in the news:

Go with your gut: the science and psychology behind our sense of intuition

From deciding where to have lunch to choosing to walk away from a danger you haven't even identified yet, intuition plays a part in all our lives. According to University of New South Wales neuroscientist and psychologist Joel Pearson, this is what's happening in the brain in that moment when your sixth sense stops you doing something, like walk down a dark side-street: "[It's] processing all the things in the environment; the time of day, how well it's lit, how well it's not lit, the pace the person's walking, for example, the shadows, the tone and a hundred other things.

"It's going to be making a prediction based on prior learning, situations you've been in, also movies you've watched and all the things that you've been through in your life."

Read more about it at <https://www.theguardian.com/science/2024/feb/18/go-with-your-gut-the-science-and-psychology-behind-our-sense-of-intuition>

Neurons Help Flush Waste out of Brain During Sleep

Year 11 have started studying their final topic of GCSE Psychology which is Sleep and Dreaming. This week in Science Daily, Researchers have shared how they have discovered that brain cell activity during sleep is responsible for propelling fluid into, through and out of the brain, cleaning it of debris. Read more about it at <https://www.sciencedaily.com/releases/2024/02/240228115509.htm>

If you want to find out more about these, following the link and read up about them:

https://www.sciencedaily.com/news/mind_brain/psychology/

If you would like to earn Cultural Capital points in Psychology, then read either of the above articles and respond to either I.mctiernan@northcestrian.co.uk or s.few@northcestrian.co.uk

HISTORY



Mummification on an orange!

Written by Mikkel Gheewala and Pruthvi NaveenKumar

As we entered the room, intense Egyptian music was playing and oranges were laid out on the table...First, we had to decipher the secret mummification recipe of the High Priest by working together to crack the ancient hieroglyphic code.

Once we had our recipe, we cut our oranges open, making sure not to split orange in two. Afterwards, we scooped out the guts of the orange – the inner anatomy. We then dried the insides with a paper towel before adding about a dozen herbs into the orange including cinnamon and clove. We then added

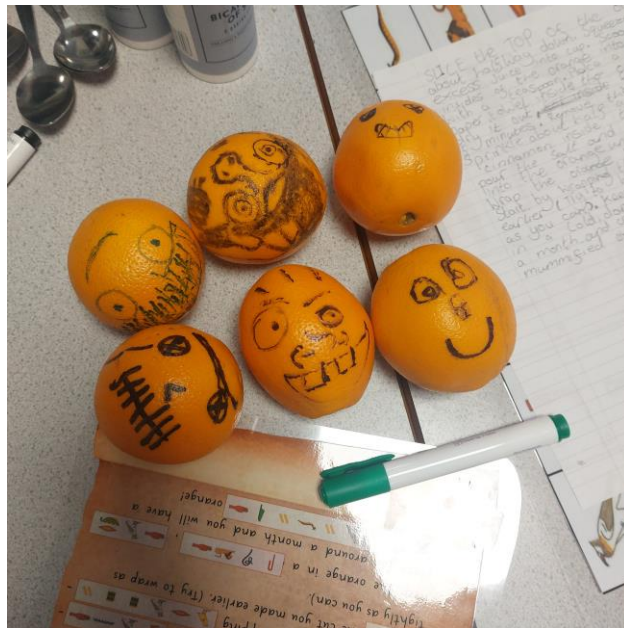
bicarbonate soda. After that, we carefully wrapped the orange with some bandages and made sure no powder escaped and that the skin of the orange was not peeking through.

After, we had to wait one and half months until it was mummified, ready to escape into the Land of Souls...

Thursday 29th February: GCSE Elizabethan England Revision Day - Hodder Education

On Thursday, 35 GCSE History pupils accompanied Ms McTiernan-Heywood, Mrs Cove, Ms Bridge and Mr Bloomfield into Manchester to King's House Conference Centre, to listen to History AQA experts Carmel Bones and David Ferriby. Carmel was engaging and knowledgeable - delivering content in an easily accessible manner, and giving lots of invaluable advice about the 16-mark question in the exam. David Ferriby is an ex-AQA examiner and gave superb suggestions on how to approach tricky questions, and how to make marks count. They shared lots of revision advice and model answers to aid our students with their own preparation for the final exam. Pupils said; "it was really interesting and informative - I would definitely go again".

There were lots of other schools in attendance, and Mrs Cove and Ms McTiernan-Heywood, were particularly delighted with NCS behaviour and conduct; our pupils were polite, well-behaved and respectful - fulfilling many of our Cestrian character traits; we were really proud of you all!



Humanities

PRIVATE US FIRM, TOUCHES DOWN ON THE MOON

An American company has made history by becoming the first commercial outfit to put a spacecraft on the Moon.

Houston-based Intuitive Machines landed its Odysseus robot near the lunar south pole. It took some minutes for controllers to establish that the craft was down, but eventually a signal was received.

"What we can confirm, without a doubt, is our equipment is on the surface of the Moon and we are transmitting," flight director Tim Crain announced.

<https://www.bbc.co.uk/news/science-environment-68377730>

WORLD'S FIRST YEAR LONG-BREACH OF KEY 1.5C WARMING LIMIT

For the first time, global warming has exceeded 1.5C across an entire year, according to the EU's climate service.

World leaders promised in 2015 to try to limit the long-term temperature rise to 1.5C, which is seen as crucial to help avoid the most damaging impacts.

This first year-long breach doesn't break that landmark Paris agreement, but it does bring the world closer to doing so in the long-term.

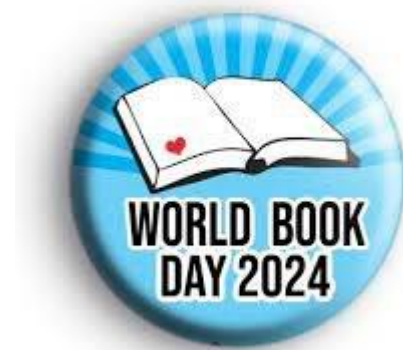
Urgent action to cut carbon emissions can still slow warming, scientists say.

<https://www.bbc.co.uk/news/science-environment-68110310>



Year	Name	Reason
11	Hana. H	Regular attendance of period 7 revision lessons, dedication to her own learning and responsibility to find teachers when in need of help.
10	Billy. I	For consistent and exceptional behaviour, attitude, and passion all year in GCSE Geography. He has made a very bright start to Key Stage 4.
9	Will. H	Excellent attitude in his Geography lessons, shows a consistent attitude and enthusiasm regarding our Conflict topic.
8	Sofie. A	Superb enthusiasm and participation in Geography lessons. The way Sofie can use knowledge and key vocabulary learnt from the prep quiz in lesson discussions shows a high level of sophistication.
7	Iai.M	For a fantastic piece of cultural capital over half term. Iai designed his own eco-lodge, researched sustainable features and then made a clay model of his design. Role model cultural capital.

World Book Day - 7th March 2024



Theme: Gothic Horror

We will enthusiastically celebrate World Book Day at NCS through the following events:

Costumes - as ever, this is hotly anticipated. What will Mr Bergin dress as this year?

Pay £2 on Parentmail for the opportunity to dress as your favourite Horror character. How many Frankensteins and Draculas will we get? Funds raised go to ACEF and our own Literacy projects.

There will be a breaktime judging and costume clinic for those who want to improve their look.

Storytelling - at both lunchtimes on the day, spooky tellings of the competition stories and others.

One student story (from the Horror competition) will be told through the day in instalments, by class teachers.

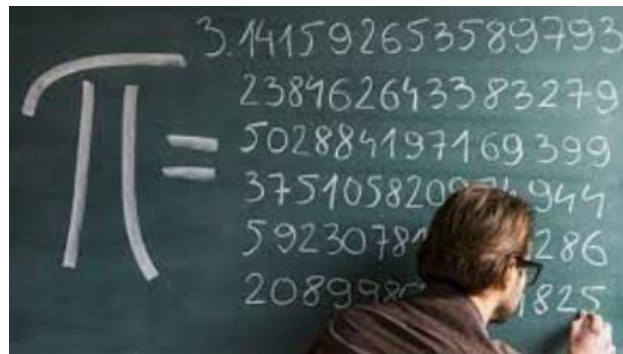
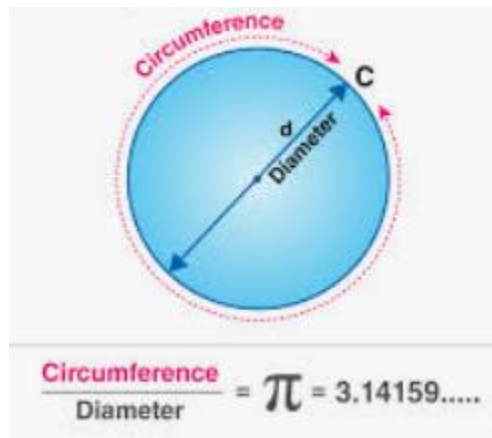
Miss Johnson is leading the **Academic briefings** that week which will be based around the Big Read text challenge she gave them in September - and she will also award prizes from the Horror story competition. The Cestrian lesson will be a debate on a key theme from each text, and all students will get handed the **WBD book voucher**.

English lessons - expect lessons on classic Gothic Horror like Poe, Stoker, Shelley et al.

We are looking forward to a really exciting day celebrating reading!

Any questions, please do contact Miss Johnson.

Pi Day is approaching!



Pi Day in brief

Following on from our Pi Day article last week, here is a brief reminder of some key activities to look ahead to on **Thursday, 14th March**:

Pi recital competition will take place during both KS3 and KS4 lunchtimes. **All pupils are welcome to participate** by recalling as many decimal places of pi as possible.

Bake sale will take place in Vanstone Hall. **We invite students to bring pies** (either home-made or shop-bought) or **cakes decorated to celebrate Pi Day**.

Cultural capital opportunities and rewards are also on offer with students being invited to create a **pi poster** showing interesting facts about pi including its history and applications.

Pi Day activities will also take place during Maths lessons on Pi Day and during the week.

Character points and prizes will be awarded.

We invite pupils to be **passionate** and **purposeful** as well as **generous of spirit** with our Pi Day opportunities.

Charity Check in - <https://www.acef.uk.com/>



Providing dignity and opportunity
through education

2024 Culture Day

A huge thank you to all those who took part in our Culture Day in February – including those who were baking and cooking at home; those who played music and danced; those who created beautiful henna designs and those who supported the day by wearing beautiful cultural dress and feasting on the fantastic foods. I am in awe of the talent of our pupils and their fabulous drive to create something so special. The proceeds that support ACEF are greatly appreciated but mostly this celebration of our cultural diversity is something to be cherished. Bravo North Cestrian!



Friday Games Day

ACEF will be running a weekly Friday Board Games Session during KS3 lunchtimes (from 1pm to 1.40pm) in U12. There will be a variety of board games and card games to play and it only costs £1 to play. Bring your friends and have some fun while also supporting our fabulous school charity! Starts on Friday 8th March. (Note: Limit of 25 pupils per session.)



ACEF Staff Mountain Challenge

The staff of North Cestrian are embarking on an exciting 3 Peak Challenge. Some staff are attempting to climb our 3 national peaks in 24 hours on Wednesday 3rd April - Ben Nevis, Scafell Pike and Snowdonia – while others will be part of a team with each staff member tackling a different mountain. This is not for the faint-hearted and we would really appreciate your sponsorship – no matter how small. All proceeds will go towards us developing Music and Sport in The Brainhouse Academy, Nairobi. Watch this space for further details in the next newsletter as to how you can sponsor us!



ACEF Sponsored Bike Ride

ACEF have organised a fun and family-friendly bike ride in Soluhill, Birmingham on 26th May 2024. There are three routes to choose from: 12 miles, 26 miles and 52 miles. This is not a North Cestrian School event but one set up by the ACEF charity fundraising team. If you would like to join this great event, please use the link below:

EventBrite <https://www.eventbrite.co.uk/e/acef-charity-bike-ride-11th-may-2024-tickets-743677979857?aff=oddtcreator>



Contact Us:



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