



NORTH CESTRIAN WEEKLY NEWS

Friday 15 December 2023

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Headmaster's Message



The autumn term is the longest by days and at times, feels by months. The shortening days don't help. So it's good there are lots of nice highlights to perk things up. Last week's music concert and this week's Carol Service reminded us of the imminent festivities, as did the delicious Christmas Dinner provided by our catering team; as good as any for five times the price. Mrs Few and her ACEF team have been doing lots of fund-raising activities for the school charity, and The Kindness Club run by Mrs Isherwood-Cann

has been busy spreading some Christmas Spirit throughout the school. The end of the term allows us to give some time to recognise and celebrate many achievements and to reflect on the year so far.

End of Term Week:

Pupils will be given time in form periods to look through their Trackers primarily to reflect and note down their Attitude to Learning (A2L) development. The grid on the inside cover and the review page on Page 68 should be referred to, plus the notes on pg 84 (Week Commencing 18th Dec). Please discuss with your child their assessment of how they feel they have developed as learners.

Now is an ideal time to ensure uniform and kit are refreshed for the New Year: children grow quickly and unloved kit will need a good wash, shoes cleaned and repairs made. I believe we have a smart and good value uniform: wearing per £pound must be the best of all their clothes items, so please ensure uniform is ready and smart for the new term.

End of Term Thursday 21st December 1200:

We round off the term with an Honours Assembly, celebrating achievements and progress, plus we have some quizzes and raffle draws. Pupils will be allowed home from around noon. All pupils must go home and not remain on site.

Year 8 Trip – most Year 8s are on their exciting residential trip to Glan Lyn. I hope they have a fun-filled and safe time.

This is the last full newsletter of the year; there will be a shorter Head's Message next week.

Mon 8th January 2024 – start of Spring Term

Upcoming Events:



- Mon 18th December – Y8 Outdoor Activities trip to Wales
- Thu 21st Dec – End of term – 1200

DEPUTY REFLECTIONS



This Autumn term has been one of the most successful for character development. There are a huge number of examples that have been added to the school web site here [character news](#). Click and see the examples. I am sure your son /daughter has similar examples of their passion, purpose, resourcefulness and generosity of spirit... you just need to share them with tutors of me. Send the emails, pupils call in to see me or build your [character bench mark certificate](#).

If you need ideas or a start on your character journey then check out the latest [character development opportunities](#) .

Parents and pupils also have the chance to or continue to [Nominate a Pupil for their Character Development HERE](#).

If resourcefulness and sophistication are more aligned to your natural character, then what about piquing your interest for the [cultural capital](#) and [send in your reflections](#). Cultural capital is the best of what human has thought, said, and created before us. Can we learn from these foundations and stand on the shoulders of giants to push some new frontiers of development on our way to leading our own rich and fulfilling life and being a successful global citizen in modern Britain.

In Wednesday's honours assembly, we will be award £20 investments to those pupils who have invested most in their character development since October. They take the £20 to further their journeys! It could be you, it should be you, it would be you if...

The GCHQ Christmas Challenge **Hints**

1 These clocks show a four-letter word. Can you work it out?

Hint: What times do the clocks show? There's more than one way to write them down.

2 Can you solve this riddle? **What breaks but cannot fall, can leap but never crawl, can be seized but never gripped, often present, never skipped?**

Hint: Think about the first line in the morning. Think about the second line every four years.

We've jumbled up our gift tags! Split them into three groups of three and find a word that links each group. What word links these three link words?

DECLAN BRENDA JAMIE
 PUDSEY PENNY PETER
 SIRIUS STEVE STEVE

Hint: Where is Pudsey? Who has the first name Sirius? What sort of food can be sticky?

4 Each letter represents a different digit:

$MI \times MI = MAA$
 $TI + TI = RA$
 $DO - SO + TI - MI = RE$
 $RE \times RE = ?$

Hint: There is only way to resolve the first equation. Use what you learn from this to resolve the second equation. Bear in mind that you might not need to know what all the letters represent to solve the puzzle.

5 Find the pairs of letters which come next in each sequence:

TH, RD, ND, ??
 ET, EL, PM, ??
 WU, SQ, OM, ??
 WR, AP, PI, ??

Hint: Consider sequences backwards as well as forwards. Try to be the first to complete the puzzle.

6 We found a scrap of paper with some bars of music on it which we think are concealing a word. Next to the music were some Is and Os, and the numbers 16,8,4,2,1. Can you work out the hidden word?

Hint: There are five numbers, and five notes in each bar. What do you notice about the notes?

7 Look at this message. Can you work it out and find the secret 4-letter word?

Agliq lðhum qom ndem.
 Gembagax c 4-hmqmqk vdkie.
 Hddp mumkvomkm.
 Ycxim qg'1 umkx diugds1.

Hint: Try to read the second sentence in the message. Looking carefully at the introduction may help.

1 - Christmas Cultural Capital Challenge

"You can use the 'hints' version if you like...Mr Bell needed it!"

The GCHQ Christmas Challenge

The seven questions below each have a one-word answer which can follow "Christmas". Use the design of the card to help you to put letters from your answers into the grid below to find the four answer.

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 Hddp mumkvomkm.
 Ycxim qg'1 umkx diugds1.

Can you solve the final challenge below?

3 2 3 3 4 1 6 1 3
 1 N 4 5 2 1 2 1 2 1 1 5 5 6 1 1

GCHQ

Follow us or scan the QR code to find the answers book.

@GCHQ @GCHQ

ACADEMIC NEWS



Be Proud to be a Cestrian

Here is some great news and a source of inspiration and motivation for all involved in North Cestrian and its evolving journey as a free school.

Our Progress and attainment in 2023 were significantly above national standards.

The following are taken from our recently published School dashboard.

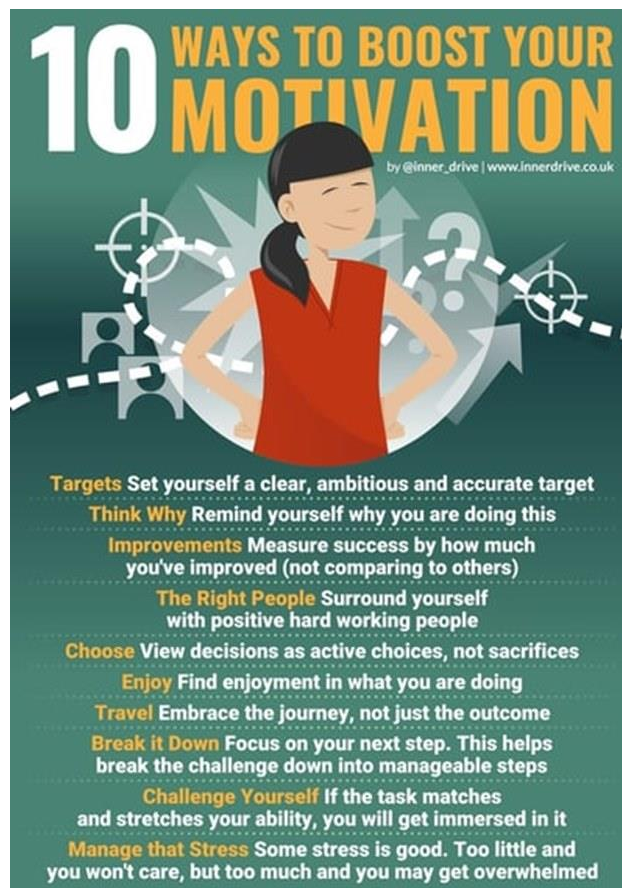
Computer Science results rated in the top 20% of schools nationally

Combined Science results rated in the top 20% of schools nationally

Progress in English (P8) in the top 21% of schools nationally

Humanities results at Grade 4+ in top 20% schools nationally

Progress in EBACC subjects in top 25% of schools nationally



***"The most important thing is to try and inspire people so that they can be great in whatever they want to do."* – Kobe Bryant**

Those who are more inspired in their daily lives are more likely to [set inspired goals](#). The basis of these goals is much stronger, making them more likely to be attained successfully.

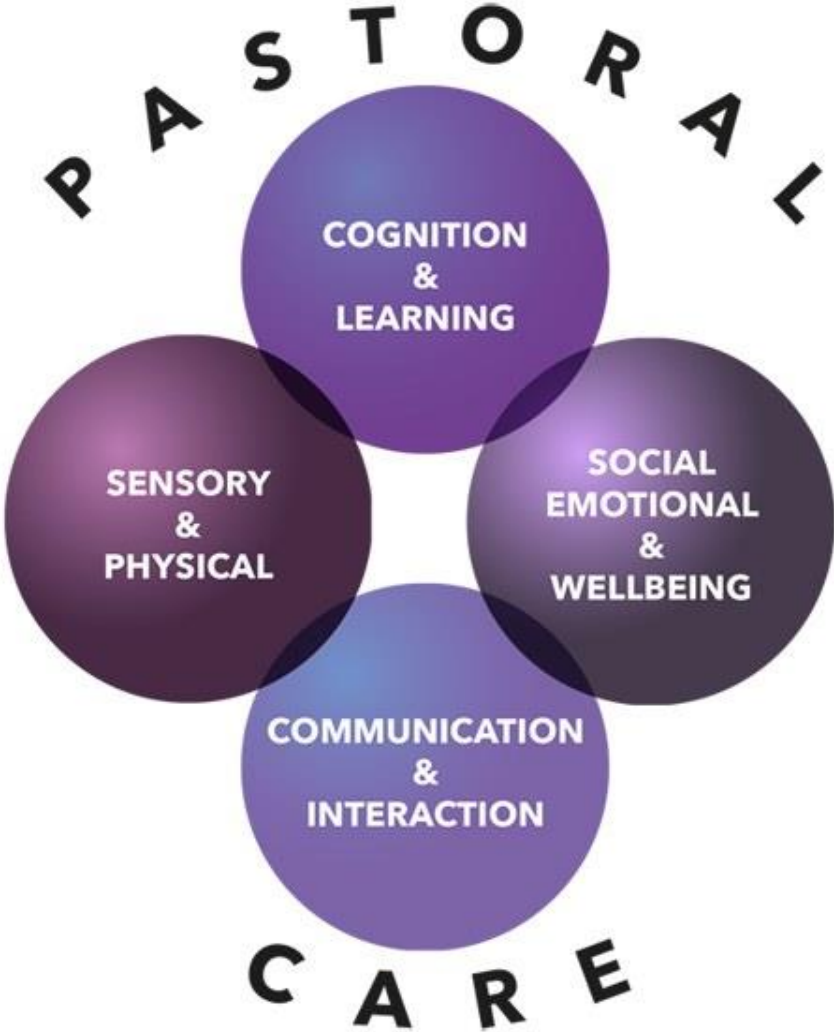
[Motivation](#) and [inspiration](#) are strongly associated – the differences between the two are minimal, however, inspired people often feel a deeper motivation to succeed.

Evidence suggests that being exposed to role models can enhance [motivation](#). Students were exposed to two scientists: Thomas Edison and Albert Einstein. The results found that students felt more motivated after learning about Edison, as his success was associated with effort, as opposed to the inborn talent seen in Einstein. This is possibly because students see his success as more achievable and will begin to believe that they are capable of achieving such great things too. This exposure to a potential role model has now inspired students.

Motivation can also be increased by allowing pupils to show what they know. It builds confidence and allows them the opportunity to focus and put the effort in to succeed.

[Intrinsic motivation](#) is key to inspiring students. This type of motivation includes a passion for the subject, or a desire to challenge themselves. This is the reason we recognise and specifically “reward” effort and character traits like passionate over confetti points systems. We want our pupils to be proud of their academic achievements, but also the development of their character and good learning habits. We want Cestrians to be proud of their school and their peers; and to be motivated by them. We even have it embedded into the Attitude to Learning reporting system.

PASTORAL DIRECTOR UPDATE



We hope you have a brilliant and safe time during over the next few weeks. Please find some information on some external services that are available through the holiday season.



Chat Health in Trafford (ages 11-16)

A confidential NHS text messaging service, which offers advice and support on a range of health and wellbeing issues for young people in Trafford.

To start a conversation with a School Nurse text:

Chat Health to: **07312 263 056** - The service operates Monday to Friday 8:30am-4:30pm.

Visit: bit.ly/trafford-chat-health

Kooth (ages 10-25)

Free online support and advice for young people, accessible 24/7, 365 days a year. Young people can track their mood with a goals tracker and note their thoughts in an online journal. Kooth also provides peer support via fully moderated forums and the opportunity to contribute to self-help articles/content.

Visit: kooth.com

Proud Connections (all ages)

Digital 1:1 support for LGBT+ young people and adults supporting them. The confidential messaging service is free and can be accessed 12pm-6pm every Tuesday, Wednesday and Thursday.

Visit: <https://www.theproudtrust.org/proud-connections/>

Calm Connections (family support)

Calm Connections provide support to families going through tough times. They work with the whole family on calm, positive relationships and maintaining good mental health.

Face-to-face parent led workshops run fortnightly on Thursday evenings 5:30pm-7:30pm at Stretford Mall.

Topics covered include anxiety, school, behaviour, additional needs and friendships.

Visit: calmconnections.org/

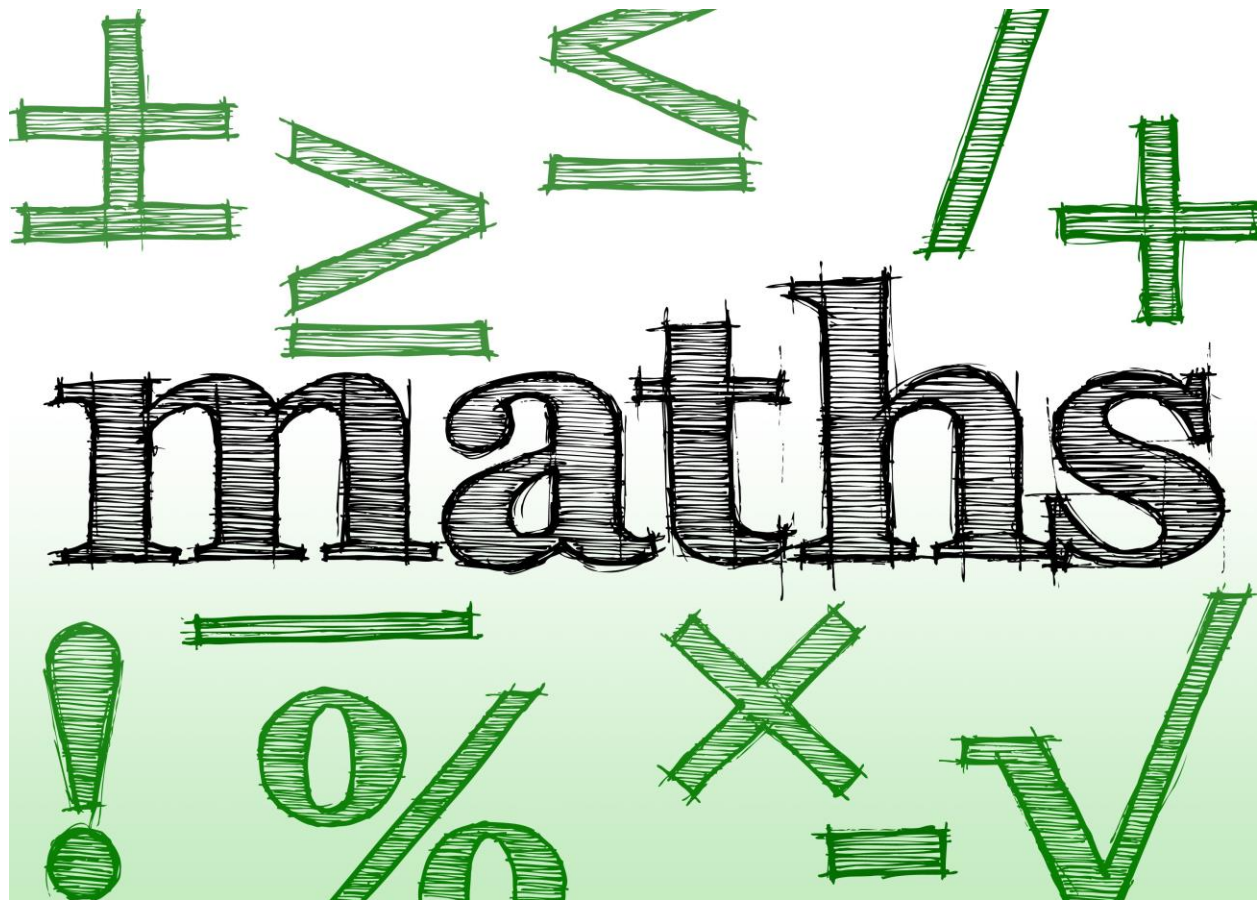


2 - [Support for LGBT+ young people and the adults in their lives](#)

Proud Connections is The Proud Trust's bespoke one-to-one support for LGBT+ young people and the adults in their lives.

www.theproudtrust.org

MATHS NEWS



Inspiration from an Enrichment Day at The University of Manchester

We were delighted that some of our Y11s interested in studying A-level Maths recently visited The University of Manchester for a day of problem solving, considering real-life maths applications and meeting current Maths undergraduates.

We were excited to hear of our Y11s' interest in the varied maths applications they learned of ('so much more than just numbers') -- ranging from the layout of car parks to blood flow in unborn babies. Pupils benefited from seeing future pathways in maths, what these higher-level pathways could lead to and the resulting pupil inspiration to pursue passion for maths through A-level Maths and Further Maths. We look forward to seeing what is ahead!

Maths Buddies

It was a pleasure to have our first Maths Buddies sessions this week before school and during break time. Younger students attended to improve their ease and confidence with maths while older students providing leadership in supporting and encouraging the younger students. It was wonderful to see

students of different age groups working together so effectively and with such positive energy. Here are a few photos of Maths Buddies in action.



3 - University of Manchester



12 TOP TIPS FOR CHILDREN AND YOUNG PEOPLE TO ENJOY A TECH FREE CHRISTMAS



ENGLISH - PUPIL GEMS

English SUPERSTAR

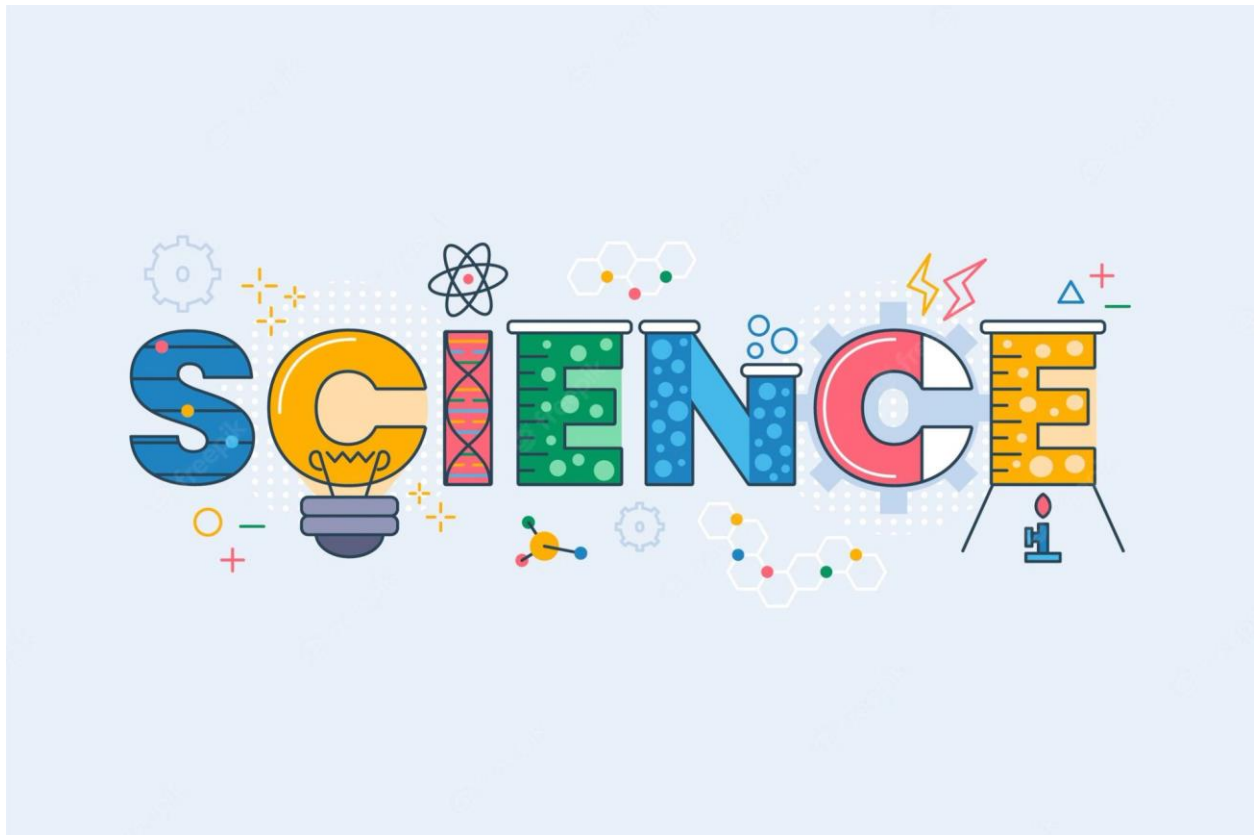
Leen N for demonstrating passion and sophistication in English by writing PEEDL paragraphs in her own time and researching contextual information about Wuthering Heights.

Carly C for demonstrating hard work, sophistication, and responsibility in English by writing several PEEDL paragraphs comparing poems about war.

Angelika V for demonstrating hard work, passion, and sophistication in English by researching contextual information about William Shakespeare and applying her art skills to create a poster about the context of Romeo and Juliet.

Lizzie H and **Emma T** for their endless Form Captain and Deputy Form Captain duties for 8CKE. Well done for demonstrating role model Cestrian Character traits on a daily basis, particularly being passionate, sophisticated, purposeful, and responsible.

SCIENCE NEWS



Bobby TM, Findley G and Giann L. have written this review of their Entry Level Science Trip to Chester Zoo.

On Monday 4th December 2023, the Entry Level Science group went to Chester Zoo to study animal adaptations. Due to the cold weather, it was deserted which meant we got a close-up view of the sleeping lions, the orangutans, snakes and bats. We got to see how the lion's fur became darker to adapt to the winter weather and got close up the elephants and saw how an elephant's trunk is adapted with up to 40,000 muscles. Finally, we spoke to lots of staff about their career journey and will be feeding back to students about routes into jobs at Chester Zoo.



4 - Chester Zoo Trip



5 - Gardening Club creating Christmas Wreaths

TRAFFORD CROSS COUNTRY



The Trafford Cross Country Championships, Tuesday 12th December were a great success for all our students who performed exceptionally well in extremely wet, muddy conditions. The students' performances reflected the true Cestrian spirit, showing determination, resilience and great enthusiasm, both when taking part in races and when cheering other runners on. They all thoroughly enjoyed the event.

A special mention to Joud Al-S in Year 11, who came thirteenth in the Senior (Year 10/11) Girls Race. A commendable performance, well done!



6 - Trafford Cross Country



Extra-Curricular Opportunities (*activities available for all years unless stated*)



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week A - Blue	Before School	Breakfast Prep and Journal Reading	Breakfast Prep and Journal Reading RE U8 (Y10, 11)	Breakfast Prep and Journal Reading Reading Buddies Breakfast	Breakfast Prep and Journal Reading	Breakfast Prep and Journal Reading
	Lunch	History U10 (Y10, 11)	KS3 Debate Club 1.15pm F1 iVival Club de Lenguas. L12	Morning breaktime: Science library S4 Break - Reading Buddies LH4	FURTHER MATHS LEVEL 2, U4. (Y10) School Choir M5 (break time) KS4 Debate Club 2.15pm LH4 Year 7/8 Drama Club L9	
	After School	Prep Club S1 Science (see teacher) (Y10, 11) Biology S2, Chem T2, S3 Geography U12 (Y10, 11) Art UH5 (Y10, 11) Esports Club U2 School Band M5 Rendezvous Café T3 Film Club to 6pm LH4 last week HT Cheer leading club (Drama Studio)	Prep Club S1 Staff CPD	Prep Club S1 Media Studies LH4 (Y10, 11) Psychology U12 (Y10, 11) Maths (see teacher) (Y10, 11) Art UH5 (Y10, 11) Anumana Code Academy U2 Science club, S6 (Y7) School Production L9	Prep Club S1 History U10 (Y10, 11) Art UH5 (Y10, 11) Food T3 (Y10, 11) Gardening group Gazebo KS4 Debate Club 2.15pm LH4	Prep Club S1 Zumba club Drama Studio
Week B - Gold	Before School	Breakfast Prep and Journal Reading	Breakfast Prep and Journal Reading	Breakfast Prep and Journal Reading Reading Buddies Breakfast	Breakfast Prep and Journal Reading School Choir M5 (and at break)	Breakfast Prep and Journal Reading
	Lunch		FURTHER MATHS LEVEL 2, U7, (Y11)	Break - Reading Buddies LH4	RE U8 (Y10, 11) Year 7/8 Drama Club L9	
	After School	Prep Club S1 Art UH5 (Y10, 11) Mindfulness Art Club UH5 Esports Club U2 Spike Club U5 (Y7) Rendezvous Café T3 School Band M5 Inspector Calls Rehearsal L7 Y10, Y11 Cheer-Leading Club (Drama Studio)	Prep Club S1 Staff CPD	Prep Club S1 English (see teacher) (Y10, 11) Psychology U12 (Y10, 11) Art UH5 (Y10, 11) Creative Imedia L2 (Y10, 11) Anumana Code Academy U2 Table-Top Gaming Club U5 School Production L9	Prep Club S1 Earth Science club T2 Comp. Science U2 (Y10, 11) Engineering T1 (Y10, 11) Art UH5 (Y10, 11) Psychology U10 (Y10, 11) Spanish L12 (Y10, 11) Geography U16 (Y10, 11) Inspector Calls Rehearsal L7 Y10, Y11 Food drop in T3 (Y11)	Prep Club S1 Zumba Club Drama Studio

7 - Extra Curricular Clubs

SPORTS	CLUBS	SPORTS	CLUBS	SPORTS	CLUBS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCHTIME	KS4 BADMINTON TABLE TENNIS SPORTS HALL Mr. Cliffe		KS3 BADMINTON TABLE TENNIS SPORTS HALL Mr. Cliffe		KS4 BADMINTON/VOLLYBALL SPORTS HALL R. Nash
AFTER SCHOOL	Y9 / Y10 FOOTBALL TRAINING PLAYING FIELDS Mr. Cliffe Y7/Y8 CHEERLEADING SPORTS HALL R. Nash		Y9, 10 & 11 NETBALL CLUB SPORTS HALL Mrs Lawson	Netball Match Night Mrs Lawson J. Connell Year 7 and 8 Netball SPORTS HALL J. Connell Y7 FOOTBALL TRAINING PLAYING FIELDS Mr. Cliffe Y8 Football Training Playing Fields Mr Boswell	

8 - Sports Clubs Blue Week

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCHTIME	KS4 BADMINTON TABLE TENNIS SPORTS HALL Mr. Cliffe		KS3 BADMINTON TABLE TENNIS SPORTS HALL Mr. Cliffe		BADMINTON/ VOLLYBALL SPORTS HALL R. Nash
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9 - Sports Clubs Gold Week



10 - Carols in the Park

Contact Us:



North Cestrian School PTFA

NCS 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

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