NEWPORT NEWS



The fortnightly newsletter from Newport Girls' High School

Volume 8—Edition 10 31st January

SPECIAL

SPOTLIGHT ON THE

MATHS FACULTY!

INISDE THIS EDITION...

Six the Musical, Y8 Options Fair, Wellbeing Tips,

Sports round Up, GCSE Science Live, and lots more!



NEWPORT NEWS

A fortnightly update from NGHS



Mr Adam Jones, Headteacher

s we pass the midpoint of the term, I am excited to share some important updates and upcoming events with you all. It has been a busy couple of weeks in school, filled with activities and achievements that highlight the vibrant life of our school community.

Our preparations for Charities Week, which will take place in the week before half term, are well underway. This is a wonderful opportunity for our school community to come together and support various charitable causes. Throughout the week, we will have a range of activities and events, including House Dance, Make and Sell Market, Valentines Crafternoon, and Sponge the Teacher! All money raised will support three charities selected by each House following assemblies where they had the opportunity to learn about the important work these organisations do.

Additionally, we will have non-uniform days, with themes to be announced next week, and the highly anticipated annual Staff vs. Students netball match. I encourage everyone to get involved, whether by participating in events, volunteering, or making donations. Together, we can make a significant difference and show our commitment to helping others.

Congratulations to our Year 13 students who have completed their mock examinations this week (or will have done by the end of Monday morning at least!). Your hard work and dedication are commendable, and I hope these assessments have provided valuable insights as you prepare for your summer examinations.

Volume 8 - Issue 10 - Friday 31st January 2025

Keep up the excellent work!

Our Year 8 Parents' Evening took place on Wednesday and was very well attended. It was wonderful to see so many parents engaging with teachers and discussing their children's progress. Thank you to all the parents and carers who attended and to our staff for their dedication and support.

On Thursday, our Year II students participated in a Taster Day designed to help them consider their next steps beyond GCSEs. This event provided them with a glimpse into the NGHS6 experience, which is an integral but distinct part of our school community. We hope this day has been insightful and inspiring, helping students to make informed decisions about their future educational paths.

Miss Webster has recently conducted a thorough review of NGHS and behaviour points. It has been astounding to see just how many NGHS points have been awarded so far this year, the widely coveted NGHS pencil is clearly acting as a strong incentive! There have been relatively few behaviour points issued by comparison but, as part of this review, we will be sending out a letter to parents with some important reminders regarding uniform, equipment, homework. We believe that maintaining high standards in these areas is crucial for creating a positive and productive learning environment. We appreciate your support in reinforcing these expectations at home.

Finally, I would like to wish the best of luck to our U16 netball team, who will be competing in the regional finals this Sunday at Phoenix Collegiate School in West Bromwich. Your dedication and teamwork have brought you this far, and we are all cheering you on. Go Newport!

With best wishes for the weekend,

Mr A Jones, Headteacher

Newport Girls' High School

Wellington Road

Headteacher: Mr A Jones

Newport, TF10 7HL To contact the School about a general enquiry, please use **schooloffice@nghs.org.uk**

In the spotlight...

MATH\$ AND COMPUTER \$CIENCE AT NEWPORT GIRL\$' HIGH \$CHOOL

The Maths and Comuting faculty at NGHS is a vital department at school, achieving excellent results at both GCSE and A level. All students are required to study maths at GCSE with an option for further maths. For computer Science, students all study it in Years 7 and 8 with an option for GCSE in KS4. A significant amount go on to study the subjects at A level and beyond. In this edition of Newport News you can find out much more about the department and what makes it tick!

MEET THE TEAM!







Teacher of Mathematics

Primary Support



Mr J Wade

Teacher of
Computer Science
Year 7



Mr A Jones Headteacher Teacher of Mathematics Year 9



Mrs L Roberts
Teacher of
Mathematics
Head of Faculty



Mrs K Wallace Teacher of



Mr P Bentley

Teacher of

Computer Science

Year 8



Mrs C Petford Teacher of Mathematics



Mr M Ley
Teacher of

\$TUDYING MATH\$ AND COMPUTING AT NGH\$ AND BEYOND!

As a faculty the maths and computing department always achieve outstanding examination results. In 2024, a fantastic 88% of students received a grade 7-9 (A/A*) in Maths and 94% achieved 7-9 in Further Maths! In Computing 60% achieved a grade 7-9 with 90% achieving Grade 5+. At A level, 84% achieved grade A*/A/B in maths with 92% achieving these top grades in Further Maths!

With these excellent results it is no wonder that many of our students go on to study Maths or related STEM subjects at degree level. Over the last few years, many NGHS students have gone on to study the following degrees at some of the UK's most prestigious universities:

- Computer Science and Mathematics at Bath
- Mathematics at Durham, Warwick, York and Bath
- Mathematics Operational Research and Stats at Cardiff
- Engineering at Cambridge, Cardiff, Liverpool, Edinburgh
- Physics at Manchester and Durham









SUPPORTING OUR LOCAL PARTNER PRIMARY SCHOOLS

Over the last five years NGHS has been working very closely with the local primary schools to support their pupils in a variety of subjects including science, maths and PE. Our primary support teacher over this time has been Mrs Patel.

Working with small groups of Year 5 students, Mrs Patel can focus in great detail on the key elements of the subject to support the most able students in our partner feeder schools as well as boosting those students who need extra support. I addition, we always hold our very popular 'Year 5 Maths Challenge' in the Summer Term where local schools compete to see who can outsmart the other teams!



Senior Math; Challeng



Forty year 12 and 13 students took part in the senior opportunity to maths challenge, which lasted 90 minutes and consisted widen of a series of questions designed to challenge our mathematical skills and techniques. problem-solving abilities. Due to me and Olivia W

achieving the gold certificate, we made it through to the senior kangaroo challenge. The Senior Kangaroo is a follow-on round to the UKMT Senior Maths Challenge you can enter for free if you meet the qualifying score from the SMC, or you can also pay to make a discretionary entry (via your school/UKMT centre). I would highly

r e c o m m e n d taking part in senior maths challenge next year to those who haven't done so before as it is a wonderful your



Alice H. Year 12

MATHS OLYMPIAD



The Maths Olympiad for Girls was a two-and-a-halfhour-long paper consisting of 5 difficult problems to challenge the mathematical thinking that underpins the most complex aspects of an already difficult subject. The test requires full written answers and proofs for most parts of each question, which are of a style more similar to maths entrance examinations than the regular maths test, so was great practice for the future and an excellent opportunity to demonstrate a deep understanding of the subject. I'm very glad that I sat paper, and managed to get a merit. Congratulations to Emily for entering, Abigail who also got a merit and Olivia who got a distinction.

Athena P. Year 12

MEM CHALLENGE A GREAT EXPERIENCE

Last year, I completed the MEM (Mathematical Education on Merseyside) Challenge '24 which involved answering seven exciting mathematical problems and providing full solutions including working out. Each year, there is a different theme for the questions and last year's was constellations. In April, I was delighted to receive a letter saying I had been awarded a second prize and was invited to a prizegiving evening at the University of Liverpool in May.

Αt the prizegiving evening, as well as the presentation of prizes and certificates, I was given a voucher to spend selection mathematical books and there were many more activities to get involved in, including Maths on the Move, the Fun Maths Roadshow, and computer quiz (which I also earned second prize in). All in all, the



challenge was lots of fun and I can't wait to take part again this year in the senior challenge.

YEAR 15 RE-UNION



In November of last year we were absolutely delighted to welcome back some of our Sixth Form students who left us in the Summer of 2023 for a Y15 STEM reunion. Students are now studying Engineering, Maths, Physics, Computer Science or Medicine at universities including Cambridge, Bristol, Imperial, Cardiff and Durham. Our current year 12 students, interested in STEM careers, joined to ask questions to help them with university and career choices. It was wonderful to hear about what our ex-students are learning and their experiences at university. We were delighted that so many former students joined us for the afternoon and hope we can do the same again next year, with an invitation for STEM students from other years to join us. **Mrs L Roberts** (Head of Faculty)

MATH\$ AND COMPUTER \$CIENCE TRIP TO BLETCHLEY PARK

Last year, over 70 Year II and I2 students had an amazing day at Bletchley Park. As parts of their math's studies, they learned all about the fascinating and vitally important work that was carried out there

d u r i n g World War 2.



This included learning about Alan mathematics and Turing and the fabulous 'Bombe' cryptography was machines that were used by the in the wider efforts cryptologists to help decipher of World War 2. German encrypted messages.

Arriving at 10.00am, the students had a packed itinerary including guided tour, lunch, exploration time and math's puzzle activities. They even had a chance to use a genuine Enigma Machine as part of their codebreaking activities!

A Fantastic day for all involved and a real glimpse into the past and how important mathematics and cryptography was in the wider efforts



SENIOR MATHS CHALLENGE AWARDS Bronze Zaara, Akshana, Aimee, Rhiannon, Sayda, Sophie, Swara, Emily, Anona, Elizabth, Grace, Ava, Leana, Madeline Silver Avani, Krystiana, Venus, Athena, Ibuku, Hannah, Rutvi, Charlotte, Lauren Gold Olivia, Alice

CHEMI\$TRY AMBA\$\$ADOR IN\$TAGRAM!



BIOLOGY AMBASSADOR INSTAGRAM

Hey! We are proud to be the biology ambassadors for 2025-26! Come follow our Instagram account and find out who we are! Please support us and share any of your ideas related to biology so we know what we can do to improve. Fun facts, this is the first-ever NGHS subject ambassador Instagram account;)

Sanex C Year 12





Not long to go now until the first performances of this years production - 'SIX Teen Edition'. Tickets are exclusively available via SCOPAY and demand has been so great we have added an extra performance on Thursday 27th March. All shows start at 7.00pm and last approximately I hour 45 minutes. There will be different casts for each performance so please ensure you purchase tickets for the correct night!

WELLBEING AWARD FOR NGHS!

School achieves prestigious AcSEED award for student support!

We are pleased to share that our application for the many of the strategies we employ in school. We would reaccreditation of our AcSEED award has been successful. therefore like to take this opportunity to publicly thank The AcSEED award is a quality assurance mark presented them for all their efforts in raising awareness of wellbeing to schools that have made a substantial effort to support within school the mental health of their students as well as the emotional wellbeing of both staff and students. As a school, we have to show evidence of how we meet a set of standard criteria in order for us to receive and renew the award. The AcSEED review team shared that they were particularly impressed with our more recent changes including:

- The expansion of our pastoral team to include Mrs Aver-Howdle
- The increased provision of our PSHE curriculum to Year 13

Furthering our wellbeing initiatives for both staff and students including new Crafternoon sessions and access to school counselling for students

Our wellbeing team continues to work closely with Rosie a, our Deputy Head Girl for Health and Wellbeing along with Freya and Jess from the Lower School Head Girl Team. They have been instrumental in the organisation of



YEAR 8 GCSE **OPTIONS FAIR**

Last Thursday, the Lower School Head Girl Team organised an Options Fayre for Year 8 students, to enable them to make an informed decision regarding their GCSE preferences. With the support of many Year 10 students,



stalls were set up for each subject, showcasing the wide Miss Davies variety of all the subjects available, from Computer Science to French. The event was well-attended, with a really

lovely atmosphere; I hope the Year 8 students found this a valuable experience. Sienna R (Lower School Head Girl)

I would like to thank the LS Head Girl Team and all the Year 10 students that helped out both with the preparations and on the day. The feedback from Year 8 students has been immensely

positive, saying that they found it so helpful to talk to students who are currently studying those subjects and were able to answer all sorts of questions, from how much homework is there to how do you manage the coursework element...



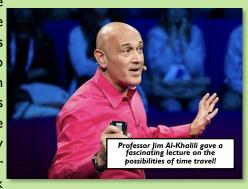
A reminder to Year 8 that their preferences form needs to be submitted by Thursday 13th January (9am) and Year 9 by Thursday 27th February (9am) please. Any queries, please see me or your subject teachers!

Head of Year 10 / i/c Options



GCSE SCIENCE LIVE

At the start of the week, the whole of Year 10 was taken on a trip to Symphony Hall in Birmingham. I was captivated by the talks! It was really interesting to hear lecturers talk



about topics you don't usually learn about, like space weather and material science.

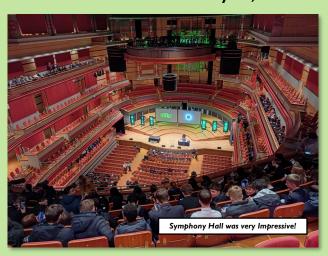


I think one of the most interesting lectures was the one at the very end. Professor Jim AI-Khalili, a theatrical physicist, talked about the possibility of time

travel and how it is theoretically easier to travel into the future rather than the past. It sounded so unbelievable that you might be able to do that, and all you had to do was travel at the speed of light! In that moment I think I even considered being a theoretical physicist because it sounded so fascinating.

Looking back on the day, I think I can confidently say that all of us enjoyed our time there. I think a lot of us learned something new that day, perhaps even inspiration to pursue a particular career.

Riya R, Year 10



NGHS DIGITAL DEVELOPMENTS



As part of an ongoing series of ICT updates across the school, we have taken our first

steps by introducing the cloud-based storage, OneDrive, to all staff and students. Mr Farrell and Mr Lewis (our ICT support team) worked tirelessly over the Christmas holidays and since to upgrade our systems to allow this exciting change to take place and all members of our school community now have access to this software. All students were emailed with how the changes affect them so they should check their school emails for this information.

So what is OneDrive I hear you ask? It is a cloud-based storage whereby you can access files stored in it from anywhere in the world, as long as you have an internet connection. It removes the need for USB memory sticks and also allows for an increase in collaborative working, making group projects a breeze! Your child can access their OneDrive storage at home by going to office.com on a web browser, or by downloading the OneDrive app onto their device and then logging in using their school email address and password. As long as they have saved their files to OneDrive at school, they'll be able to get on them

at home. They can also access the full Microsoft Office software using this method as this is included with our school subscription.

Throughout last week, staff have received training on how best to use OneDrive to enhance your child's education and are busy putting this into practice. This is a first step as part of the ICT upgrades we are making at NGHS and will shortly be followed by many other new developments. Watch this space! If your child is experiencing any difficulties with accessing OneDrive at home, please email the school office or ask them to speak to our ICT support team.

Helpful links:

Office.com – for accessing OneDrive and Microsoft Office Software

Microsoft OneDrive Download Link - for downloading the OneDrive app onto your PC/laptop

 $\underline{\mathsf{Microsoft}}\,\mathsf{Support}\,\mathsf{-}\,\mathsf{OneDrive}\,\mathsf{for}\,\mathsf{work}\,\mathsf{or}\,\mathsf{school}\,\mathsf{-}\,\mathsf{for}\,\mathsf{troubleshooting}\,\mathsf{and}\,\mathsf{FAQs}$

Mr R Wright

Associate SLT - Digital Tech, Al and STEM

SPORTS ROUND UP

UNDER 15'S FINISH SO CLOSE IN CRICKET FINALS!

TEAMS FINISH 2ND AND 4TH IN DISTRICT TOURNAMENT

On Thursday 23rd January the U15 indoor cricket teams travelled to Telford College Sports Dome to compete in the Telford and Wrekin district indoor cricket championships.

Both the A and B teams travelled in good spirits but knowing it would be a challenging event to try and repeat the success of the U13 teams in finishing 1st and 3rd.

wonderfully with some outstanding batting, fielding and bowling being shown. The results of the matches were as follows:

Newport A

Win v Ercall Wood 105 - 56

Win v Charlton 83 - 46

Win v Newport B 87 - 46

Lose v Wrekin College 46 - 52

Newport B

Lose v Wrekin College 46 - 48

Lose v Newport Newport A 46 - 87

Win v Ercall Wood 81 - 71

Lose v Charlton 59 - 84

In a very 'topsy-turvy' tournament it seemed that any team could beat any other with the final winners coming down to the match between Newport A and Wrekin. Despite winning all of their other games convincingly, the A team came up just short of the total they needed against Wrekin College and they were left to rue not being quite aggressive enough when batting.

The B team performed extremely well despite it being In a round robin format both teams performed the first game of competitive cricket for every player. They more than held their own in all of their matches and only lost by 2 runs to eventual winners Wrekin, the match coming down to the very last ball!

> When all the maths and sums were calculated the teams finished 2nd and 4th which is highly commendable. As runners up the A team will almost certainly be invited to the County finals in March where they will look to extract revenge on Wrekin College and other teams from around Shropshire. If they play to their full potential they will certainly have a good chance of doing so!

> All of the girls had a thoroughly enjoyable day and are looking forward to more matches later in the year and being out in the sunshine when it comes!





HALF MARATHON NEW YEAR GOAL ACHIEVED!

Recently, Miss Webster delivered an assembly to students on the history of New Year's Resolutions and how we can



set achievable, specific, and focused goals that give ourselves the best chance of success. In the assembly, she shared one of her own goals for this year which was to once again get her half marathon time to sub-2 hours.

On Saturday, Miss Webster ran the Tissington Trail half marathon in a beautifully sunny but very cold Ashbourne, and knowing that there was a slight incline for the first half, she aimed for anywhere between 2 hours 5 minutes and 2 hours 10 minutes. She was therefore extremely pleased when her final chip time came in at 1:58:22!

Miss Webster is now aiming to get closer to her half marathon PB, which means another few minutes need to come off her time! We hope that our students are on track to achieve the goals they have set themselves and would like to hear any updates so that we can celebrate their successes and help motivate them further.

X-COUNTRY RUNNERS DELIGHTED TO RECEIVE THEIR MEDALS

Before Christmas the NGHS cross country team competed in the Telford and Wrekin District competition at a variety of venues in the local area. In some fairly extreme conditions the whole team performed extremely well and 3 students in particular achieved 1st, 2nd or 3rd place. These students have finally received their medals so a massive congratulations to:

Annie W—Year 9 1st overall

Phillipa G—Year 8 1st overall

Ivy B-Year 8 3rd overall



PENALTY DRAMA FOR U13's

NGH\$ 1 - 1 Burton Borough

Newport Girls win 2-1 on Penalties

Tuesday 28th January saw the Under 13 football team travel the short distance to Burton Borough to play in a knock-out cup match.

From the initial kick off it was clear that the two teams were very evenly matched. Both teams probed the opposition defence but chances were few and far between in a cagey opening 30 minutes. Each team had 3 or 4 more experienced players who were controlling the game for their side with neither team able to assert any dominance.

The first breakthrough came just before half time when a communication breakdown at the back for NGHS allowed the Burton Borough striker to steal in and covert at the near post from close range.

Half Time: NGHS 0 - I Burton Borough

Into the second half and things were starting to look grim for the Newport Girls' team. A number of injuries and illness meant that they had to play the whole second half with only ten players and hope that nobody else had to come off! However, as is so often the case playing with only ten, the team started to play better football and

battled hard to not only stay in the game but also gain some dominance.

Following a number of chances and persistent pressure on the Burton Borough back four, the girls were rewarded with the equaliser. The ball was picked up wide on the right and played into the box where a Burton Borough defender lunged desperately to clear but only succeeded in turning the ball into the net for an own goal—game on!

Into the final 10 minutes and in fading light, it was now Burton Boroughs chance to press for a winner. A series of attacks and corners were stoutly defended by NGHS and at the final whistle the two exhausted teams knew they had to settle for the lottery of a penalty shoot out!

Full time: NGHS I - I Burton Borough

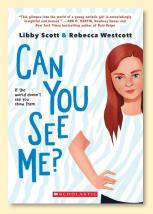
Miss Saunders stressed to the players that the most important thing was to keep the penalties low and aim for the corners. However, both teams suffered the common issue of nerves with many strikes either going over bar or wide. At the death, and with Newport leading 2-1, the final Burton Borough player stepped up knowing they needed to score to stay in it. Stand in goalkeeper, Megan K, guessed correctly and stayed on her line to reach high and snag the ball giving NGHS the win! The save sparked wild celebration amongst the players, spectators and staff and they now wait to see who they will play in the next round.

REMINDER OF DIVERSION 3-21 FEBRUARY

Between the 3rd and the 21st of February there will be a diversion in place to allow for Severn Trent to install a new water main just off the A518. Please see the map opposite for the affected routes.



CAN VOIL SEE ME? BOOK REVIEW



Can you see me is an inspirational book that will change the way you think about autism. I I-year-old Tally Adams is autistic and is starting high school. Sometimes, Tally hides some parts of herself to fit in as she knows how uncomfortable people feel around her. Tally faces many challenges and obstacles in her life, but by masking her autism, Tally is hiding her own true wonderful self. Rebecca Wescott shows what it's like to live as an autistic person clearly and the book includes real diary entries from I I-year-old Libby Scott, who faces her own challenges in life with autism. This book is very informative and it's interesting to see how an autistic person lives from their point of view. Can you see me, is an amazing book and I would definitely love to read it again!

Nawar Y, Year 7

DATES FOR YOUR DIARY

10-13th Feb - Charities Week

13th Feb House Dance Competition

13th Feb Y8 Options Deadline

13th Feb End of half term (3.45pm)

14th Feb INSET Day, school closed to students

14th Feb Deadline for 6th Form applications

24th Feb YI2 Forecast Grades

28th Feb - YI3 Mock Exam Results





MINDFULNESS AND OVERTHINKING

For the mindfulness section of this week's newsletter, we 3. want to talk about ways mindfulness can help with overthinking. Another term for this is rumination, referring to repetitive and continuous thinking about specific (often negative) topics. It can have a significant impact on our wellbeing, and is linked with high stress, anxiety and fatigue.

Psychological studies have shown techniques are particularly effective at reducing rumination behaviours, as mindfulness aims to focus on your here and now, and so can help interrupt overthinking patterns from thumb. Take a deep breath in through your nose, and while outside this present moment.

If you find yourself in a loop of overthinking, here are three mindfulness exercises that you can engage in that might help to regulate and ground your thinking patterns.

Ι. Five senses

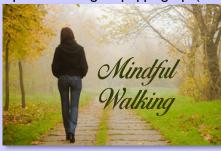


how focusing our awareness on our senses can be an effective mindfulness tool, allowing us to be fully in the present moment. This five senses exercise asks you to direct your thoughts to each of your senses. Look around you,

take in your surroundings, and name five things you can see, four things you can hear, three things you can feel, two things you can smell, and one thing you can taste. This is a these thoughts are cropping up for you, take a deep breath helpful exercise you can do anywhere and at anytime.

2. Mindful walk

Going on a mindful walk can be a useful strategy to Source: Future In Mind (Severn Training & Schools interrupt ruminating behaviours. Take a break from Alliance) whatever you are doing, and spend 15 minutes outside in the fresh air. While you are walking, take time to really focus on your surroundings. What colour is the sky? Can you feel a breeze across your cheeks, or the sun on your face? As you are walking, if you notice any anxious or repetitive thoughts popping up (as they are wont to do!),



acknowledge them, and then visualise those leaving thoughts behind you as you continue your walk and focus on your surroundings.

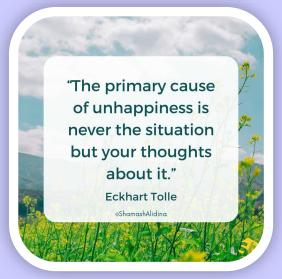
Finger breathing

Any and all mindfulness breathing exercises can be helpful in pausing our thoughts when they are starting to feel like a runaway train. If you have a favourite, perhaps one that our facilitators have shared that you find particularly calming give that a try! Finger breathing is one of these options, and that mindfulness can be particularly helpful through combining breathing with the sense of touch. Place your hand in front of you with the palm up. Begin with your pointer finger at the base of your you do so slowly drag your finger up your thumb. When you reach the tip, slowly breathe out through your mouth, as you trace back down your thumb. Repeat this for each

finger. When you reach the base of your pinky finger, you can switch direction, and trace back We have mentioned before about across towards your thumb. Keep your touch slow and light, and try to focus solely on the sensation of your fingertip across your hand, and your breathing in and out.



As always with mindfulness, it is completely natural and normal for thoughts to pop up while we are doing these exercises, and it is important to be kind to yourself when this happens, as this is part of the process! Notice that in and out, and let them pass you by, refocussing on the mindfulness exercise.



NGHS PASTORAL TEAM WHO'S WHO?

At NGHS, the safety of students, staff and visitors is our top priority. Students can speak to ANY member of staff about any concerns, but there are certain colleagues with additional training to support you in pastoral and safeguarding matters.

Heads of Year



Mrs D Martin Head of Year 7



Mrs K Danby Head of Year 8



Mrs A Chapman Head of Year 9



Miss A M Davies Head of Year 10



Ms J Capaldi Head of Year 11



Head of Sixth Form

Mrs K Griffin

Wellbeing Team



Mrs Aver-Howdle Years 7—10

Wellbeing Officer



Miss E Heyes Wellbeing Officer (YII/Sixth Form)



Mrs V Glew Administrator (Sixth Form)

Safeguarding Team



Miss S Webster: Deputy Headteacher & DDSL



Mrs K Danby: Well-being Manager, CSE Lead & DDSL



Mr A Jones: Headteacher & DDSL



Mrs F Davenport: Pastoral Support & **DDSL**



Mrs H Birch: Assistant Head, DSL (currently on maternity leave)

DSL—Designated Safeguarding Lead DDSL—Deputy Designated Safeguarding Lead