



NCS NEWSLETTER

Friday 19 January 2024

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Headmaster's Message



As part of Holocaust Memorial Week , we were privileged to take part in a series of presentations by the NHEG (Northern Holocaust Education Group). The danger, as time passes, is that The Holocaust becomes consigned to be a distant historical event and loses its power. It's important, therefore, that groups such as NHEG continue to remind us of the human suffering behind the horrific statistics. Moreover, and certainly in the talk I attended, the power of the personal impact needs to be recorded. We heard of Austrian relatives living with friends and neighbours, turning to a nightmare in 1938 with the Anschluss

(Nazi Germany's annexation of Austria) and then after Kristallnacht the descent into hell for Jews and 'non-aryan' people: basic human rights denied, concentration and slaughter of, ultimately 13 million humans. The focus for me, was not the horrors of the death camps, but how in a small amount of time apparently civilised citizens of Austria turned on their neighbours and stood by as their former friends and neighbours were de-humanised, rounded up and murdered by the nazis. The tragedy is that these patterns of human behaviour are not consigned to history – they stalk the world still: from Ukraine to Gaza, from Iran to Pakistan, from Bosnia to Serbia, in recent history in Northern Ireland, to the streets of London and Manchester. And even within leafy Altrincham – the grotesque scenes of pupils fighting and others standing by. It is as true in 2024 as it was in 1938; "The only thing necessary for the triumph of evil is for good men to do nothing". The fuller speech by philosopher John Stuart Mill also says, "He is not a good man who, without a protest, allows wrong to be committed in his name, and with the means which he helps to supply, because he will not trouble himself to use his mind on the subject."

I am grateful to NHEG and to Ms McTiernan-Heywood and Mrs Isherwood-Cann for organising this event.

Loreto

Mr Gartside and I briefly met with Sara Todd, CEO of Trafford Council, along with representatives of the local Green Party, Geraldine Coggins and Michael Welton, to discuss the benefits of the Loreto site. We have a further meeting with Trafford Council next week.



1 - NHEG

Upcoming Events:

Advanced Notice:

Tue Jan 30th – Y9 Parents' Evening 4-7pm on-line

Mon Feb 5th – Pastoral Gov Committee – 1645

Tue Feb 6th – Curriculum Gov Committee 1545

Year 9 Vaccinations

Tue 6th – Thu 8th – MATILDA

Fri Feb 9th – CULTURE DAY – own clothes/ethnic dress

Fri Feb 9th – Break for Half Term

Mon Feb 19th – INSET

Tue Feb 20th – Term Resumes

Tue Feb 20th – Global Action (Trips) Parent meet – 1830-1930

Deputy Reflections



Parents should check through their child's planner every week. Here you will find their record and their reflection not only on the week but also in the subject assessments and in line with the guidance of achieving the best they can at North Cestrian on the way to a rich and fulfilling life.

For instance, this week I want you and your child to read page 38 - "7 Ways to Improve Your Resilience". Resilience it is at the very heart of our school. Delapsus Resurgam - when I fall, I shall arise. Along with a growth mindset to make a conscious effort to make a quick return to positivity and achieving goals following a set back. Resilience is key not just to day-to-day learning in school but also "Resilience is the gateway, the bedrock and the human characteristic that learning and life thrives upon. Without it, without being guided to build and deploy it then success will not flow... A, B or C or being human."

Staff have nominated pupils who might benefit from a resilience building workshop. THIS IS YOUR OPPORTUNITY TO NOMINATE YOU SON / DAUGHTER OR YOURSELF AS THE PUPIL TO TAKE PART IN THE WORKSHOPS. CLICK THE LINK...

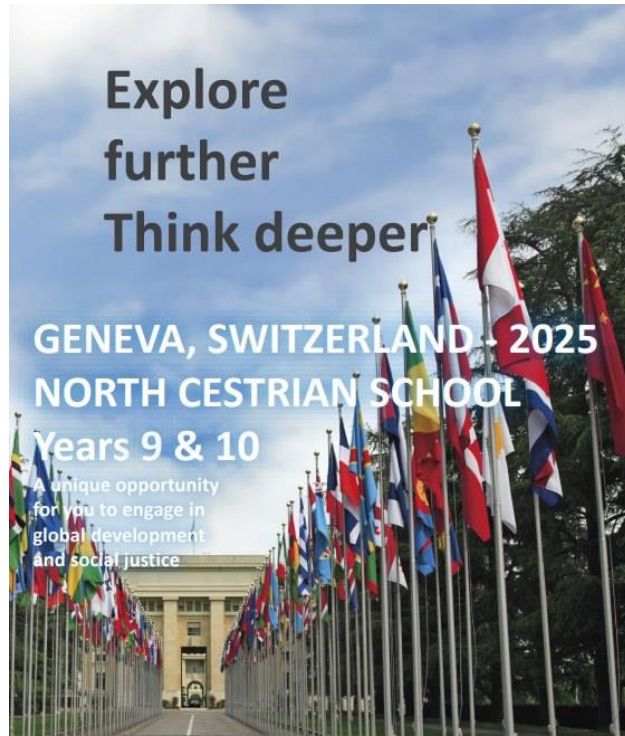
[SIGN UP FOR A RESILIENCE WORKSHOP](#)



**Parents' & Students presentation at NCS
Tuesday 20th February 2024 @ 6:30pm
See Mr Bell for details**

global action
global learning for positive change

2 - This is an unbelievable trip opportunity - email m.bell@orthcestrian.co.uk to secure a place on the information evening if you are currently in Y8 or 9



Students & Parents presentation – at NCS

Tuesday 20th February @ 6:30pm

See Mr Bell for details

global action
global learning for positive change

3 - This trip will be mentioned by you in every interview you ever have! Email m.bell@orthcestrian.co.uk to secure a place on the information evening if you are currently in Y9 or 10

See if you are on the [character news](#)

Check out the latest [character development opportunities](#) or continue to build your [character benchmark certificate](#).

[You can Nominate a Pupil for their Character Development here.](#)

Pique your interest for the [cultural capital](#) and [send in your reflections](#)

The deadline for applications is 9am **Monday February 5th.**

There is an opportunity to seek support via the **Parent Consultation Evening – Tuesday January 30th.** Please book appointments via School Cloud. Mr Bell will be available from 1pm for general advice about the options process.

Top Tips on checking your choices before you submit

- **Prepare well** – use the template to collate your choices and **reason** for choosing each subject (talent, passion, ambition and purpose). You need your **Data Capture (DC1)** information for your 3 choices.
- Consider the subjects with **coursework** / NEA components carefully, the ongoing assessment may not be for you, and too many of them may not be advisable if you cannot work independently and meet deadlines!
- Check the **rules**:
 - Everyone must have at least one “blue” subject
 - N1/N2 must have a language i.e. Spanish or a home language
 - Only 1 subject per column (combinations within a column are not possible)
- Have a **back-up plan** – choose another subject in each column just in case places are full or courses are withdrawn if numbers are too low. All 3 back up subjects need to be different from your original 3 choices.
- Some subjects have **limited places** (e.g. engineering) or are very popular (e.g. psychology) so make sure that your application shows your investment in wanting to study it.
- Consider the **links** to other subjects e.g. if you are good at maths – Statistics / further maths would be a good choice.

Block A	Block B	Block C
Spanish (30)	Spanish (30)	Spanish (30)
Geography (30)	Geography (30)	Geography (30)
Computer Science (30)	Computer Science (30)	Creative iMedia* (30)
Psychology (30)	History (30)	History (30)
Business Studies (30)	Statistics / Further Maths (30)	Business Studies (30)
Health & Social Care* (30)	Sport Science* (20)	Engineering* (20)
Food (20)	Media Studies (30)	Food (20)
Art (25)	Music (20)	Drama (30)
Basket2/EBACC subjects	*Level 1-2/BTEC with coursework components	GCSE with coursework(NEA) components

5 - Subject Blocks

Co24 – Y11 Mock Examinations Spring 2024

- **Why do we ask N1/N2 to do a language, and encourage others to opt for one?** Most local and national schools have a compulsory language at GCSE for all or some of their pupils. Research suggests that being bilingual can improve students’ executive functions, which in turn may improve their school careers. Executive functions are a set of mental skills that help us to control our behaviour. They are higher-order skills, control our thoughts and feelings, and can be

improved over time and are linked to academic performance. Speaking a second language can have many benefits. It gives students the opportunity to understand new culture, communicate with more people, and even get more opportunities throughout their life. Bilingual students can relate to and learn about a second culture by communicating and forming relationships with more people. They may have wider employment opportunities, with [a rising demand](#) for bilingual employees, They have access to wider entertainment opportunities, accessing movies, music and experiences from a range of cultures and languages.

GCSE in Home Languages

Bilingual pupils can opt to sit a GCSE qualification in a home language in Y10-11. It is expected that pupil's study at home and sit the examinations in school (fees will be paid by the school). We have some support in school for Cantonese / Mandarin speakers with Mrs Lau. Home Languages can contribute to the EBacc. Award instead of Spanish and can therefore be an alternative for 9N1/N2 pupils or taken as an additional qualification. Please note that if the home language is the only blue (Ebacc) subject, the examination must be completed.

YEAR 9 PARENTS CONSULTATION EVENING - BOOKING WINDOW CLOSING ON MONDAY 29 JAN (12PM)

Pastoral Director News



This week, we have been looking at goal setting and reflection as a part of metacognition. I used tracker pages 35 and 36 to discuss the importance of each:

11 Ways to Improve Your Goal Setting

by @inner_drive | www.innerdrive.co.uk



Have a Long Term Goal

Gives your motivation a boost.



Have a Short Term Goal

Helps you maintain focus.



Make it Challenging but Realistic

Aim high so that you really push yourself.



What's the Why?

Give a reason why your goal is important.



Make it Specific

Specific not vague terms make it easier to monitor progress.



Focus on Skills

Focus on developing your skills, not just on the end outcome.



Be Flexible

If the situation changes, tweak your goals.



Share Your Goals

If other people know about them, they may be able to help you.



Ensure There is Trust

People work harder on achieving a goal if they trust the person who has set them that goal.



Consider Potential Obstacles

This allows you to come up with a plan, ensuring that you are fully prepared.

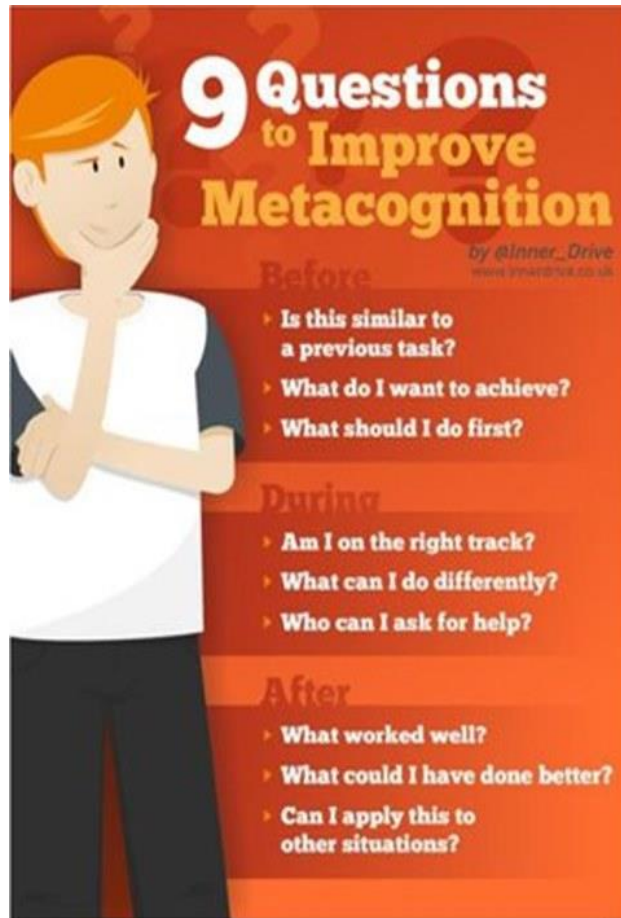


Monitor Progress

This helps you stay on the right track and to adjust as needed.



6 - Ways to Improve Your Goal Setting



7 - Improve Megacognition

In the Cestrian lesson, students were asked to think about two long term and two short term goals. They were then asked think about one of their long term goals and think about all of the little steps that they would need to take to get to the big goal. It would be lovely if you could discuss with your child, their goals and perhaps help them figure out all the little steps necessary to reach them!

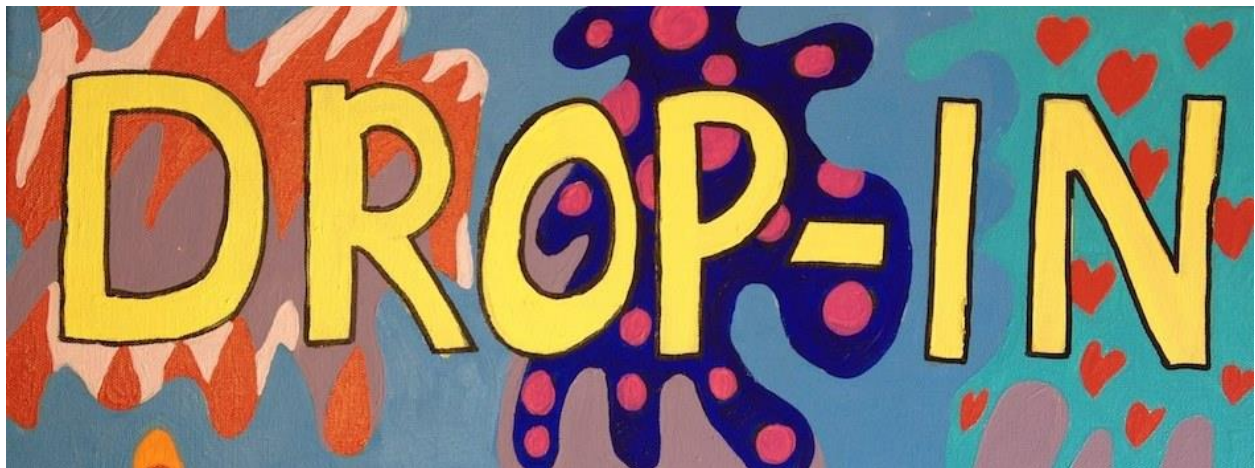
This week pupils have shown a super passion for the subject when investigating the samples, that are up to 500 million years old, and viewing minerals under the microscope!

Interested in Science? Want to apply and build your science skills in ways beyond your science lessons? Want to learn more about the Earth and life on it?

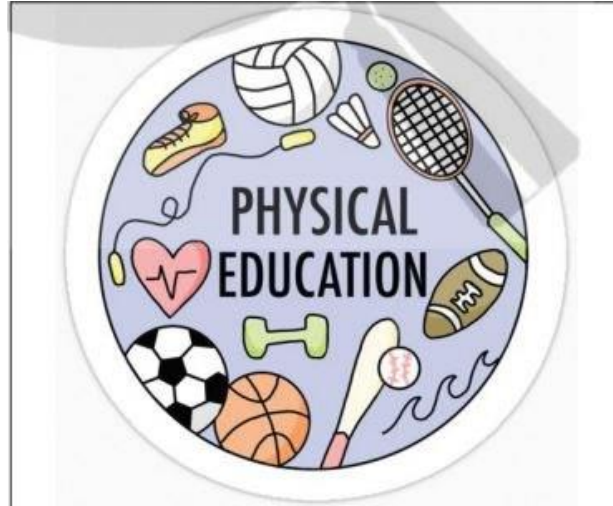
Come and join us in T2 at 15:30 every Thursday!

Reminder for all Y11 pupils

Many science teachers offer drop-in period 7 sessions, to support with revision and exam preparation, on blue Mondays, 3.30 -4.30. Mr Singh also supervises F1 lunchtimes Thurs and Fri for support with revision for any subject.



PHYSICAL EDUCATION & SPORT



Character Development & Careers

Earlier this week our female Sport Science students had the opportunity to visit the Manchester Institute for Health and Performance.

Students were exposed to all things sports medicine and elite sport.

Part of our Sport Science course asks students to consider how technology impacts on the performance of athletes. During their time at the MIHP, students utilised the technology to test certain aspects of their fitness and had a Q&A session with elite athlete, Aaliyah Powell (Great Britain Taekwondo).

The students asked several thought provoking questions and gained a great insight into elite sport life.



8 - Manchester Institute



9 - Manchester Institute



10 - Manchester Institute



11 - Manchester Institute

Students also met with staff and athletes from the Great Britain Cycling Team.

Our students are pictured here with Sophie Capewell, a silver medallist at the World Championships as well as Emma Finucane, Welsh Sports Personality of the Year, European Champion and the current World Champion. We look forward to hopefully cheering them on at the Olympics in Paris this year.

#Womeninsport

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 continued support.

Adam Cliffe

Head of Physical Education



12 - PE Uniform

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)

13 - Kit List

Trafford Netball - Years 9 & 10

All students played to a good level, showing skill, enthusiasm and a determined attitude.

Year 10 Trafford Netball League – Thursday 11th January

NCS v Urmston Won 8-6

NCS v ACA Lost 9-11

MVP - Laura F was outstanding in both matches. As captain she led and encouraged the team whilst also performing to a high standard herself.

Year 9 Trafford Netball League – Thursday 18th January

NCS v Sale High Won 6-1

MVP - Hannah W. An impressive display of accurate shooting by Hannah.

Accurate shooting

NCS v Urmston Lost 5-6

MVP - Layla A. As captain & centre Layla held the team together in a closely fought game.



14 - Y9 Team



15 - Y10 Team

What's coming up.....

North Cestrian School Presents



ROALD DAHL'S
Matilda
THE MUSICAL

Book DENNIS KELLY Music & Lyrics TIM MINCHIN

Tuesday 6th – Thursday 8th February
2023 – 7PM

Adults £8

Concession £5

NCS Student £3

16 - Matilda

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

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

17 - NCS Lottery

Mr Millard and his Executive
Chefs present an evening of



SPANISH TAPAS

THURSDAY
7th March 2024
7 - 9pm

Tickets via pmx.parentmail.co.uk at a cost of
£25 Adults and £12.50 for children, this cost
includes your meal;
there is a licensed bar available
at an extra cost.



18 - Tapas Evening



19 - Outdoor table purchased by ptfa in recognition of the 60+ daily players!

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 Maths Buddies Breakfast	Breakfast Prep and Journal Reading
	Lunch	History U10 (Y10, 11) Chess second half of lunch. Canteen, everyday	KS3 Debate Club 1.15pm F1 Vival 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	Chess second half of lunch. Canteen, everyday
	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 (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) Maths Buddies Breakfast	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 (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 (Yr 11)	Prep Club S1 Zumba Club Drama Studio

20 - Extra-Curricular Timetable

	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 Yr8 Football Training Playing Fields Mr Boswell	

21 - Blue Week Clubs

	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
AFTER SCHOOL	Y9 / Y10 FOOTBALL TRAINING PLAYING FIELDS Mr. Cliffe		Y9, 10 & 11 NETBALL CLUB SPORTS HALL Mrs Lawson	Netball Match Night Mrs Lawson Y7 FOOTBALL TRAINING PLAYING FIELDS Mr. Cliffe Yr8 Football Training Playing Fields Mr Boswell	

22 - Gold Week Clubs

Contact Us:



School Office - 0161 928 1856

Email - office@northcestrian.co.uk

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