



NEWSLETTER

21 April 2023



Head Master’s Message:

It was good to welcome staff and pupils back after the Easter break. This time of year is a hub of religious festivals and it’s coincidental with Ramadan and Eid. Spring does seem to be in the air, though as I write, the sun has been hidden behind clouds. Nevertheless, there is much to celebrate as the short days and poor weather are now behind us.

NEU Strike Action

The NEU has called for strike action on **Thursday 27th April and Tuesday 2nd May**. I believe the hard-working professional teaching body does not make these decisions lightly. The union itself recognises the impact on pupils’ education. At this time of year there is special concern for Year 11 who are very close to their GCSEs. As a result, there is dispensation for teachers who would otherwise be striking to teach their normal Year 11 class if they wish. They cannot be compelled to do so.

We are therefore requiring Year 11 pupils to attend school as normal during these strike action days. Parents will receive a separate email confirming this. It is my belief we can provide more benefit to pupils in supporting their learning at this crucial time.

We will provide support for children of key workers, and vulnerable children. I will send a form to this effect in the normal manner.

On **May 2nd Year 10 pupils should attend school when they have exams**—see later in this newsletter:

- All Business Studies and Music pupils should be in school for 8.30am
- All Year 10 pupils should be in school for 11am, English Literature
- All pupils should return home after the English examination – approx. 1.30pm

Site Security

Visitors will notice enhanced security to enter the school site. The general principle is that visitors should make appointments to speak to staff so that suitable meeting times can be arranged. The additional gate barrier before the main school door has an intercom to main office. Once access is gained, all visitors must register with the ‘Inventry’ system at reception. This is for the safety of all people in school.

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Dates:

Tuesday 25 Apr
Y7 PCE

Monday 1 May
Bank Holiday

Monday 8 May
Bank Holiday

Weds 10 May
PTFA Meeting

DEPUTY REFLECTIONS - CHARACTER EDUCATION

"The first motive which ought to impel us to study is the desire to augment the excellence of our nature, and to render an intelligent being yet more intelligent."

Montesquieu (French Philosopher)

Arbor keeps a record of Character development. Click 'Statistics', 'Character Points' - expand menu.



Reading more deeply and broadly into areas of study, wider interests, and current affairs, make us more intelligent, and more able to hold an opinion or viewpoint to use in a debate. Even more excitingly it can uncover areas which are new to us, pique new passions and lead to greater sophistication and informed citizens. North Cestrian is moving further to encourage pupils in the pursuit of a rich and fulfilling life by providing newspapers and journals in the Dining Hall and to used in lessons. If you have any newspapers or journals and magazines of educational value that link to anything with in the wide curriculum please email me or send them in with your child.



Pupils are guided in 8 character traits of NCS's character education programme. In lessons and beyond school, pupils have opportunities to pursue new discoveries and are assisted to own the next steps in the development. Click the poster!

Do you know someone who is building their character? [Click to nominate a pupil.](#)
Investing in character development together!

Enter the North Cestrian School Character Education Website by clicking the photo of the British Museum below.

You will find...
the Character Development opportunities and news of pupils thriving and leading rich and fulfilling lives.
Hooks for your curiosity hooked in the Cultural Capital opportunities and a chance to show off your sophistication.

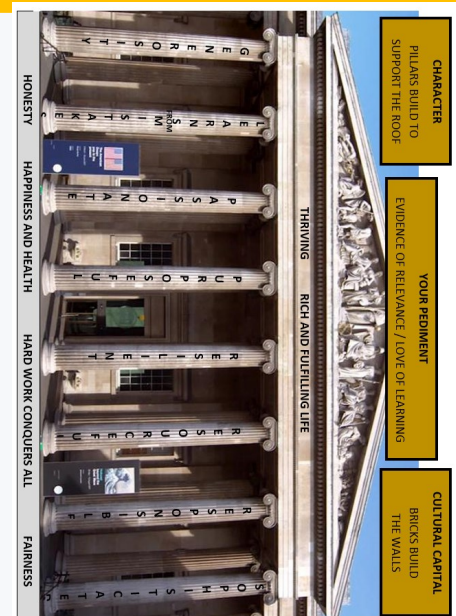
[Build your Character Benchmarks Certificate](#)

We want to recognise your engagement in sport and physical activity outside of school! Use [this form](#) to record up to three external sports teams, clubs or societies that you attend. In addition to collecting Cultural Capital points for reflections on current issues in sport and physical activity, we would like to learn more about opportunities you are engaged without outside of school that influence how you act in PE lessons in school. Or scan the QR

Physical Education - Cultural Capital



Know someone building their Cultural Capital?
[Click to nominate.](#)



Attitude to Learning Role Models - see Mr Bell to discuss how to invest your £20 prize in further developing your Attitude to Learning

Attitude		Classwork		Growth Mindset		Participation	
F, Artie	7RTA	C, Alexia	7DWI	W, Kali	7VJE	W, Kali	7VJE
P, Izzy	7VJE	C, Mason	7RTA	P, Carys	7DWI	P, Carys	7DWI
A, Marnie	8EKL	H, Darcy	8EKL	L, Eddie	8JDE	Y Ching	8JDE
C, Yangi	8JDE	F, Demah	8RDO	L, Reece	8SFE	A, Maria	8RDO
KSL, Nate	9JRI	B, Alfie	9HVA	O, Max	9SMI	L, Miguel	9HVA
R, Zuha	9JRI	Z, Melanie	9MWO	N, Marya	9HVA	D, David	9LCO
J, Max	10FHE	C, Martha	10SPU	W, Charlie	10JJA	C, Aaron	10FHE
A, Xavier	10FHE	M, Ashaar	10JJA	I, Minahill	10FHE	N, Keshavi	10JJA
W, Oliver	11SWI	M, Jack	11TWI	S, Alishba	11JSC	D, Lauren	11TWI
M, Fiona	11JSC	F, Adam	11JSC	P, Bryn	11TWI	J, Mya	11SWI

Use of Feedback

R, Matt	7JMI	E, Donovan	8RDO	Y, Tashi	9MWO	A, Joud	10ASI
S, Sophia	7JMI	N, Joshua	8JDE	S, Amelia	9SMI	S, Diya	10ASI
						S, Karamjit	11SWI
						D, Ruby	11JBA

Character Development Role Models - see Mr Bell to discuss how to invest your £20 prize in further developing your Character

S Will	7DWI	S, Kiera	8SFE	P, Sastika	9JRI	H, Ruby	10ACL	B, Jafar	11SWI
H, Lizzie	7DWI	H, Will	8SFE	D, Arabella	9LCO	C, Alexander	10ACL	A, Tilola	11AWI

Cultural Capital Role Models - see Mr Bell to discuss how to invest your £20 prize in further developing your Cultural capital

A, Sofie	7RTA	H, Ella	8RDO	P, Tom	9MWO	H, Ruby	10ACL	B, Jafar	11SWI
B, Tze Yan	7MBR	G, Mischa	8MSA	P, Sastika	9JRI	M, Ashaar	10JJA	Ai, Rayan	11JBA

Exam updates: Year 10

Y10 pupils should attend school on May 2nd when they have exams.

- All Business Studies and Music pupils should be in school for 8.30am
- All Year 10 pupils should be in school for 11am, English Literature
- All pupils should return home after the English examination – approx. 1.30pm

From May 3rd – 11th inclusive, Y10 pupils may go home to study AFTER P4. **The online permission form sent via Arbor email MUST be completed to authorise this absence.** I will resend with a reminder next week.

JCQ examination rules will apply. A copy of the school Exams Handbook will be given to pupils next Friday. An electronic copy can be found in the pupil section of the [school website](#).

	Mon	Tue	Wed	Thur	Fri	
	01-May	02-May	03-May	04-May	05-May	
P1	BANK HOLIDAY	Business AC, Music (LH4)	GEO ABC	MATHS 1	HIST ABC	
P2						
BR			CATCH UPS		CATCH UPS	
P3						
P4			ENGLISH LIT	RS 1	ENGLISH LANG	BIOLOGY
P5a						
P5b	LUNCH &/or HOME					
P6	REVISION OR HOME					
	Mon	Tue	Wed	Thur	Fri	
	08-May	09-May	10-May	11-May	12-May	
11:10	BANK HOLIDAY					
P2		PHYSICS	psych, Comp, Stats, Media, CLASHES	RS 2	MATHS 2	
BR			CATCH UPS		ALL Y10 back to lessons P3	
P3						
P4			CiM FOOD Sport P.Arts CLASHES	CHEMISTRY	SPANISH AB, Engineering C	ART
P5a			CATCH UPS			
P5b	LUNCH &/or HOME					
P6	REVISION OR HOME					

7 Ways That Parents Can HELP

A Parent's Survival Guide to Revision
by @inner_drive | www.innerdrive.co.uk

1 Have high expectations and provide plenty of support

Both are needed to help your child improve, perform and develop resilience

2 Help them work smarter

Not all revision techniques are equal. Spacing out their revision and quizzes are better than cramming and highlighters

3 Cope well with their setbacks

There will be highs and lows. How you react to their lows will impact how many highs they have

4 Minimise distractions

Provide a revision area with minimum distractions (this include mobile phones!)

5 Rise and dine

Make sure they eat breakfast. It plays a big role in concentration and memory

6 Regular bedtimes and lots of sleep

If they sleep right, they will think right the next day

7 Avoid cabin fever

Encourage them to get fresh air each and every day

10 tips to prepare for your first exam

by @inner_drive | www.innerdrive.co.uk

- 1 Space out your learning**
- 2 Test yourself**
- 3 Schedule in time for yourself**
- 4 Exercise regularly**
- 5 Ask your teachers and support system for help**
- 6 Avoid looking at your phone**
- 7 Surround yourself with positive people**
- 8 Use positive self-talk**
- 9 Get enough sleep**
- 10 Visualise yourself in the exam hall**



What is going on in Geography this term?

11	Year 11 will be continuing to prepare for their GCSEs which begin on the 15 th May. They will be finishing off studying Resource Management whilst being given their Pre-Release Issue Evaluation booklets in preparation for their Paper 3 exam.
10	Year 10 are studying Glacial Landscapes as part of Paper 1. They will look at the distribution of Glaciers around the world, how they are formed and the landforms that are created. They will then explore Glaciated areas in the UK like the Lake District.
9	Year 9 will begin studying their 'Malaysia Case Study' topic which involves looking at a individual country under the microscope.
8	Year 8 will be moving onto their next topic of National Parks.
7	Year 7 will be continuing with their Weather and Microclimate topic. They will study the difference between weather and climate, the causes of weather, air masses, types of rainfall, how to measure the weather and microclimates.

Cool Geography Facts:

The shortest name of a place is Å.



Fairtrade Fortnight

Below is a sophisticated article discussing 'Fairtrade Fortnight'. Written by **Rishik N** in Year 11 who is one of our senior Humanities Ambassadors.

Fairtrade Fortnight is an annual event that takes place in the United Kingdom (UK) and other countries around the world to raise awareness about fair trade and encourage consumers to choose products that are ethically and traded fairly. The event typically takes place over two weeks in late February and early March.

During Fairtrade Fortnight, a range of activities and events are organized to promote the message of fair trade, including public debates, lectures, workshops, and fundraising events. The event aims to highlight the challenges faced by small-scale farmers and producers in developing countries and the benefits that fair trade can bring to their communities.

The Fairtrade Foundation, a UK-based charity that supports fair trade initiatives, organizes and promotes Fairtrade Fortnight in the UK. The event is also supported by a range of other organizations, including schools, universities, faith groups, and businesses that sell or use fair trade products.

What do fairtrade standards cover?

Price: The Fairtrade Minimum Price and Fairtrade Premium drive real change today. Fairtrade workers and farmers are given a safety net that protects them from low prices for their crops.

Environment: While you can't protect the planet without protecting its people first, rigorous Fairtrade Standards support farmers to protect the environment and Fairtrade Premium is enabling them to invest in climate resilience and adaptation.

Premium: Fairtrade workers and farmers choose how they spend the Premium which they can use to make their farms and communities stronger. It also enables them to invest in different ways of making money, so they are less reliant on the unpredictable cocoa market.

Women's empowerment: Fairtrade is also supporting more women cocoa farmers to take the reins and stand tall alongside men. Fairtrade Standards make sure that they have a strong voice in their community, are represented in decision-making and benefit from Fairtrade. We know that independent income in the hands of women brings positive change to communities even faster.

So, when is Fairtrade Fortnight in 2023?

It will take place from the Monday 27th of February to the Sunday 12th of March 2023 inclusive.

Last year, online panels, 'bake-offs' and coffee mornings and over 50 "virtual events" took place as part of the Fortnight, and many will return for 2023. The conversations sparked from these events aim to ensure farmers and workers are put front and centre of conversations on how to tackle climate issues.

This Fairtrade Fortnight, join us in spreading a simple message: "choose Fairtrade now and help save our food"

Did you know cocoa, bananas and coffee could soon be much more difficult to find on our shelves? Climate change is making crops like these harder and harder to grow. Combined with deeply unfair trade, communities growing these crops are being pushed to the brink.

But here's the good news...

More of us choosing Fairtrade means extra income, power, and support for those communities, as they work to build sustainable and prosperous futures. So not only is choosing Fairtrade best for people and planet, but it could also help save everyday treats like chocolate and bananas.

The growing challenges that climate change brings to farmers and workers in the communities that Fairtrade works with are at the forefront of the festival.

Marginalised people in countries such as Ethiopia, Kenya and Honduras – who have actually done the least to contribute to climate change – are disproportionately affected by it, due to consistent low prices for their produce.

What does Fairtrade mean?

Fairtrade means better prices, good working conditions and improvement to sustainability.

Buying Fairtrade products means that there are agreed terms and pricing for both farmers and workers in developing countries in the southern hemisphere.

Fairtrade provides them with the security of knowing they'll receive a fair price for their crop and the long-term stability that comes from having a better relationship with their buyer.

And there are positive signs! Today, 1 in 3 bananas bought in the UK are Fairtrade. But there's plenty more that we can do to ensure that people earn what they deserve from their labour.

How to buy Fairtrade products?

Look out for the Fairtrade symbol, clearly marked on each pack. When products have this symbol on, you will know that, due to the certification by Fairtrade Foundation, a fair price has been paid to the workers involved.



Do you know what this symbol represents?

Extraordinary. Dramatic. Beautiful. Sir David Attenborough celebrates the wonders of British wildlife. It's our home, as you've never seen it before.




Watch now

Our Precious Isles
Series 1 Episode 1 of 5

David Attenborough celebrates the rich variety of habitats in our wild isles, the existence of which is critical for the survival of species right across the globe.

Available now
57 minutes

SL AD

Got to the BBC I-Player Website, Search ' Wild Isles'.

OR

[CLICK HERE](#) TO VIEW

 **GEOGRAPHY GEMS** 



11	Rosina. D	For a huge improvement academically in recent lessons.
10	Omar. E	Great passion and purposefulness in his Geography lessons recently.
9	Ashkan. P	Superb engagement and participation in recent Geography lessons this half term. Keep it up, Ashkan.
8	Dexter. F	Dexter has been passionate about Geography all term, he participates regularly, responds to feedback thoroughly and produces really sophisticated answers.
7	Millie Anne. K	For superb written and verbal work in her Geography lessons this half term. Keep it up Millie.

North Cestrian School PTFA

New 100 club

2 Draws Annually

£250 prize

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

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

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