



NEWSLETTER

30 June 2023



Head Master's Message:

Move over Glastonbury; the musical highlight of the summer – far cheaper and less muddy – is the North Cestrian Summer Concert. Thursday evening was an absolute treat and the culmination of lots of preparation, talent and organisation. Personally, I loved the range of music on offer: from classical to jazz, from choral to intimate duet, from well-loved standards to original scores. The stage was set and lit beautifully – thank you, Mr Bailey. The pupils were the stars, and it's a joy to see their confidence and passion on stage, across the age groups. Musical maestro Mr Wilson produced and directed, with hours of rehearsals and encouragement. This was a great achievement and a testimony to Mr Wilson's passion, purpose and dedication.

School Attendance

There is a strong correlation between school attendance and outcomes. Nationally, and within Trafford – a high performing borough – school attendance and 'persistent absence' (ie below 90% attendance) have been deteriorating since Covid. This matter was discussed at a recent Trafford Secondary Head forum I attended. As a school we perform favourably against national and local figures, but we too have seen a worsening of this key statistic. School has generous holidays – I will only authorise absence under exceptional circumstances. If you child is ill, please inform school. NOTE absence is recorded as such irrespective of whether it is authorised or not. Penalties for poor attendance are imposed on a case-by-case basis, and it is then that the degree of authorised versus unauthorised absence comes into play.

Upcoming events

The tidal wave of 'things to do before end of term' makes a lie of the belief of 'things must be winding down for summer'. The next two and a half weeks are particularly busy.

Monday 3rd July – **Sports Day Y9&10**. School sports field – commence 1.00pm

Tuesday 4th July – **Sports Day Y7&8** School sports field – commence 1.00pm

NOTE – in the event of inclement weather will make a decision calling off sports days before 8.00am each day. We will email parents to this effect.

Wed 5th July – Planned NEU Strike, school closed except for vulnerable and children of key workers

NOTE for this and the 7th, if you feel your child is eligible for a place, please apply by completing the form which is also available on our website.

Thur 6th July – New Year 6->7 Transition Day

Fri 7th July – Planned NEU Strike, school closed except for vulnerable and children of key workers

Sat 8th July – 12 – 3pm CEST FEST

In this issue:

Deputy	2
Academic	3
Business	4
Notices	5-9
PTFA	10

Calendar Dates:

3 July
Year 9 & 10
Sports Day

4 July
Year 7 & 8
Sports Day

5 July
Bag2School
pick up

17 July
Y7 & 8 Trip

18 July
Y9 & 10 Trip

19 July
Break for
Summer!

DEPUTY REFLECTIONS - CHARACTER EDUCATION

"We are in desperate need of hope. Hope is not pretending everything will be fine. Hope is not given to you. You have to earn it, to create it."

Greta Thunberg writing in the 'The Climate Book'.

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


m.bell@

The Going Green themed activities and non-uniform (must wear green) day has been moved to Friday 14th July for Y7, 8 and 9 and to Tuesday 18th July for Y10.

Every pupil will take part in the Sodexo sustainable food workshops and several pupils are already taking the opportunities for character development and pupil leadership. Leon N (Y9) is persuading pupils to donate their green tokens to the rewilding of the school grounds including creating living walls. Mica, Mylo, Niles, and Calla made an 'Importance of Bees' presentation for the whole school assemblies. Ruby H (Y10) is leading the Letter from my Grandchild creative writing competition and has already produced a poster and a model. The theme of the letter is that your grandchild has written to you from the year 2075 and you have received it today in 2023. Will they be saying thank you for the positive changes you made or lost in the doom and gloom lamenting the changing you chose not to make?

DANGERS OF HARMING BEES

Under the gazebo, you may have noticed a hive of bees. These bees are friendly, however if disturbed or harmed they will become aggressive and release pheromones that will attract other bees. This will cause them to sting you and others around you who may have done nothing wrong. Earlier this week we saw a group of students stomp and kill a few bees. They were also flushing them out and trying to drown them, which will only anger them more.



IMPORTANCE OF BEES

- Almost 90% of wild plants and 75% of leading global crops depend on animal pollination.
- One out of every three mouthfuls of our food depends on pollinators such as bees.
- Crops that depend on pollination are five times more valuable than those that do not.

WHAT WOULD HAPPEN WITHOUT BEES

- Without bees we could lose every plant in the world.
- We would also lose half the fruit and vegetables in the world, which we rely on.



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

Build your Character Benchmarks Certificate

Little task? Or Big tasks?

In this week could we half the number of single use bottles sold in the canteen? You can refill sports bottles for free rather than paying for bottle that becomes litter!

END CLUTTER

Keep products for at least seven years

TRAVEL FRESH

If you can, no personal vehicles

EAT GREEN

Plant based diet

DRESS RETRO

Three new items

HOLIDAY LOCAL

One night every three years

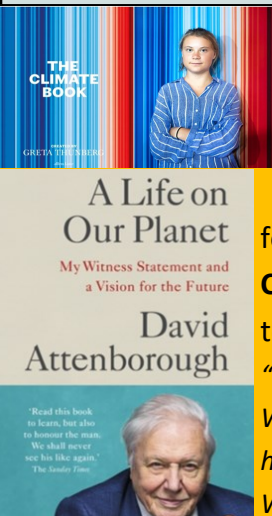
CHANGE THE SYSTEM

At least one life shift to nudge the system

To read more about NCS Character Education click the poster!

Enter the Character Education Website by clicking the photo of the British Museum below. You will find the Character Development opportunities, news of pupils thriving and leading rich and fulfilling lives, and hooks for your curiosity hooked in the Cultural Capital opportunities.

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



Greta Thunberg put together a book of 100 essays written by experts looking at the causes and solutions to climate change. Could you write the 101st? Click the image, check out the chapters and sample essays... interested?... see me for a copy.

Click the image to watch this superb film (play from 48m 18sec to 52m 26 sec, from 1h 15m 20 sec to credits if time is short).

"The living world will endure. We humans cannot presume the same. We have come this far because we are the smartest creatures that have ever lived. But to continue we require more than intelligence. We require wisdom. One difference between us and other species on Earth is that we alone can imagine the future. For a long time, I, and perhaps you, have dreaded that future. But it is not all doom and gloom, there is a chance for us to make amends. All we need is the will to do so."



Does use of TIK TOK impact your grades?

While TikTok can be an enjoyable platform for students to unwind, it's important to recognise the potential impact it can have on their academic performance. Due to the nature of the app, students can easily get distracted by it and find themselves wasting valuable time that they could be investing in their learning.



Researchers instructed a group of students to check their phones throughout a lecture, and another group to put their phones away.

The researchers found that students in the 'phones away' group wrote down 62% more notes and achieved 1.5 grades higher than those who had their phones out.

Some researchers suggest that, when using TikTok, students enter a "flow state," which is when they are completely focused on one task to the point where they lose track of time.

They argue that it is difficult for students to come out of this state unless they are interrupted by the real world, such as someone telling them to turn it off.

Adolescent students may already have a distorted view of time and think that it moves slower than it does.

This is a major cause of the Planning Fallacy, where students typically underestimate the time they need to complete a task.

Entering a "flow state" from using TikTok can make it even harder for students to plan out their study time and complete their assignments on time.

Research has shown that excessive screen time (7+ hours a day) by young people was associated with lower levels of curiosity, self-control and emotional stability.

However, asking questions and having self-control are essential strategies for learning. Without these, students can hold themselves back from getting higher grades.

As the videos on TikTok range between a couple of seconds and 10 minutes long, students get accustomed to paying attention for shorter periods of time and the feeling of reward that comes from this.

However, students are expected to sustain their attention for much longer to secure their knowledge during lessons and independent study.

Consistently using TikTok can mean that students depend on it for instant satisfaction.

From this, students may struggle with delaying gratification. As a result, they can find it difficult to concentrate on their schoolwork, forgetting that it will help them achieve their long-term academic goals.

There are helpful strategies that students can use to strike a good balance between social media use and maintaining productive study habits.

Learn how to manage your screentime and mobile phone use to give yourself a grade boost.

[HELP HERE](#)

BOSS Competition

Eleora, Sami and Ryan continued with the Business Simulation

They competed against 95 teams from 36 countries. They ended up coming **7th** in the overall competition.

Eleora has written a brief review of the competition:

The competition was interesting, getting a little inside of how businesses work without the need to spend real money or upset real customers. It was fun competing against the other teams, especially when we know that they are all older than us, it makes you think that anyone has the capabilities to do something like this regardless of age and experience. We knew pretty much nothing when we started but we've learnt a lot now and are really grateful for getting an opportunity like this as they don't come by often. Although we didn't win, we tried our best and thoroughly enjoyed it. The simulation really did test our problem-solving skills, our ability to work together as a team and our ability to learn from our mistakes. Not everything went as planned, but that was the fun of it, experiencing the "real world" through a simulation.

Outstanding Learners

Ubaida T (Y10), showing an increased level of responsibility and focus in lesson.

Irving P (Y10) sophisticated use of feedback to improve answers

Ruby H (Y10) for lots of resilience in getting on with work and her utilisation of feedback.



Rainbow washing

This term's cultural capital is about businesses use of rainbow washing during pride month. Both Year 10 classes have had an opportunity to work as a group and discuss from a business point of view whether it is the right thing for a business to do. Students were mature and used their own cultural beliefs to sophisticatedly put across their points.

All students in school have had an Arbor message with the cultural capital and the responses so far, have provided some very good talking points.



CEST FEST 2023 CAKE BAKE COMPETITION

Ask your Form Teacher for an Entry Form or collect one from T3 from Mr. Millard



Cest Fest Bake Off Competition, you can drop off your cakes either Friday 7th July 2023 and I will store in fridges in T3 or On the Day Saturday 8th July 2023 in between 11am to 12noon, the cakes will be Judged at 1pm and the results will be issued at 1.30pm, Good Luck to all who enter.

Charity Check-in



acef

Providing dignity and opportunity
through education

ACEF Ambassador News

ACEF has had a busy but exciting school year since September.

- We had a fabulous Halloween Cake Sale where students made wonderfully creative cakes and sold them in aid of the orphanage.
- We climbed over 6660 metres at the climbing wall in a day, smashing our target to Climb the Height of Kilimanjaro (5895m.)
- We ran our Candy Cane of Kindness event in the final week of the Autumn term where pupils and students could show their appreciation for others with candy canes and lovely little notes.
- We had the fun-filled Culture Day where pupils could buy lovely food and take part in multi-cultural activities to learn more and to help the orphanage.
- Some pupils have taken part in a Grow £5 challenge and managed to raise large amounts of money for the pupils in the orphanage.
- We are holding our final event for the school year – a **Crystal Maze Challenge** – which will take place at Cest|Fest on Saturday 8th July (see below for details.)



In addition to supporting the orphanage financially, we have begun building partnerships with The Brainhouse Academy as staff and hopefully pupils.



- We have bought a mini projector and sent it out to The Brainhouse Academy to enable video conversations and team meetings with the staff in both schools.
- We have started working on music and sporting links between the two schools, beginning with sharing the beautiful singing of the Kenyan children at our Christmas Concert Night in December and supporting the purchase of footballs

for the pupils in Kenya to play with.

This is all leading to an even more productive and exciting school year ahead with our two schools working more together.



Ambassador Profile

Kiera S in 8SFE has been a superstar ACEF Ambassador throughout the school year. She has led the KS3 team together with Halima S; she has taken part in every fundraising event including multiple climbs of the wall AND she has grown her £5 to an astonishing £140. She also donated her Cultural Capital prize to ACEF. BRAVO to Kiera for her leadership, purposefulness and generosity of spirit!

Crystal Maze Challenge

Can you be North Cestrian's winning team?



Riddles

Problem-solving

... and more!

How does it work?

1. Gather a team of 3-5 friends (maximum 5.)
2. Pay £5 per team to enter (or £8 to include an ACEF wristband each!)
3. Book a time slot on the sign-up sheet by U12 or sign up on the day.
4. Meet at the ACEF stall near the bottom playground at Cest Fest on Saturday 8th July about 5 minutes before your time slot.
5. Work together to earn the most crystals and win the prizes!!
6. If you have any questions, see Mrs Few.

NORTH CESTRIAN SCHOOL PTFA

CEST FEST RAFFLE

1ST PRIZE AN IPAD
& MANY MORE
FANTASTIC PRIZES!

Buy your tickets today!

VIA PMX.PARENTMAIL.CO.UK

DRAWN AT CEST FEST SATURDAY 8TH JULY 2023

Tickets £5 FOR 5 & £3 FOR 3

ALL PROCEEDS GOING TO PTFA

Made with PosterMyWall.com

NORTH CESTRIAN SCHOOL PTFA
INVITES YOU TO

**Saturday 8th
July 2023**

12 - 3pm

ON THE DOOR
£1 FOR CHILDREN
&
£2 FOR ADULTS



Summer CEST FEST

LOTS OF FUN FILLED THINGS TO DO!!!

LIVE MUSIC * BBQ * RAFFLE * GUNGE THE
TEACHER * PUPIL STALLS

FOR MORE INFO:
0161 928 1856 / VISIT US: WWW.NORTHCESTRIAN.CO.UK

North Cestrian School PTFA

New 100 club

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**

BAG 2 SCHOOL

FREE FUNDRAISING FOR SCHOOLS

In partnership with your school or organisation



North Cestrian School



Bag 2 School is a company that specialises in the reuse and recycling of good quality second-hand clothing and we have arranged to make a collection from your school. All the bags will be weighed and you will be paid for the total weight collected. Remember, the more you collect the greater the benefit to your school.



By using this paper leaflet we are helping to reduce unnecessary extra plastic. Please use your own bag or bags (there is no limit). The leaflet is FSC accredited, please recycle it.

When the clothes have been removed from the bag the plastic will be packed and sent for recycling.

We are collecting good quality items for RE-USE:

Men's, ladies' & children's clothing, paired shoes, handbags, belts & accessories.

(No uniforms, workwear, pillows, duvets or pieces of fabric please)

The more we weigh the more we pay!

Extra bags are welcome - there's no limit

Please return your Bag2School on:



9 JULY 2023

 01609 780 222

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 helpdesk@bag2school.com