



NEWSLETTER

12 May 2023



Head Master's Message:

'Back in the day', O Levels spanned about 2 or 3 weeks. The examination papers were thinner too. This is a sample of the first (of two) pages from a Geography O Level equivalent from 1965. This was even before my time, I hasten to add.

2. With reference to the British Isles, select *one* area of between one and five square miles of which you have *first-hand knowledge*.
 - (a) Name and locate it.
 - (b) Draw a sketch-map to show its major geographical features.
 - (c) Describe the relationship between two of these features.
 - (d) Which of the features mapped are representative of the region of which your area is a part?

3.
 - (a) Name one example in the British Isles of *each* of the following:
 - (i) a millstone grit upland,
 - (ii) a granite moorland,
 - (iii) a reclaimed marshland.
 - (b) Describe and account for the surface features which would be observed in *two* of the examples chosen.

I'm not sure that's any harder and may even be easier than an equivalent today. Here's a sample from a recent GCSE. The paper was 32 pages long, including space for answers.

'All types of renewable energy generation can create environmental challenges.'

To what extent do you agree with this statement?

It's a different flavour but involves knowledge (definition, examples) analysis (of the different renewable energy schemes) and judgement (the degree of agreement). I think the same is true for all modern examinations. Our Year 11s are about to embark on their GCSEs (and BTECs etc). The challenge is as real as ever. More so: they're perhaps sitting more exams than students of yesteryear. The stakes are maybe higher – colleges and sixth forms have stiff entry requirements. May 12th is their final normal day, and we shall be marking it with a farewell in school, before they set off for home at approximately 1245. So, as they now enter their study leave, bear a thought for them and encourage them to make full use of the learning and revisions skills they've been taught.

Study leave arrangements can be seen on our website.

Pupil Questionnaire

Pupil voice is important to us. All pupils have been sent an email to complete a questionnaire about their experiences in lessons. Please encourage your children to log in to their school email and then complete the questionnaire. It should only take about 10 minutes.

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Dates:

26 May
Half Term

5 June
Term Resumes

13 June
Y10 PCE

21 June

DEPUTY REFLECTIONS - CHARACTER EDUCATION

"Democracy cannot succeed unless those who express their choice are prepared to choose wisely.

The real safeguard of democracy, therefore, is education."

Franklin D. Roosevelt (former President of USA)

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



There is now a second round of pupil voice to find out about pupils' experiences in their subjects. In order to effectively collate the information, each class is sent their own link to the survey (so a generic link or QR cannot be created here).

PLEASE LOOK FOR THE LINK TO THE SECOND ROUND OF PUPIL VOICE—YOUR EXPERIENCES IN SUBJECTS — ON YOUR EMAIL.

Pupils will have one week to complete the Forms Questionnaire. As always, I encourage parents share in your child's review!



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

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!

Build your Character Benchmarks Certificate

Know someone building their Cultural Capital? Click to nominate.

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.

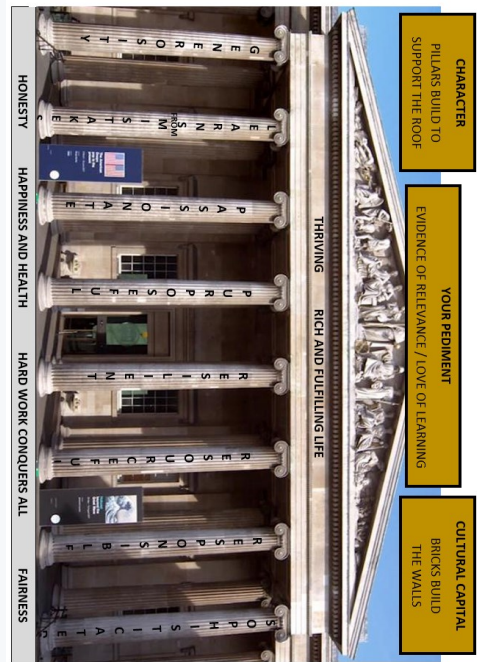
Hooks for your curiosity hooked in the Cultural Capital opportunities and a chance to show off your sophistication.

In 2022...

93% of pupils said that they are encouraged to be independent and take on responsibility. Since then, we have grown this plethora of opportunities...

Key Stage 3 prefects, More pupils leading assemblies, More pupil buddies, Form Captains and new deputy form captains, More pupils writing in the newsletter, More pupils taking part in work experience opportunities extra-curricular sport, Choice and encouragement to be curious and develop in the North Cestrian Character Education (84% of pupils like this guidance), Reading Mentors, Options Process information (including Entry Requirements, Taster Lessons, Careers Meetings, Visiting Speakers, Visiting Former Pupils [61% of pupils think the next step advice is brilliant, 23% like it and want more]), More peripatetic music lessons, Increased Key Stage 4 Option Choices, More trips to Colleges and visit from sixth forms, The learning journal contains a route to success entitled 'Cestrians are responsible'). Visit:

<https://www.northcestrian.co.uk/page/?title=Cultural+Capital&pid=134>



It's GCSE Exam Time – we wish Y11 every success!

I don't believe in luck.

You make your own luck by being prepared - working hard, following advice and acting on feedback. Luck implies that we have no control over our destiny, when in fact, we make many choices every day that impact the road and journey we take moving forward. It is the way we respond to the obstacles we meet that builds our character and defines who we are.

The Cestrian ABC and core values provides all pupils with a toolkit of building blocks, strategies, and opportunities to explore who they are and how they respond to challenges and "bumps" in the road.


KS4 pupils have had much advice about how to study using retrieval practice and how to manage their wellbeing. We have provided guidance on good revision which includes managing phones, exercise and eating and drinking regularly to improve focus.

GCSE exams right now will seem like mountains to climb, but in a few short weeks, the longest school holiday begins, and thoughts move to new chapters in new schools, colleges, and jobs.

Prepare well for the climb, enjoy the view, and look towards the new choices and roads that lie ahead.

5 MISTAKES TO AVOID THE NIGHT BEFORE AN EXAM

by @inner_drive | www.innerdrive.co.uk

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1. SKIPPING DINNER
 2. HAVING TOO MUCH CAFFEINE
 3. RE-READING OVER YOUR NOTES
 4. CRAMMING LAST-MINUTE STUDYING
 5. STAYING UP LATE REVISING

4 Ways Your Students Can Manage Exam Nerves

by @inner_drive
www.innerdrive.co.uk



Slowdown

Under pressure, people tend to rush, as they underestimate how much time they have available. This leads to sloppy mistakes. Advise your students to slow down and focus on one thing at a time.

Drink Some Water

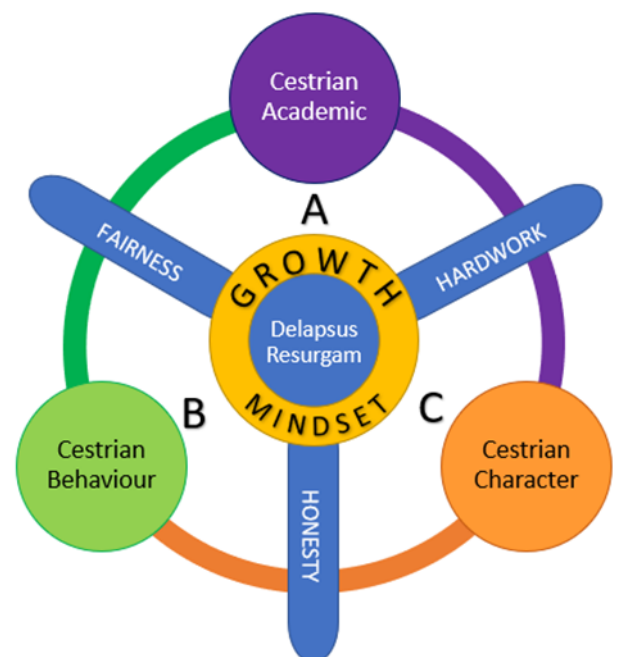
One of the side effects of being nervous is that your mouth feels dry. This draws attention to how nervous you are and creates a vicious cycle. The solution; take regular sips of water in exams.

Channel your Nerves

Being a bit nervous before and during exams is no bad thing. If channelled correctly nerves can help you prepare more thoroughly and focus better.

Listen to Music

Have students listen to chilled music for 30 mins before an exam. Their heart-rate will lower and their mood will improve.



What's Happening in Science in the Summer Term?

Year 7 and 8 classes are moving on to their final topics for this year. Year 7 topics for this term are Forces, Chemical Reactions, Circuits and Plants. Year 8 topics are Particles and Matter, Breathing and Respiration, Ecology and Earth and Space. **Assessments** for these year groups are on-going and Year 7 and 8 do not have end of year science exams.

Year 9 classes have started their GCSE courses with units which link KS3 learning to the GCSE curriculum. Topics are Cells and Microscopy, Organic Chemistry and Particles and Matter. This content is part of the GCSE course and will be assessed in the final exams at the end of Year 11. These topics also include practical work which is a required part of the GCSE specification, which will also be part of the final GCSE exams.

Year 10 classes will be receiving feedback and intervention based on performance in their end of Y10 exams. Classes will also cover their final content (Bioenergetics, Energy in Chemical Reactions and Ionising Radiation) before going on work experience.

To **Year 11** pupils we wish them the best for their GCSE exams and remind them that support, advice and help are available from science teachers all the way to the last exam! Teachers will email pupils with details of any revision sessions they are offering.

Extra-Curricular Gardening Group

The garden area is now in full growth with flowers, potatoes, peas, beans, leeks, garlic and herbs making the most of the current weather conditions.

Members of the gardening group built a bug hotel, using recycled and repurposed materials to encourage more wildlife into the garden. They have written up this project to submit for their RHS Level 3 Gardening Award.



Staff Farewell

At the end of this half term, we will say farewell to Mr Wilson as he moves on to greater challenges. He has been a valued member of the science department for almost 12 years and has made an impact in other areas of school life. We wish him well in his new post. Here is what Mr Wilson has to say about his time at NCS:

"After nearly 12 years, I am saying goodbye to North Cestrian and moving on to pastures new. I am going to try to keep this short, which ironically is what my pupils would say about me!

I would like to thank the pupils for making my job so amazing. I love coming into work, not knowing what the days brings. I will miss ALL my classes, but I would like to give a special mention to my year 10s. I will be checking in on how you are doing and all the best for your exams in 2024. For the Year 11, good luck for your exams and all the best for the future. You guys have the world at your fingertips and can achieve anything you want. All the best to the class of 2023!

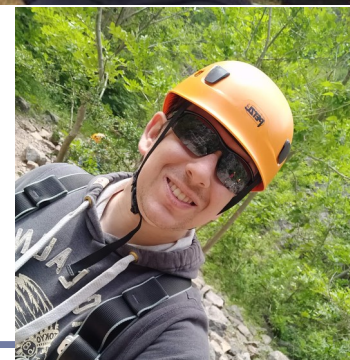
I would like to thank the staff who I work with on a day-to-day basis who make the job so enjoyable. I have loved working with the football, basketball and cricket teams over the years. Seeing the pupils in another light with the enthusiasm and passion they have for sport is amazing. We have the best sports teams we have ever had at present, and I wish everyone all the luck for the future.

Finally, enjoy your time at school!! It is the most precious time in our lives. You are at such a wonderful school with so many teachers that want the best for you. This school will prepare you for what life throws at you!!"

Favourite moment: Either getting gunged at the first Cest Fest or doing a forward roll mid-teacher relay race at sports day! Can't choose between them!!

Favourite trip: Every single Red Ridge Residential and Alton Towers!!!

Favourite pupil quote: "If you shave a sheep, it becomes a pig".





REMINDER!

IF YOU HAVE NOT ALREADY DONE SO, PLEASE REMEMBER TO SUBMIT THE 'REGISTER YOUR INTEREST FORM' FOR THE END OF YEAR TRIPS.

THE FORM IS AVAILABLE ON PARENTMAIL-PLEASE CONTACT MRS WILLIAMS IF YOU HAVE ANY ISSUES.

YEAR 7 & 8 - KNOWSLEY SAFARI PARK, MONDAY 17 JULY

YEAR 9 & 10 - ALTON TOWERS, TUESDAY 18 JULY

(Deadline for submission of forms is MONDAY).

SUMMER CONCERT

29 JUN

VANSTONE HALL
NORTH CESTRIAN
ALTRINCHAM

Live performances from...

with the & pupil band
**THE BAND POP THE POLICY
CHOIR MAKERS**

Plus, many more performances from our wonderful musicians at North Cestrian!

TICKETS AVAILABLE NOW via PARENTMAIL

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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


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JULY 2023

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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**

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DUNHAM ROAD, ALTRINCHAM
WA14 4AJ**