



NEWSLETTER



HEAD'S MESSAGE

Next week marks the Summer Solstice. The word comes from Latin, essentially meaning 'still sun'. It highlights the northern most position of the overhead sun in the sky above the Tropic of Cancer, and then the apparent retreat south towards the equator. So, this transition from moving north to moving south suggests a heartbeat in time when the sun is apparently neither moving north or south. The same cannot be said for school life - there is rarely, if ever, a time when things stand still. Rather, there is the adoption of the philosophy of 'Kaizen' - a Japanese idea suggesting continuous improvement. Small changes can lead to significant improvement. Mr Bell's phrase is 'tweak'. In the wider sphere there's the idea of 'nudging' as an aspect of behavioural economics. The Cestrian ABC provides a vehicle for these small changes in academic, behaviour and character approaches that leads to significant gains. This flourishes most when pupils adopt a growth mindset. We ask that parents support school in sharing with their children the idea that small steps of improvement lead to giant leaps forward.

This week also saw the last Headmasters' Table of this academic year. Those who attended were specially selected for their contributions to extra-curricular activities and support to the school. Thank you.

Nudge 1

Remember that **Wednesday 22nd June is INSET** for staff. Only pupils with public exams on that day should be in school.

Nudge 2

Friday 8th July is GOING GREEN day. Pupils to pay just £3 for – Cest Fest entry wrist band, raffle ticket for Apple iPad and non-uniform privilege. Money raised goes to PTFA and charity. Pay by Parentmail.

Nudge 3

Saturday 9th July 1200-1500 is CEST FEST – fun, food and fund-raising.



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Special points of interest:

Maths E vent..

Find out more on Page 3.

CONTACT INFORMATION

FORM TUTOR CONTACTS:

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9SPU s.pullen@northcestrian.co.uk
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10TWI t.wilson@northcestrian.co.uk
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11ACO a.collins@northcestrian.co.uk
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11VJE v.jesudason@northcestrian.co.uk
11VCA v.isherwood@northcestrian.co.uk
11MBR m.bracewell@northcestrian.co.uk

Did you know?

If you have any concerns or queries regarding your son or daughter, the **FIRST PORT OF CALL** should be their Form Tutor.



Useful email addresses:

To report your child absent:

absence@northcestrian.co.uk

To request time off during term time:

absence@northcestrian.co.uk

For general enquiries:

office@northcestrian.co.uk

INSET DAY—NON PUPIL DAY

WEDNESDAY 22 JUNE



If you are on twitter and have not yet followed the school page please do.
@CestrianNorth

NOTICES

Reminder!



End of year reward trips are still open for payment on Parentmail. If your child would like to attend please ensure consent and payment is submitted by Friday 24th June.

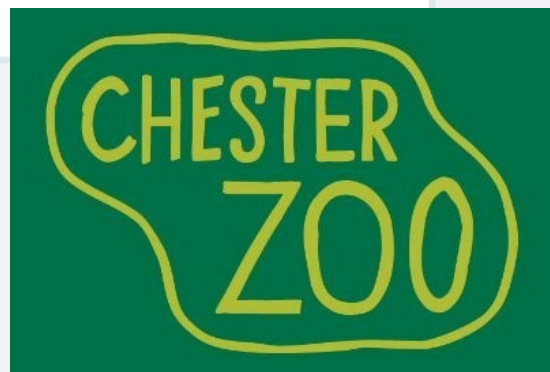
Y7 - Chester Zoo Thursday 14 July

Y8 - Alton Towers Thursday 14 July

Y9 - Alton Towers Tuesday 12 July

Y10 - Alton Towers Tuesday 12 July

Please contact Mrs Williams in the School Office if you have any issues with Parentmail.



DEPUTY REFLECTIONS



Your school reports and Arbor Portal present the evidence of your character development. Let's encourage further investment in youngster's discovery, development and plans for a rich and fulfilling life.



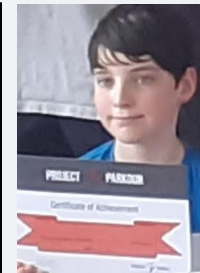
CHARACTER EDUCATION

Click the poster for a full guide to the traits.

Our pupils are guided in the 8 character traits of NCS's character education programme. Within lessons and beyond school, pupils have opportunities to experience, reflect and showcase their development, and are assisted to pursue their new discoveries. It is essential that pupils build character to enable them to be successful in applications, interviews and throughout life. Character is what makes the difference and goes beyond the grades and qualifications. The pupils who show the most commitment to character development in each term will receive an investment from the school to take their experiences further.

This week sees a bumper week of nominations from parents, family + friends! **Aley K Y10**, from mum, dad, family and a friends, **resilience and learning from mistakes**: realised **Delapsus Resurgam** and developed a **growth mind set**, he has developed a new focus on studying and following online courses in his spare time. He has also made time again for sport! **William C Y7**, from brother, **passionate and sophisticated**: played in the String Ensemble at Sale Waterside with Trafford Music Service. He also performed The Ceilidh on solo violin in front a packed theatre. The result of **lots of practice**!

Jack B, from mum, **resilience and passion**: passed Red Stage Parkour! Lots of **hard work** to practise. How about a demo in school?



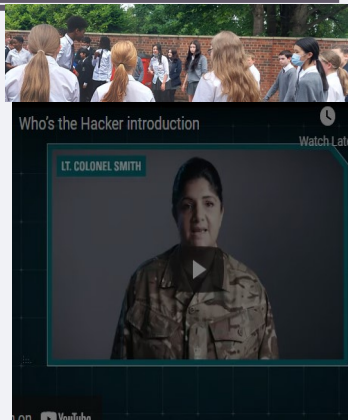
Parents please click on the link sent via Parentmail / Email to complete Annual Parent Voice Survey. Thank you for your honesty and support.

Click below for this week's Character Development Opportunities. Read the adverts. Inspired? Follow 'What to do Next' and email Mr Bell.

Parents and Friends Character Development Nominations

Y10: Sokari L nominated by friends and teachers, for **purposeful and passionate**, as many enjoyed his leadership of a fun aerobic activity during lunch time on the school playground. Have a think of more ideas to improve people's well being at break and lunch and let me know.

Special Character Development Opportunity for Y9 with the Army visiting the school on 28 and 29 June. Click the image to apply for the Who's The Hacker Character Development.



GOING GREEN FOR THE DAY - July 8th themed non-uniform day. Remember to bring lots of 50p pieces to take part in Origami with your old newspapers and magazines, green face painting, and writing your pledge leaf for the giant tree. Free experiences include trying insects as food, entering the Creative Writing Competition - Letter from My Grandchild, watching David Attenborough and listening the Green Peace activists assembly. Plus, want a place in the exclusive-limited-to-50 workshop from a industry expert on Sustainable Food during period 3? Email me how this meets your passion and purpose.

Have you got an example of a pupil building their genuine, significant and sustained character? Click to nominate a pupil. Let's invest in character development together!

DEPUTY REFLECTIONS

CULTURAL CAPITAL

Cultural Capital opportunities will support sophisticated learning, broaden horizons and hook interests on the way to plotting and living your own rich and fulfilling life. Cultural Capital is the essential knowledge that we need to be educated citizens, it is the best that has been thought and said, and helps to engender an appreciation of human creativity and

Half Term 5 League

	Year	Points
A, Sumayyah	8	27
O, Steven	9	21
G, Teegan	8	16
J, Shashank	8	9
D, Cal	7	8
H, Rachael	10	8
M, Niles	7	5
F, Joshua	8	3
H, Nadheerah	8	3
O, Anthony	8	3
A, Pranav	7	2
D, Abby	7	2
H, Will	7	2

Explore the 25 bricks - choose 3 to pursue that you are most curious about. You may pursue a fourth of your design... something that is not on our list but has piqued your interest from elsewhere in life.

Email me with your first reflection on the source material - 100 words summarising big points + 100 words analysing why this is important to you? What it means for the future? Why it is cultural capital? What has it inspired you to do?

Your teacher will award 3 points and respond to your initial reflection and guide your next step. Maybe by asking you a more in depth question or asking you to develop a thread.

Email me with your second response which directly answers the subject specialist's guidance.

Your teacher will respond with "well done" and award a second 3 points. Then guide you to take this further by watching..... listening..... reading..... visiting.....exploring.

You should then swim in this opportunity and email me the evidence of your development. I will award a third 3 points.

Your teacher will then refer to the sophistication / test your sophistication in verbal interactions in lesson or beyond. Genuine, significant and sustained sophisticated will be awarded with 5 points.

Art



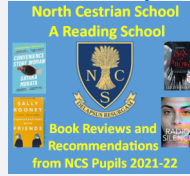
Should artists focus more on 'the planet'?

Business



Do you know how credit cards work?

Citizenship

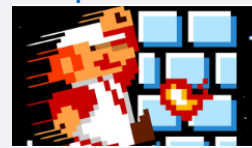


Engineering



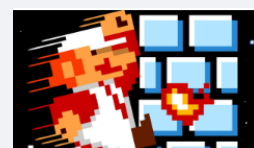
Will drone technology make schools safer?

Computer Science



Mario: is he a real game changer?

Creative IMedia



English



What small thing could you be 'famous' for? Write a poem in response.

Pupil's Brick Idea



How do you reduce food waste?

Food



What is food insecurity?

Geography



Are there use species on our planet? Click for the task sheet

Headmaster



Should USA citizens be allowed guns? What is the legal right? Does it still apply? Should it?

History



Cinemanities Club:
Wednesday 8am—U10
SignUp Sheet
HIDDEN FIGURES

Literature



Summer Reading Challenge

Maths



Tournaments need math skills to schedule. Read, comment. design your own schedule.

Media Studies



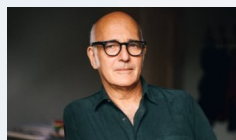
Should we give up reading the news?

MFL



Click the image for your task sheet

Music



Ludovico Einaudi

Performing Arts



Does a regional accent matter in Shakespeare?

Psychology



Listening to Podcast, blind-fold your family! Send photos +comments on How does our brain influence our sense of taste?

Religious Studies



What do you think is the purpose of pilgrimage? Does a journey have to be religious to be a pilgrimage?

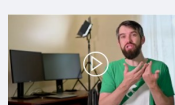
Science



Science

[Click for research resource from science in 1952](#)

Statistics



Simpson's Paradox. Can you explain this weird covid 19 data from Italy and

Sports



Which are the best world records and why?

Experiences!

EXPERIENCES

Pick an experience and evidence the Cultural capital

ACADEMIC NEWS

Developing the right mindset early on is crucial for a successful, happy life. Putting in the **effort** and using the right strategies can help you get better at things, feel empowered, and **try harder**. People who know that their brains are capable of “growing”, are more **confident, resilient**, and are **not afraid to fail!**

Role Model

- Resilient, independent and proactive, taking risks to learn and improve, you bounce back and try again
- attributing success/failure to own efforts - success is related to effort not “intelligence”
- frequently learning from mistakes - recognising the value in making mistakes as you can learn from them

Positive

- Developing resilience and taking risks - you try and pick yourself up after things don't go well
- taking responsibility by linking effort and success - the more you try, the more you improve
- starting to show learning from mistakes - acting on advice brings more success, you ask for help when you can't figure it out yourself

Developing

- Not confident to try on you own - doubt in your ability makes you rely on / copy others
- not linking your effort to your success - you “don't get it” so doing it again is pointless, you have excuses for not doing well or not completing work
- not linking feedback to success - you don't act on advice to improve, you don't often ask for help or ask before you have tried yourself

Hampering Progress

- Effort limited by fear of failure - you are scared to be wrong, so you leave gaps in work
- No confidence in your own ability - you don't believe you can improve, so you give up or copy someone else, you wait for the teacher to give the answers before completing the work
- Repeating mistakes - you do the same thing because you “can't do it”, “aren't good at it”.

“The expert at anything was once a beginner.”

“Mistakes are proof that you're trying.”

“I never dreamed about success. I worked for it.”

“If you fell down yesterday, stand up today.”

“The only thing that overcomes hard luck is hard work.”



Inspiration for 'growing' your Growth Mindset – which one will you adopt?

“The best way to treat obstacles is to use them as stepping-stones. Laugh at them, tread on them, and let them lead you to something better.”

“Whether you think you can or think you can't, you're right.”

“The mind is everything. What you think, you become.”

“Success is walking from failure to failure with no loss of enthusiasm.”

“The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.”

“Failure is success if we learn from it.”

“Many of life's failures are people who did not realise how close they were to success when they gave up.”

Cash flow

My Business classes have been kept up to date regarding my washing machine for over a year now. It has sounded and recently felt like it needed new bearings due to the noise and vibrations. Wanting to be environmentally friendly I asked around last year what the price would be to have them replaced (I did look at some YouTube videos to do it myself but was encouraged not to). The disappointing response was that the companies I contacted were only really interested in trying to sell a new washing machine. Hence, I decide to run my machine as long as possible. However last weekend I took the decision to purchase a new washing machine as the cost of replacing the bearings and the age of the machine meant this made more economical sense.

We have recently studied cash flow in Year 10 and with June being my car insurance month I wanted to finance my new purchase in a more manageable way. With one company if I wanted to pay in instalments, I would end up paying nearly £200 more for my washing machine, yet with another company I could make five payments with no interest. It's not difficult to guess which I went with.



Postcard Winners

Gold	Arishmah A —Using feedback to support time management in written work.
Silver	Anna W– Showing lots of responsibility in catching up on previous content
Bronze	Rachael H - Showing resilience in completing tasks independently

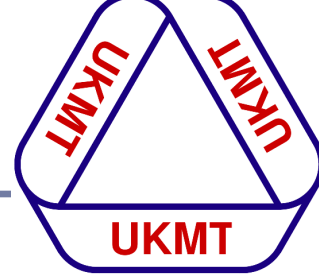
Thank you

Thank you to all the Business students this year. I hope that the result the Year 11s get in the summer reflect the hard work that has been put in and for those that may need to, use them as an opportunity to learn from mistakes.

Year 10 and Year 9 please look at the Business cultural capital it would be beneficial for you to develop the sophistication of your understanding by having an attempt.



Year 7 & 8 UK Maths Challenge



In April this year, our most talented Mathematicians from year 7 and 8 took part in the Junior Maths Challenge. It is a one hour multiple choice paper that encourages **mathematical reasoning**, **precision of thought**, and **fluency** in using basic mathematical techniques to solve interesting problems.

We were delighted with the results. There were **14 students** that achieved a **Silver Certificate** and **18 students** that achieved a **Bronze Certificate**. These certificates will be presented to the students at the end of term assembly.

YEAR 9 AND 10 MATHS SUPERSTARS

On Tuesday 24th June some of our keen mathematicians in year 9 and 10 were treated to an A' Level pure maths session, delivered by Andrew Birch from the Advanced Maths Support Programme (AMSP). The pupils looked at concepts including quadratic curves, turning points, rules for differentiation and completing the square. All pupils attempted the difficult maths. No pupil decided it was too challenging. Behaviour and participation levels were outstanding. Many pupils grasped difficult concepts very quickly. In short, they were a credit to themselves and the school and Mr Birch was genuinely impressed and delighted at how they handled the sessions. Well done to all involved.

The next AMSP event is online on Wednesday 29th June (7 to 8pm). It is aimed at girls in year 9 and 10 but boys are also very welcome to attend. The event will introduce pupils to four inspirational female role models and they will discuss how maths skills are involved in their careers. There will be an opportunity for pupils to ask questions. The maths department will provide all the details for your attendance at this event and we hope lots of pupils will join us.

Mrs Roberts

Maths Puzzles and Chess Club

This is an exciting opportunity to play chess and enjoy mathematics Sudoku puzzles and problem solving activities. Established by staff and students. All students are welcome to attend. The club will run every Thursday lunch time from 1.40 to 2.20 pm in the F1.

Sudoku school champion competition is almost here...

In form time this week you will get to compete in the school Sudoku championships – we hope that you have been practicing since last time and we are looking forward to seeing who will be representing their forms in the final.

Rubik's competition coming soon...

We will be holding a competition to see who can "solve" a Rubik's cube first. We have 6 different styles of including the original Rubik's cube and a Pyraminx – come see how fast you can solve them!

** MATHS OUTSTANDING LEARNERS **

Mr Bracewell	Lauren B	Passion and perseverance
Ms Bradford	Polly L	True Cestrian Spirit, is resilient, always has a go, takes feedback and board and has successful habits.
Mrs James	Zakir R	Passionate and sophisticated, being a great independent learner.
Ms Klutz	Calla W	Purposeful, resourceful and resilient with lots of revision methods
Ms Roberts	Izzy H	Really purposeful and determined effort to complete a feedback sheet with maximum effort.
Ms Vaughan	Sienna W, Sammi N	Passionate, responds to feedback through independent work and revision.
Mr Mills	Jessica A	Lots of passion and resilience shown in recent assessments.



COMING SOON:

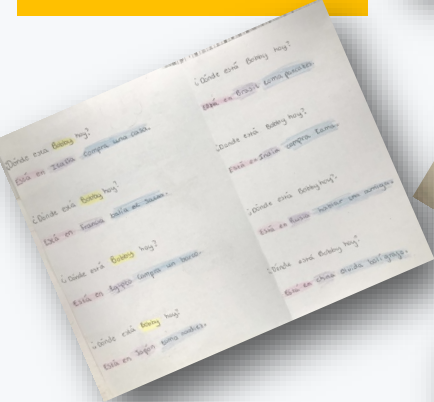
- Years 7-10**
- * Assessments are very nearly complete. You should be receiving feedback soon.
 - * Y7-8 - weaker areas continue to be the verb endings for I / You / He / She. In your prep, actively focus on these to take your knowledge to the next level.
 - * Y10 - Pay close attention to the feedback you get from your speaking tests. Remember 3 tenses need to be present for a grade 5+. Do you which questions you should prioritise to showcase your talents? Seek advice if

Summer is coming...
 At the beginning of the year, Y7 pupils were asked to write a mini story about their imaginary world adventure. The one above might inspire you to travel too!



MFL at North Cestrian isn't just about Spanish! It's about acquiring a foreign language, and we want you to see that it can help you understand other languages too.

This is a poster from Brazil. Using your knowledge of English and Spanish, can you answer these 3 questions? Email Ms H with your answers.
 Do you know what Language is spoken in Brazil?
 Do you know what is happening?
 And when is it taking place?



LA NOCHE DE SAN JUAN - DON'T TRY THIS AT HOME!

Certain festivals seem to summarise life the Spanish people's attitude to life. The **Night of San Juan (June 23)** is a fiesta that is usually held on the beach with roaring bonfires, drink, food, and friends. According to tradition, if people jump over a bonfire three times, they will be cleansed and their problems will be burned away!



For being enthusiastic, passionate learners; making improvements; showing resilience by pushing themselves to progress ever further, learning from mistakes; and impressing with their knowledge and attitude to learning.

STARS DE MOIS GENIAL! ESTRELLAS DEL MES

- | | | | | | |
|--------------|-------------|-------------|--------------|---------------|--------------|
| Olivia S Y10 | Jafar B Y10 | Mya B Y10 | Amal Z Y10 | Arinee B Y10 | Emily H Y10 |
| Ahmad G Y9 | Elliot C Y9 | Amy P Y9 | Max W Y9 | Ruya A Y9 | Mahnoor U Y9 |
| Tala O Y8 | Ryan C Y8 | Calla W Y8 | Melanie Z y8 | Shashank J Y8 | |
| Haysten W Y7 | Callum P Y7 | Daniel S Y7 | Nyles M Y7 | Sara A Y7 | Rayyan A Y7 |

PHYSICAL EDUCATION DEPARTMENT

Trafford Schools Athletics Meeting



Wednesday 8th June at Longford Park Athletics Stadium

Congratulations to all the girls who competed in the Trafford Schools Athletics last week. There were some excellent performances alongside the Year 9 team finishing fourth overall. A special mention for an outstanding performance by Ophelia, coming first in the 300m.



PHYSICAL EDUCATION DEPARTMENT



It was an honour to represent North Cestrian at the Trafford Athletics. I took part in the shot putt event and came third in my year! It was a great opportunity to meet new people and show passion and dedication to sport. - Theodora



It was a fun, enjoyable experience for all and everyone tried their best to make NCS proud even when the weather wasn't on our side. We all enjoyed it thoroughly. - Joud



The Trafford athletics meeting was a really fun afternoon. It was good to take part in athletics in a stadium and great to spend time with my school friends. I also made a few new friends from different schools. The 4 x100m relay was the best event. - Lydia



Ophelia now holds the 300m record for Trafford and Greater Manchester Schools Athletics Association. Her PB of 40.66 has taken her to ranking no. 1 in the UK.

"This would not have been possible without the tireless effort and encouragement of my coach Richard Goddard who has trained me for last 5 years at Trafford Athletics Club. Dame Jessica Ennis Hill competed for Trafford Athletics club as an intermediate before her Olympic career." - Ophelia

We wish Ophelia all the best of luck in the English Schools Championships, which are being held at Sports City on 8th & 9th July.



MUSIC NEWS

This term, our KS3 students are learning about one of three musical contexts.

Year 9 are continuing their work on the music of James Bond. Their performances so far have been very impressive and I am looking forward to seeing how their performances develop over the next 5 weeks!



Year 8 will be learning about Music of Black Origin, namely Blues, Jazz and Reggae. Within each of these three styles, students will develop an understanding of the context and the genres origins, listen to and appreciate some of the style's most revered black musicians and their music, and learn to perform some of the techniques that make these genres stand out. These include the 12-Bar Blues, ii-V- I's, a variety of scales and syncopation.

Year 7 will begin learning about Programme Music – music that is composed/written to evoke imagery or portray themes. Pupils will develop an understanding of stimuli and use their prior knowledge of the musical elements, instrumental/performance and compositional skill to create their own programme music for a variety of stimuli, as well as learn some existed examples. These include Edvard Grieg's 'In the Hall of the Mountain King' and Antonio Vivaldi's 'Four Seasons,' namely 'Spring.' Both of these pieces exemplify what programme music is all about!



I – like many – am very excited for Cest Fest on Saturday July 9th, particularly to display some of the great musical talent at North Cestrian. As well as a staff-lead band, you will also see some of our young musician performing in a variety of bands, as well as some slots by our GCSE Music singers!



Summer Camps

FILM-MAKING WEEK FOR TEENS

COME ALONG AND MAKE YOUR OWN FILM!

"THIS FILM WEEK GOT ME TO CREATE MY OWN FILM! IT'S REALLY FUN AND INTERESTING TO SEE FILMS PUT TOGETHER! THE STAFF ARE REALLY NICE AND YOU GET TO USE PROFESSIONAL CAMERAS. I RECOMMEND THIS SO MUCH! 5 STARS!!"
Student 2019 week

The Hub Community Centre, Pownall Rd, Altrincham WA14 2SZ
1st-5th August, 9am-3pm
Age 12-18. limited places. £145 per head.

TO BOOK: 0161 929 6384/07970 965 216/rebecca@topandtail productions

TOP & TAIL PRODUCTIONS

COME ALONG AND JOIN US FOR AN ACTION PACKED WEEK OF FILM-MAKING THIS SUMMER!

For less than £30/day learn how to make your own film with award-nominated film-makers!

INCLUDING..

- Story-boarding
- Screen-play writing
- 2 day film shoot on location
- Hands on experience in front and behind camera
- Acting for film skills
- Directing and Producing
- Production design
- roles in film-making
- sound and camera operating

And keep a digital copy of the film you made!

"I WAS DELIGHTED WITH ALL THE SKILLS MY SON LEARNED! AMAZING VALUE. I THOROUGHLY RECOMMEND! THANK YOU SO MUCH!!"
Parent 2018 week

There are very limited places for this unique experience.

TO BOOK: 0161 929 6384/ 07970 965 216/ rebecca@topandtail productions

Starting from scratch, using ideas from participants, we will be writing, producing and filming 3 or 4 mini films during the course of the week. There will be opportunities to be involved in all aspects of the film making process in front and behind the camera, getting to grips with the technical and performing aspects as well as the mechanics of how a film is put together.

Tutoring on this unique experience are film-making duo Mike and Rebecca Peacock, award-nominated Manchester-based film-makers.

For more information head to <http://topandtail productions>

The Hub Community Centre is walking distance from Altrincham train/metro station for teens coming from further afield

MAKE YOUR OWN FILM!



PTFA NOTICES

NORTH CESTRIAN SCHOOL PTFA ★
INVITES YOU TO

Saturday 9th
July 2022

12 - 3pm

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



Summer
CEST FEST ★

LOTS OF FUN FILLED THINGS TO DO!!!

LIVE ★ MUSIC ★ FUN ★ FOOD ★ GUNGE THE
TEACHER ★ PUPIL
STALLS ★

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

Made with PosterMyWall.com

PTFA NOTICES

A vibrant summer-themed poster for a raffle. The background is a bright blue sky with white clouds and a sunburst pattern. At the top, there are three icons: an iPad, a tent, and a red heart-shaped tin of chocolates. The text is centered and uses a mix of bold, yellow, and dark blue fonts. The main title 'SUMMER RAFFLE' is the largest, with 'SUMMER' in yellow and 'RAFFLE' in dark blue. Below it, the text 'CHANCE TO WIN AN IPAD & MANY MORE FANTASTIC PRIZES!' is in yellow. At the bottom, the ticket prices are listed in white. The bottom of the poster features a green field with three tents (red, yellow, and blue) and a line of green trees.

NORTH CESTRIAN PTFA

TO BE DRAWN AT CEST FEST 9TH JULY 2022

TICKETS VIA PARENTMAIL PMX & ON THE DAY

SUMMER

★ ★ ★ **RAFFLE** ★ ★ ★

**CHANCE TO WIN AN IPAD
& MANY MORE FANTASTIC
PRIZES!**

TICKETS £3 FOR 3 OR £5 FOR 5