



NEWSLETTER

18 November 2022



I want to open this week with a big celebration of the contribution the Parents, Teachers and Friends Association (PTFA) makes to the school. We have taken delivery of a number of extra litter bins for the playgrounds – using funds from the PTFA. These are useful additions – and they’re not cheap. Schools can’t buy things like this from local stores. Domestic wear won’t stand up to daily use by hundreds of children (and staff) - so a necessary premium is paid. Like all schools, we simply don’t have the spare funds for these sorts of things, so it’s great the PTFA, with the generosity of parents, raises money for them. Drama lighting and sound, playground shelters, IT room upgrades, gym equipment and a whole lot more have been generously purchased. But the PTFA isn’t just about raising money, important as that is. Events are also social occasions. Secondary schools don’t have the ‘playground gate’ meeting spots of primary schools so PTFA functions provide a good substitute. This evening’s social event is just such an occasion, with the only agenda being to relax and enjoy conversation with other parents.

Cestrian ABC

Academic. It is really good to see so many pupils volunteering as ‘reading buddies’ to support literacy throughout the school. The ability to comprehend, infer and imagine is so useful as a life skill, we set time aside to improve pupils’ confidence in reading, writing and speaking. Miss Johnson has mobilised staff and pupils to invest time in developing these aspects of education. We use an online library of books from ‘Reading Plus’ that allows pupils to select the sorts of material they are interested in (curated, of course) and we can then measure levels of comprehension, reading speeds and so on. This will allow us to better target pupils of greatest need of support.

Behaviour. We had a focus this week on ensuring pupils’ mobile phones are turned off while at school. Page 25 of pupil learning journals explains the rationale of this standard. See also Dr Askey’s article. I am very pleased that nearly every pupil conformed to this rule. Schools have the right to confiscate prohibited items; pupils are constantly reminded of the rules and are given an initial warning of confiscation to the end of the school day in the first instance. Repeated breaches of the rules result in 5, then 10 days day and night confiscation.

Character. Mr Bailey and his wife became the proud parents of a baby boy this week. We all send our love and best wishes.

This evening’s PTFA social evening will also host a pitch by some members of the Dragon’s Den team, selling their wares. Their sense of purpose and passion are inspirational. Mr Mills is especially proud of the team. Mr Bell’s weekly article is full of similar minded pupils who all dig deep to develop and grow their character.

Dates for Diary:

18/11
Y7 Social Eve

13/12
Y11 PCE

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DEPUTY REFLECTIONS - CHARACTER EDUCATION



Let's encourage investment in discovering opportunities and taking ownership for a rich, fulfilling life.

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

"Sir, what should we do that celebrates the 100th edition of Cultural Capital and Character education at NCS"
Shashank, J (Y8) to Mr Bell after reading the Week 70 Edition.

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—

Plan to experience and act on opportunities that build a rounded character. Send me genuine, sustained and significant examples of your pursuits rooted in the categories below. Your examples should contain a photo, written reflection referencing character traits, and evidence or certificate or reference from leaders.

Coming Soon! Claim your Character Benchmarks certificate	Volunteer	Community Work	Artistic	Performing	see Cultural Capital Page
		Debating	Leisure Pursuits	Sporting	Competitive Team / Individual



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

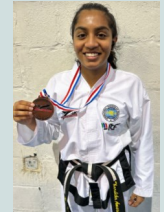
This week was full of pupil's showcasing their natural character. I am proud of you and really lucky and happy that I work with you!
Holly F Y7 - Responsibility and Passionate: "She was successfully voted into the role of Form Captain and has been thinking of ways she can represent her form. Holly has successfully auditioned for the school productions of Joseph and the Amazing Technicolour Dreamcoat. Plus she baked these cookies to share with her class!"



Isla L Y7 - Resourceful and Passionate: "I compete in 5 dance sports: Ballet, Modern, Tap, Jazz, and Pointe. It has taken a lot of hard work to learn techniques and routines and avoid breaking my ankle! I started when I was 3 and I am in Grade 4 with Grade 5 exams this month!"



Tharshika A Y9 - Resourceful and Resilient: "I participated in the 2022 ITF Taekwon-Do British Championships. It was my first tournament in 3 years and I let that get the better of me and messed up! Still I learned from mistakes and used my growth mindset and won the junior bronze medal" Our pupils, **Theo T Y8** and **Shashank J Y9** also competed. "I am one step away from black belt. I apply my HARDWORK and stay focussed. Despite not winning I will LEARN FROM MY MISTAKES"



Tharshika A Y9 has worked with Mr Cliffe to bring you...

FREE TASTER SESSION!
ARE YOU PASSIONATE,
PURPOSEFUL AND KEEN TO TRY
A NEW SPORT?!

**JOIN THE
NORTH
CESTRIAN
TAEKWONDO
CLUB**

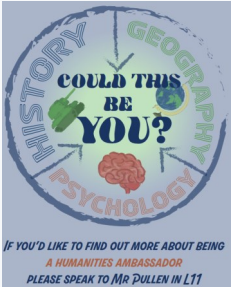
JOIN US!
TUESDAY DECEMBER 10TH
3:30 PM - 4:30 PM
NCS SPORTS HALL

ALL ABILITIES WELCOME! FROM
FIRST TIMERS TO EXPERIENCED
TAEKWONDO ATHLETES!

Click the image for this week's Character Development Opportunities.

Pop/Chamber Choir
KS3 – Thursday lunch (5a)
from 13:00 – 13:30

KS4 – Thursday lunch (5b)
from 14:00 – 14:30



ROYAL SOCIETY
YOUNG PEOPLE'S
BOOK PRIZE 2022

Y7, 8 + 9 are the judging panel on Fri lunch 13:30 to 13:40 in S3

Science Library - Friday lunchtimes. Outside S4. Borrow and return books. Quiet reading.

Business passion? Year 9 Wed / Friday break. Must attend to prove your option choice!



Come to lunch with Stuart Maconie...
Author, BBC Broadcaster and Guardian/NEM music journalist, Stuart Maconie, will be coming to school on 8th December. If you are interested in journalism, music or writing and would like to join him for a free lunch, please send Mrs Ritchie 50 words explaining why you would like to have lunch with Stuart.

Wedsdays 3.30-4.40pm in S3
28th Sept – 14th December
Earn a Bronze CREST Award

STEM CLUB
Teams of students design their own investigation and record their findings, giving them a taste of what it is like to be a scientist or engineer in the real-world.

Astronomy Club
Monday
15:30 - 16:30
S2
Reading + in S1 at break

Email
m.bell@northcestrian.co.uk
to secure your place at the session led by Tharshika's club coach!

Read the News / Write the News
12:50 to 13:20 Gold Wednesdays. Y7 -9 try out your skills as a journalist. The Write Way is at 12:50 to 13:20 on Blue Wednesdays. Write stories, poems and scripts. See Mrs Ritchie.

Gardening Group
Thursdays 3.30-4.15
In the Garden Area

DEPUTY REFLECTIONS - CULTURAL CAPITAL



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 grow an appreciation of human creativity and achievement.

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

"I have been thinking about the 100th edition too! I need your ambition and character to plan it with me!"

Pupils are guided in the acquisition of cultural capital both in lessons and beyond school. It may be the origins or foundations of thought. It may be the deeper broader details or the where next and what ifs. It may be beyond the lesson or exam but yet essential to kindle passion, discover purpose, broaden horizons and enable sophisticated discussion.

Know someone building their cultural capital?
[Click to nominate.](#)

Plan to take these opportunities that build your cultural capital. Then make use of it. When you do this in lessons, teachers will award points. They will guide your next steps to go deeper and develop further. They will test your sophistication - is it genuine, relevant and significant? rounded character. **Subjects will use lesson based cultural capital opportunities.**

Nominated Achiever

Evelyn C Y7 "I performed my first ever concert with Beses O' Th' Barn Band, (one of the oldest brass bands in the UK [1818] d. I joined the band earlier this year at the end of August playing my trombone. I am really enjoying my time at Beses and even though it means getting home quite late a few nights a week, it is definitely worth it"

Sumayyah A Y9 marked National Stress Awareness Day. "I think it is important to talk about it as it impacts a lot of people. It was set up with the mission of raising awareness of the effects of psychological stress and strategies to address it. Therefore, it is important to raise awareness by talking, as you just may be helping someone."



What is your worldview? Where do you stand?

Last week was full of pupils choosing to pursue the cultural capital which fuels their curiosity!

For instance, **Mischa G Y8** visited Edinburgh, Scotland. She saw the oldest camera obscura in the world! It works through light reflecting off mirrors onto a blank screen. She walked and learned about the Royal Mile. In Holyrood House Palace I saw the "blood stain" on the floor where Rizzio, a friend of Mary Queen of Scots was murdered. There was still times for Queen's Gallery Art and the 1 o'clock cannon! Then visited Dynamic to learn how Scotland evolved from volcanoes, before finally looking at the engine room on the Royal Yacht Britannia.

Click the underlines and images below for beyond lesson, topical and contemporary cultural capital.

Pursue what you are most curious about. Email me with your first reflection on the source material. Write a 100 words summarising the main points. Then 100 words analysing why it is important? What is means for the future? Why is it cultural capital? Are you inspired? Again, our experts will guide next steps.

Business: [CEO Secrets - Which Cestrian character traits can you identify?](#)

Thinking of Business for GCSE? Drop in to U3 Wed/Fri break

[Choose Your Influential Musicians](#)

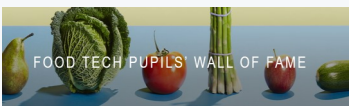
[Statistics: Is the collective wisdom of a crowd smarter than an individual expert?](#)

English: [November is the month for remembrance,](#)

- 1) [Research a war poet and present your exploration of their life, experiences and works.](#) (Wilfred Owen, Siegfried Sassoon, John McRae, Rupert Brooke).
- 2) [Record or live present a poem from memory showcasing dramatic expression.](#) (*Anthem for Doomed Youth* by Wilfred Owen, *The Hero* by Siegfried Sassoon, *In Flanders Fields* by John McCrae)
- 3) [Write your own war poem.](#)

Humanities Breakfast Movie Club
Wednesday's 8am.
Sign up on U12 Door

Humanities in the News: See the Cultural Capital on the corridor.



FOOD TECH PUPILS' WALL OF FAME

Food: we use the best theory, watch the best skills, then create amazing products!



Can you make Art History?

Computer Science: Share and discuss articles, videos & podcasts that you find that support legal, ethical, cultural & environmental aspects of technology.

Email me with how you are building your cultural capital in your own way

Reading	novels	specialist magazines	journals	newspapers	
Visiting	museums	galleries	museums	theatre	Further education
Listening	orchestra	choir	podcasts		
Watching	films	Current affairs	documentaries		
Doing	volunteering	Creative writing	Making / designing	Sports	
	Experiencing new places and cultures	Getting a head start on next year's study			

Curie-osity Club - discuss big science in T2 KS4 lunch Gold Thursdays



MFL: topical challenges every month - win tapas, restaurant visits and certificates

Science: [How do scientists allow us to celebrate Diwali and bonfire night?](#)

Tomorrows engineer's week watch the video and write an article reflecting on the role of engineering in our future.

What festivals are happening in 2022? Identify the religion, the celebrations and any diversity of traditions that exist.

Impact of Mobile Phones on Pupil Learning and Wellbeing

There is now considerable research from across the globe supporting the need to better manage the use of mobile phones. Whilst there are advantages to having access to information at our fingertips, including for learning, there are significant disadvantages, including potential **learning loss, reduced sleep, and increased incidents of bullying**. Whilst search engines are very useful when it comes to answering questions as quickly as possible, research has found that constant access to them can harm students' learning. <https://blog.innerdrive.co.uk/dont-just-google-it>

This research reinforces the findings from previous studies, which have suggested that mobile phones can have a negative impact on academic grades as students overestimate their ability to multi-task. Multi-tasking is a myth, our brains just switch tasks, which takes time, effort and energy. To fully engage with classroom teaching, their homework or revision, pupils need to remove phones from the study room, as their mere presence is enough to distract them. There is evidence below of **improved grades in schools that have banned mobile phones**, including from the UK. France introduced a countrywide ban on mobile phones in schools in 2018.

You can access the full article here <https://blog.innerdrive.co.uk/world-mobile-phone-research>

Negative impact of phones on students: the research

by @Inner_Drive | innerdrive.co.uk
Thanks to @c_hendrick, whose thread on some of the research inspired this graphic

USA
Bjornsen & Archer
2015
Using phones a lot in class had a negative impact on student test scores, regardless of gender or previous academic achievement.

United Kingdom
Beland & Murphy
2015
Schools that banned mobile phones got an increase in GCSE results. This effect was most pronounced for underachieving students.

Spain
Beneito & Vicente-Chirivella
2020
Banning phones in schools was associated with an increase in Maths and Science grades, as well as reduced incidents of bullying.

Brazil
Folisoni & Godoi
2017
For every 100 minutes spent using a phone, a student's ranking in their class dropped significantly compared to their peers.

Norway
Guldvik & Kvinnsland
2018
Banning mobile phones in schools led to a reduction in bullying among the students.

Nigeria
Adeloke
2017
There was a correlation between increased time spent on phones and decreased academic achievement.

South Africa
Porter et al
2015
55% of students who had used a mobile phone within the last 12 months had experienced cyber-bullying via their phone.

India
Bhatt et al
2017
Higher levels of mobile phone usage by college students was linked to reduced quality of sleep.

China
Liu et al
2020
Phone use of 2+ hours on a weekday and 5+ hours on a weekend led to worse grades in Maths and English.

Malaysia
Ng et al
2017
The more time students spent using their phones, even for learning activities, the lower their grade point average was.

Australia
Winskel et al
2019
There was a negative relationship between how much students said they used their phones and the grades they achieved.

See page 25 of your Learning Journal for 6 reasons why you should put your mobile phone away. Use the link for more information <https://blog.innerdrive.co.uk/6-reasons-to-put-your-phone-away>

Follow the link for 12 Ways to manage your mobile phone use. <https://blog.innerdrive.co.uk/dont-be-a-slave-to-your-phone>



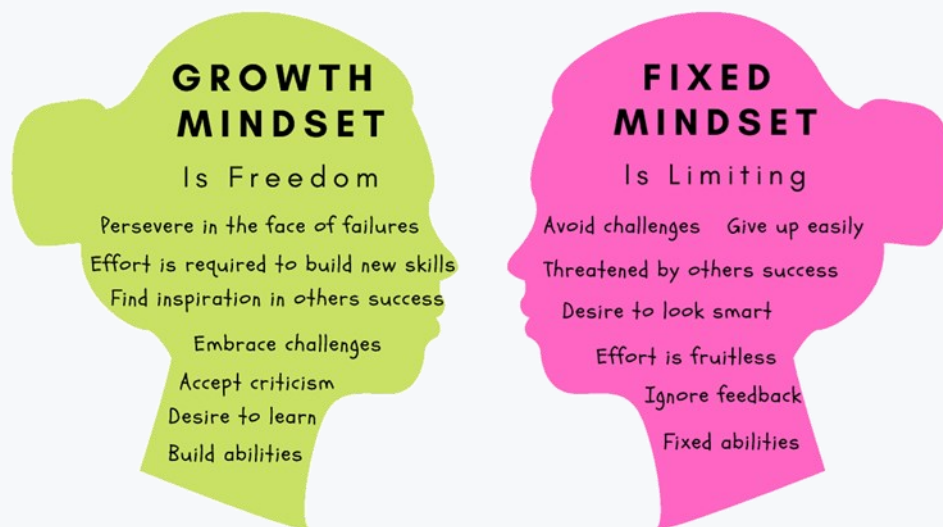
The school mobile phone policy can be found [here](#) and is summarised in the Learning Journal on page 8.

- Pupil mobile phones should be switched off on entering the gate (at the top of the driveway) and switched on again when leaving that gate at 3.20pm.
- Parents and pupils should not be communicating with each other via mobile phone during school hours. Please use the school office in emergencies.

YEAR 8 NEWS - MISS CONNELL

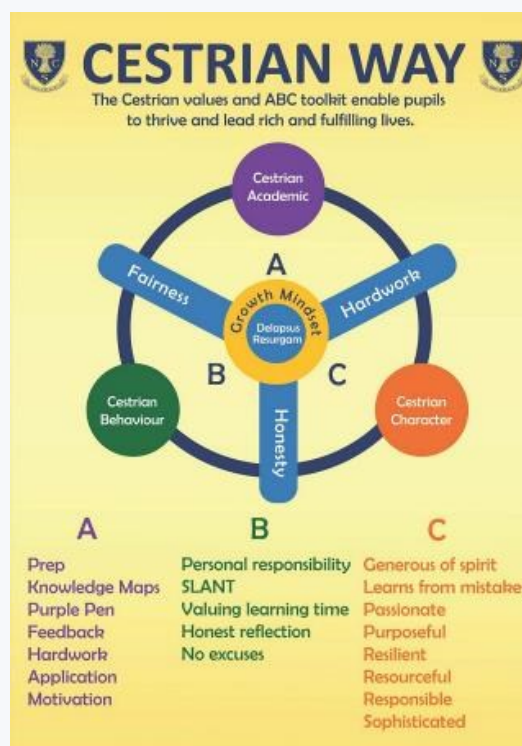
Never let year 8 become a forgotten year, it is so important you consolidate what you learnt in Year 7 and progress throughout the year, in readiness for your GCSE choices in year 9. It is important to get involved in the school community to really develop your character, have you joined an extracurricular club, applied for form captain, auditioned for the school production, joined film club, the list goes on...

Growth mind-set is something we discuss with our students on a daily basis. Growth mind-set is 'The belief that my efforts affect my outcomes.' Delapsus Resurgam! Work hard and you will reap the rewards.

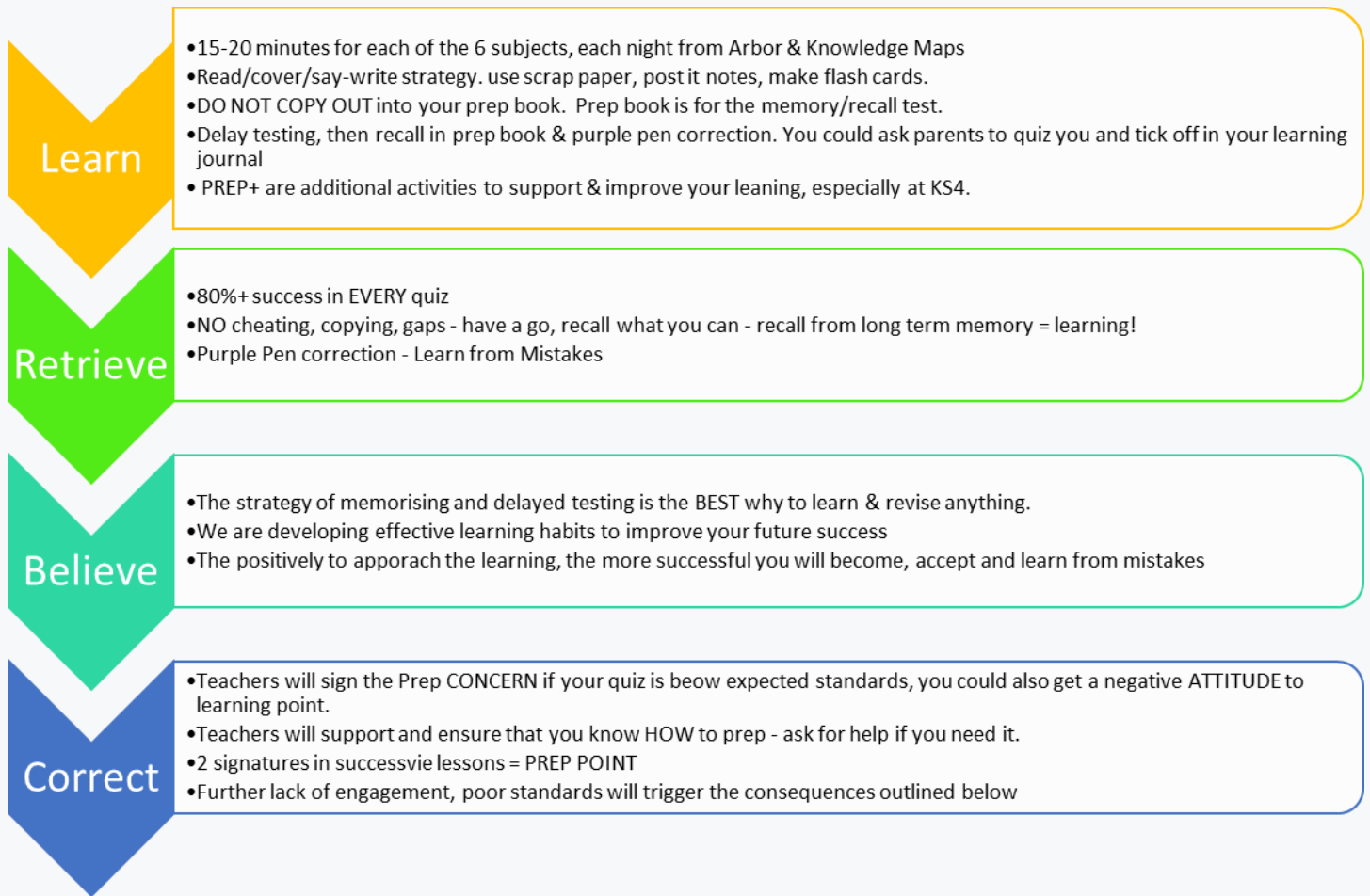


Cestrian ABC

Dr Askey delivered the importance of prep to the Year 8s this week and the importance and value in Setting PREP.



Expectations



PD Topics – Online Bullying

The year 8's have been learning about the importance of talking when something is troubling you. It's important to talk to a trusted adult like your form tutor or your parents/carer as soon as possible. If you're being bullied at school, you need to tell someone like your teacher or your parents/carer. By telling your teacher what is going on, it will help your school tackle the issue. Try to spend time with people that you feel comfortable talking to. They can support you and remind you that people do value you.

At NCS our Safeguarding Leads are: Mr Bailey, Ms Connell, Mr Boswell, Mr Brown, Mr Bell, Mr Bergin.

Things to remember – kindness to others. Ms Isherwood-Cann delivered an assembly on kindness and the important of mutual respect and fairness which, is one of North Cestrians school values. Acts of kindness have the potential to make the world a happier place. An act of kindness can boost feelings of confidence, being in control, happiness and optimism. They may also encourage others to repeat the good deeds they've experienced themselves – contributing to a more positive community.



Tote-ally Cookies

The Dragons Den team have done amazingly well over the last month, with one month still to go.

(Click the cookie to see their Instagram page).

The group have demonstrated resilience when attended events that have not been as successful as they had hoped and learnt from their mistakes by adapting for the next selling opportunity.

Passion has been shown by the team, attending all day events, or events after school going on till 10pm.

The group have a number of selling opportunities coming up in the final month.

- 18th November at the North Cestrian PTFA Social Evening
- 26th November at Brooklands Church of the Nazarene
- 2nd December at Bollin Primary School
- 4th December at Ashton On Mersey Rugby Club

Many more opportunities in discussion. Please support in anyway possible.



Outstanding Learners

Hana H , demonstrating high levels of sophistication in her work.

Pearl F , being purposeful with use of feedback to understand the context and improve responses.

Freya B , being responsible and asking for specific feedback on her next steps.



Independent Students

It has been great to hear of students accessing the Business Sharepoint and some students bringing me their work to look over for feedback.

If you have completed anything from the Business Sharepoint, please bring it in to receive feedback so I can support the fantastic work you are doing.

Year 9 Options

Every Year 9 student has received an email detailing what they need to do to be considered for Business as a GCSE option. This is an opportunity for your child to demonstrate their passion for the subject and for them to identify if the subject is suitable for them to study for 2 years.



PHYSICAL EDUCATION DEPARTMENT



Netball News

The Year 8 and 9 teams have been a pleasure to coach. They are committed and are making excellent progress this term. They are a credit to North Cestrian in both the matches and the League.

Well done to the Year 9 Netball team for a great start to the season. We drew with Sale High 5-5, won against Stretford High 8-0 and then won against Broadoak 7-2! The journey to Sale High was a very enjoyable and a fulfilling journey. Miss Lawson was the best driver. She gave us sweets, which may have helped us to be successful, as it gave us an energy boost and motivation for the games ahead. Even though we were losing in the first half against Sale High we showed our resilience and passion for netball to bring it back to a draw. We believe showing character is important, as if we had not been resilient in the first match against Sale High, we would not have gone on to win the matches overall.

- Laura F, Tala O, Freya N



Date	Venue	Year	Results		MVP	
3rd November	Trafford League at Sale High	9	Sale High	Drew 5-5	Gracie H	Resourceful and passionate attacking play.
			Stretford	Won 8-0	Raneem Z	Purposeful & passionate play.
			Broadoak	Won 7-2	Laura F	Responsible leadership and passionate teamwork.



Date	Venue	Year	Results		MVP	
10th November	Trafford League at Sale High	8	Stretford Grammar	Lost 3-6	Sienna W	Passionate and purposeful attacking play.
			BTH	Lost 2-10	Layla A	Purposeful & passionate play.
			Urmston Grammar	Draw 2-2	Sienna W	Passionate and resourceful attacking teamwork
			ACA	Won 5-1	Hannah W	Passionate leadership



We took part in the Trafford Netball League at BTH, which was really enjoyable. We won against ACA and our match against Urmston in which we led for most of the time, ended in a draw. We played some strong teams but we improved with each game, especially at getting the ball down to the goal with less mistakes.

- Hannah W

Come to lunch with Stuart Maconie....

Author, BBC Broadcaster and Guardian/NEM music journalist, Stuart Maconie, will be coming to school on 8th December. If you are interested in journalism, music or writing and would like to join him for a free lunch, **please send Mrs Ritchie 50 words explaining why you would like to have lunch with Stuart.**



Writing Clubs in English

Read the News/Write the News has a new time 12:50 to 13:20
Gold Wednesdays.

Come along if you are in Y7, Y8, Y9 and try out your writing skills as a journalist.

The Write Way is at its usual time of 12:50 to 13:20 on
Blue Wednesdays. Come along
to write stories, poems and scripts.



GCSE DRAMA TRIP - A CHRISTMAS CAROL

GCSE Dram students are invited to join the English Department on a trip to the Bolton Octagon Theatre on Thursday 8th December to see a production of A CHRISTMAS CAROL.

This is an excellent opportunity to see how a prestigious theatre company adapts this text that students studied in Year 7.

Tickets are limited! Be sure to buy yours from Parentmail ASAP!

Please see Mrs Ritchie if you have any questions.



North Cestrian PTFA

OWN Clothes DAY



Friday 9th December 2022

£2 Via ParentMail PMX this also gets you a free entry into the Christmas Raffle!

For more information: 0161 928 1856 / visit us:
www.northcestrian.co.uk / @northcestrian pta

NORTH CESTRIAN PTFA:

CHRISTMAS

RAFFLE

YOU HAVE TO BE IN
IT TO WIN IT

FRIDAY 9TH DECEMBER 2022

GET YOUR TICKETS NOW, VIA PARENTMAIL PMX £5
FOR 5 OR £3 FOR 3 FOR A CHANCE TO WIN AN
APPLE IPAD & MANY MORE FANTASTIC PRIZES

FOR MORE INFORMATION: 01618 928 1856 / VISIT US:
WWW.NORTHCESTRIAN.CO.UK / @NORTHCESTRIANPTA

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**