



# NEWSLETTER

27 January 2023



## Dates for Diary:

1st Feb  
School closed  
(Strike)

7-9 Feb  
"Joseph"  
Production

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### Head Master's Message:

Passers-by may only recognise North Cestrian by its frontage. Visitors are amazed by the extent of buildings behind the impressive face of Hamblin House – originally 'Fernlea'. We are a compact site and space is tight. Traffic control is important as cars and pedestrians converge on the small footprint of land. To increase safety, we will soon be installing a traffic safety barrier across the drive, opened electrically and controlled by entry fobs. Visitors will be able to contact reception by intercom. At the same time, we will be improving pedestrian access especially for those approaching from the town side. This also raises the imperative of making appointments before visiting school. If you wish to speak to a member of staff, please contact school ahead and arrange a convenient time: staff cannot drop everything for unannounced visitors.

### Teacher Strike

A reminder that pupils will be expected to stay at home on Wednesday 1st February as per my recent communication to all parents. Very few teaching staff will be in school, and they will deliver guided teaching remotely. Teaching Assistants and senior staff will provide lesson time in school for vulnerable pupils and pupils of certain key worker groups. There will be significant periods where no teaching will be available on-line and during these times pupils should exhibit a real sense of purpose and progress with self-directed learning using a range of resources. I have sent home a separate communication with more details.

### Cestrian ABC

The action on Wednesday is a good test of pupils' Cestrian ABC. They have had clear guidance on the best ways to learn. They have developed increased self-discipline born out of clear and high standards in school, and the importance of character development is stressed daily. Pupils now can step up to the mark.

# DEPUTY REFLECTIONS - CHARACTER EDUCATION

*"We must remember that intelligence is not enough. Intelligence plus character is the goal of true education. The complete education gives one not only power of concentration, but worthy objectives upon which to concentrate."*

Martin Luther King

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

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!

Enter the North Cestrian School Character Education Website by clicking the photo 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.



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

**Build your Character Benchmarks**

Know someone building their Cultural Capital?  
 Click to nominate.

**CHARACTER**  
 PILLARS BUILD TO SUPPORT THE ROOF

**YOUR PEDIMENT**  
 EVIDENCE OF RELEVANCE / LOVE OF LEARNING

**CULTURAL CAPITAL**  
 BRICKS BUILD THE WALLS



## RESPECT

Treating people, places, and things with kindness.



The Cestrian Kindness Club is the idea of Y7 pupils. They are very keen to encourage standards cards being signed for positive things and spotting acts of kindness too and are hoping to meet regularly to spread kindness around the Cestrian community.

**Gold Week Tuesday 13:00 in U16**

*"Make kindness the norm"*

*Character Opportunity - Generosity of Spirit*

## Independent Learners – The ultimate goal of secondary schools?

An independent learner is one who can take responsibility for their own learning, take the initiative, and make good decisions without needing help from teachers. Independent learners take responsibility for building and performing their learning, monitoring their progress toward accomplishing their learning goals and self-assess the outcomes of the learning process. They have a strong sense of purpose. Research suggests that **students with a strong sense of purpose** have:

- Higher engagement in academic activities
- More efficient study habits
- Higher success and satisfaction with their studies.

Independence features frequently in the Attitude to Learning criteria for Cestrian Role Model.



### Attitude to Learning

	Quality of Work	Use of Feedback	Growth Mindset	Participation	Attitude
Role Model	<ul style="list-style-type: none"> <li>Resourceful</li> <li>High quality and output of work</li> <li>Clearly presented and organised.</li> </ul>	<ul style="list-style-type: none"> <li>Dedication to <b>hard work</b> to improve performance.</li> <li>Proactively identifies or seeks areas for improvement.</li> <li>Independently purple pens and acts on teacher feedback to sustain improvement.</li> </ul>	<ul style="list-style-type: none"> <li><b>Resilient</b>, proactive independence takes risks to further learning.</li> <li><b>Responsibility</b> - recognizes that success is due to their own efforts.</li> <li>Frequently demonstrates <b>learning from mistakes</b>.</li> </ul>	<ul style="list-style-type: none"> <li><b>Sophisticated</b> contributions</li> <li>Active, thoughtful participation</li> <li>Supports peer development.</li> </ul>	<ul style="list-style-type: none"> <li><b>Passionate and purposeful</b>,</li> <li>Consistently promoting conscientious attitude to learning, maximizes learning time</li> <li>Cestrian Way A&amp;B Role Models</li> <li>Successful use of prep &amp; retrieval throughout lessons</li> </ul>

**There are many tools available to you that you can access and continue your learning away from school.**

### Perfect your Prep

Review your most recent lesson content and try the next section in the Knowledge Atlas.

Perfect your Prep technique, try new ways to ENCODE (put information IN and linking to something you already know) and RETRIEVE (get information OUT) of your long term memory. Try: flashcards, brain dump, Spider diagrams, writing questions about it, teach it to someone else, singing it!

### Test your long term recall

Find online quizzes to test your knowledge of the topics you studied last half term.

Try these websites

BBC Bitesize, Senecalearning, Quizziz, educationquizzes, GCSEPOD check & challenge, Kahoot!

### Exam Papers

Y10 and Y11 need regular exam question practice. You also need to do so under TIMED conditions to check your pace. Don't forget the reflection – I know... I need to...next time I will...

See exam board websites, revisescience, physicsandmathstutor.com, Cognito etc.

### Learn online

Several websites have guided learning activities, videos & quizzes

Try BBC Bitesize, Senecalearning, GCSEPOD, OAK National Academy, Duolingo, Heggerty Maths

### Develop your Character & Cultural Capital

Mr Bell has made links to all the character and Cultural Capital bricks on the School Website. Take this opportunity to build up your points score and your knowledge! <https://www.northcestrian.co.uk/page/?title=Character&pid=122>

You may also want to explore activities and opportunities in an area of personal interest. Send us a photograph and story for the Newsletter, produce an article or presentation about something you are passionate about.



## PHYSICAL EDUCATION DEPARTMENT

### Trafford Year 7 'Excite' Dodgeball

The competition lived up to its name and proved to be an 'exciting' experience. North Cestrian was represented by a girls team and a boys team from Year 7. They enjoyed the competition competing against BTH, Ashton on Mersey and Wellington.



### Trafford Year 8 'Excite' Dodgeball

This competition is due to take place next half term.

# Physical Education & Sport

2023 has been busy for the Physical Education department. Students have begun to study and participate in new sports and are continuing to develop their skills in a number of different areas.

The fixture calendar has been and will continue to be even busier! KS3&4 boys have hit the ground running in their basketball fixtures, most recently competing against Sale Grammar School. The girls basketball fixtures will begin in the coming weeks and we will keep you up to date with their results!

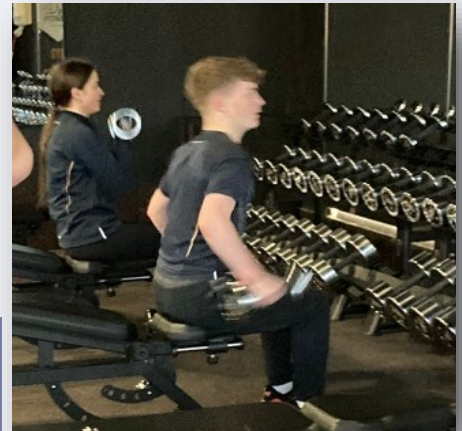
Next month, we welcome the return of the Trafford Football leagues and cup competitions with both boys and girls having scheduled matches to fulfil!



Our wonderful athletes at a recent Trafford Engage & Excite Indoor Athletics Competition. We proudly entered 2 teams:

Team A: selected Matthew H as their captain. Team members included: Holly F, Cameron C and Shay B-D. The team averaged the highest points of all schools and gained maximum points and **first place!**

Team B: selected William B as captain. Team members included: Mica M Theo M and Luke D. The team averaged 26 points in each event and came **runners-up!**



Our Year 10 Sport Science group (*pictured right*) benefited massively this week from visiting iQ Fitness in Altrincham. They are in the midst of planning training programmes for athletic development. A huge thank you to Stuart and for all of their support!



Good luck to some of our 10-pin bowlers who have qualified to compete in the North West Regional Finals in the coming weeks! Fingers crossed for another medal to added to their collection!



# Year 7 News - Mr Bailey

Over the past few weeks Year 7 have been exploring Careers as part of their Personal Development topic. This is the second time this year they have explored Careers, and they will come back to it again and again throughout their time at North Cestrian. We want our students to understand more about the opportunities that are available to them in the future, and how they can go about developing their hobbies and interests in to a Career they can be passionate about. Last week, Mr Gallamore, our Careers Advisor spoke to Year 7 about different industries and job opportunities that are becoming more common – when you were at school did you consider working within the Virtual Reality industry, designing Operating Theatres so Doctors can train and practice operations? This was one of the things mentioned last week!

As a school, we are trying to give our students the best educational diet so that they can turn their hand to a myriad of different things. The jobs and industries they go in to, might not exist yet, but by developing their character, having them study a wide variety of subjects we hope they can go on to live a rich and fulfilling life.

Next week we will be starting to look at Online Safety – this subject is addressed at various points, but while it becomes the topic of Personal Development, I would encourage you to be aware of your young person's Social Media use to keep them safe and secure online.

I look forward to seeing you all at the upcoming production of Joseph - Mr Bailey

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H

North Cestrian School Presents

**Joseph  
AND THE  
AMAZING  
TECHNICOLOP  
DREAMCOAT**

LYRICS BY  
TIM RICE

MUSIC BY  
ANDREW LLOYD WEBBER

**Tuesday 7<sup>th</sup> – Thursday 9<sup>th</sup> February  
2023 – 7PM**

Adults £8      Concession £5      NCS Student £3

Tickets available via ParentMail or [boxoffice@northcestrian.co.uk](mailto:boxoffice@northcestrian.co.uk)



Prep support is Monday - Friday 3.30pm until 4.30pm in S1

Pupils Are expected to sit quietly and complete their prep for the next day.

Please ensure the necessary arrangements are in place for your child to get home. Prep support shuts promptly at 4.30pm and all pupils must be off site.



**North Cestrian School**

Published by Sharon Williams · Just now ·

HAPPY NEW YEAR 🐰 A huge thank you to Erato, Yangi, Veronica and Yu Ching for the superb window illustration to mark the Year of the Rabbit. 🐰





# PTFA NOTICES

NORTH CESTRIAN PTFA  
MARCH 24TH

## CESTRIAN FAMILY Easter BINGO



DOORS  
OPEN  
6.45PM

BAR  
OPENS AT  
7PM

EYES  
DOWN  
7.15PM

FAMILY TICKET  
UP TO  
4 PEOPLE £5

SINGLE TICKET  
£2 VIA  
PMX.PARENTMAIL

PLEASE NOTE CHILDREN MUST BE  
ACCOMPANIED BY AN ADULT

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NORTH CESTRIAN PTFA  
**EASTER**  
OWN CLOTHES DAY  
FRIDAY 31ST MARCH 2023  
• £2 VIA PARENTMAIL PMX •

Made with PosterMyWall.com



Tickets go on sale this week for Family Easter Egg Bingo taking place on **Friday 24th March**.

So what exactly is it? As the name suggests it is a Family Bingo event, with an Easter twist.....

Families buy tickets in advance (£2.00 per person or £5.00 per family of up to 4 people) to come along to play some fun Bingo. Children **must** be accompanied by an adult, especially the younger children who may need more help.

Doors open at 6.45pm, bar opens at 7pm, eyes down by 7.15pm. We hope to play up to three games of Bingo, as well as one or two other activities, finishing around 9pm.

Bingo cards are provided to everyone with a ticket. We ask that you try and remember to bring your own pen, however there will be some daubers (Bingo pens) there to buy.

Unlike normal Bingo sessions, there are multiple line and full house winners and we ensure that most children go home with a prize. The rules are explained at the start of the session.

The Bingo caller goes through at a slow and steady pace so that the event is is suitable for all students and younger siblings, giving them a chance to find the numbers and have fun!

Refreshments will also be available to purchase; hot dogs, crisps, snacks and drinks.

**We hope to see many of you there. Tickets are limited, please buy them via Parentmail pmx. PTFA funds raised go directly back into school to benefit all students.**





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**