



# NEWSLETTER

7 July 2023



## Head Master's Message:

Despite the two days of strike action, it's still been a very busy week. Monday's sports day for Years 9&10 was postponed because of rain. We are looking to Monday 17<sup>th</sup> July as an alternative date. The fickle weather did allow a very successful Year 7&8 sports day to take place on Tuesday, blessed with lovely sunshine. Despite the previous day's deluge, the track and field held up very well, so thank you to Neil Brown our groundskeeper. Thanks also to Mr Cliffe and the rest of the PE staff and helpers (staff and pupils) for making the day run so well, but a big thanks to Mr Bateman for the cover arrangements for the day. We also had a record number of parents watching the events from the best grandstand position near the finish line! Mr Cliffe and Miss Scott are now taking a group of pupils on a trip of a lifetime to Costa Rica. We wish them safety and enjoyment. You can follow their journey on Twitter: @NCSCOSTARICA.

On Thursday we were pleased to greet 160 children who will be joining us in September, for their transition day. It's an important day for them to settle their nerves about joining 'big school', but it's just as important for school as we introduce a new cohort to the Cestrian Way. As always there are many staff involved in such events, but I am especially grateful to Mr Bailey as Head of Year 7 and to Mrs Klutz who is in charge of Year 6 transition, for a well organised, practical and friendly day.

## School Numbers

I have mentioned previously the significant over-subscription of North Cestrian, along with other schools in this part of the borough. Trafford LA recognise these issues and are seeking funding to increase school capacity in the area. In the meantime, we are adding a temporary classroom to the site in the area near the upper playground and we plan for this to be in place by September. We are, of course, seeking a longer-term solution but this would be a significant capital project.

## Cest Fest

As I write, the weather forecast for Saturday is looking to be okay, with a small risk of showers. Forever the optimist, and selecting the most favourable forecast, I think we'll be able to keep the event outdoors. We have contingency in place to use the Vanstone and Dining Halls if the weather turns nasty. Whatever befalls, I am sure the day will be very enjoyable: we already have great numbers of enthusiastic pupils ready to set up stalls, backed by our brilliant PTFA. Do come along – gates open 1200 Saturday 8<sup>th</sup> July.

## Upcoming events

- Saturday 8<sup>th</sup> July – 12 – 3pm CEST FEST
- Monday 10<sup>th</sup> July – all week – Work Experience for Year 10
- Friday 14<sup>th</sup> July - Going Green Day - £3 for own clothes – greener the better
- Monday 17<sup>th</sup> July - Year 7&8 school trip Knowsley Safari Park
  - Year 9 & 10 Sports Day (To be confirmed)
- Tuesday 18<sup>th</sup> July – Year 9&10 school trip Alton Towers
- Wednesday 19<sup>th</sup> July – Honours Assembly, End of School Year 1200 Noon. (Y10 Own clothes in lieu of missing Going Green Day on account of Work Experience).

### In this issue:

Deputy	2
Academic	3
Maths	4
Notices	5
Sodexo	6
PTFA	7-9

\*\*\*\*\*

### Calendar Dates:

- 8 July  
CEST FEST!
- 10 July  
Bag2School pick up
- 17 July  
Y7 & 8 Trip
- 18 July  
Y9 & 10 Trip
- 21 July  
Break for Summer!

# DEPUTY REFLECTIONS - CHARACTER EDUCATION

*"We hire based on character rather than someone's CV"*

*Richard Branson, Founder of the Virgin Group.*

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

m.bell@

This week we looked at character education and promoting yourself and promoting 'the cause'. Our 6 case studies are Greta Thunberg, Bill Gates, Millen (Y10), Richard Branson, Shashank (Y9), and Max (Y9). Throughout, I challenged and guided the young people to position their thoughts on...

- \*Which comes first: promoting yourself or promoting the cause?
- \*How do the giants of today stand on the shoulders of past giants?
- \*Which character traits do they utilise?

They are not just known and treasured for what they do, but it who they are.

Their character. It makes the cause inseparable from the person and both win.



Click the image – find out about Greta. Start to 2m21sec. 3m50sec to 4m32sec. 43m to credits.



Click the image and play from 15m 15sec to 16m 50sec. Richard Branson, Virgin entrepreneur (Atlantic, Airways, Galactic, Trains).

Click the image and play from 2m 26sec to 3m 30sec.

Bill Gates, Microsoft owner, Philanthropist.



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

[Build your Character Benchmarks Certificate](#)

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.](#)

Then we asked the same questions to consider this week's pupil role models.

Millen applying for Head Boy. Central to his campaign is activating support. He had stood on the shoulders of his Y6 application. I asked him about the cultural capital for the image.



"I based it on 'Uncle Sam', the 1916 USA poster recruiting soldiers." Was that based on anything, I asked? "The British one was released first, it's Lord Kitchener and is trying to encourage people to volunteer to be recruited into the army. It was first shown to the public in 1914, towards the start of the first world war."

DAVID ATTENBOROUGH  
A LIFE ON OUR PLANET



FRIDAY 14TH JULY  
MANSTONE HALL  
LUNCH: 12:50 TO 13:40

Max, Y9, young leader full of character development. 30-second YouTube Video Leader: Showcase your environmental passion and purpose.

Shashank, Y9, young leader full of character development. Green Day Film Leader.



**Y7, 8, 9 DC2**  
**Progress Reports**  
**coming home from**  
**July 14th**

## Pupil Progress - Learning over achievement & performance.

We are not a grade driven school. We believe that by teaching pupils the skills of being an effective learner will reap rewards in the longer term. Indeed, GCSE results at North Cestrian continue to improve year on year.

On their own, **grades and percentages** mean very little unless you are versed in the academic performance of difference subject assessments and pupil performance over time (achievement). GCSE grades are only designed to be awarded at the end of a two-year programme of study; applying them to small class assessments, is largely alchemy based on the experience of the teacher.

Hence, we focus on **Attitudes to Learning**. Research supports the idea that pupils make more progress when they **focus and improve the mistakes and gaps in their knowledge** instead of grades and scores. They also perform best when they have developed the **intrinsic motivation** to want to better than last time (competition with self) rather than chasing extrinsic rewards or keeping up with their peers.

We are constantly providing pupils with feedback about their subject knowledge, skills and processes in lessons. This is harder to report home to parents than a grade. We have therefore invested heavily in designing our own bespoke pupil **Learning Journal** to allow pupils to record, and parents to see, the regular assessment result, reflection, and next steps. After each summative assessment, pupils should complete the subject tracker in the back of their Learning Journal. They should also bring home the test paper and be able to discuss their **purple pen corrections** and areas of success or improvement. Have you shared yours recently?

**Next Year** we are taking this a step further by building the skills of reflection and independent thinking about progress. We have adapted the Learning Journal into a **Progress Tracker** that needs to be used regularly by pupils and parents to monitor progress and attitudes to learning. **The tracker will become the main communication tool for academic progress.** Watch out for parental workshops, webinars and newsletter updates on this process from September.

### Learning vs Achievement

What are the differences and why do they matter?  
 by Paul Kirschner | @Inner\_Drive | innerdrive.co.uk

 <b>Long term</b> Learning is a change in long-term memory.	 <b>Short term</b> Achievement is a temporary snapshot.
 <b>Stable</b> Learning is stable and cumulative.	 <b>Fragile</b> Achievement is isolated and often insecure.
 <b>Deep</b> Learning involves deep cognitive processes.	 <b>Shallow</b> Achievement involves simpler and superficial processes.

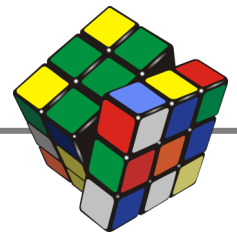
PROGRESS TRACKER			SUBJECT		
CLASSWORK	USE OF FEEDBACK	GROWTH MINDSET	PARTICIPATION	ATTITUDE	PROGRESS
1 P D H R P D H	P D H R P D H	R P D H R P D H	R P D H R P D H	R P D H R P D H	M A R N
2 P D H R P D H	P D H R P D H	R P D H R P D H	R P D H R P D H	R P D H R P D H	E M A R N
Role Model		Positive	Developing	Hampering Progress	Exceeding Meeting At Risk Not Meeting
I need to improve my attitude to learning by					
1. Revise & do prep sooner so that I can retrieve knowledge faster (attitude)					
2. I can put in more effort = better results (Mindset)					
3. I need to independently review work and identify things to improve (feedback)					
Date	Topic / content	I can.....		I need to improve.....	
	<ul style="list-style-type: none"> <li>Rate of reaction</li> <li>Graphs, methods</li> <li>equations</li> </ul>	<ul style="list-style-type: none"> <li>Remember and use the equations for mean rate</li> <li>Explain rate in terms of particles</li> </ul>		<ul style="list-style-type: none"> <li>Drawing tangents and calculating the gradient for rate at a specific time</li> </ul>	
* I did better than I thought.		© I did OK, I am happy.		© I am disappointed, I tried.	
				© I didn't work hard enough.	

**Next Year** we are taking this a step further by building the skills of reflection and independent thinking about progress. We have adapted the Learning Journal into a **Progress Tracker** that needs to be used regularly by pupils and parents to monitor progress and attitudes to learning. **The tracker will become the main communication tool for academic progress.** Watch out for parental workshops, webinars and newsletter updates on this process from September.

### LEARNING vs PERFORMANCE

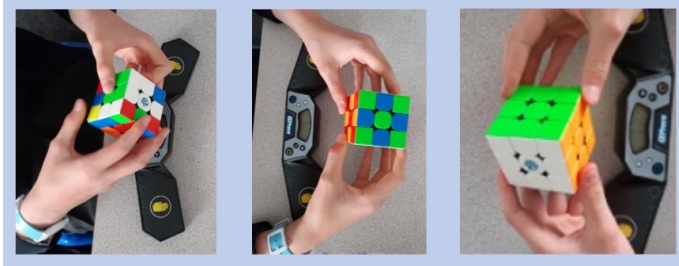
by @inner\_drive | www.innerdrive.co.uk

LEARNING	PERFORMANCE
Long-term change in knowledge and understanding	Short-term, temporary and observable reflection on current ability
No judgement	Feel judged or assessed
Measured against previous self	Measured against others
Low pressure	High pressure
Emphasis on improving yourself	Emphasis on proving yourself
Done in private or public	Often done in public
Development is the primary reward	Winning is the primary reward



## Rubik's Cube Competition

Many congratulations to our Rubik's Cube Champion, Kiera S, who unscrambled the cube in an incredible 33 seconds (and also demonstrated a range of other Cube tricks including with a 2x2). And thank you too to our other participants. We also have Rubik's Cube staff talent which we look forward to revealing in time.



## Induction Day 2023

Induction Day was a wonderful opportunity, not only to welcome our Y6 soon-to-be Cestrians, but also to be reminded of the character development that North Cestrian promotes. We were delighted by the many pupil offers of help. Selected Y7s and Y10s welcomed and guided our visiting Y6s while also being excellent role models. We look forward to enjoying the contributions of other volunteers in upcoming opportunities including Open Evening in September. Help from older students reminded us of the progression made at North Cestrian -- from young Y6/Y7s who grow and develop with us to become character-rich leaders offering generosity of spirit to others.





# DONATE SECOND HAND BOOKS TO S3 TO DR RODGER!

DONATE YOUR OLD BOOKS AND DELIVER TO S3 TO DR RODGER AND THEY WILL BE ON SALE AT THE SCIENCE LIBRARY BOOK STALL AT CEST FEST. WE WANT YOUR OLD BOOKS!

## Tuela N (Y10)

*In psychology I made a paper hat filled with words about the human brain. I will display the hat at home so that I am reminded about those parts of the brain. I thought Mrs Few's idea was brilliant!*



# SODEXO - NCS CATERING SERVICE



## Welcome

We are committed to delivering healthy, appetising and nutritious food from fresh, high quality raw ingredients to our pupils and staff.

In our menus we include the 14 key nutrients that are recognised as essential requirements for the growth and development of young bodies and minds.

The key parts of what we offer are:

- New daily menus with nutrients-based standards, incorporating modern food trends
- Healthier products at breakfast, break and lunch
- Continued review of catering practices to include baking rather than frying and undressed salads.

We are confident that our food offer will both excite and meet your requirements and continually develop and change each term to keep your dining area looking fresh and new.

## Tips for enjoyable healthy eating:

- 1 Enjoy your food. Regular meals promote a healthy appetite.
- 2 Eat a variety of different foods so you don't get bored with your food.
- 3 Eat at least 5 portions of fruit and vegetables a day.
- 4 Eat more foods rich in fibre and starch, such as wholemeal bread, jacket potatoes, vegetables and fruit.
- 5 Don't eat too many foods that contain a lot of fat, unless you need the extra energy to burn off during exercise. Deep fried and battered foods or creamy foods should be limited.
- 6 Aim to eat oily fish such as salmon 3 times a week. This provides essential fats and has other health promoting properties.
- 7 Don't have refined sugar too often.
- 8 Don't give up salt, just go easy.

## An easy way to get 5 a day:

You don't have to have all five portions in one meal – spread them out throughout the day.

1. At breakfast have a glass of unsweetened fruit juice, which will count as one portion.
2. As a mid morning snack, eat a piece of fruit or enjoy a fruit salad.
3. For lunch, have a minimum of one portion of vegetables, e.g. salads, cooked vegetables or jacket potato with beans.
4. For an afternoon snack, have a small handful of dried fruit or fruit with yoghurt or fruit smoothie.
5. For dinner, eat 1 or 2 types of cooked vegetables or a portion of fresh or tinned fruit afterwards.

### Meal Deal 1 £3.20

Any main meal from the main counter or the hot Grab and Go, including pasta or filled jacket potato or sandwich, a hot/cold dessert and a bottle of water.

### Meal Deal 2 £3.00

Any main meal from the main counter or the hot Grab & Go, including pasta or filled jacket potato or sandwich, a hot/cold dessert or a bottle of water.

### Meal Deal 3 £2.50

Any main meal from the main counter or the hot Grab & Go, including pasta or filled jacket potato or sandwich.

### Served Daily

Freshly prepared baguettes

The daily choice of potatoes and vegetables

Hot dessert or cold tray bake

or Fresh fruit pots

or Jelly/Dessert pots

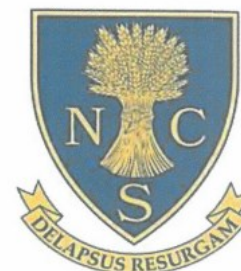
If you have any questions or need to discuss a special dietary requirement, please contact Louise Green in the Catering Department

We are pleased to work in partnership with North Cestrian School.

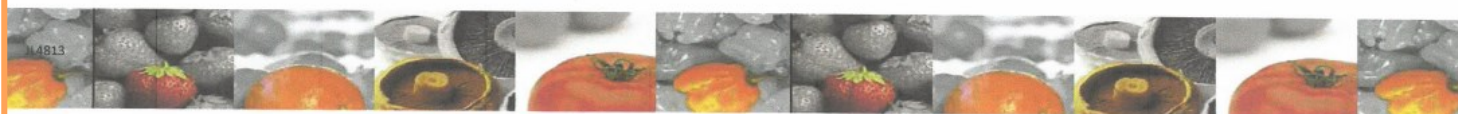
All the Catering team at North Cestrian are committed to supporting your dietary requirements, guiding your choices, expanding your taste of different cultures and products giving you the energy to learn. Look out for new and exciting changes throughout the year ahead.



The Food Service for



June 2023



# Cest Fest Raffle Prizes



NCSPTFA



North Cestrian School PTFA



NCSPTFA@GMAIL.COM



North Cestrian PTFA  
@NCSPTFA

- **Brand new IPAD!!**
- 45 minute Bodyballancer treatment and a 45 minute Powersculpt treatment worth £400! From Fineform aesthetics [Fineformaestheticsltd.co.uk](http://Fineformaestheticsltd.co.uk)
- Free 2 hour Consultation with Ava Rose Interiors worth £325 - [www.avaroseinteriors.co.uk](http://www.avaroseinteriors.co.uk)
- 30 Minutes Bodyballancer treatment from FineForm Aesthetics worth £149 - [Fineformaestheticsltd.co.uk](http://Fineformaestheticsltd.co.uk)
- 30 Mins Powersculpt Treatment from Fineform Aesthetics worth £149 - [Fineformaestheticsltd.co.uk](http://Fineformaestheticsltd.co.uk)



- 3 sessions in Science from The Tuition Rooms - [www.thetuitionrooms.com](http://www.thetuitionrooms.com)
- VIP voucher for a free session from Bodystreet Altrincham - [www.Bodystreet.com/en/studio/bodystreet-altrincham](http://www.Bodystreet.com/en/studio/bodystreet-altrincham)
- 2 free sessions in Hale's new Cryo Chamber from ChillGlow worth £50 - [www.chillglow.co.uk](http://www.chillglow.co.uk)



- 2 complimentary tickets to an upcoming main stage production from Altrincham Garrick Playhouse. [www.altrinchamgarrick.co.uk](http://www.altrinchamgarrick.co.uk)
- 6 bottles of wine from Reserve Wines - [www.reservewines.co.uk](http://www.reservewines.co.uk)
- 2 dance sessions for Starlight Dance School - [www.starlight-dance-school.co.uk](http://www.starlight-dance-school.co.uk)
- 40% off Voucher for Adidas online



- 5 Games of Bowling at Atlantic Bowl from Sandra Parr 10FHE
- 2 Pizzas from INTO THE WILD Coffee Shack
- Wine and Chocolate Hamper from Mr. And Mrs Parr
- StreamBuds Wireless Earbuds from a Y7 Parent

More Raffle tickets  
available at Cest Fest  
Saturday 8<sup>th</sup> July  
12-3pm

## 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 7<sup>th</sup> July 2023 and I will store in fridges in T3 or On the Day Saturday 8<sup>th</sup> 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.



# 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:***



**MON 10 JULY 2023**

