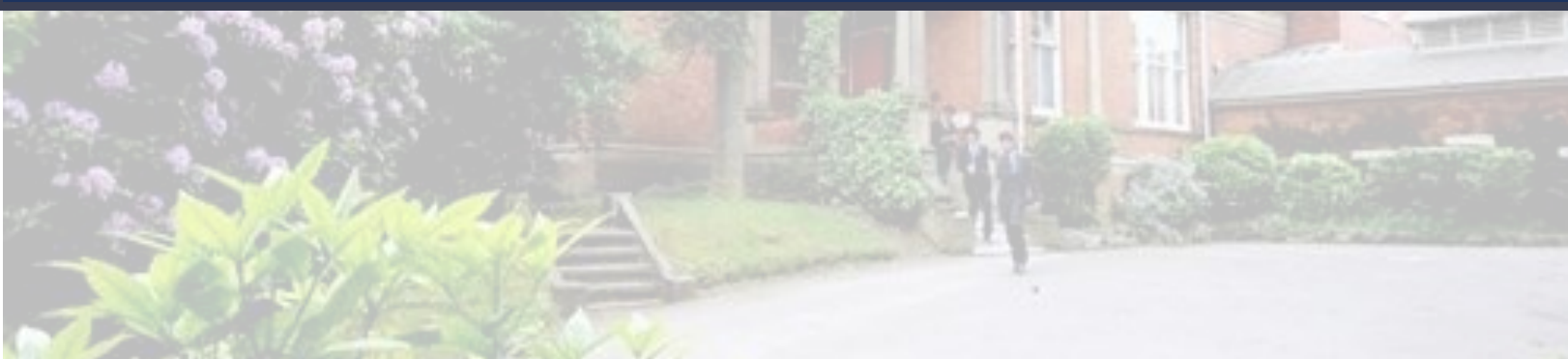




# NEWSLETTER

17 March 2023



## Head Master's Message:

Some years ago, during a 'shake up' of the education system, it was prescribed that children should be exposed to the best that had been said and written. It was a call to teach a 'traditional' curriculum and a move away from 'new-fangled' ideas. I have some sympathy because if pupils don't experience 'high brow' culture at school, they may never do so. This would be a shame. But it must be remembered that the culture of Matisse, Stravinsky, Dickens, Louis Armstrong, The Beatles were for their times new and trailblazing. So it's also right to look at modern culture too. I would go so far as saying the internet has unleashed a new universe of creativity and innovation. Time will curate the good, the bad and the downright nasty.

Culture has been prominent this week, beginning with Culture Day. This was a celebration of the multi-ethnicity of the school population. It was great to see children in their family/heritage outfits. It also prompted some debate as to what might be ascribed to cultural 'English' dress – is England now so culturally diverse it was hard to pin down? It also prompted thoughts about family backgrounds and that many families are the result of migration in past years – a healthy perspective. Much credit must go to Jafar B-H for his passion and sense of purpose in keeping this event in the calendar, and to all members of ACEF.

Pi Day on 14<sup>th</sup> March – 3.14 - gave opportunity to show the interconnectedness of academic disciplines, from the Greek  $\pi$  to its use in telecommunications. A big thanks to the Maths Department for their drive to remind us all of the universal nature of maths.

It's also been Science Week so the theme of seeing how different disciplines connect has been to the fore all week. Dr Rodger led assemblies reminding pupils of the important role plays in society, the key players and, importantly, how ideas can come from strange directions – all knowledge is useful.

### Cestrian ABC

**Academic.** School will be looking at the concept of metacognition in detail during the next term. The ability to know the thought process in learning is key to successful learning. Read the article later by Dr Askey.

**Behaviour.** Mr Brown has been teaching pupils about the risks of 'acceptable' drugs, in particular caffeine. There is a growing trend of 'energy drinks', marketed, it seems, at young people. We advise pupils to avoid these caffeine-laden drinks.

**Character.** We don't have final totals yet, but pupils (and parents) have been very generous in giving their time, energy and money providing food and drinks for the many Pi and cultural events this week. The money raised goes to emergency earthquake relief in Turkey/Syria and to the school charity ACEF.

## Happy St Patrick's Day!



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# DEPUTY REFLECTIONS - CHARACTER EDUCATION



**A Special Edition to Celebrate North Cestrian's first appearance at Oxford University's International Debating Competition at the Oxford Union.** It is one of the most prestigious debating societies in the world with an unparalleled 195-year reputation for hosting renowned speakers. 350 schools and over 1,000 pupils competed and our **Jafar B and Tilola A** (y11) made the final on 11 March 2023. They showed qualities in public speaking, debating, thoughtful argumentation and analytical problem solving.

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

Jafar and Tilola, prepared by the expert tuition of Miss Johnson, achieved second place at the Manchester regional qualifying event in February. They stayed in top form by debating in front of a school assembly.

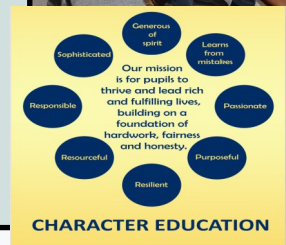


Pupils are guided in 8 character traits of NCS's character education programme. In lessons and beyond school, pupils have opportunities to pursue new discoveries and are assisted to own the next steps in the development. Click the poster!

**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.



**CHARACTER**  
PILLARS BUILD TO SUPPORT THE ROOF

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

**CULTURAL CAPITAL**  
BRICKS BUILD THE WALLS



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

**[Build your Character Benchmarks Certificate](#)**

Know someone building their Cultural Capital? [Click to nominate.](#)



The finals' event was hectic! Jafar read a guide on tips for the Oxford Finals' whilst Tilola rested her throat as we drove south from Altrincham on Friday. Over the evening meal we practised techniques and dived into justifications and objections to 'career politicians' - which, by chance, was the motion in the third round the next day. In the Union, the students from around the world gathered to see the competition draw and get the first view of the debate motions. Jafar (*pictured right*) and Tilola represented North Cestrian fantastically. They often had just 5 minutes preparation time but were adept and sophisticated to bring their cultural capital and persuasion to the opposition schools. In the first four rounds the judges scored NCS 4th, 4th, 2nd, then 1st! Alas this was not quite enough to go beyond the quarter finals, but what a debut against schools including Eton, University College London, and national schools of the Philippines and South Africa, and many top British private schools.



## Question yourself to greater success.

**Your brain loves questions.** In a study on the power and type of self-talk, participants were divided into two groups.

The first asked themselves questions: "Will I do well?"

The other gave declarations of success: "I will do well"

When faced with challenging anagrams, the group who had asked themselves questions answered significantly more than their peers.

One possible reason why this strategy is effective is because **by asking yourself questions, your brain automatically starts searching for answers**, acting as a call to action.

If you ask yourself **What, Why, How, Who** and **Where** questions, you can improve your metacognition, memory, growth mindset, social support and concentration.

**Metacognition** is the ability to critically analyse how you think, or in simple terms, having self-awareness and control over your thoughts. It is best described as developing appropriate and **helpful thinking strategies**.

For the best results, think about tasks in three stages

- Before the task
- During the task
- After the task

By searching for connections to your previous experiences, knowledge and feedback, your brain seeks answers to help you tackle new problems.

The big advantage of learning this skill is that the **strategies are completely transferrable** to other tasks and scenarios.

This will **increase your confidence** to tackle anything from athletics to algebra.

As an added bonus, research has shown that improvement from these strategies can be evident in just two weeks.

Just enough time to try it before the end of term!

## Y11 - DC2 coming home on 31st March

This will include Mock Exam results and revised predicted grades in addition to attitudes to learning and attendance.

### The 5 Best Questions To Ask

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

- 1 WHAT DO I NEED TO DO FIRST?**  
This question will help develop metacognition and get you started on the right path.
- 2 WHY IS THIS TRUE?**  
This is a great question to help improve memory and recall.
- 3 HOW CAN I GET BETTER?**  
Strengthen your growth mindset by focusing on how you can improve and develop.
- 4 WHO CAN I ASK FOR HELP?**  
Using the social support of people around you helps develop resilience.
- 5 WHERE DO I DO MY BEST WORK?**  
Improve your concentration by working somewhere with the least distractions.

### 9 Questions to Improve Metacognition

by @Inner\_Drive | www.innerdrive.co.uk

**Before**

- ▶ Is this similar to a previous task?
- ▶ What do I want to achieve?
- ▶ What should I do first?

**During**

- ▶ Am I on the right track?
- ▶ What can I do differently?
- ▶ Who can I ask for help?

**After**

- ▶ What worked well?
- ▶ What could I have done better?
- ▶ Can I apply this to other situations?

# ESPORTS FIXTURES

T1

WILL R, LUKE D,  
LEONARDO L

T2

BEN S, MAX L, IVAN F

T3

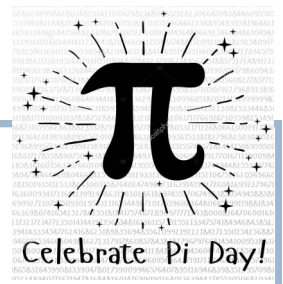
LUCAS P, LEON N, SAMMAY S

DATE:

MONDAY 20TH MARCH 3.30 - 4.30PM  
ROOM - U2



# Pi Day - Mrs Klutz



## Pi Day

We greatly appreciate the enthusiastic Pi Day participation. Thank you for all contributions across activities!

This week, we share with you some amazing pi cakes/pies and posters showing applications of pi. Next week, watch for news regarding pi recall champions and pi puns.

We were pleased to again celebrate Pi Day in the same week as Culture Day to remind us of all the different contributors to the development of pi over time from all around the world.

Always keen to contribute to our school's charity, our annual Pi Day bake sale was run alongside the Culture Day snacks. We are again grateful for wonderful student leadership, including from Maths Ambassadors, and feel privileged to have raised money for ACEF. And we were delighted to have some amazing student-made cakes. See Holly and Theo with their impressive cakes below.

### *Pi Day in Pictures - Some of the fabulous Pi treats....*



*A sampling of some posters showing some of the uses of Pi*



**Watch for updates regarding our Pi recital competition as well as some Pi puns in the next**

*Even the playground benches joined in the pi celebrations* 🎉



# MUSIC - Mr Wilson

I would like to take this opportunity to congratulate all member of the School Band for their continued work in rehearsals to prepare for last half term's production of Joseph and His Amazing Technicolour Dreamcoat. All members rehearsed with purpose and demonstrated tremendous responsibility to make sure they had learnt all their parts for the mammoth 23-song musical! After 3 months of intense rehearsals every Monday night, the band performed 3 back-to-back nights and smashed it every time! I am so proud of all the work they have put in over to the band since we started rehearsals in September, and I am excited to see how they will progress. We are now rehearsing for the summer music festivities, including Cest Fest!

I would also like to publicly celebrate some key members of the band that put in extra hours of rehearsals and were integral part in the band: Eleora B (piano, Y9), Tashi Y (first drums, Y9), Dulcie B (flute, Y9), Jamie M (flute & oboe Y10), Owen C (trumpet, Y11), Ashy G (lead guitar, Y11), and Niles M (first bass, Y8).

All 19 members of the band were exceptional, but without the aforementioned key members, it would not have possible!





# CULTURE DAY 2023

## Reflections of a successful Culture Day from organiser Jafar B.

*On Monday, NCS once again hosted Culture Day, as part of the Unity through Charity campaign in partnership with AGSB, in order to raise life-changing money in the wake of the Turkiye-Syria earthquakes as well as for ACEF (supporting the vital Brainhouse Academy in Nairobi).*

*Utter success. We had a cultural snack and Pi Day bake sale along with activities such as henna and dance at break and lunch. Many classes had non-curriculum lessons and workshops, exploring the influences of a variety of cultures on their given subject.*

*At lunch, hot food was served in the Vanstone Hall (buffet style) comprising a variety of homemade South Asian and Arab dishes kindly donated by parents. It was absolutely wonderful. A major purpose of this event is to encourage the appreciation of our diversity, embodied in the hall which was full of colourful food, clothes, (from thawbs to kilts and flapper dresses), and music (as expertly performed by the school's band). An incredible atmosphere, great food, and good company – what more could we ask for?*

*We even had a number of alumni make an appearance to enjoy the festivities! A truly positively received experience.*

*There is an awful lot of planning involved in organising such a major event thus it is extremely rewarding to see all our efforts pay off, even in spite of numerous setbacks and obstacles, especially considering that the event is entirely arranged by students. Impressive.*

*My thanks go out to staff, parents, and above all the students involved. Especially the managing supervisors. Rishik N, Sarri M, Felix M, Adek K, and Azka S, as well as the wonderful team of helpers that had the most difficult job of all: serving food to a horde of people while putting up with me! So many thanks to Hana H. Keyaan A, Abdullah M, Manal I, Taha K, Hedika M, and Sophia A. I would also like to acknowledge Mr. Millard and the Food Tech Department, for without their help we would have been unable to prepare the food due to a lack of access to the canteen.*

*I look forward to this event becoming solidified as part of the culture of our school, made bigger and better by those that follow.*

**Kind Regards,  
Jafar E. B - Culture day Chairman 2021 - 2023**



# 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

Made with PosterMyWall.com



BINGO

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.**