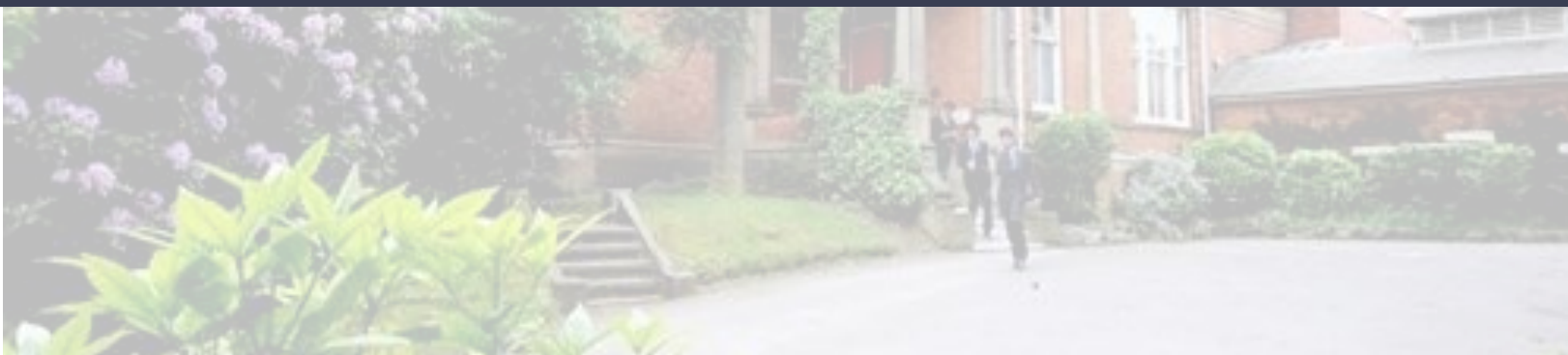




NEWSLETTER

10 March 2023



Head Master’s Message:

We were pleased to host an Academy Learning Conference on Tuesday, where 146 bright pupils from schools across the North West took part in lectures, discussions and debates, led by international educationalist Julie Arliss. We had a contingent of 10 pupils including: Hilda P, Raneem Z, Makean A-T, Tashi Y, Chinwe E, Tala O, Praise O, Ilies N, Isaac A and Nicole N. Nicole and Praise led the debate that opposed the motion “This House Believes that Freewill is an illusion” – and went on to succeed in the vote that followed. It was a mind-stretching day showing what can be achieved when young minds are challenged appropriately. I am grateful to a whole host of people, but I will mention Dani S for all his work as sound engineer.

The debate theme continues as Jafar B and Tilola A travel with Mr Bell to the national finals of the Oxford Union Junior Debating Competition in Oxford during Saturday. This is a highly prestigious event and a great experience for all.

The remarkable week continued with planting of a sapling oak tree. The sapling was donated by the then Prince Charles from his estate to mark the Queen’s Platinum Jubilee. As events overtook things we were now in a position to share the moment with Sir Graham Brady MP as the Royal Oak was planted in the ground, with a plaque to mark the occasion.

IMPORTANT INFORMATION

Monday’s Cultural Day involves many things, one being sharing of food catered by parents and pupils to celebrate our cultural diversity. This sharing is great, but we cannot guarantee the allergen content of all the foods. Therefore:

IF THERE IS ANY DOUBT OVER ALLERGEN SAFETY, USE FOODS PROVIDED BY THE CANTEEN AND NOT BY THE CULTURAL DAY HOSTS.

It is also a day to celebrate cultural dress: IT IS NOT NON_UNIFORM DAY. Rather, for the price of £2 we ask that people dress in their cultural or heritage dress. There is no compulsion to do so, but last year many did and looked great. But NOTE: Red and white socks and the rest own clothes, does not cut it, I’m afraid. There is a normal non-uniform day on March 31st.

We do ask pupils bring CASH or, for older pupils, CARD, to pay for the many treats of offer.

STRIKE ACTION

There are two more planned days of teacher strikes by members of the NEU, on Wednesday March 15th and Thursday March 16th. As most teaching staff are members of this union, we can only provide school places for vulnerable pupils and pupils of key workers. If you are eligible to apply for a place for your child, please complete the form: [Vulnerable and Critical Worker children](#)

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Tree-mendous....

It was a pleasure to welcome Sir Graham Brady to North Cestrian on Friday 10 March for the 'official' tree planting ceremony.

As you know, HRH King Charles III gifted us with a seedling oak from his Highgrove residence. The tree 'Bertie' commemorates the Platinum Jubilee for his late mother, HRH Queen Elizabeth II.

We look forward to seeing it flourish over the next few years and will keep you updated of it's progress.

Sir Graham is pictured with Mr Bergin, Alice R and Tze Yan B from the NCS Gardening Club.

Also pictured is Shashank J our recently promoted Eco Prefect.

Thank you for all involved.



DEPUTY REFLECTIONS - CHARACTER EDUCATION

“Enthusiasm is common. Endurance is rare.”

Angela Duckworth (Chief Scientist and Board Member of The Character Lab)

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

You can prepare for your next Character briefings by reading and listening to [A Thorough Examination with Drs Chris and Xand](#). We will consider how the Cestrian Mindset and our character can develop our success habits and use of feedback. As ever, email me your reflection.

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!



CHARACTER EDUCATION

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.



Half Term 3: Highest Achievers in Attitude to Learning, Character Development, the acquisition of Cultural Capital

The next page showcases role model pupils leading the way through their performance last half term. In order to graduate the North Cestrian curriculum, to become successful at Key Stage 4, and beyond into further education, careers, and rich and fulfilling lives, pupils are guided in the development of an Attitude to Learning. This maximises each individual's potential and jealously make us of precious learning time: Quality of Classwork, Use of Feedback, Growth Mindset, Participation, and Attitude. Teachers' guidance and pupils' reflection are the common language in every lesson of every day. The benchmarks and next steps are on the inside cover of pupils' Learning Journals and the frequent feedback can be seen on Arbor and through reports to parents every two weeks. Our character education is across the curriculum and discovering and developing passion and purpose outside of school.

Attitude to Learning Role Models - see Mr Bell to discuss how to invest your £20 prize in further developing your Attitude to Learning

Attitude		Classwork		Growth Mindset		Participation	
Cl, Maisey-Leigh	7RTA	F, Artie	7RTA	C, Alexia	7DWI	B, Shay	7DWI
P, Carys	7DWI	B, Sapphire	7JMI	C, Mason	7RTA	M, Jack	7RTA
H, Darcy	8EKL	S, Elsie	8MSA	S, Elsie	8MSA	K, Yu Ching	8JDE
S, Kiera	8SFE	L, Kelly	8JDE	W, Jacob	8SFE	K, Lambros	8MSA
F, Ali	9HVA	C, Alexia	9MWO	H, Kevin	9JRI	P, Ashkan	9MWO
E, Abbs	9JRI	M, Callum	9JRI	J, Ethan	9HVA	H, Joshua	9MWO
C, Elliot	10JJA	M, Tanish	10SPU	A, Joud	10ASI	J, Max	10FHE
W, Max	10ASI	T, Theodora	10FHE	G, Mae	10ACL	N, Ethan	10FHE
A, Safa	11TWI	M, Fiona	11JSC	A, Melissa	11JSC	M, Felix	11JSC
K, Matilda	11AWI	S, Olivia	11TWI	M, Kaden	11TWI	M, Zayd	11TWI

Use of Feedback		F, Luca	7DWI	P, Sophie	8SFE	B, Ruby	9SMI	A, Ruya	10ASI
		G, Ava	7JMI	F, Demah	8RDO	P, Lucas	9SMI	C, Tiffany	10JJA
W, Mia	11SWI								
H, Rachael	11AWI								

Character Development Role Models - see Mr Bell to discuss how to invest your £20 prize in further developing your Character

P, Zach	7JMI	H, Cyrus	8JDE	B, William	9JRI	M, Ashaar	10JJA	B, Joshua	11JSC
P, Sarah Louise	7MBR	H, Will	8SFE	C, Harley	9HVA	T, Elise	10ASI	D, Ruby	11JBA

Cultural Capital Role Models - see Mr Bell to discuss how to invest your £20 prize in further developing your Character

C, Hebe	7MBR	L, Kelly	8JDE	D, Luke	9JRI	A, Mina	10ACL	B, Jafar	11SWI
C, Evelyn	7DWI	S, Daniel	8MSA	B, Louis	9LCO	A, Jad	10ACL	A, Tilola	11AWI



School Lunch Price Rise

Unfortunately, because of rising product costs, the price of the standard school will rise by 15p to £3.00. This is still good value for money.

Pupils on Free School Meals will be able to purchase at this new price.



Year 10 GCSE Progress Examinations

Provisional timetable.

All pupils are to be in school every day between 8.30 and 12.50pm*whether they have exams or not.

Supervised revision rooms will be allocated for those not sitting an exam in that time slot. Pupils are expected to bring their own revision materials for these sessions. Further information to follow after Easter.

Individual exam timetables will start to appear on Arbor in the coming weeks. There are a few pupils with clashes of subject. One of the exams will be rescheduled for the nearest free session. E.g. Psychology & Computer Science – One of those papers will be scheduled for either Tuesday 11.10am or Thursday 11.10am.

YOUR REVISION SHOULD HAVE STARTED - little and often!

How Can Students Revise Effectively?

by @inner_drive | www.innerdrive.co.uk

TEST YOURSELF

Research has shown that testing yourself helps you remember significantly more than just re-reading information.

Testing yourself can also help reduce the negative effects of stress associated with exams.



USE SPACING

Spread out your learning of material across several days and revisit it.

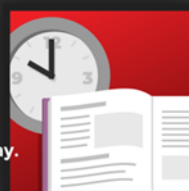
This helps transfer information to your long-term memory.



STOP PROCRASTINATING

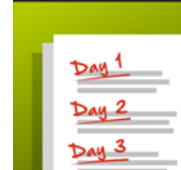
Schedule the revision of harder topics for the morning when you will be most awake.

This stops you using tiredness as an excuse for leaving the harder topics until the next day.



MANAGE YOUR TIME

Break your revision down and give yourself a certain amount of content to learn each day.



	Tue 2 nd May	Wed 3 rd May	Thu 4 th May	Fri 5 th May	Mon 8 th May	Tue 9 th May	Wed 10 th May	Thur 11 th May	Fri 12 th May
8:30	Business (1hr30) Music (1hr)	Geography (1hr30)	Maths (1hr30)	History (2hrs)	BANK HOLIDAY	Physics (1hr15 combined, 1:45 triple science)	Psychology Computer Science, Statistics, Engineering, Media Studies	RE (1hr30)	Maths (1hr30)
break									
11:10	English Literature (2hr15)	RE (1hr30)	English Language (1hr45)	Biology (1hr15 combined, 1hr45 triple science)		Creative iMedia, Food, Sport Science, Performing Arts	Chemistry (1hr15 combined, 1hr45 triple science)	Spanish: Reading, Writing and Listening	ART All other pupils to LESSONS from P3
12:50	*Pupils can sign out and revise at home from 12.50 if parental permission has been given								

Y10 Count Down to 2nd May

School days
25

Days
52

GCSE Count Down to 15th May

School days
34

Days
65

Welcome to the home of all things Pastoral!

PSHE Topic of the fortnight: Drugs and Substance misuse

Over the last two weeks all students have been looking at various aspects of drug and substance misuse. Usually when we bring up this subject, most people think about illegal drugs such as cannabis or Cocaine. While these drugs and exposure to them have all sorts of risks attached to them, we have also started looking at risks attached to other drugs that are not illegal.

These drugs are referred to as 'socially acceptable drugs.' When we use this phrase, we are mainly referring to Cigarettes (Nicotine), Alcohol and caffeine.

Caffeine is found in lots of everyday food and drinks, for example:

- Coffee
- Soft drinks
- Chocolate



It can even be advertised in some drinks or tablets to help boost your energy (just ask your teachers!) However, while it can make you more alert for a short time, it can also increase your heart rate,

	Rockstar Xdurance	Energise Edge	Monster Energy	Monster Assault	Tiger	Red Bull Energy Drink	Red Bull The Blue Edition	Relentless Origin
	500ml	440ml	500ml	500ml	250ml	250ml	250ml	500ml
Sugar	17	14	14	14	7	7	7	6
	69g	55g	55g	55g	28g	28g	28g	24g
Caffeine	2	2	2	2	1	1	1	2
	160mg	160mg	160mg	160mg	80mg	80mg	80mg	160mg

Caffeine is present in coffee but is also increasingly available to young people through energy drinks. The level of caffeine in this type of drink has rapidly increased as they became more popular.

Combined with sugar these drinks can cause high blood pressure and sugar levels.

Just take a look at the levels of caffeine and sugar in these drinks compared to cups of coffee.



We've all seen the level of interest in a particular drink advertised and created by YouTube stars. There are plans in the UK to release an energy version of this drink and some concerns have been raised about the amount of caffeine in this new drink.

The current bottled version of Prime does NOT contain Caffeine. However the new Prime energy has 200 mg of caffeine in it per can.



KS4 NEWS - Mr Boswell

A hugely welcomed return for our Key Stage 4 students. Our Year 11 returned and immediately went into their mock examinations, where we witnessed in the majority of cases a purposeful and passionate approach to delivering every aspect of examination prep and delivery. Students should now take stock of the feedback and act on this moving forward.

With our Yr11s engaged in examinations we have focussed on showing the Cultural Capital opportunities available to enhance our Yr10 prospects. Briefings have focussed on 'Positive mindset' how to success is achieved through seeing the path! The Science behind 'Growth mindset' and how the brain doesn't see the negative ('remember the elephant' pupils?) The key message is focus on the controllables, your effort, your end goal and work towards it, do not let the obstacles get in the way.

For both our year groups it has been inspiring to read the success of our students. Students who have gained conditional placements in their chosen college, students engaging with whole school Cultural Capital days, students who seek additional help to source advice and guidance for a prefect role. Good luck to all our KS4 students over the next few weeks, keep up the excellent standards.



The world of work. Why not get ahead and have a look through the following careers. An insight into the minds of.....

Assistant Accountant	https://icould.com/stories/pamela-g/
Veterinary nurse	https://icould.com/stories/vicky-g/
Fashion Buyer	https://icould.com/stories/sahar-k/
Embalmer	https://icould.com/stories/dianne-c/
Midwife	https://icould.com/stories/benash/
IT Project Manager	https://icould.com/stories/madeline-n/
Mechanical Engineer	https://icould.com/stories/nicola-s/
Hair Stylist	https://icould.com/stories/shaun-h/

To all Year 10 students we will shortly be advertising the process of a securing a work experience placement, so begin sourcing your placements and thinking how best to develop your skills.

Make it work for you! – A great tool to enhance your preparations, huge impactful gains proven to work with students preparing for Summer examinations.

GCSE POD

Our content is designed to make learning stick?

Our engaging format and the way we learn content in our Pods makes it easy to be understood and – most importantly – to recall. Each video, or podcast we call them, is concentrated learning, designed to keep attention focused and make learning stick.

- Each Pod is a concentrated 3-5 MINUTES of learning, to keep attention focused.
- 28 subjects
- Specialty content IMAGES
- NARRATED by professional voice-over artists
- WRITTEN by expert subject teachers
- Supports curriculum CHANGE

Year 11 Impact Analysis

- On average, regular users of GCSEPod achieved **0.7** more Progress 8 points than non-users
- On average, the highest users achieved **20** Attainment 8 points more than non-users
- Regular users of GCSEPod achieve, on average, **1** grade higher per subject than non-users

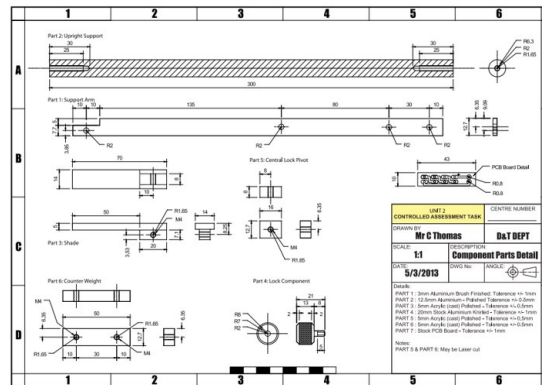
Congratulations to 11JSC and 11TWI for having all form members signed up within 10 days!

Year 11

Reminder that the deadline to complete your NEA is Monday 13th March. We will then be turning our attention to theory work as we build up to your final examination.

Anyone who is missing any work on Monday will be expected to stay behind after school until it is completed. It is vital that you do not miss any sections of your work.

Year 11 Unit 2 lamp manufacture from a 3rd Angle orthographic drawing.



UNIT 2 - 3rd Angle orthographic drawing.

Year 7

Pupils in engineering have started the analysis & isometric drawing tasks to enable them to design & manufacture an electronic jitterbug. They are then going to evaluate their designs.

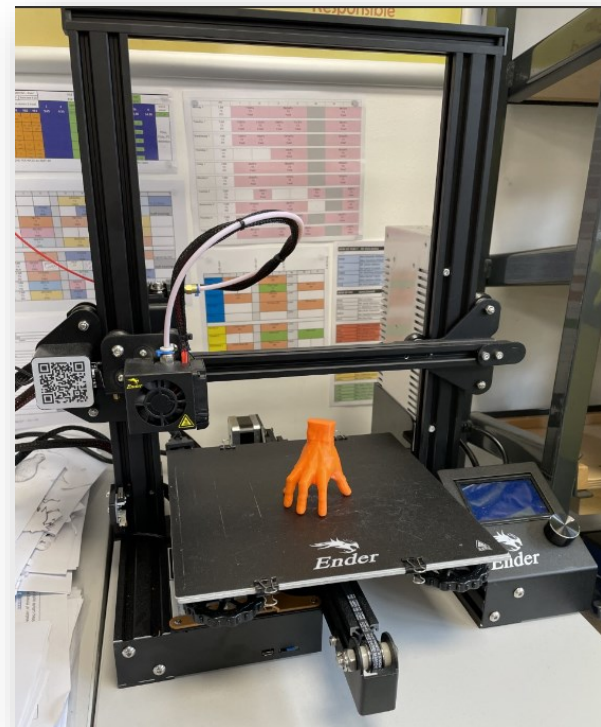
Year 8

Pupils are looking at developing their orthographic drawing skills so that they can read the technical drawings ready to manufacture their automata (mechanical toy).

Year 9

Have been building on their orthographic drawing skills to design & n aluminium lamp that is suitable for sale in a zoo. They will then go onto design it in CAD. (Computer aided design).

Mr Cruxton & Miss Voudouris have been learning how to use the 3D printer and have made a 'Thing'!



PHYSICAL EDUCATION DEPARTMENT

Trafford Basketball

Girls from Years 7, 8, 9 and 10 have taken part in and enjoyed, Basketball both in lessons and at Basketball club. The recent Trafford Girls Basketball Tournament took place at Wellington School. The school was represented by joint teams from Years 7/8 team and Years 9/10. Both teams played with determination and character against strong opposition. Well done to all.



The recent Trafford Tournament was my first Basketball tournament. I really enjoyed it. Our rivals were so energetic. Our team, from Year 7 and Year 8 worked hard and we gave our best against tough opponents. It was a great experience and I look forward to being able to do it again. - Kelly L



On Wednesday our Year 9/10 team represented school in the Trafford Basketball Tournament. It was a fiercely fought tournament and everyone tried their hardest. We all put in our best efforts and took pride in representing NCS. - Joud Al-S & Tuela O

Charity Check-in



acef

Providing dignity and opportunity
through education

ACEF team visits Kenya

March is an exciting month for the ACEF team as two of the charity committee members are currently in Kenya, meeting daily with the leadership team in the orphanage and spending time with the children. They have been updating us on events and sending some fabulous pictures. We are feeling very humbled to find out that it is only thanks to the generosity of all those who have helped by supporting the ACEF team, that the school and orphanage survived throughout the Covid pandemic.

The ACEF Ambassador Team bought a mini projector from part of the proceeds of the Kilimanjaro Climb and sent it out to Kenya. As a result, we are very excited to have had our first zoom meeting with the leadership of The Brainhouse Academy where we could discuss some exciting projects to encourage sport and music connections between our schools. We now have the ability to meet more regularly and discuss not only how we can help to support the school but also the opportunities to forge stronger connections with North Cestrian School.



ACEF supports Culture Day

Monday 13th March will be North Cestrian's second Culture Day. Last year it was a fantastic opportunity to find out more about the amazing diversity we have at North Cestrian and seeing a beautiful array of cultural clothing showing the rich heritage of so many of our pupils. This year pupils can either come in the **cultural dress** that is part of their heritage or dressed solely in

their **country's colours** which can further be supported by the team painting flags on faces during break and lunchtime on Monday. Please embrace this opportunity to share your culture by following the dress code but **DO NOT come dressed in just own clothes** as it is NOT a normal own clothes day. The **£2** that we ask you to bring will be used to support the needs of not only the children at the Brainhouse Academy but also to support those in need directly as a result of the earthquakes in Turkey and Syria. Both of these are such worth causes to support and each and every £2 will make a difference.

ACEF will also be holding a **Bake Sale** during break time and lunch time on Monday and Tuesday. We would like to encourage all pupils to donate cakes / cup-cakes / biscuits / cultural treats to this cause rather than just the ACEF Ambassador Team. If you would like to contribute to this, please come and see me first thing on Monday morning with your cake and I will reward Character Points for your generosity in doing so. They may be home-baked or bought but please make sure any allergens are noted so we can keep our pupils safe.



CULTURE DAY 2023



CULTURE DAY

**DONATIONS WILL BE
GOING TO:**



Pupils who wish to wear their own /cultural clothes will have to pay £3 (Parent mail)

Pupils who wish to wear cultural clothes are strongly encouraged.

**What will happen?
A combined cultural snack and Pi day bake sale will be going on during lunch and break**

**Cultural main meals will be served in the canteen at lunch
With many other activities at break and in lesson**

The form to register interest for the Cultural Day is now available on email and Parentmail:

<https://forms.office.com/e/ZKWJRVymLc>

THIS IS MANDATORY

If you have any queries, please email:

asindhu19@northcestrian.co.uk

belhajj@northcestrian.co.uk

FOOD DONATIONS ARE STRONGLY ENCOURAGED AND APPRECIATED

PUPIL NOTICES:

ISLAMIC RELIEF

UTC

Türkiye & Syria

NCS ISOC FOOD SALE

KAHRAMANMARAS EARTHQUAKE

MONDAY 13TH MARCH

2023

NCIA

OFC

UNITY THROUGH CHARITY CAMPAIGN
EST 2016



1st Timperley Girls Brigade is requesting a donation of clothing

We would be grateful if you could donate your old clothes to the Girls' Brigade. All clothes are then donated to asylum seekers around the north-west. Please do not donate bags, used underwear (new would be much appreciated) or the like and also thoroughly wash the clothing beforehand.

Clothing can be donated at any time, and it will be picked up. We desperately need teenage boys/girls' and men's clothing, so if you have any that you don't need, we would be very grateful if you could donate them.

If you have any questions please email ebogdan20@northcestrian.co.uk



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.