



# NEWSLETTER

3 February 2023



### Dates for Diary:

7-9 Feb  
"Joseph"  
Production

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### Head Master's Message:

It's February already. By weeks, this is halfway through the academic year. It's great to see the nights are drawing out. The month is named after the Roman god Februus, the god of purification, or more accurately, after the purification festival of Februa. This act of cleansing seems at odds with the Old English term for this month - Solmonath - 'mud month'. The 'sol' bit is likely to be a corruption of 'soil'.

So, in this bleak month it was so pleasing to note how well pupils responded to working from home. The call out to pupils was to show their positive character traits – their sense of purpose, their resilience and resourcefulness. And they responded very well indeed. As well as the actual subject learning achieved, the affirming act of showing self-discipline would have helped each young person to develop. It is a cliché but, when the going got tough, the tough got going.

Cestrian ABC

Academic. **Year 9s** have now been through the first round of option choices to indicate the overall balance. Mr Bell and Dr Askey now deploy their curriculum magic to tweak the option blocks to keep the number of clashes to a minimum. This then presents as the second and final round of option selection. **It is vital Year 9s make their selections carefully, and must be completed and submitted by the end of the weekend.** **Year 11s** Start their Mock Exams after the half-term break. This is an invaluable learning experience for them and it is important they treat them very seriously.

Behaviour. Children are not allowed to use their mobile phones while on the school site. They should be turned off and kept in zipped pocket or securely in their school bag. Parents, please support school in this key component of behaviour management. If a child is seen to be using or holding their phone, it will be confiscated. On the first occasion it will be returned at the end of the school day. After that it is 5 days, then 10 days confiscation.

Character. I am very much looking forwards to watching the production of 'Joseph' next week. Pupils' passion and sense of purpose are seen in abundance. It promises to be a great evening's entertainment and you are encouraged to buy tickets to support the pupils but also to have a great night out.

### Important Dates:

Tuesday, Wed, Thu 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> February, from 7pm: School production 'Joseph'

Thursday 9<sup>th</sup> February: Y9 DFTP/Meningitis Vaccine

Monday 13<sup>th</sup> February – Monday 20<sup>th</sup> February INCLUSIVE: Half Term Break

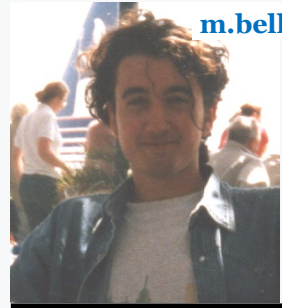
Monday 20<sup>th</sup> February: INSET staff and Year 11 GCSE Art Pupils only in school.

Tuesday 21<sup>st</sup> February. School reopens. Year 11 Mock Exams begin

Tuesday 28<sup>th</sup> February. Scheduled teacher strike. Mock exams will continue as normal. However, note the following instruction that applies to this day only: 8.30 am Y11 Geography pupils only; **ALL Y11 pupils in for 11am** Physics exam. All Y11 to return home after physics exam.

**Y8 Parents' Evening—has been re-scheduled for 14th March, instead of 28th February.**

# DEPUTY REFLECTIONS - CHARACTER EDUCATION



***"It's good to learn from your mistakes.  
It's better to learn from other people's mistakes"***

*Warren Buffett*

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.



**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**

Know someone building their Cultural Capital?  
Click to nominate.

**Character Development Opportunity for Passionate, Purposeful, and Sophistication Open for 25 pupils from Year 7, 8 and 9.**  
 Holocaust Education Project: 'The Holocaust Through a Lens' with Holocaust educators Hannah Goldstone and Caroline Slifkin. North Cestrian is one of 6 schools in UK with this incredible opportunity. You will explore many aspects of the Holocaust, including the Kindertransport and the Lodz ghetto. As a response to your new knowledge, you will reflect creatively by producing photographs with given themes. These photographs will then be printed on banners and displayed at Yom Hashoah Manchester, a Holocaust commemoration that attracts 1000 attendees, MPs and mayors, and you, at Bridgewater Hall on 17<sup>th</sup> April.  
**Taking place on 24<sup>th</sup> Feb 2023 in UH1 with Miss McTiernan. To apply complete this [FORM](#)**

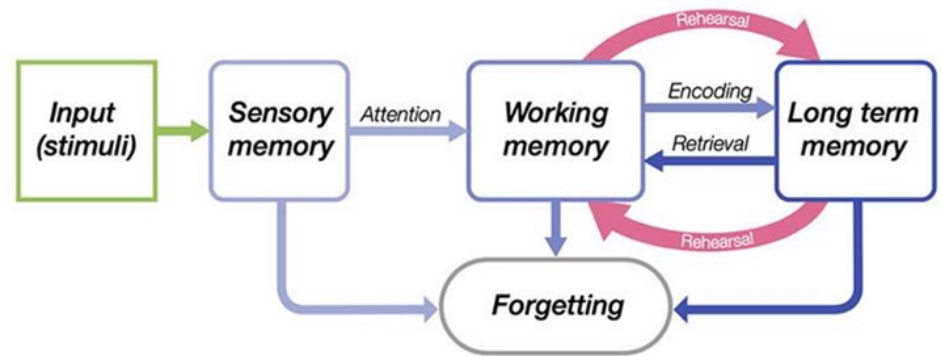
## Understanding how our brains work helps us to learn smarter and learn faster.

Teaching and Learning at NCS is built upon the principles and Cognitive Science model of memory.

Working memory is limited and to secure knowledge for future use, it needs to be transferred to long term memory. Learned information is that which we can access from long term memory.

This process is supported by:

- Linking the new knowledge to something we already know or make it meaningful to us (ENCODE)
- Repeatedly recalling (RETRIEVAL) and testing the knowledge
- Reinforcing the encoding and retrieval by regular rehearsal over time (SPACING).



In school this is evident by our Cestrian

### Academic Principles

- SLANT improves focus and gives attention to relevant information into the working memory. It also reduces unnecessary information that can overload this limited resource.
- PREP allows pupils to develop encoding and retrieval strategies. By delaying the testing to the following day, it is clear to see how efficient the transfer of knowledge to long term memory has been. Further rehearsal of retrieval and encoding in lessons improves the learning.
- TESTING via quizzes, teacher questions, class activities, GCSEPOD and similar online questions allows continued rehearsal and reduces forgetting. All activities that require recall of knowledge from memory (no books, reading, copying), improve learning.
- MINDSET is important in managing the continued rehearsal and acknowledgement that the process takes time, mistakes shine a light on knowledge that it is “not yet” encoded and successfully retrieved. Pupils who link their resilience and dedication to rehearsal (revision) to their outcomes(results) are more likely to be self-motivated, independent learners.
- SCAFFOLDING allows pupils to learn processes and skills step by step by providing examples (models) and hints and slowly removing them until the task can be completed independently.

FEEDBACK guides pupil’s attention to aspects of their learning and Attitude to

Learning. The use of Purple Pens draws attention to the information that needs to be further encoded and rehearsed. The awarding of AtL points (+/-) in lessons and via the Data Captures encourages pupil reflection on aspects of improvement.

In this school we have a ...

## CESTRIAN MINDSET

- We learn from mistakes
- We improve by acting on feedback
- We never give up - Delapsus Resurgam
- We are determined, we rise to challenges
- We self-reflect to identify our next steps
- We believe effort will lead to success
- We can train our brains

WE BELIEVE YOU CAN



# PASTORAL - Mr Brown

Hello North Cestrian! Welcome to the page of all things pastoral!

## Personal Development

What a busy couple of weeks! So much going on in school it is difficult to report on without producing our own report.

**On Thursday the 2<sup>nd</sup> of February** North Cestrian was visited by a team from Virgin / O2 to talk about modern apprenticeships. They spoke to a group of Year 11 students about the alternative routes to university that lead into careers. They spoke particularly about the roles available within the Virgin / O2 group that students may not have been aware of. Positions in HR and Sales that commanded a fairly impressive entry-level salary, coupled with training.

## Personal Development:

This fortnight leading up to half-term we are looking at different ways to keep yourself safe online. Online safety week actually starts next week with 'Internet Safety Day' taking place on the 7<sup>th</sup> of February. The theme of this year is about 'making space for conversation about life online'. We are entering into a world where digital connection is becoming imperative for individuals to access.

### Safer Internet Day 2023

Safer Internet Day 2023 will take place on the 7<sup>th</sup> of February 2023, with celebrations and learning based around the theme '**Want to talk about it? Making space for conversations about life online**'.

Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.

In the UK, we are celebrating by putting children and young people's voices at the heart of the day and encouraging them to shape the online safety support that they receive.

That is why we are asking parents, carers, teachers, government, policymakers, and the wider online safety industry to take time to listen to children and young people and make positive change together.

This year we are hoping to answer the following questions:

- What issues really matter to children and young people?
- What changes do they want to see?

How can we all work together to advocate for them moving forward?

With your help, Safer Internet Day 2023 can be a springboard for conversations that shape how we talk about and respond to online issues, not just for one day, but throughout the whole year.





# Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

## MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time; they could be considering how to phrase something specific, or they may be gauging your reaction.

## BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

## REMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

## KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

## DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

## TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

## CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

## Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSE curriculum.



**NOS** National Online Safety®  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

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# ENGLISH

## English Notices:

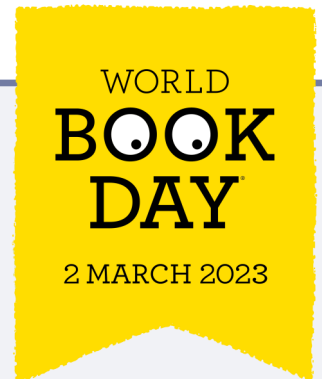
- Extra-Curricular Clubs - A reminder that we have several extra-curricular opportunities that we would like to encourage our pupils to attend, for example a journalism club, creative writing club, and the debating society. See your English teacher and the posters in classrooms and on the English corridor for more information.

Pupils in Miss Badman's creative writing group 'The Write Way' (Blue Wednesday lunchtime, L6) have been working on their poems on the topic of 'Power' to submit to this year's Young Writer's Poetry Competition. If you would like to enter please send a poem about power, in any form, to Miss Badman: [j.badman@northcestrian.co.uk](mailto:j.badman@northcestrian.co.uk). Alternatively, see Miss Badman for an entry form. The deadline is Friday 10<sup>th</sup> February at 9am.

Remember to get rehearsing your entry for the Poetry By Heart competition for this term's English character opportunity. Follow this link to the school's website for more information of how to enter:

<https://www.northcestrian.co.uk/page/?title=English&pid=139>

- Advanced warning: World Book Day - Thursday 2<sup>nd</sup> March 2023. There will be a number of events and opportunities to get involved with to help mark this year's World Book Day. See Miss Porcheret if you would like to be involved or would like to be a Literacy Ambassador.







BOCCIA CHAMPION! **Freya C**, Y7 recently won Gold at Boccia Deaf Tournament! 73 pupils from across the NW took part! WELL DONE, FREYA!!



## What is boccia?

Boccia (pronounced bot-cha) is the most inclusive sport you'll find! It's easy to play, but harder to master!

Boccia is a Paralympic sport with no Olympic equivalent. It's a target ball sport which tests both muscle control and accuracy. From a seated position (and therefore ideal for wheelchair users) players propel balls to land close to a white marker ball – the jack. If you're unable to grasp and propel a ball a ramp can be used.

It's an indoor sport, played on a court roughly the same size as a badminton court. You can compete as an individual, in a pair, or as a team of three.

A CELEBRITY CHARITY FOOTBALL MATCH AT

# ALTRINCHAM FC

£12 PER ADULT  
£7 FOR UNDER 18'S  
£30 FOR VIP  
BOOKING FEE APPLIES

SUNDAY 12TH FEB | ENTRY FROM 1:30PM | KICK OFF 3PM

PURCHASE YOUR TICKETS HERE > 



LEE LATCHFORD-EVANS  
ASHLEY TAYLOR DAWSON  
BILLY BROWN  
BILLY PRICE  
DAN OSBORNE  
JAY KONTZLE  
JEREMY LYNCH  
JAMES ARTHUR  
JAKE CORNISH



\*CELEBRITY PLAYERS SUBJECT TO WORK COMMITMENTS

North Cestrian School Presents

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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)



# 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.**