



# NEWSLETTER

24 March 2023



## Head Master's Message:

Assemblies this week have raised awareness of International Women's Month. Miss McTiernan spoke passionately about women's rights; the progress made, and the work left to do. This segues nicely to inform parents of school plans to modernise the house system we have in place. The four house icons: Grenfell, Scott, Hillary and Livingstone have served the school from its early days, but it is now time to update and be more representative of the school and society at large.

Cestrian Character is a significant part of the Cestrian ABC. Instead of house 'icons' we will choose people who, through their work and service have demonstrated the traits we admire. Pupils and staff have had some input into this already and we are keen to select such 'role models' to illustrate what is meant by resilience, generosity of spirit and so on. Alongside this, to acknowledge these as Cestrian role models, rather than house icons, there is now no need to separate the school into separate houses in its day-to-day operations. As such, from September, new pupils will wear a SCHOOL tie, rather than a HOUSE tie. There is no need for existing pupils to change, but if they need to replace (ripped, lost) then they should replace with the new school tie. This will be available from late May, via school.

We are expecting to start work on enhancing the front security gates and access to school buildings over the Easter break. Please be advised there may be building contractors on site.

## Cestrian ABC

**Academic.** Next Friday, 31<sup>st</sup> March, we hold our honours assembly during Period 6. We celebrate the many achievements of pupils during the term. Certificates are awarded for a range of things – attainment per subject, progress per subject, attendance, character and cultural capital, plus a range of recognitions in other areas.

**Behaviour.** The Standards Card is an important vehicle to log behaviour of pupils around the school. We are keen to note and promote good aspects of behaviour as well as the negative ones – please check your child's standards card regularly. It should be in their top blazer pocket. The school's mobile phone policy is clear: no child should use or be suspected of using their mobile phones while on school site. We are allowed to confiscate phones for breach of this rule.

**Character.** We have now established a Key Stage 3 prefect body to support school functions. I am especially pleased to announce that **Arabella D** and **Ilies N** were elected Head Girl and Boy respectively.



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# DEPUTY REFLECTIONS - CHARACTER EDUCATION

*“Serving my generation with excellence will in turn mean my generation can lead with excellence.”*

Onyi Anyado—Global Leadership Speak, Author, Business Coach, Entrepreneur  
*Arbor keeps a record of Character development. Click 'Statistics', 'Character Points' - expand menu.*



We have appointed Y9 Prefects to harness their young leadership potential in Duties (Nadheerah), Eco (Shashank), Sports (Tala), Music (Tashi) and Charity (Isaac). The team is led by: Arabella and Illes. Already the pupil leaders have presented in assemblies, introduced visitors to the school and inspired many younger pupils to follow them as |Role Models. The next task is to organise the duty positions to help make their school even safer and happier.

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.



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

When we built the strategy for [Cultural Capital](#) within North Cestrian Character Education we aimed to develop it from several angles. Firstly, building knowledge on top of the best that has been written, thought and said in order that our knowledge has context and foundation. This brings a breadth and depth to understanding that hopefully encourages future generations to “stand on the shoulders of giants” and create a better world than the generations before them have. Secondly, it is the knowledge and cultural capital a person needs to succeed in life. Therefore, we use the best current examples of how people are pushing frontiers and to develop the fabric by which the generations can ‘talk’ to each other. Cultural capital allows pupils to access the multitude of spheres we operate in as humans. It is a key to social mobility. Bridging these divides is a constant job requiring inspiring youngsters and piquing their curiosity to plan and live their own rich and fulfilling life. Together we have great pride in those who strive to be educated citizens and show an appreciation of, and ultimately be an exemplar of, human creativity and achievement.

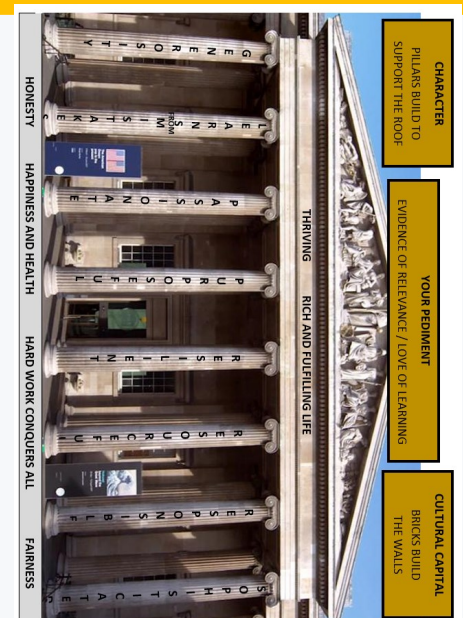
It was a surprise to me then that a Year 7 class did not have some cultural capital this week. As part of our lessons we introduced the important cultural capital stemming from the Windrush Generation. As ever, good learning attempts to connect things to ‘today’. When I explored some of the foundations only one or two pupils knew of Lenny Henry. I connected this to last Friday’s Comic Relief programme. However, no one had watched this nor knew of Lenny Henry. Next, we showcased the first Notting Hill Carnival following riots and the racism in the Metropolitan Police in 1960s. I connected this to the report this week by Louise Casey finding the Metropolitan Police institutionally racist. However, no one was aware of this news.

**Here is a tip to put alongside the school work, the leisure, and recreational activity of youngsters: Watch / listen / read (web based too) the news 3 times a week. Send in your reflections. Bring any newspapers that your family has read to me (local or national) And, as ever, click on the cultural capital opportunities on the school website!**

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.](#)**



## Y11 Study Leave Update

All Year 11 pupils will remain in school until the Whit half term in order to provide support through the run up to, and first weeks of the Summer Examination Series. Revision sessions and specialist subject sessions will be arranged in this time.

- April 17<sup>th</sup> – May 12<sup>th</sup> In school as usual 8.30-3.20pm
- May 15<sup>th</sup> – May 26<sup>th</sup> in school 8.30-12.30pm
- May 29<sup>th</sup> onward – Study leave, only in school for exams

**Parental Permission is required for study leave. A Form will be sent out after the Easter break.**

**Reports (DC2) due home next week**, including mock exam results and revised predicted grades.

## Y10 Exam Update

May 2<sup>nd</sup> – May 12<sup>th</sup>, 2023.

**Engineering exam has been moved to the 11<sup>th</sup> of May.**

You should be able to see your exam timetable appearing on Arbor in the calendar for the weeks above.

Your Statement of Entry and JCQ guidance will be emailed to you next week.

Your revision timetable should be written, and you should be reviewing work in each subject – little and often!

**DC2 & examination results for Y10 will be released with Y10 Parents Consultation Evening wk. beg. 12<sup>th</sup> June**

## Y7 Parents Consultation Evening

25<sup>th</sup> April 4-7pm

Online via School Cloud.

Appointment booking will open after Easter.

- **The next KS3 Data Capture (DC2) is at the end of the Summer Term** (Parents Consultation Meetings in Spring Term).
- In the meantime, remember that:
- Arbor keeps you up to date with Academic, Behaviour and Character points. ABC report emails sent every fortnight.
- Pupils should record subject test scores and assessment targets in their Learning Journals
- Most subjects send assessments/test papers home following class feedback.

### 9 Ways to Beat Revision Stress

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

- 1 Do the actual work – revise!
- 2 When really stressed, talk to someone about it
- 3 Get some fresh air each day
- 4 Stick to regular meal times
- 5 Do something to switch off an hour before bed
- 6 Don't dwell on worst case scenarios
- 7 A good sleep the night before is better than last minute cramming
- 8 Once you've done the exam, move on to the next one
- 9 Don't aim for perfection – It's a myth and doesn't exist

### 9 Common Sleep Mistakes

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

- 1 Watching TV right up until bedtime
- 2 Killing time online
- 3 Long naps in the day
- 4 Different bed times each day
- 5 Drinking tea, coffee, coke or energy drinks late at night
- 6 Waiting to fall asleep before going to bed
- 7 Being on your phone in bed
- 8 Overthinking tomorrow
- 9 Staying in bed when unable to sleep

# Pi Day Part 2 - Mrs Klutz

## Pi Day - the rest of the story.....

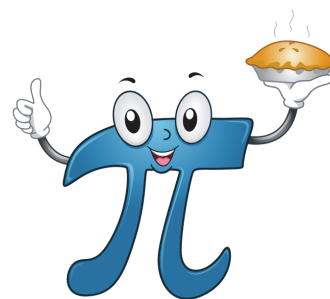
As promised, building on the news of our Pi Bake Sale and MAC/pi posters last week, here is news of our Pi Recital and Pi Pun Competitions.

**Congratulations and thank you to all contributors!**

### Pi Recital Competition

Well done to our top 3 performers:

<b>1st place:</b>	<b>Steven O</b>	<b>358</b>
<b>2nd place:</b>	<b>Mikayla O</b>	<b>230</b>
<b>3rd place:</b>	<b>Callum P</b>	<b>150</b>



*And also, well done to our other noteworthy entrants:*

**Cameron C**

**Kehan C**

**Haysten W**

**Pi Pun and Joke Competition** -- Winners are as follows:

<b>1st place:</b>	<b>Oliver B</b>
2nd place:	Tze Yan B
Joint 3rd place:	Briony H
	Eric V
Character winner	Fareed A



Plus many other impressive entrants with puns that made us chuckle.

**Here is a selection of the wonderful contributions received...**

*Why did the Maths teacher at NCS refuse to order everyone pi(e)?*

*Because he said it would go on forever and make everyone irrational.*

*Have you heard about the mathematician who sailed the seas?*

*He is a pi-rate now!*

What do you call a sneaky bird on 14th March?

A Mag-pi(e)

*I was trying to write a pi joke, but it just kept going round in circles!*

A Year 11 won the Pi Recital Contest, went on to lead a rich and fulfilling life and was very hap-pi after that!

***Brilliant! Thank you to all!***

More activities and competitions are ahead including Sudoku and Rubik's Cube; so, do start practising and let us know your ideas for additional future activities.



**M**odern  
**F**oreign  
**L**anguages

## Estrellas del mes

The following pupils have been awarded character points this term:

**Nevin L**

**Jayan P**

**James A**

**Sofie A**

**Lani B**

**Reminder:** [www.pearsonactivelearn.com](http://www.pearsonactivelearn.com)

This website can be used for independent language study, whether you are finding a particular topic tricky, or you just adore studying languages!  
Chances are your username will be in the format: SurnameFirstname

**Any issues please e-mail your class teacher**

Year 9s have just started to learn about the 'Camino de Santiago', also known as the 'Way of St. James' This is a renowned pilgrimage of medieval origin that sees pilgrims journey to the [Cathedral of Santiago de Compostela](#) in Galicia in the northwest of Spain.

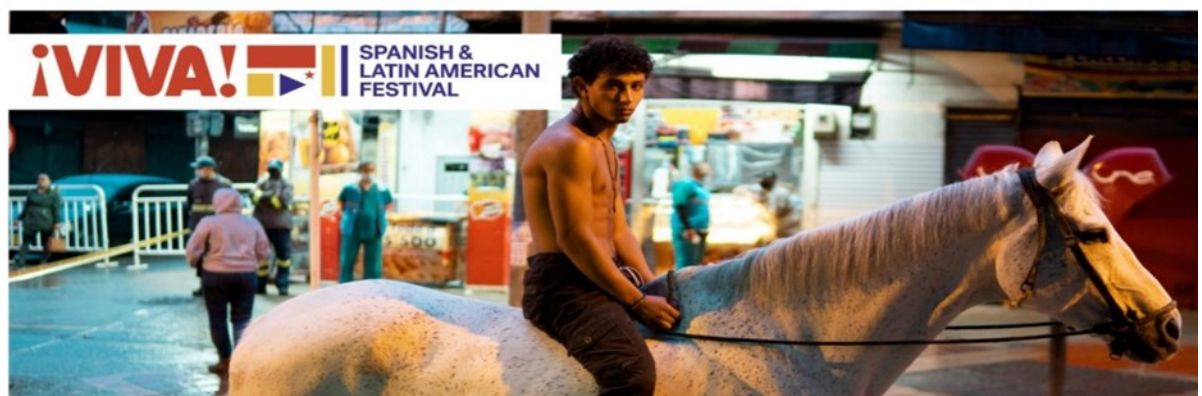


However, you don't have to travel all the way to Spain to start the journey, the UK section of the pilgrimage runs through Berkshire and Hampshire to Southampton, where the faithful would set sail for Spain. And it's now all waymarked.

See this article for more info:

<https://amp.theguardian.com/travel/2022/dec/27/i-did-the-english-leg-of-the-camino-de-santiago-starting-in-reading>

There's still time to catch a Spanish-language film at HOME in Manchester city centre – check out their website for listings.



## ART AWARD

The Cestrian Arts Award is a prestigious award offered to Year 7, 8 & 9. In Y7 students work towards achieving their bronze award, Y8, silver and Y9 gold. This demonstrates a commitment to participate in activities across Art, Music, Performing Arts, Food and Engineering.

Cultural Capital points in Art are awarded when a student visits a gallery, exhibition or other art event. The can also be awarded for completing any of these [Cultural Capital activities](#).

We enjoy seeing your own artistic creations completed in your own time and sharing these will be recognised with character points.



## KS3 Art and Design

Y7 have been developing their drawing skills through demonstrating their understanding of proportion and symmetry through sketching lettering and developing illustrated onomatopoeic words.

Y8 have been furthering their understanding of other cultures through presenting research on Aboriginal Pukumani burial poles. They currently developing their sculpture of a Pukumani poles.

Y9 are have been looking at the works of Banksy and creating sprayed works using their own design of stencil.



## KS4 Art and Design

Y10 are working toward planning their 'final piece' composition for a silk painting based on Natural Forms.

Y11 have been busy working on the Externally Set Assessment. Having completed a mock final piece they are carrying out further development through looking at another artist, or further experimenting with techniques to refine their idea for their 'final piece' that they will complete to conclude the project during 10 hours of supervised time.



NORTH CESTRIAN PTFA

# EASTER

## OWN CLOTHES DAY

**FRIDAY 31ST MARCH 2023**

• £2 VIA PARENTMAIL PMX •

Made with PosterMyWall.com

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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