



# NEWSLETTER

14 October 2022



October is Black History Month and this has been the theme of most of our assemblies this week. Miss McTiernan presented an outline of the rationale and history of BHM with an overarching appeal to move from words to action. For me the highlights were the addresses given by two pupils Tilola A and Steven O who both were eloquent, motivational and moving in their speeches. To give such a confident talk in front of their peers spoke greatly of their passion and it was insightful to hear such a topic from the perspective of two black students. I genuinely believe they helped each audience member to reflect on their part in creating an inclusive and compassionate community.

## Academic

There is a national push to promote literacy across the educational realm. The ability to read with meaning and to communicate effectively are bedrock skills to empower people to become effective and powerful citizens. A simple start is to encourage reading at every opportunity. In classes, pupils may be asked to read extracts from texts or extended pieces. We recognise this is easier for some pupils than others, but it is right to develop these skills over time and sensitively.

## Behaviour

We are proud of the standard of behaviour of our pupils. Although not perfect, by and large, they treat each other respectfully, allow others to learn and generally learn to deal with everyday friction and complications very well indeed. It is also important that pupils treat ALL others in the same way. The school community is broad. As well as teachers there is a swathe of personnel all integral to school life. Office staff, people who work on the estate, canteen staff all demand to be treated respectfully.

## Character

It was good to see the statistics around the destinations of last year's leavers, and I am grateful to Mr Bowell and Mr Gallamore for compiling the data. The majority follow the traditional A Level route, but increasing numbers, rightly, take on BTEC qualifications in applied and practical subjects. Some followed the T-Level scheme – something that is highly recommended. On Friday, Mr Cruyton's Year 11 Engineers attended a career conference where the demand for skills in technical subjects was reinforced. Having a sense of purpose is such an important element in a person's character. Have a look at <https://www.tlevels.gov.uk/> to see what T-Levels are about.



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## Special points of interest:

**HALLOWEEN Competition**

Find out more on Page 9

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**REMINDER** - SCHOOL IS CLOSED FOR INSET ON THURSDAY 20 AND FRIDAY 21 OCTOBER.

# DEPUTY REFLECTIONS - CHARACTER EDUCATION

Let's encourage investment in discovering opportunities and taking ownership for a rich, fulfilling life.  
 The Arbor Portal keeps a record of Character development. Click 'Statistics', 'Character Points' - expand menu.

*'The point of Black History Month is REPRESENTATION' Tilola A (Y11)*

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

Plan to experience and act on opportunities that build a rounded character. Send me genuine, sustained and significant examples of your pursuits rooted in the categories below. Your examples should contain a photo, written reflection referencing character traits, and evidence or certificate or reference from leaders.

- Volunteer
- Community Work
- Artistic
- Performing
- see Cultural Capital Page
- Debating
- Leisure Pursuits
- Sporting
- Competitive Team / Individual



**Last Week's Celebrations**  
 This week saw two young pupils and Miss McTiernan, Head of the Humanities Faculty, lead the school assemblies in a celebration of Black History Month. The teacher drew clear connections between B:M 2022 with the British Values of Mutual Respect and Tolerance and called for pupils to show their characters by standing up for what is right and leading with actions and not just words. The whole school was captivated by the powerful messages and eloquent public speaking of **Steven O (Y10)** and **Tilola A (Y11)**. We were grateful to experience their role model **passionate, purposeful, resourceful**, and **sophisticated** use of the stage. - **highlights of their speeches...**  
 Tilola: "... seeing yourself in text books, the curriculum, movies, billboards and TV is an immense privilege that other people may not ever notice or think about". "If you learn about just one black person this month, you will be making a big, big difference to more than just yourself. You will open yourself to different perspectives and the rich history of my people."  
**see Steven's Highlights on the Cultural Capital Page**

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

**Character nominations from parents, family + friends!**  
**Emily H and Olivia S Y11**, from friends, **generosity of spirit**: they are leading the school's collection for Wythenshawe Food Bank (poster below) and it is good to mention similar things that occur as part of everyday school life. Every month three forms are awarded a family dining free breakfast for their collective quality in attendance, excellent behaviour, and character. Every day a free breakfast is available from 8am for pupils in receipt of the Pupil Premium. Breakfast at school for everybody may just help with your punctuality, energy for the day, and time to do some prep testing. Come into the warmth!

**Click the image for this week's Character Development Opportunities.**  
 More are available from your class teacher!  
 Don't miss out—some have limited numbers and short deadlines!

**Passion, Purpose + Sophistication**

**Duke of Edinburgh**



**OXBRIDGE PREP**  
 ONLINE TALKS & WORKSHOPS



**Debate Club**  
**Gold Tuesday in L1**

On Mondays in November at 5pm there is an opportunity to ask questions about studying at university, develop critical thinking and experience an academic tutorial. Follow the instructions on the link and copy me in. Together we can plan a rich and fulfilling future and talk about how NCS can help.

Email me outlining why you would like to achieve this award. How will it build your character? For Y9 only.  
**Deadline 1 November**

# DEPUTY REFLECTIONS - CULTURAL CAPITAL

**Cultural Capital is the essential knowledge that we need to be educated citizens. It is the best that has been thought and said, and helps to grow an appreciation of human creativity and achievement.**

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

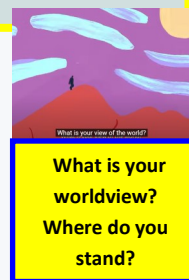
*"Knowledge makes a person unfit to be a slave" - Frederick Douglass*

Pupils are guided in the acquisition of cultural capital both in lessons and beyond school. It may be the origins or foundations of thought. It may be the deeper broader details or the where next and what ifs. It may be beyond the lesson or exam but yet essential to kindle passion, discover purpose, broaden horizons and enable sophisticated discussion.

Know someone building their cultural capital?  
[Click to nominate.](#)

Plan to take these opportunities that build your cultural capital. Then make use of it. When you do this in lessons, teachers will award points. They will guide your next steps to go deeper and develop further. They will test your sophistication - is it genuine, relevant and significant? rounded character. **Subjects will use lesson based cultural capital opportunities.**

**Steven O (Y10)** showcased his knowledge of Frederick Douglas, the American abolitionist, in the B:M assemblies this week. He showed how Douglass was resourceful by teaching himself to read and write and purposeful in his teaching and freeing of others. "Experience is a keen teacher", "It is easier to build strong children than repair broken men" "Children like us should be taught about the mistakes of the past so that we learn from those mistakes and not repeat them".



## Nominated Achiever

### Jafar B (Y11)

I was wowed and had an excellent exchange with Jafar who is really curious about broadening and deepening his knowledge and engages me in sophisticated discussion. As well being part of the Curie-osity Club he found time this week for cultural capital on Agriculture, Mesopotamia, Mandate of Heaven ad the Greco-Persian War.

### Eric HV B (Y7)

sent me a presentation about his plans to be a computer hardware engineering. Next task is to share your work on the computer science task below.

**Want more big ideas for curious minds? Click the link. Hooked? Email me.**

**You can also explore the images below for beyond lesson, topical and contemporary cultural capital.** Pursue what you are most curious about. Email me with your first reflection on the source material. Write a 100 words summarising the main points. Then 100 words analysing why it is important? What is means for the future? Why is it cultural capital? Are you inspired? Again, our experts will guide your next steps.



**Business: What impact will this have on ASDA's reputation?**



**Music: Composer of the Month - Strauss**

**English: create a newspaper front page reporting the death of Queen Elizabeth OR Write a letter to King Charles thanking the Queen for her service and work.**



**Engineering: What is a Design Engineer?**



**MFL: topical challenges every month**

**Humanities Breakfast Movie Club Wednesday's 8am. Sign up on U12 Door**



**Engineering: Women in Engineering**



**Food: would showing carbon emissions on menus affect our choices or footprint?**

**Computer Science Share and discuss articles, videos & podcasts that you find that support legal, ethical, cultural & environmental aspects of technology.**

## Email me with how you are building your cultural capital in your own way?

- Reading** novels specialist magazines journals newspapers
- Visiting** museums galleries museums theatre Further education
- Listening** orchestra choir podcasts
- Watching** films Current affairs documentaries
- Doing** volunteering Creative writing Making / designing Sports
- Experiencing new places and cultures Getting a head start on next year's study



**Science: How have different scientists contributed to our understanding of cells?**

**Curie-osity Club - discuss big science in T2 KS4 lunch Gold Thursdays**



**Maths: How did Pythagoras help saves whales?**

**Festivals are a big part of religious life. What festivals are happening from now to the end of the year? Identify the religion, the celebrations and any diversity of traditions that exist.**

**Retrieval is the key to a better memory and therefore better learning.**

Unless we rehearse information repeatedly over time, we forget it. Most information we “learn” is lost within the first 24 hours afterward.



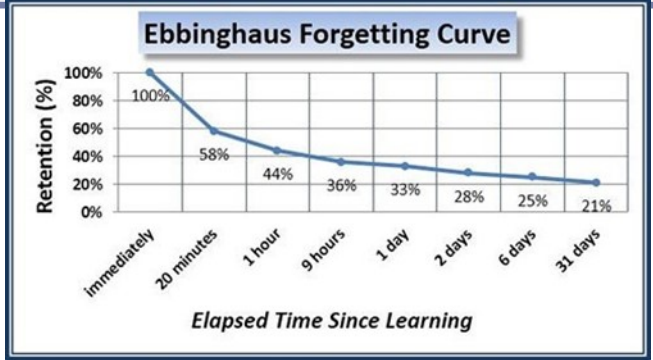
**Learning is the ability to retrieve information from your long-term memory.**

To learn better we have to think about rehearsing knowledge in the same way we would practice for a music/dance performance, football match or a marathon.

**Prep is the way that we encourage you to make memorisation and retrieval a habit.** Over time, it improves your ability to remember and recall information. Making this a habit means that it takes less effort and working memory – it becomes automatic. **Developing good learning habits** means that you have greater capacity to learn more, and learn faster, in the future.

Throughout lessons you will be asked to retrieve information from your long term memory. This strengthens the security of that knowledge and enables you to identify what you know well and what you need to revise again. Retrieval practice is any activity that requires you to recall and use information from memory e.g. a quiz, verbal questions, a crossword, a written answer or essay, exam questions, comparing A to B etc. **Retrieval activities are the best ways to revise.** The more

you are able to retrieve, the more confident you become in your ability to learn and your success and motivation drives you to learn more – win, win!



**PREP CLUB  
MONDAY-FRIDAY  
330-430pm**





## Retrieval Practice

Research shows that retrieval practice (trying to remember information without having it in front of you) is the most effective way of improving long term memory of information.

In Science this term we have increasing our use of short tests of multiple-choice questions, giving pupils more opportunity for more retrieval practice. This has also provided pupils and teachers with feedback about knowledge and understanding which can then be used to direct pupil revision and exam preparation. Look for this feedback in the tracker section of pupil's learning journals.

As ever, quizzing remains an important part of effect prep technique. Please encourage your child to quiz themselves on prep and assist by quizzing them about their prep whenever you can.


## BLACK HISTORY MONTH

October is Black History Month. In lessons pupils have introduced to the work of Katherine Johnson, George Carruthers, Mae Jemison, Guion Bluford and Maggie Adarin-Pocock. Pupils can complete a cultural capital response by researching and learning about the contributions of BAME scientists to space exploration. Responses can be handed to science teachers or emailed to

[r.rodger@northcestrian.co.uk](mailto:r.rodger@northcestrian.co.uk)

[Katharine Johnson podcast](#), [George Carruthers article](#), [Mae Jemison article](#), [Maggie Adarin-Pocock video](#), [Guion Bluford article](#).

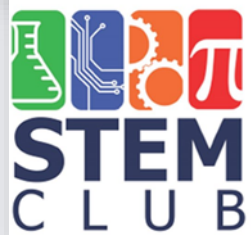
## Extracurricular Activities



**Science Library**

Friday lunchtimes.  
Outside S4.

Borrow and return books.  
Quiet reading.



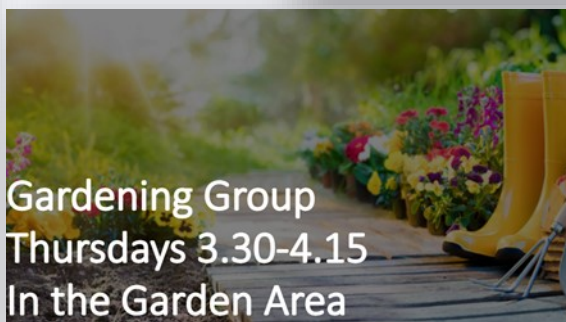
Wednesdays  
3.30-4.40pm in S3

28th Sept – 14th December  
Earn a Bronze CREST Award



**Sophisticated Scientists Journal Club**

Thurs 5b Gold week  
KS4 (invited group) T2



**Gardening Group**

Thursdays 3.30-4.15  
In the Garden Area



**Astronomy Club**

**Monday**

15:30 - 16:30  
S2

## ***The NCS 100 Survey!***

At NCS, we want to foster a much stronger reading culture. So we are challenging our students to read as many of this list of 100 important books in their time here as they can – the list is complete, and we need your votes!

Tick the books you think should be in the shortlist, and use the bottom box to provide further suggestions and why. We are particularly looking to improve the non-fiction offering and ensure our whole school community feels represented in the books we have chosen.

The Survey - [CLICK HERE](#)

More information about each book and the full longlist can be found in the email sent to you on Thursday 13<sup>th</sup> October, and a further link to the survey.



## **BookBuzz 2022**

We are very excited to say that every single Y7 and 8 have received a new book in English lessons this week from the 17 titles linked below. The school has invested in this, in partnership with the national charity Book Trust - and we are very pleased to report on the positive impact it has had on our students, proudly carrying their new books and bookmarks around. This has boosted our school policy of all students always carrying a reading book with them.

[CLICK HERE](#) TO SEE THE BOOKBUZZ BOOKS!

All the 17 books are all on the NCS100 list too so this will hopefully give students a kick start on that initiative too - they can swap their book with their peers to tick more off the list. One book could lead to 16 others! The Oct Half term is an ideal time to get reading.

To verify you have completed reading one of these books, write a 50 word review in your Learning Journal and get your form tutor, English teacher or Miss Johnson to sign! Well done to those students who have ALREADY done so!!

### **Literacy Activities in Form Time**

We have commenced our Big Read programme in form times – do ask your child about this shared class reader and the powerful subjects it incorporates. After half term, we will also reintroduce some short spelling activities on key subject based vocabulary.

### **Film Club screening Monday 17<sup>th</sup> October**

Freedom Writers is our screening of the half term – a film about the power of literacy in gangland America. This is a reminder for students who have already booked their place to remember to come from 1525-1800 on Monday 17<sup>th</sup> October to L1, and tell me if they haven't already about any dietary requirements, especially if they have changed recently. (Unfortunately, bookings have now closed – but look out for the next screening in December!)

### **Reading Plus**

Our launch of this new online reading system for KS3 has gone very well, with all students having completed a baseline assessment, and started to undertake reading lessons. The recommendation for clear and immediate progress is doing about 3 reading lessons a week (about 40 minutes in total)

Prep Club in S1 is available to support students in this effort every night – don't wait for teachers to set it! One student has already completed nearly 30 reading lessons, and has improved their reading age by a year and a half, in a matter of a few weeks!

Any issues with access – please email me on [c.johnson@northcestrian.co.uk](mailto:c.johnson@northcestrian.co.uk)

# Physical Education & Sport

## Football News

NORTH CESTRIAN

### Football

Y8 Boys – (H) vs. Ashton on Mersey A.

**MVP: Kaden Z** as voted for by AOM staff and students for a superb performance in goal.

Y9 Boys – (H) vs. Broakoak

**MVP: Rayyan A** for hard work and passion.



A huge congratulations to Emily W (Y9) who represented North Cestrian in the Greater Manchester County Schools squad.

Emily was selected out of a very large group of students and had to go through several rounds of trials in order to be picked.

Emily also represents Manchester City FC outside of school!



## ATHLETE OF THE WEEK

HANNAH W



**NETBALL**

FOR DEMONSTRATING PASSION FOR THE SPORT, A SOPHISTICATED KNOWLEDGE OF RULES & BEING PURPOSEFUL IN DODGING & SHOOTING TOPICS!

This week in PE, students move one step closer to their assessment lessons. Good progress has been made by all and students now have the confidence to perform in a game situation! A particular well done to our Athletes of the Week who have been role models in their lessons!

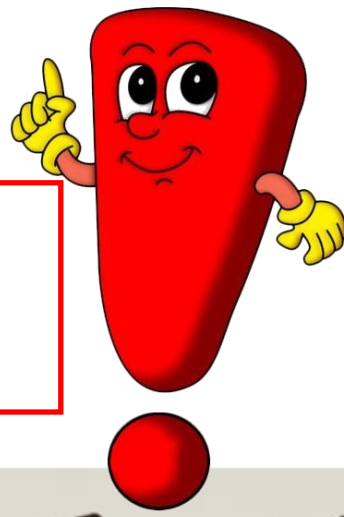
## ATHLETE OF THE WEEK

ALFIE D



**FOOTBALL**

2 GOALS AND 1 ASSIST! PASSIONATE & PURPOSEFUL PLAY. DEMONSTRATING HIS WILLINGNESS TO LEARN FROM MISTAKES.



There have been a few cases of lice in school, please follow the guidance when checking your child's hair, THANK YOU

## LICE ARE NOT NICE.

(BUT ANYONE CAN GET THEM)



1. These are head lice... tiny insects that live on the scalp.

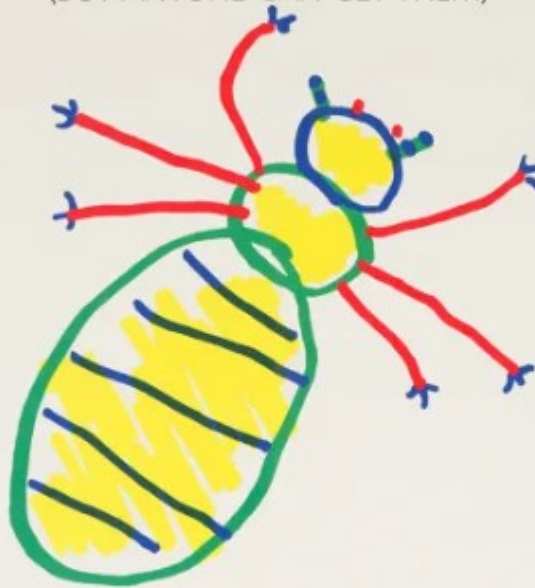


2. If you get lice, you may not be able to see them... because they make your head *itch*.

3. Lots of kids get lice, because they spread very easily even though they can't jump or fly.



4. So don't try on your friends' hats, scarves or other clothing, or borrow their combs or brushes.



10. So you won't itch anymore!

9. Your parents will also wash or dry-clean your bedding and clothing, and use a special spray that kills lice on carpets and furniture.



8. Then they'll use a special comb to help get all the lice and lice eggs out of your hair.



7. If you do, your parents will wash your hair with a special shampoo the nurse recommends. It kills lice fast, but it won't hurt you.



5. If your head itches a lot, tell your teacher or the nurse right away.



6. You may not have lice, but they can tell if you do.

An educational service provided by  
**REED & CARNRICK**  
Pharmacy, Inc. (R&C)  
The Leader in Lice Control

R&C SHAMPOO® • R&C SPRAY® • R&C LICE TREATMENT KIT

For more educational materials or advice, call 1-800-465-LICE. In New Jersey, call (201) 991-0071, ext. 447.



# GENERAL NOTICES

# Halloween

The ACEF ambassadors are running two fun-filled competitions to celebrate Halloween in school.



Bake a

### Halloween Themed Cake

to be sold off for ACEF during break-time and lunchtime on Halloween.

Deliver your cake to the Food Tech room as you arrive at school on Monday 31<sup>st</sup> October



Carve a

### Halloween Pumpkin

Bring in or email in

To [s.few@northcestrian.co.uk](mailto:s.few@northcestrian.co.uk)

Bring £1 to enter the competition on Monday 31<sup>st</sup> October



**WIN PRIZES!**

For questions  
or more  
information see  
Mrs Few in



## Cinemanities Club

Wednesday Mornings

8.00 - 8:30am

## “THE IMPOSSIBLE”

In December 2004, close-knit family Maria (Naomi Watts), Henry (Ewan McGregor) and their three sons begin their winter vacation in Thailand but the day after Christmas, the idyllic holiday turns into an incomprehensible nightmare when a terrifying roar rises from the depths of the sea, followed by a wall of black water that devours everything in its path. Though Maria and her family face their darkest hour, unexpected displays of kindness and courage ameliorate their terror.

**Make sure you add your name to the sign up sheet on the door of U12 by Monday 3.20pm - AND ALERT OF ALLERGIES,**

# HARVEST FOOD COLLECTION

## Harvest Food collection

Monday 17<sup>th</sup> and Tuesday 18<sup>th</sup> October 2022

North Cestrian will make a Harvest Foodbank donation with items collected in school next week. As we all know, the demand on foodbanks is higher than ever at the moment.

If you are able, please bring an item or two to support people facing hardship.

Whilst all items are welcome, there are particular shortages of the following:

Tinned Fruit, cordial, instant mash potato, long life milk, sugar, instant coffee, custard, desserts, jelly, deodorant, toothpaste, pet food.



**NORTH CESTRIAN'S HARVEST APPEAL  
FOR  
WYTHENSHAW FOOD BANK**

*this includes things  
like tinned fruit,  
juice / cordial  
instant mash  
long life milk  
sugar  
instant coffee  
custard, desserts, jelly  
deodorant  
toothpaste*

please help us fight hunger by  
donating non-perishable items  
if you are able to

this would be greatly  
appreciated as these are in  
short supply however any  
non-perishable items are  
greatly appreciated

**collecting on the 17th  
and 18th october**

**NOT AN OWN  
CLOTHES DAY**

North Cestrian School Presents

JOSEPH  
AND THE  
AMAZING  
TECHNICOLOP  
DREAMCOAT  
LYRICS BY  
TIM RICE  
MUSIC BY  
ANDREW LLOYDWEBBER

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 SCHOOL PTFA

Year 7 Parents

## SOCIAL EVENING

FRIDAY 18th NOVEMBER 2022  
7:00pm - LATE

VANSTONE HALL

TICKETS VIA PARENTMAIL PMX

£5

Welcome drink on arrival with  
cheese & biscuits included!  
there is also a bar available for  
the night

PLEASE NOTE THAT THIS IS AN  
ADULTS ONLY NIGHT

NORTH CESTRIAN SCHOOL  
PTFA

HOT DOGS  
VEGGIE DOGS  
JUICE

TUCK SHOP

YEAR 7

School  
Disco

with DJ

VANSTONE HALL

WEDNESDAY 19 OCTOBER 2022  
7:00PM - 9:00 PM

TICKETS AVAILABLE NOW ON  
PARENTMAIL PMX

**£5.00**

**FOOD & REFRESHMENTS INCLUDED!!**

Made with PosterMyWall.com

# 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 DROP OFF AT THE FRONT DOOR OR GATE DURING SCHOOL HOURS. OR CONTACT THE SCHOOL OFFICE IF YOU HAVE ANY QUESTIONS.**

**THANK YOU**



 01609 780 222

 [www.bag2school.com](http://www.bag2school.com)

 [helpdesk@bag2school.com](mailto:helpdesk@bag2school.com)