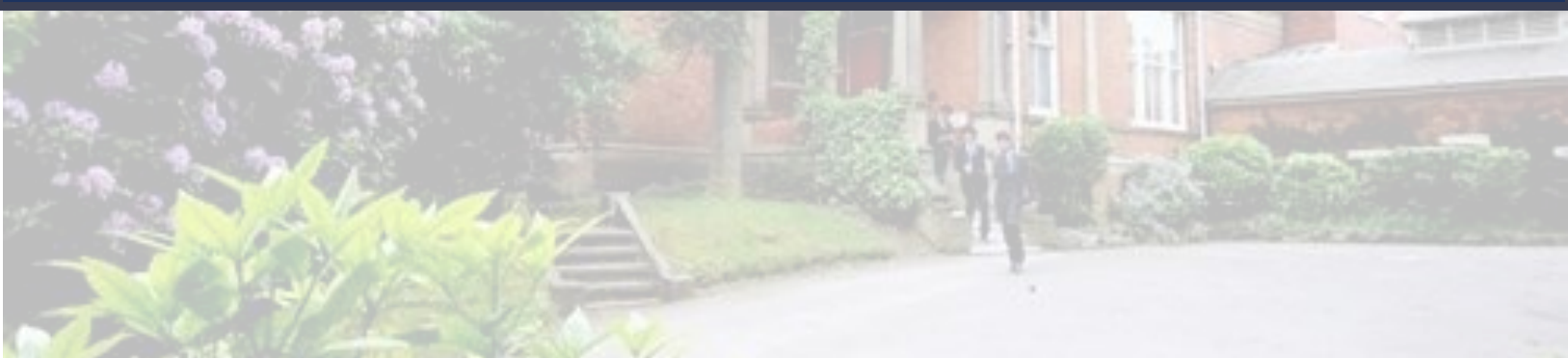




NEWSLETTER

31 March 2023



Head Master's Message:

My job is very varied. One minute I'm in high level strategy meetings looking at whole school policies, next I'm picking up litter in the playground. Sometimes I'm meeting agencies to consider funding for new building works, the next I'm calling bingo numbers. And all these jobs are important. Last Friday's inaugural PTFA Bingo Evening was, I think, an outstanding success. I have exhausted the "It was a full house" gag, but the Vanstone Hall was full and buzzing with excitement as numbers were drawn, numbers crossed off and "Line!" or "House!" was called by the successful bingo-er. A big thank you to all the PTFA, parents and children who joined in the fun.

The recent Culture Day raised a total of £1800 for the school charity ACEF and for earthquake relief in Turkey and Syria. Both ACEF and ISOC have worked ceaselessly to raise awareness and organise fund raising events for these worthwhile causes.

We are now deep into recruitment season ensuring we have sufficient staff for the new academic year in September. Applications are strong and we are able to appoint suitable staff, but it is clear the job market is very tight. Supply staff to cover absent teachers are particularly difficult to find so I am very grateful to Mr Bateman for covering lessons a good deal of the time.

As we come to the end of the Spring Term, I want to pass on my thanks again to the dedicated staff we have at North Cestrian: education is such a profoundly important aspect of society and I am proud to be associated with a team as professional, hard working and friendly as we have here in this school.

I wish you all a happy and well-deserved break, returning Monday 17th April (BLUE week)

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DEPUTY REFLECTIONS - CHARACTER EDUCATION

"Newspapers are tutors as well as informers."

Neil Kinnock - Former MP and Leader of the Labour Party

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



This week I will make a few requests of parents and pupils good do over the Easter holidays to further the North Cestrian Cultural Capital and Character Education. During the two weeks ahead I expect that Year 11s will bring all their training to fruition and access several of these character traits as they revise. I expect Years 7 to 10 to take the opportunities to recharge batteries and sleep, but take the opportunities to further their own rich and fulfilling lives.

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 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.

- 1) Visit the website to take up at least one cultural capital opportunity from the subjects... try something new.
- 2) Send me a reflection about how you have developed your sophistication and curiosity for a new experience or a new place that you have visited.
- 3) Collect some newspapers after your family has read them, either national or local. Bring the newspapers to me as we will be making the news available to pupils in the Dining Hall.
- 4) We want to recognise your engagement in sport and physical activity outside of school! Use [this form](#) to record up to three external sports teams, clubs or societies that you attend. In addition to collecting Cultural Capital points for reflections on current issues in sport and physical activity, we would like to learn more about opportunities you are engaged with outside of school that influence how you act in PE lessons in school. Or scan the QR

Physical Education - Cultural Capital

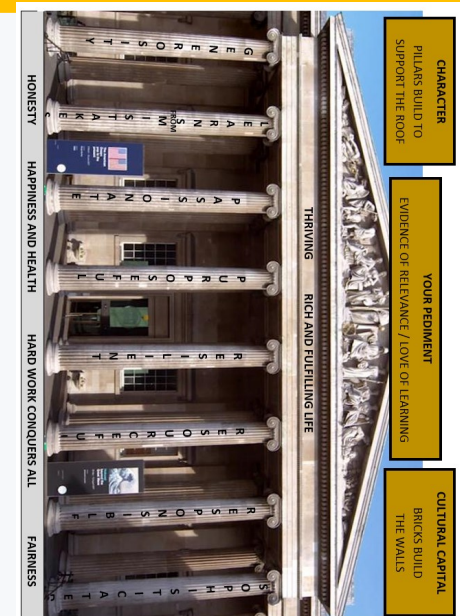


5) Review the next page to see if you are in the **Half Term 4: Highest Achievers in Attitude to Learning, Character Development, the acquisition of Cultural Capital**. Here we showcase role model pupils leading the way through their performance last half term. In order to graduate the North Cestrian 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 use of precious learning time.

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.](#)



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	
F, Artie	7RTA	C, Alexia	7DWI	W, Kali	7VJE	W, Kali	7VJE
P, Izzy	7VJE	C, Mason	7RTA	P, Carys	7DWI	P, Carys	7DWI
A, Marnie	8EKL	H, Darcy	8EKL	L, Eddie	8JDE	Y Ching	8JDE
C, Yangi	8JDE	F, Demah	8RDO	L, Reece	8SFE	A, Maria	8RDO
KSL, Nate	9JRI	B, Alfie	9HVA	O, Max	9SMI	L, Miguel	9HVA
R, Zuha	9JRI	Z, Melanie	9MWO	N, Marya	9HVA	D, David	9LCO
J, Max	10FHE	C, Martha	10SPU	W, Charlie	10JJA	C, Aaron	10FHE
A, Xavier	10FHE	M, Ashaar	10JJA	I, Minahill	10FHE	N, Keshavi	10JJA
W, Oliver	11SWI	M, Jack	11TWI	S, Alishba	11JSC	D, Lauren	11TWI
M, Fiona	11JSC	F, Adam	11JSC	P, Bryn	11TWI	J, Mya	11SWI

Use of Feedback

R, Matt	7JMI	E, Donovan	8RDO	Y, Tashi	9MWO	A, Joud	10ASI
S, Sophia	7JMI	N, Joshua	8JDE	S, Amelia	9SMI	S, Diya	10ASI
						S, Karamjit	11SWI
						D, Ruby	11JBA

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

S Will	7DWI	S, Kiera	8SFE	P, Sastika	9JRI	H, Ruby	10ACL	B, Jafar	11SWI
H, Lizzie	7DWI	H, Will	8SFE	D, Arabella	9LCO	C, Alexander	10ACL	A, Tilola	11AWI

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

A, Sofie	7RTA	H, Ella	8RDO	P, Tom	9MWO	H, Ruby	10ACL	B, Jafar	11SWI
B, Tze Yan	7MBR	G, Mischa	8MSA	P, Sastika	9JRI	M, Ashaar	10JJA	Ai, Rayan	11JBA

Psychology:

GCSE Drop-in Sessions:

WEDNESDAY ANY Week from 14:00 – 14:30 with SFe U12

THURSDAY Gold Week (Week 2) from 15:30 with LMc U10



Psychology Star Pupils



These pupils have made an excellent effort in Psychology at North Cestrian over the past term.

Year 10	Ashaar M	For excellent participation in every lesson.
Year 11	Sarah F	For ongoing revision and focus in lessons and outside of lessons.



Psychology in the News:

Blind People Sense Their Heartbeats Better Than Sighted

Mar. 24, 2023 — Blind people are better at sensing their own heartbeats than sighted, shows a new study. The study indicates that blindness leads to a heightened ability in feeling signals from the inner body.

Where Does Your Brain Want to Have Lunch?

Mar. 23, 2023 — New research advances scientific understanding of how the brain weighs decisions involving what people like or value, such as choosing which book to read or which restaurant to pick for lunch. Learning how the brain makes these kinds of choices could help us better understand neurological disorders including addiction and obsessive-compulsive disorder because all of these conditions can involve a person making the same choice over and over to their detriment.



A Higher Dose of Magnesium Each Day Keeps Dementia at Bay

Mar. 23, 2023 — More magnesium in our daily diet leads to better brain health as we age, according to scientists from the Neuroimaging and Brain Lab at The Australian National University (ANU). Magnesium-rich foods include spinach and nuts could also help reduce the risk of dementia, which is the second leading cause of death in Australia and the seventh biggest killer globally.

If you want to find out more about these, following the link and read up about them:

https://www.sciencedaily.com/news/mind_brain/psychology/

Once you have done your own research then respond to:

l.mctiernan@northcestrian.co.uk

s.few@northcestrian.co.uk

HISTORY - Mrs Few

History:

International Women's Month

March has been International Women's Month and International Women's Day was on 8th March. Years 8-11 had a special assembly delivered by Ms McTiernan who shared the history of women's campaign for equality in the UK and the legacy of those who fought for women's rights, as well as sharing some important stats that told us the fight is not over yet. She encouraged all pupils to:

Research and learn about women's contributions

Celebrate the women in your life and their achievements

Call out discrimination and stereotyping when you see it, and **challenge your own thoughts**

Ask, listen to and validate women about their experiences and opinions

Find out more below:

video: <https://www.youtube.com/watch?v=rSPYRQ0wjS8>

website: [Women's History Month 2023 - HISTORY](#)



History Careers

If you are interested in taking History further to GCSE or beyond, but are unsure about where History qualifications can take you, consider looking at [Careers with History / Historical Association](#). Many people do not realise how many door can open with a history qualification; law, media and journalism, politics, police, teaching, national and local government, the Civil Service, to name but a few! Ask your history teacher for more guidance or follow the link.



GCSE Revision and Exam Skills:

Blue Thursday 15:25-16:15 with Ms McTiernan / Gold Thursday 2:00 (lunchtime) with Mrs Cove



I love history but I've got to think about a career!

ESPORTS FIXTURES

T1

TAYLOR U, ASHKAN P,
YOUSEF M

T2

BEN S, MAX L, IVAN F

T3

THOMAS B, LUKE D, TASHI Y

T4

MATTHEW H, GORAN A,
HASSAN A

DATE:

MONDAY 17TH APRIL 3.30 - 4.30PM
ROOM - U2

YEAR 9 FINAL

North Cestrian School PTFA

New 100 club

2 Draws Annually

£250 prize

**ANNUAL ENTRY IS £12 WHICH GIVES YOU
ENTRY TO BOTH DRAWS IN JULY & DECEMBER**

**THE MORE ENTRIES YOU HAVE THE MORE CHANCE
OF WINNING VIA PARENTMAIL PMX**

**PTFA NORTH CESTRIAN SCHOOL,
DUNHAM ROAD, ALTRINCHAM
WA14 4AJ**