



NEWSLETTER

19 May 2023



Head Master's Message:

On Wednesday evening, I met many of the new parents of children who will be joining North Cestrian from September. I thanked them for choosing North Cestrian and celebrated with them. Over 1300 parents placed North Cestrian as one of their choices – we have allocated 160. Our waiting list is extensive. The pressure on families in Trafford is immense. So, the evening was about relaying the School's processes, expectations and routines to prepare parents and their children for senior school. It's a good refresher for me too as I re proclaim what we stand for and why we do what we do in the way that we do it. I begin with the sacred trust of looking after someone else's child. I state the principle of not helping the bee by hurting the hive: the rules are there for everybody to follow so that everybody benefits. I explain the pedagogical (teaching and learning) foundations to allow children at all levels to make rapid progress. I establish the importance of character education and growth mindset to develop young people who can meet the adult world head on, to thrive and lead rich and fulfilling lives. I also say to parents that they must decide if this school is the right choice for their child. There are many excellent schools in Trafford. Each has a different approach, giving parents a lot of options when making their selections. I simply and honestly describe our way of doing things.

End of Year Trips

Parents should have received a letter outlining the end of year trips on 17th (Y7&8) and 18th (Y9&10) July. See later in the newsletter for details. It is right that pupils and staff mark the end of the academic year with some fun activities. For staff, they remain on duty – with that sacred trust to look after your children. Part of this vigilance is to ensure the children who go on the trips are able to show judgement and care so that as far as possible we can be assured the trip will be safe and enjoyable for all. We make a not unreasonable assumption that pupils who cannot behave sensibly in school will be less inclined to do so with the freedoms of being in an adventurous scenario. Therefore, we have made it known that, from 15th May to just before trips days, pupils who have accumulated 20 behaviour points or more in the remaining weeks, or a B4 or higher, or 6 or more lates to school may have their places rescinded, and any payments lost. You can monitor your child's behaviour via Arbor. Given that 75% of pupils have NO behaviour points and the average for pupils who do get behaviour points is about 2 per week, we think this tariff is fair.

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Dates:

26 May
Half Term

5 June
Term Resumes

13 June
Y10 PCE

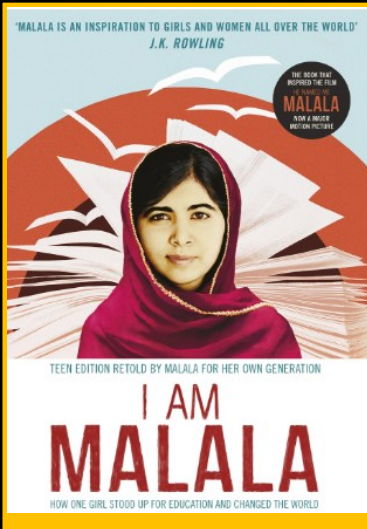
21 June
INSET Day

DEPUTY REFLECTIONS - CHARACTER EDUCATION

"I once asked God to make me taller. I have realised that God has answered my prayer. God has made me as tall as the sky. So tall that my voice can reach people everywhere."

Malala Yousafzai

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



Malala is one of our North Cestrian Role Models. Pupils can borrow this book from the school's 100 Club. The first three pupils to reflect on this book will be rewarded for each North Cestrian Character trait that Malala has evidenced! Using your voice is so important and pupils have now completed the annual voice questionnaire. The results are below.

Next week the parents' voice is open for completion!



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

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!

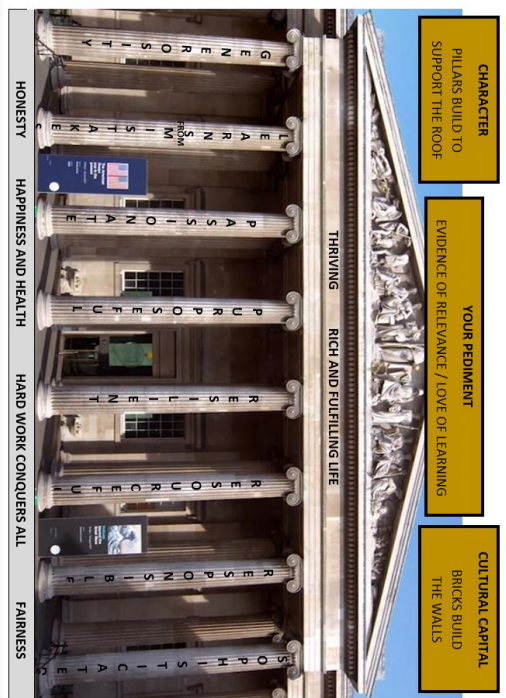
Build your Character Benchmarks Certificate

Enter the North Cestrian School Character Education Website by clicking the photo of the British Museum 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.

Know someone building their Cultural Capital? [Click to nominate.](#)

2023 Pupil Voice has shown an increase in all areas over 2022

- I enjoy school - All the time / most of the time 56% (up 4%)
- I enjoy learning - All the time / most of the time 62% (up 5%)
- 91% (up 2%) of pupils would recommend North Cestrian to their friends
- Teachers help me do my best - Every lesson / most lessons 93% (up 3%)
- Attitude to Learning guidance is good - 93% (up 6%)
- Behaviour around school is good - All / Most of the time 80% (up 8%)
- I feel safe at school All / Most of the time 95% (up 3%)
- 98% (up 2%) Agree that NCS encourage treating everyone with respect and equally
- I am encouraged to be independent and take on responsibility - 96% (up 3%)



The connection between emotions & learning

Cognitive Load Theory emphasises:

working memory has limited capacity

long-term memory has unlimited capacity

processing too much information at once can lead to a cognitive overload in working memory.

learning is hindered if working memory is overloaded, because the brain can no longer process all the information it is encountering.



Emotions have an impact on learning by altering cognitive load. In a nutshell, a student feeling negative emotions will have less memory to spare.

Emotions need to be processed. As a result, they create demands on our cognitive resources, occupying precious space in our working memory. If a student is feeling stressed because of the pressure to perform well, their working memory may fill with thoughts about their situation and their performance – effectively reducing the number of resources available to perform the task at hand or absorbing new information. This, unfortunately, decreases their learning outcomes.

The effort we need to exert to regulate emotions also places demand on cognitive load and lowers attention on current tasks and learning. In other words, **processing our emotions affects the ability to focus on and learn** new things.

7 WAYS to Get Out of a Bad Mood

by @inner_drive | www.innerdrive.co.uk

-  **1 Go For a Run**
Exercise can improve mood as it releases hormones that can trigger positive feelings.
-  **2 Be Optimistic**
Expecting good things in the future can make you feel better.
-  **3 Positive Imagery**
Imagine your best-possible-self in the future. Once you know what you want, start working to achieve it.
-  **4 Take a Deep Breath**
This can help you to relax, take stock of the situation and think more clearly.
-  **5 Take a Nap**
Even a short nap can help people get out of a bad mood and perk you up.
-  **6 Treat Yourself**
“Retail therapy” has actually been found to improve mood. Buying yourself a small treat can make you feel better.
-  **7 Listen to Music**
Music has the power to enhance mood and improve how you are feeling.

Finally, emotions impact motivation. **Positive emotions can foster motivation**, which will in turn increase learning. For instance, warm colours or round shapes may make the learning environment more motivationally pleasing, leading to an increased willingness to expend cognitive resources in the learning process.



REMINDER!

END OF YEAR TRIPS ARE NOW 'LIVE' ON PARENTMAIL!

DEADLINE FOR PAYMENT IS 23 JUNE. PLEASE CONTACT MRS WILLIAMS IF YOU HAVE ANY ISSUES.

YEAR 7 & 8 - KNOWSLEY SAFARI PARK, MONDAY 17 JULY

YEAR 9 & 10 - ALTON TOWERS, TUESDAY 18 JULY

SUMMER 29 JUN CONCERT

VANSTONE HALL
NORTH CESTRIAN
ALTRINCHAM

Live performances from...

with the & pupil band
**THE BAND POP THE POLICY
BAND CHOIR MAKERS**

Plus, many more performances from our wonderful musicians at North Cestrian!

CONCERT STARTS AT
7-8PM

TICKETS AVAILABLE NOW via PARENTMAIL

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 return your Bag2School on:



5th JULY 2023

 01609 780 222

 www.bag2school.com

 helpdesk@bag2school.com