



A few weekends ago, I was having breakfast with my daughter and granddaughter at the Oxford Road Café in Altrincham. My super 'Full English' was served to me by one of our pupils, Jessica I. It's always a strange encounter meeting a pupil out of context, and I am sure Jessica felt something similar serving breakfast to her headmaster. Though of course, at that point I was simply 'a customer'. I'm an advocate of pupils taking some sort of paid employment. I know there are arguments saying they distract from studies. Clearly, if there is a commitment to too many hours and days then there is an unhealthy distraction. However, within reason, I think the benefits are far greater. Some degree of financial exchange and independence are great for focussing the mind. For some families of course, it's a necessity to support the family budget. But the discipline, personal responsibility and mixing beyond the school environment are all rich experiences to build character. It makes us realise that we have lives outside the classroom. Jessica waited politely and the food was delicious. We left a tip.

Cestrian ABC

Academic. One of the mainstays of The Cestrian Way is our take on 'homework'. We use PREP – for 'preparation' - to encourage low-stakes learning of key requirements for the next lesson. All pupils should aim to do about 15 minutes of learning per subject per night. That's about 1 ½ hours of homeworking. Key Stage 4 should be doing PREP+ and adding an hour or so to that amount. Parents are in a great place to support prep by simply testing their child's RECALL of the prep, helping those vital facts to get stored in long term memory.

Behaviour. We require our pupils to address all staff with good manners. At a basic level this requires the use of 'Sir' or 'Miss' in the conversation. This isn't some power trip by staff. It sets the boundaries of the relationship between the pupil and adults. This works both ways in preserving necessary authority. Likewise, we expect pupils to use 'excuse me' to interject a conversation. It's polite, and it's right to do so. Treating people with respect is a responsibility of all our pupils and staff. It's in our code of conduct: pg 14 of the Learning Journal

Character. It's great to see so many extra-curricular activities being taken up by pupils. Please ask your children what they are doing to get the most out of their time here. Encourage them to partake of every opportunity and also to have some stickability. Stay with the club – they will seem strange at first, but gradually they will settle and enjoy things more. The school production this year will be Joseph and the Amazing Technicolour Dreamcoat – a firm favourite with many. Tickets are already on sale and selling well.

English as an Additional Language EAL

For educational and funding purpose, I ask that all parents complete a form telling us of your child's EAL status. A letter has been sent via parentmail, but the form is also accessible here: [EAL Form](#)

Lee Bergin
Headteacher

INSIDE THIS ISSUE:

Deputy News	2-3
Pastoral	4
PE	5-6
Trips	7
Clubs	8-9
PTFA	10-11

Special points of interest:

YEAR 7 SOCIAL EVE

Find out
more on
Page 10

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.

'Education is the kindling of a flame, not the filling of a vessel' - Socrates

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

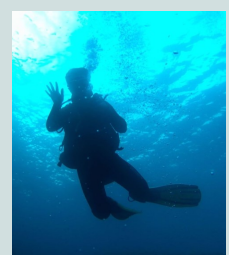


Last Week's Celebrations

Bryn P (Y11) – saw an opportunity in redesigning the male bathrooms and took **leadership** by liaising with Mrs Bradford on ideas that make a more functional space. He was **resourceful** in using virtual reality to create a fantastic walk-through.

Ivan F (Y9) - has **diligently** practised karate since he 5 years old. On Sunday he competed against national teams at Manchester Open Karate championships and won a silver medal. "I was **resilient** during my fight and tried to perform my very best. It has built my confidence by following my **passion**."

Patrick E (Y11) has shown real drive by visiting me to plan how to combine a revision schedule and tasks whilst ensuring he also fuels his **passions** beyond school. **Hard work** for exams will be interspersed with an open water padi course at Scuba Mallorca and a Trafford Diving course learning to dive up to 20 metres.



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!

Amelia N and Eva CS Y7, from friends, **generosity of spirit**: because she is very supportive and makes me smile every day.

Emily H Y11, from friends, **resilience**: during her Duke of Edinburgh silver expedition - completed a three day hike, camped in a tent in the rain. Although she was exhausted she stuck to the prep and revision routine.

Kali W Y7, from friends, **purposeful**: learning lots of new English every day and becoming an expert at the Cestrian Way.

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



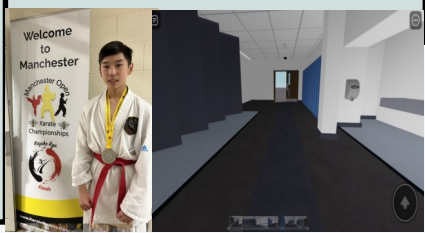
OXBRIDGE PREP
 ONLINE TALKS & WORKSHOPS



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.

"The mind, once stretched by a new idea, never returns to its original dimensions." - Waldo Emerson

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.](#)

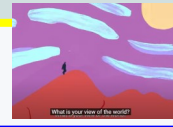
Plan to take these opportunities that build your cultural capital. Then make use of it. When you do this in lessons, teachers will award points. They will guide your next steps to go deeper and develop further. They will test your sophistication - is it genuine, relevant and significant? rounded character.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

Nominated Achiever
Arthur S (Y7) went to the Radical Horizons Art Show and Chatsworth house. It had displays of art, like models of great structures! It includes a piece of 3d art made by Rebekah Waites called Releve! At the end it was set on fire!
Rachel H (Y11) - has completed the Hopeless series of books by Colleen Hoover. She was so inspired that she has started to write her own fiction novel!
Millie-Anne K (Y7) - has sent in evidence for the character benchmarks purposeful follows her passion for a career in fashion design on a digital app, leisure pursuits through cycling, and ice-skating competitively.



Mon 17th October, 15:25–1800 - sign up with Miss Johnson

Freedom Writers – based on a true story, a teacher struggles to unite her students who are based in rival gangs. Food provided – feel free to bring your own treats too. Discussion activities and a competition, plus an opportunity to vote on the next screening at Christmas!

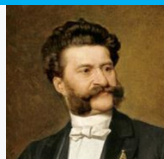


What is your worldview? Where do you stand?

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.



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

I am a firm believer in fresh starts. When I speak to North Cestrian pupils I often use the phrase, 'how can you improve on yesterday?' I believe that with the correct guidance, everyone has a chance to modify, tweak and polish their academic achievements, their behaviour and their character. At North Cestrian we inform our pupils that we want them to leave in Year 11 with the best exam results that they can possibly achieve. However, we also want them to have experienced a well-rounded education and be armed and ready to thrive and lead rich and full-filling lives. It is therefore vital that we choose the correct topics for assemblies, Personal Development lessons (PSHE) and Language for Winning Lessons.

This month we could have chosen from a multitude of subjects. October is international 'walk to school' Month. It is also 'School Libraries Month'. This week is 'World Space Week'. Tuesday was 'world Animal Day'. It was international 'Teacher's Day' on Wednesday and next week it is 'Dyslexia Awareness Week'. These topics, as I am sure you would agree, are all worthy of recognition and discussion but as you can imagine, we have a difficult job in choosing the most important and appropriate topics for our pupils.

During October, North Cestrian will be celebrating, discussing and recognising Black History Month. We will be holding assemblies, leading discussions during Language for Winning lessons and personal development and allowing our pupils time to express themselves in front of their year groups.



FOCUS OF THE WEEK

Attendance and Lateness

Please be aware that any student who is late to school **without a valid reason** will be issued with an afterschool detention for the same evening. Attendance and punctuality are important and directly affect examination outcomes.



At North Cestrian School we are proud of the breadth of languages spoken by our pupils and the DFE recognises that this comes from languages used in the home and the school.

Extra funding is offered to schools for the number of pupils they have on roll that possess EAL (English as an additional Language).

This is established on a total number of pupils basis, and all funding received forms part of the overall funding of the school to deliver Education across the full curriculum.

In order to determine our total number of EAL pupils, we would please ask you to complete the brief questionnaire below to establish whether other languages are spoken in the home and whether use of other languages would be considered the dominant in the home.

Please support us in answering the questions as honestly and fully as you can. Could we also ask for just one Parent or Guardian to complete the form to avoid duplications.

CLICK TO FILL FORM HERE> [EAL Form](#)

Physical Education & Sport

Mr Cliffe, Head of Sport



Football News

NORTH CESTRIAN

Football

Y7 Boys – (A) vs. Wellington.

MVP: Liam C for purposeful vision and leadership. Liam was hard working and passionate.

Y8 Boys – (H) vs. Ashton on Mersey

MVP: Jude H for showing resilience, passion and always working hard.

Y9 Boys – (A) vs. Altrincham College. 2-1 loss.

MVP - Farai M. for hard work in defence

LUSHAAN R



TABLE TENNIS

UNDEFEATED AT LUNCHTIME TABLE TENNIS CLUB THANKS TO HIS HARD WORK AND RESILIENCE



In PE this week, students have continued to look at Netball and Football.

Learners across all year groups have demonstrated great character in game situations.

The Y8 football team were supported and coached by our 2 of our sports prefects: Mitchell L & Aley K.

The other half of our sports prefect team: Ruby D & Talia T have been delivering fantastic PE briefings to KS3!

They are proud Cestrians & they continue to be proud of all of our students representing the school in fixtures & in Extra-Curricular Clubs!





Netball News

It was wonderful to welcome everyone back to sport after the summer break. Students have continued to show real enthusiasm for Netball and have attended the extra-curricular sessions in impressively high numbers. Year 7's thoroughly enjoyed their Seeding Tournament at Ashton on Mersey last week where they had the opportunity to play eight schools.

The Trafford League will start next week. Please see below for the forthcoming fixtures. The majority of the Trafford fixtures will take place on a Thursday. We wish Year 10's luck for their Netball Tournament on Tuesday 11th October and League matches which start next week.

Date	Opponents	Year	Results		MVP
29th September	Trafford Schools Seeding Tournament Ashton on Mersey	7	Stretford Grammar	Lost 0-2	Elyssa G
			Wellington	Lost 0-3	Selma L
			Sale High	Won 2-0	Elyssa G
			Ashton on Mersey	Lost 0-5	Lizzie H
			Sale Grammar	Lost 0-4	Elyssa G
			St. Anthony's	Won 3-2	Selma L
			Altrincham College	Won 1-0	Selma L
			Blessed Thomas Holford	Lost 0-4	Ava M

Year 7 Trafford Seeding Tournament, 29th September 2022.

Everyone played well together, they were very co-operative and supportive.
- Selma L F



Forthcoming Netball Fixtures			
	DATE	Fixture	
	Tuesday	11th October	Year 10 Trafford Tournament
	Thursday	13th October	Year 10 Trafford League
	Thursday	3rd November	Year 9 Trafford League
	Thursday	10th November	Year 8 Trafford League
	Thursday	17th November	Year 7 Trafford League

RHS BRIDGEWATER

On Tues 20th Sept 26 pupils from years 8 to 11 went on a trip to the gardens RHS Bridgewater. The pupils had all been recognised for their character and their commitment to improving the environment at North Cestrian School through participation in Eco-club, Gardening Group and organisation of the Go-Green Day in July.

On the day pupils completed the Green City Challenge where they learnt from the experts at the Royal Horticultural Society about the challenges people in Greater Manchester face because of climate change. They had an opportunity to explore the gardens whilst learning about how plants can be used to reduce the impacts of climate change.

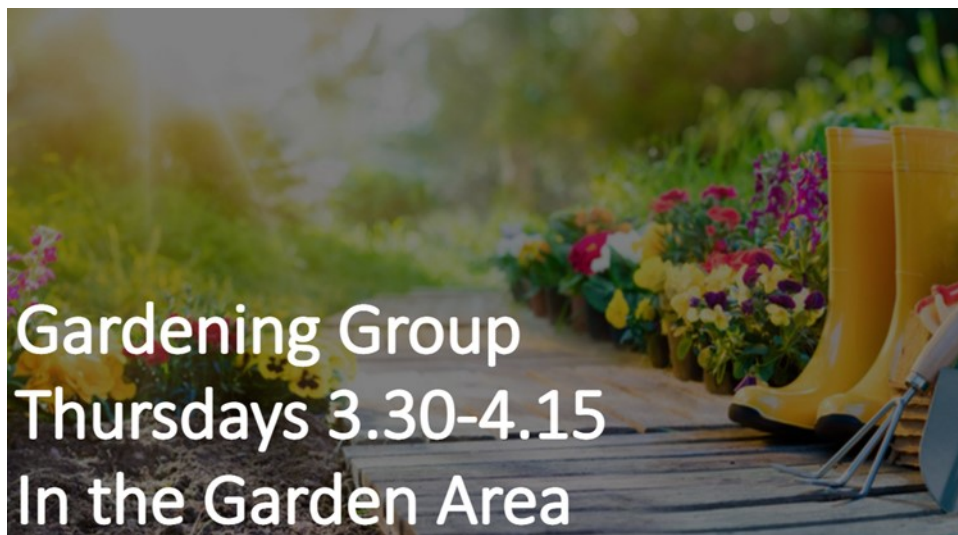
Pupils were then challenged to design a garden including features to reduce the impact of climate change. The pupils were passionate in their interest to bring some of these ideas back to North Cestrian. The gardening group are now planning to include a rainwater harvesting project and pond area into the garden space, along with more opportunities for plants around school.

The pupils were excited to explore this world class garden and thoroughly enjoyed the experience.

Cultural capital opportunity: why not visit the garden with your family and see if you can suggest ways we can improve the school environment?

<https://www.rhs.org.uk/gardens/bridgewater>

Remember Gardening group is open to all pupils, Thurs 3.30-4.15 in the garden area, middle playground.



CLUBS



FILM CLUB

ALERT: FIRST SCREENING!

Monday 17th October

After school: 15:25 – 1800

FILM: Freedom Writers – based on a true story, a teacher struggles to unite her students who are based in rival gangs.

Food provided – feel free to bring your own treats too.
Discussion activities and a competition, plus an opportunity to vote on the next screening at Christmas!

GET A PERMISSION LETTER AS SOON AS POSSIBLE AND RETURN TO MISS JOHNSON BY THURSDAY 13TH OCTOBER!

FREEDOM WRITERS	In L1 after school 15:25 - 1800	Get a permission slip from Miss Johnson soon!	Open to all year 8 and above: film is a 12
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Autumn Term Extra Curricular Activities 2022-23

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch Times	Y10/11 Badminton (SH) ABO/ACL	Gold Week KS3 Maths- invited group/team VBR	BLUE WEEK Y9 Badminton (SH) JCO	Y7 Drama Club (Drama Studio) RDO Mrs Donachie	Y11 Football (SH) ABO
		Christian Union F1 (VCA)	Y9 Table Tennis (Table Tennis Room) ACL	English GCSE Drop-in (KS4) EBU LH3	Sci Library (loans, returns and quiet reading). RRO
		Debate Club GOLD WEEK L1 CIO KS3 1.00- 1.30 - KS4 2.00-2.30	GOLD WEEK – KS3 Peaceful Club U8 (VCA)	Sophisticated Scientists Journal Club GOLD WEEK 4 (invited group) M5a/SAs T2	
		ACEF Ambassadors BLUE WEEK KS3 1.10-1.40 - KS4 2.00-2.30	'The Write Way' Creative Writing Group - KS3 BLUE WEEK L6 JBA		
After School	Rendezvous café - All years T3 JMi		Warhammer Club – All Years MBR / ABR	Y7 Netball JCO	Zumba, all years (Drama studio) Ms Billany
	MFL / EAL – GOLD WEEK- CHA		School Musical – CBa / LMc / AWi	Gardening Group RRO.	Y10 & 11 Netball VBR (SH) 3.30-4.10pm
	School Band – M5 – AWI		STEM Club CREST Award. All years. S3. RRO	Hist GCSE (LMc) U10 BLUE Week 3:30 –4:15	
	Astronomy S2 15:30-16:30 - RTA		Y8 & 9 Netball NLA Sports Hall 3.30-4.30pm	Psych GCSE (LMc) U10 GOLD Week Trafford Netball League NLA/JCO/VBR - 3.30-6pm	
	Anumana Coding Club U2 15:30 - 16.30 INVITE ONLY BEGINS 3 rd Oct		Year 11 Creative Imedia - GOLD WEEK L2 MWO – 3:30-4:20pm	Y8 & 9 Football Playing Fields - ACL	
	Y11 Science – BLUE WEEK		Maths Drop in – U2 JWA/ VBR/ EKL/AJA	Read the News, Write the News: Young Reporters - All Welcome	
	Y11 Geography – GOLD WEEK		Year 10 Football TWi Back playground 3.30-4.15	Y7 Football - Playing Fields ABO	
	Y11 Engineering		Maths Y11 P7 BLUE WEEK	GCSE Comp Sci Drop In GOLD WEEK ACO U2 until 4.20pm	
			English Y11 P7 GOLD WEEK	MATHS Puzzles & Chess Club – VBR/JDO U5	
			Further Maths Y10 – GOLD WEEK	Y11 Art – BLUE WEEK	
			Further Maths Y11 – BLUE WEEK	Choir – M5 – AWi	
	PREP CLUB	PREP CLUB	PREP CLUB	PREP CLUB	PREP CLUB

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 & REFERESHMENTS INCLUDED!!

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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



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