

## North Cestrian School Weekly News

See what's been happening in School this week....



1 - Delapsus Resurgam

## Friday 10 November 2023

#### In This Issue...



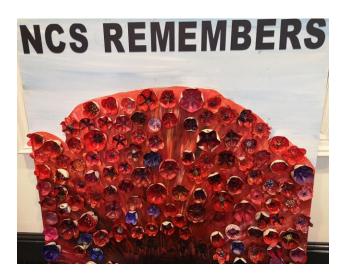
- Headmaster's Message
- Deputy Head
- Academic News
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#### **Headmaster's Message**



Visitors to the school this week will have noticed a number of works of art relating to Remembrance Day. Pupils in Art lessons have been studying 'Community Art' and have produced – many in their own time - two pieces using the poppy theme and echoing the 'river of poppies' displayed one year at Windsor Castle. Thank you to Miss Henes and the pupils for providing such thoughtful works at this time of the year. Y8 pupil Liliana P produced a wonderful Banksy-style 'Grasping Peace' painting that summed up the fragility of the situation now. School remembered the loss and sacrifice of conflict at the Cenotaph. Now more than ever we need to focus on peace.

Please <u>CLICK HERE</u> to view the Order of Service.



2 - NCS Remembers



3 - Remembrance Display



4 - Reception Poppy Display

#### Year 11

Year 11s are beginning to send in their applications for Colleges and Sixth Forms. Mr Boswell takes great care in collating, advising, and checking the applications. It's great to see personal references full of ambition and support through extra-curricular activities and making full use of personal development opportunities. Allied to encouraging predicted grades, Year 11 should approach their final year with confidence knowing that hard work pays off in the end. We are commencing the National Citizenship Scheme so this is a great chance for pupils to sign up, build their CVs and develop their characters.

#### **Year 11 Parents Evening**

This is on-line 4-7pm on Tuesday 12th December. The appointment booking window is open form 1530 on 20th November, and closes 1500 Monday 11th December.



5 - Calendar Dates

**Upcoming Events**: (bold means recently added). Please check each week as changes occur.

- Tue 21st Nov Y10/11 BTEC Perf Arts trip to Lowry Centre
- Thu 23rd Nov Year 7 Disco TBC
- Wed 29th Nov PTFA AGM 1915

- Thu 7th December Musical Christmas Concert 7-8pm
- Tue 12th December Year 11 Parents' Evening on line.
- Wed 13th Dec Christmas Carol Service, St Margaret's Church. 1900-2000
- Fri 15th December Own Clothes day, Pupil Christmas Lunch
- Mon 18th December Y8 Outdoor Activities trip to Wales
- Thu 21st Dec End of term 1200

#### **Deputy Reflections**



In a Gold Week Newsletter this section provides all parents and pupils with some reminders, whilst the Blue Week it features the latest celebrations and opportunities.

I take the opportunity on a Gold Week Thursday to record all of the new character points from pupils evidence, see how the Character Benchmarks is progressing for you and update the opportunities on the website. Therefore, you always have access to everything in the North Cestrian Character Education and news articles about role model pupils on the school web site.

It is an important moment for you to check each link out and, of course, reading your fortnightly report from Arbor show haw your building your evidence of Attendance, Behaviour, Character and Cultural Capital.

See if you are on the <u>character news</u>

Check out the latest <u>character development opportunities</u> or continue to build your <u>character bench</u> <u>mark certificate</u>

Pique your interest for the <u>cultural capital</u> and <u>send in your reflections</u>

**Half Term 1 Character Education Champions!** Each half term we invest in those pupils who have invested most in themselves. These pupils get a £20 investment to take their passions and purpose further.

Find out how you did by speaking to Mr Bell or your form tutor... you could win the £20 by Christmas for Half term 2!!

- B, Jamie 7JRO
- H, Benji 7ITA
- L, Nevin 8JMA
- B, Tze Yan 8JMA
- YR, Zoe 9RDO
- R, Hassan 9MSA
- R, Caitlyn 10MWO
- R, Alice 10SMI
- H, Ruby 11ACL
- P, Amy 11JJA

**Half Term 1 Cultural Capital Champions!** Each half term we invest in those pupils who have invested most in themselves. These pupils get a £20 investment to take their passions and purpose further.

Find out how you did by speaking to Mr Bell or your form tutor...

## You could win the £20 by Christmas for Half term 2!!



- V, Harshi 7RMI
- A, Mo 7RMI
- C, Joan 7ITA
- C, Laasya 7ITA
- G, Aisha 7EKL
- L, Sanmed 7JRO
- M, Charlie7RMI
- W, Chloe 7JBA
- F, Aidan 8JMA
- W, Isla 8RTA
- A, Shu'Ayb 9MSA
- G, Mischa 9MSA

H, Will 9SFE

D, Arabella10JSC

M, Oliver10JRI

A, Mina 11ACL

I, Manal 11ACL

M, Anna 11SPU

R, Hallie 11JJA

#### **ACADEMIC NEWS**



#### **ASSESSMENT**

At North Cestrian the purpose of assessments is to ensure pupils understand what they can do, and what they need to do to improve, rather than focus solely on target grades. We don't focus on target grades as we would rather pupils understood what they can do and need to do to improve. This, together with a growth mindset and hard work, is a recipe for success.

The research around using target grades is mixed and there is an increasing body of evidence around the use of cognitive science strategies that improve learning skills and self-awareness that positively impact

outcomes and motivation to achieve their best, irrespective of a target. There is also evidence that when students make their own target grades, even if they are too optimistic, they tend to work harder and achieve better grades. For more about the pros and cons of target grades, read this article - <u>Target</u> Grades: good or bad for student learning and performance?.

The school focus this year is to develop metacognitive skills. <u>Metacognition</u> is the extent to which an individual is aware of their thoughts and their ability to choose an effective thought process.

The school assessment calendar is now available here:

#### Some benefits to developing metacogntive skills include:

- Improving academic performance
- Reducing stress associated with exams
- Improving problem-solving skills

Therefore, encouraging metacognitive development can help students stay more motivated. To read more about this topic, see this blog.



6 - Metacognitive Skills

#### **PASTORAL NEWS**



## Do you know who our Safeguarding Team are?...



#### **ART NEWS**



Studying the Creative Arts improves academic performance across all subjects.

Evidence shows that students who study the Creative Arts have improved overall academic performance through several key aspects.

#### **Instilling Growth Mindset**

Students develop their Cestrian Character through resilience in mastering a skill and improving by acting on feedback. Through demonstrating perseverance students develop intrinsic motivation to succeed in accomplishing learning a piece or creating an artwork.

#### **Developing Cognitive Function**

The Arts provide a link between the different subjects studied in school. They help to improve verbal memory, reading ability, executive functions, and foreign language fluency. In creating an artwork students participate in a multifaceted, complex endeavour that combines several subject areas — including science, language, history, and mathematics. In learning to play a musical instrument tunefully, understanding how sound waves work and mastering the principles of musical acoustics can be helpful. Through looking at the work of others, students must develop an understanding of the historical, cultural, and social events that were taking place at the time the work was created.

#### Manchester Art Fair



Art Cultural Capital opportunity – Visit Manchester Art Fair

Manchester Art Fair is returning to Manchester Central from November 17th to 19th. This in an invaluable chance to see a huge variety of art at a local venue.

#### https://www.youtube.com/watch?v=3kNKzdFwrkU&t=86s

Students will have the opportunity to speak with artists exhibiting their work and discuss their inspiration and the techniques used to produce it, in addition to seeing work from nationally and internationally acclaimed artists. This year there will be a wider range of workshops and demonstrations to watch and participate in.

More details can be found in the letter emailed via Arbor and at Manchester Arts Fair

FREE tickets can be obtained via FREE TICKETS

I strongly encourage you to attend this FREE event.

Preview Evening - Friday 17 November 17.00 - 21.00

Weekend Tickets - Saturday 18 November 10.00 - 18.00

Sunday 19 November 10.00 - 16.00



8 - Manchester Art Fair

## Manchester Arts Fair – Cultural Capital Artwork



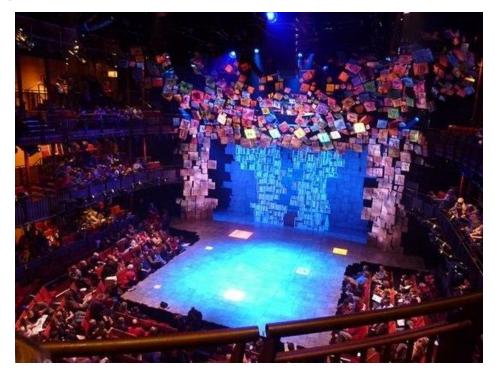
9 - Artworks







## Set Design Club - Matilda

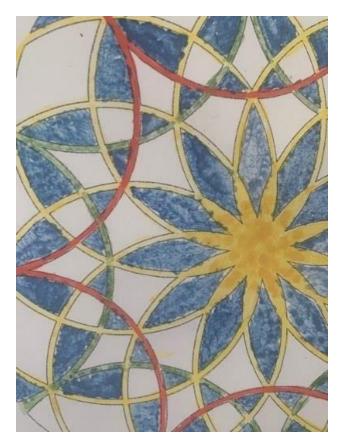


The manufacture and artwork to create the set for the school performance of Matilda is well underway. Students attending Art Club on Gold Mondays have the opportunity to work as part of a group to create parts of the set, as designs progress, they will also have opportunity to work individually to create their own artworks. Students should attend Art Club to find out how they can be involved so as not to spoil the surprise!

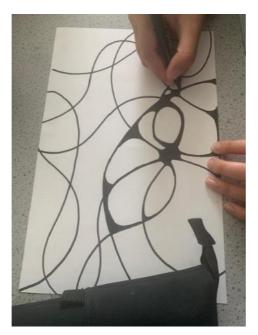
#### KS3 Art Club



Art Club have enjoyed mindfulness techniques through painting with colour inspired by the artwork of Josie Lewis and creating patterns using the technique of neurographic art. Some students have also been inspired by the work of Year Nine to create their own Remembrance Day artwork.

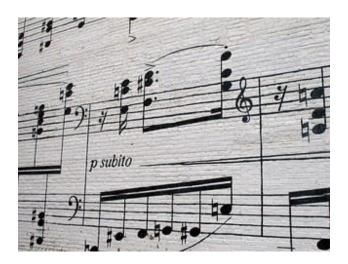


10 - Neurographic Art





#### **MUSIC NEWS**



#### **CHRISTMAS CONCERT**

On the 7th December 2023, our school band and pop choir will take to the stage again to perform a variety of Christmas and winter-themed songs at North Cestrian's first Christmas Concert! Rehearsals for the band have been going very well, and pupils have had to juggle learning pieces for the Christmas Concert alongside the rehearsing for the upcoming school production of *Matilda*! All pupils in the school band have shown great character with their passion for music, resourcefulness, and sophistication. The show is really shaping up now, and if you would like your Christmas period to start the right way (the musical way), then get your tickets booked via ParentMail.



11 - Christmas Concert

#### KS3 Music Curriculum



Our new Year 7's have had an amazing start to their musical journeys at North Cestrian! Pupils have been learning about the Elements of Music; learning how to read rhythm and pitch on the stave alongside learning how to play the piano/keyboard. Pupils have also been practicing their listening skills, with a focus on composer Ludwig van Beethoven. Pupils have learnt to play two pieces by Beethoven so far... 'Für Elise' and 'Ode to Joy' from Beethoven's Symphony No. 9, with an assessment of the latter taking place in the next three weeks. Years 8 & 9 have been building on their skills from Year 7, learning about Riffs & Chords in Popular Music, Music of Black Origin, the music of Disney, and James Bond!

#### **Music Cultural Capital**

Music, in its nature, is a very culturally-rich subject, and each lesson, pupils are exposed to music from a vast range of genres, cultures and eras. For pupils looking to further their cultural awareness of music, they can complete a task based on an "Influential Musician." The link to all "Influential Musician" slides - CLICK HERE

In this folder, pupils can find PowerPoint slides with listening tasks and the option to complete either a written reflection of the musician, or learn one of the pieces by the musician. Musicians in this folder range from Classical composers, such as Beethoven, Bach and Mozart, to Popular artists, such as Ed Sheeran, Billie Eilish, Freddie Mercury and Paul McCartney, to Film composers, such as John Williams and Hans Zimmer. All videos and/or written responses can be sent via email to Mr Wilson (a.wilson@northcestrian.co.uk).

#### **SPORTS RESULTS**

## PHYSICAL EDUCATION DEPARTMENT

#### **Netball News**

The Year 10 Girls team produced outstanding performances in their two matches in the Trafford Netball League last night. Playing their best netball of the season they won both of their matches convincingly.

**Altrincham College** - Won 11-6 MVP Laura F, Captain and GA. For an outstanding, all round performance and accurate shooting.

Urmston Grammar - Won 12-3 MVP Tala O, GD. For her impressive defensive skills.



12 - Netball



13 - NCS Team in action



14 - Netball



15 - Netball

#### **Forthcoming Trafford Netball Fixtures:**

Thursday 16th November - Year 9 at Sale High School

Thursday 23rd November - Year 8 at Flixton Girls School

Thursday 30th November - Year 7 at Stretford High School



#### 16 - Trafford Year 8 'Excite' Dodgeball

North Cestrian was represented at the recent Dodgeball Competition Wednesday 8th November, by a Girls team and a Boys team. They competed against teams from BTH, Lostock and Altrincham College. Both teams played with great enthusiasm and determination. The boys performed particularly well, reaching the Final against Altrincham College. A closely fought game finished in a draw. The boys just missed out on winning the trophy by goal difference. It was an enjoyable and exciting competition for everyone.



17 - Dodgeball



18 - Dodgeball



19 - Dodgeball



20 - Dodgeball

#### **VERONA TRIP 2023**



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#### 11th-14th October 2023

Three year groups, all alike in dignity,

In fair Verona, where we laid our scene.

From Manchester Airport break to new territory,

Where the pasta was good, as was the ice cream.

Pupils from across year 9, 10 and 11 have just returned from the most wonderful trip to Italy. We embarked on the trip very early on Wednesday morning last week and boarded our flight to Verona, a city made famous by the setting of Shakespeare's *Romeo and Juliet*.

After a successful outbound flight, we arrived in Verona and had our first afternoon discovering this charming city. Pupils explored the area around the main Piazza Di Bra in the shadow of the remains of the spectacular Roman Amphitheatre.

Having shopped and eaten (focaccia, pasta, pizza, insalate caprese, gelato all featuring), feeling refreshed we went to visit the 'Arena' (amphitheatre). Walking into the vast, impressive structure had many

gasping in awe at the scale of the ancient stadium. Mr Bailey gave us some of the history of the site and we marvelled at the thought of violent gladiator fights with savage beasts that would have taken place there. Pupils scaled the sweeping steps to take in the glorious views form the top in the golden evening light.

The following day we ventured back into central Verona using the very efficient local bus service. We enjoyed a fascinating tour of Verona's Teatro Stabile, which has seen many famous Italian actors tread the boards. We learned about the history of the building, the resident ghost and even had the opportunity to recite some Shakespeare on the stage. Our excellent guide, who was also an actor herself, gave some exceptional recitals from Romeo and Juliet on the terrace of the theatre which overlooked the famous balcony of Juliet. We then visited the house said to belong to the original family of Capulet where the real-life Juliet is said to have lived. We posed for pictures on the balcony and with the bronze statue of Juliet which occupies the pretty courtyard outside the house. We then walked across the city to take the funicular railway up the hillside for some spectacular views across Verona. We enjoyed a rest and took in the dramatic scenery from the viewing platform, before making our way back to the hotel.

The final day was a full itinerary comprising of a guided walking tour around Verona's sights, beginning at the Castelvecchio bridge. Much to our excitement, the bridge was being used as a film set so we were able to see it recreated in all its medieval glory, complete with extras milling around dressed in traditional costume. Jonny Depp and Robert De Niro were rumoured to be on set, so we were extremely keen to spy the Hollywood stars. Sadly, we did not manage any autographs, but did learn some interesting facts about the castle itself and walked on a real stretch of existing Roman road.

We then ventured to the train station and enjoyed a delightful train journey to Lake Garda. After a hot day's walking, we were blessed with the chance to swim and cool off in the lake. The waters were crystal clear, and we lounged on the beach in the warm sunshine; it really was a glorious way to spend an afternoon. We then took the train back to the city and had the pleasure of seeing the sights at night. The city was buzzing and vibrant, largely owing to the fact there was a local wine festival being held in various locations across the city. We walked to a restaurant which was in an old converted church and enjoyed our final meal together. Very weary after a long day exploring, we took a (somewhat delayed) bus back to the hotel for our final night's rest.

The next day, with heavy hearts, we bid farewell to Verona and travelled back to a typically cold and rainy Manchester. It was a truly excellent trip which will no doubt be remembered by our pupils for a long time. Their experiences of travel, culture, history and time spent with their friends is invaluable. Our pupils were exceptionally well-behaved and were a credit to the school throughout. We will certainly look forward to running the trip again in future!



21 - Verona 2023

































#### **ACEF**



Providing dignity and opportunity through education

## **Ambassador Fundraising News**



Another week has sped past and the ACEF team have been planning some fun activities before the end of the Christmas term.

We have an exciting 'Bring a Parent Paddle' session which may be some fun for the whole family or some quality one-on-one time for you to spend with your child. Obviously, it can be with a responsible adult (not necessarily a parent) or if your children are busy at this time, you could have a sneeky Paddle and even Sunday lunch at the pub!

#### 2 HOURS OF FUN FUN FUN!!

- £30 single canoe up to 3 people
- £20 single Kayak
- £30 double or triple kayak

When: Sunday 19th November between 11am and 3pm

Where: King's Ransom Pub, Britannia Rd, Sale M33 2AA

**Who**: Any pupils and families who fancy a bit of quality time and fun!

What: Canoes / kayaks / rafted canoes

**Note**: Prices include a comprehensive paddle technique tutorial and all the necessary equipment to ensure your adventure is not only enjoyable but also safe.

As an all-season kayaker, I can honestly say that paddling is a great activity in all weathers. Just wear the layers you need (bearing in mind that the paddling will warm you up) and bring waterproof layers in case the weather isn't dry. Gloves on a cold day can also make you more comfortable and warm.

If you would like to find out more or to book a boat, please email s.few@northcestrian.co.uk

The second exciting fundraising activity is designed to get you into the Christmas spirit with a fun-filled

#### **Christmas Tea Party!**

Please pop the date into your diary, speak to your friends, neighbours and family and email me to find out more if you are interested. All welcome!

#### What can you find at an ACEF tea party?

- Fabulous eats...
- Raffles and prizes
- Inspirational Guest Speaker
- Beautiful Christmas themed tables

#### Fun games and activities

**Date**: Saturday 9th December 2023

**Time**: 10 am until 12.30 pm

Venue: Vanstone Hall, North Cestrian School

If you would like to find out more or to book a table / place, please email s.few@northcestrian.co.uk



22 - Tea Party



#### **KINDNESS CLUB**



Kindness Club have chosen a Christmas appeal to support which is Wood Street Mission, a charity that collects Christmas gifts, selection boxes, books, wrapping paper and chocolate for children in Manchester and Salford who are struggling at Christmas. Kindness Club reps will hopefully be popping into forms and assemblies to advertise their collection and U8 can be a drop off for anyone who wants to bring in any items. The charity do ask for new items not old toys so as a group we were thinking maybe selection boxes and wrapping paper could be a cheaper alternative but we are happy to accept all toys too!

**DROP OFF TO SCHOOL!** 

## Wood-Street-Mission-Christmas-Appeal-Flyer-2023





## Make (hristmas special \*\*

for local children by donating brand new toys and gifts





Spread the word...
#WoodStreetXmas

Registered Charity No 1078337

# Every child deserves a magical Christmas!











We really need your help to give local children from struggling families a happy and memorable Christmas.

Families across Manchester and Salford will come to Wood Street Mission to choose gifts for their children from the selection we are donated by our supporters.

We will be accepting Christmas donations until **Friday 8th December 2023.** Please try to get yours to us as early as you can, to enable us to help as many families as possible.

You can visit our website for gift ideas and links to our Wish Lists.

## To help you can...

- Donate new toys, gifts or books, unwrapped and suitable for children aged 0-14 years old. Chocolates, selection boxes and wrapping paper are also much appreciated!
- · Make a financial donation
- Fundraise with your friends, family, community or workplace

## Donate now!

You can drop gifts off with us Monday to Friday, 8.30am-4.30pm at 26 Wood Street, Manchester, M3 3EF.

Or to arrange a collection please call 0161 834 3140 or email collections@woodstreetmission.org.uk









Scan the QR code using your camera phone for a quick link to our website!

fundraise@woodstreetmission.org.uk26 Wood Street, Manchester, M3 3EF

Get in touch or visit us at

www.woodstreetmission.org.uk

Registered Charity No 1078337

## Extra-Curricular Opportunities *(activities available for all years unless stated)*

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week A - Blue	Before School	Breakfast Prep and Journal Reading	Breakfast Prep and Journal Reading RE U8 (Y10, 11)	Breakfast Prep and Journal Reading Reading Buddies Breakfast	Breakfast Prep and Journal Reading	Breakfast Prep and Journal Reading
3	Lunch	History U10 (Y10, 11)	KS3 Debate Club 1.15pm F1 ¡Viva! Club de Lenguas. L12	Morning breaktime: Science library S4 Break - Reading Buddies LH4	FURTHER MATHS LEVEL 2, U4. (Y10) School Choir M5 (break time) KS4 Debate Club 2.15pm LH4 Year 7/8 Drama Club L9	
	After School	Prep Club S1 Science (see teacher) (Y10, 11) Biology S2, Chem T2, S3 Geography U12 (Y10, 11) Art UH5 (Y10, 11) Esports Club U2 School Band M5 Rendezvous Café T3 Film Club to 6pm LH4 last week HT Cheer leading club (Drama Studio)	Prep Club S1 Staff CPD	Prep Club S1 Media Studies LH4 (Y10, 11) Psychology U12 (Y10, 11) Maths (seetescher) (Y10, 11) Art UH5 (Y10, 11) Anumana Code Academy U2 Science club, S6 (Y7) School Production L9	Prep Club S1 History U10 (Y10, 11) Art UHS (Y10, 11) Food T3 (Y10, 11) Gardening group Gazebo KS4 Debate Club 2.15pm LH4	Prep Club S1 Zumba club Drama Studio
Week B - Gold	Before School	Breakfast Prep and Journal Reading	Breakfast Prep and Journal Reading	Breakfast Prep and Journal Reading Reading Buddies Breakfast	Breakfast Prep and Journal Reading School Choir M5 (and at break)	Breakfast Prep and Journal Reading
8	Lunch		FURTHER MATHS LEVEL 2, U7, (Y11)	Break - Reading Buddies LH4	RE U8 (Y10, 11) Year 7/8 Drama Club L9	
	After School	Prep Club S1 Art UHS (Y10, 11) Mindfulness Art Club UHS Esports Club U2 Spike Club U5 (Y7) Rendezvous Café T3 School Band M5 Inspector Calls Rehearsal L7 Y10, Y11 Cheer-Leading Club (Drama Studio)	Prep Club S1 Staff CPD	Prep Club S1 English (see teacher) (Y10, 11) Psychology U12 (Y10, 11) Art UH5 (Y10, 11) Creative Imedia L2 (Y10, 11) Anumana Code Academy U2 Table-Top Gaming Club U5 School Production L9	Prep Club S1 Earth Science Club T2 Comp. Science U2 (Y10, 11) Engineering T1 (Y10, 11) Art UH5 (Y10, 11) Psychology U10 (Y10, 11) Spanish L12 (Y10, 11) Geography U16 (Y10, 11) Inspector Calls Rehearal L7 Y10, Y11 Food drop in T3 (Y11)	Prep Club S1 Zumba Club Drama Studio

23 - Extra Curricular Clubs

SPORTS	CLUBS	SPORTS	CLUBS	SPORTS	CLUBS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCHTIME	KS4 BADMINTON TABLE TENNIS SPORTS HALL Mr. Cliffe		KS3 BADMINTON TABLE TENNIS SPORTS HALL Mr. Cliffe		K54 BADMINTON/VOLLYBALL SPORTS HALL R. Nash
AFTER SCHOOL	Y9 / Y10 FOOTBALL TRAINING PLAYING FIELDS Mr. Cliffe  Y7/Y8 CHEERLEADING SPORTS HALL R. Nash		Y9, 10 & 11 NETBALL CLUB SPORTS HALL Mrs Lawson	Netball Match Night Mrs Lawson J. Connell  Year 7 and 8 Netball SPORTS HALL J. Connell  Y7 FOOTBALL TRAINING PLAYING FIELDS Mr. Cliffe  Y8 Football Training Playing Fields Mr Boswell	

24 - Sports Clubs Blue Week

		TUESDAY	WEDNESDAY	THURSDAY	
LUNCHTIME	KS4 BADMINTON TABLE TENNIS SPORTS HALL Mr. Cliffe		KS3 BADMINTON TABLE TENNIS SPORTS HALL Mr. Cliffe		BADMINTON/ VOLLYBALL SPORTS HALL R. Nash
AFTER SCHOOL	Y9 / Y10 FOOTBALL TRAINING PLAYING FIELDS Mr. Cliffe		Y9, 10 & 11 NETBALL CLUB SPORTS HALL Mrs Lawson	Netball Match Night Mrs Lawson  Y7 FOOTBALL TRAINING PLAYING FIELDS Mr. Cliffe	
				Yr8 Football Training Playing Fields Mr Boswell	

25 - Sports Clubs Gold Week

#### **Contact Us:**



School Office - 0161 928 1856

Email - office@northcestrian.co.uk

REPORT AN ABSENCE TO: <a href="mailto:absence@northcestrian.co.uk">absence@northcestrian.co.uk</a>