



## NCS NEWSLETTER

**Friday 12 January 2024**

***In This Issue...***



- **Headmaster's Message**
- **Deputy Head**
- **Academic News**
- **Computer Science**
- **What's coming up..**
- **Extra Curricular Clubs**

## Headmaster's Message



A Happy New Year to you all.

The start of the 'new year' is rather artificial. In one sense, Springtime would be better as it's the start of the new. Things start to grow again, and the bleakness of winter is replaced by spring freshness. Indeed, the ancients marked their calendar in this way – October, November and December were the 8th, 9th



and 10th months, with the year starting in March. Teachers talk of academic years. Businesses and governments talk of financial years. There are calendars based on religions, politics, lunar cycles and celestial movements. But for those of us on the Gregorian Calendar, adopted in 1582, we now start the new year. And there is a sense of fresh start – an opportunity to reflect and look at things new, So I hope we take this opportunity to become better in every aspect.

### **Staffing**

We are joined by **Miss Smith** who will teach Science. Miss Smith took her degree at Lancaster University, has worked in industry for a while before taking up teaching, gaining her PGCE at Manchester University.

**Mr Reed** has joined the pastoral team to supplement their excellent work. He will act as Head of Year 9 while Miss Connell goes off on maternity leave. Much of Miss Connell's PE/Games work will be looked after by **Mr Woodcock** who will join the PE department

**Mrs Calvert** is a familiar face already, but will now extend her supervision beyond lunch hours, providing much needed student service support.

The learning support team has been added to as we welcome **Mrs C Huang-Wright** (Maths), **Miss E Dunn** and **Dr P Bimal Shukla**



### **Uniform – Cestrians are Smart! (Page 9, 12, 13,15 of Pupil Tracker)**

Our school uniform is smart, practical and good value for money. **It is a condition of attendance that school uniform is worn in accordance with our uniform policy.** Schools have the right to send pupils home who do not adhere to the uniform policy. This is then counted as unauthorised absence. A reminder:

Trousers must be mid grey – not black or charcoal grey. They must be regular fit and not skinny/tight fit, and be worn at the waist not half way down bottoms.

Skirts must be mid grey. They should be pleated. Straight skirts can be worn ONLY IF they have the school crest as sold by the official suppliers. This restriction was placed to prevent pupils wearing straight, 'stretch' skirts.

Jumpers must be v-neck and mid grey. No hoodies may be worn.

Shirt (long or short sleeve) must be white with a collar and the school tie worn.

Blouse must be white with revere collar.

School blazer and badge.

Coat – must be plain with next to no logos. This must be worn OVER the blazer and not act as a replacement for it.

Shoes are plain black and sensible – NOT trainers. I appreciate there is a trainer/shoe blurring in style these days, but if it looks like a trainer, it's not acceptable. NO logos.

Please be aware of what your child is wearing as they leave home on their way to school. We WILL send home if their uniform is not regulation.

### **Pupil anxiety**

Dr Askey has written a detailed piece within this newsletter about supporting children who suffer from stress. While the focus is on anxiety arising from examinations, its advice has wider applications and seeks to build resilience in pupils.

## Upcoming Events:

**Please check each week as changes occur BOLD means recently added.**

- Tuesday 21 January - 5.30-6.45pm ENGLISH PARENT/PUPIL GCSE WORKSHOP
- Tuesday 30 January - Y9 Parent Consultation Evening (online)
- Thursday 25 January - Science Live Trip
- Tuesday 6-8 February - Matilda School Performance
- Friday 9 February - Finish for half term

## Deputy Reflections



Parents should check through their child's planner every week. Here you will find their record and their reflection not only on the week but also in the subject assessments and in line with the guidance of achieving the best they can at North Cestrian on the way to a rich and fulfilling life.

For instance, this week I recommend looking at "Cestrians Are Responsible" on page 42 and 43. Pupils have reflected on this during form time this week. See if you agree! As a nudge for your son/daughter, doing this is one of the way to winning a school investment (detailed below).

Next, have a look at page 87. Pupils record and reflect on their Attitude to Learning, Attendance, Behaviour and Cultural Capital / Character. We also tempted pupils by showing the links between extra-curricular and character development. As a nudge for your daughter/son, choosing an extra-curricular club or completing a cultural capital task is one of the ways of winning a school investment (detailed below).

Adedoyin, N	Chukka, L	Stewart, O
Finn, A	Cheung, H	Chisnall, M
Underwood, T	Sarumi, H	Cole, S
Rain, C	Casey, B	Al-Taie, M
Usmani, M	Cherian, J	Jethva, A
Ashraf, S	Chan, C	Nivadura, J
Ahmed, S	Khan, L	Gohar, A
Adeyemi, N	Ng, I	Cowle, A
Vardar, H	Reilly, T	O'Brien Forrster, J

*1 - Term 1 Character Development winners of a £20 investment*

**The wider school community including governors and Old Cestrians have been so impressed by pupils who have completed the most cultural capital tasks and character development opportunities that in Term 2 the school is delighted to launched a whole range of investment prizes.... some of which money cannot buy!**

**This week pupils have planned which prize they are aiming at. Ask them, see if you agree.**

- Donated by Mchale and Co Solicitors ; 2 theatre tickets
- Donated by TWC, part of McHale and Co Solicitors; 3 bikes between now and summer – any age + another prize of Bike Maintenance workshop for 5 people + 1/2 day shadowing qualified Bike Mechanic
- Donated by Altrincham FC; 2 x tickets for Altrincham FC game x 5 matches (so 10 tickets total – can all be same match or match of their choice get two tickets) & Also a signed Altrincham FC shirt
- Donated by Mchale and Co Solicitors ; 2 x work experience days with Adam Horner, owner and also 1 day shadowing Head of Crime Roberto Lavorini
- Donated by Car Finance = 1 days shadowing CEO and owner Reg Rix
- Donated by Hibbert Homes – 1 day shadowing MD and owner Adrian Hibbert
- Donated by Trading Places = 1 day shadowing MD and owner Steve Cox
- Donated by Altrincham FC – 1 day shadowing CEO Sam McKenzie

**For the most Sport Cultural Capital and Character Development**

- Donated by Car Finance =£50 JD Sports voucher

**For the most Cultural Capital and Rounded Character Development**

- Donated by Rix Motors - £50 Amazon voucher
- Donated by Hibbert Homes - £50 Asos Voucher
- Donated by Trading Places = £50

See if you are on the [character news](#)

Check out the latest [character development opportunities](#) or continue to build your [character benchmark certificate](#).

[You can Nominate a Pupil for their Character Development here.](#)

Pique your interest for the [cultural capital](#) and [send in your reflections](#)

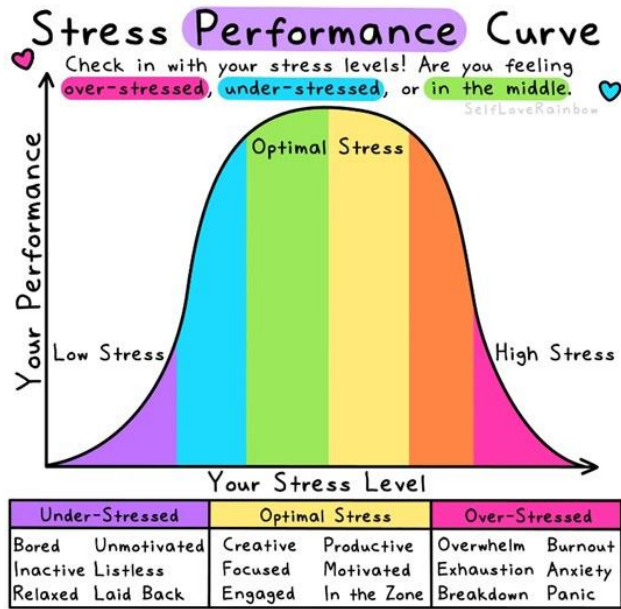
[illegible]

Feeling anxious about an upcoming test is natural, and something that all students will experience. However, it is important that students do not let this anxiety hinder their performance. To ensure this, students need to remember that anxiety can improve performance, concentrate on previous positive performances (metacognition), avoid other anxious students, and ensure that they are well-rested and relaxed (manage your sleep and use of technology).

At North Cestrian we are teaching students to use their Cestrian Mindset, Attitude to Learning (metacognition) and Character development (resilience, purposeful, responsible, learning from mistakes) to accept and reduce test anxiety.

At North Cestrian we are teaching students to use their Cestrian Mindset, Attitude to Learning (metacognition) and Character development (resilience, purposeful, responsible, learning from mistakes) to accept and reduce test anxiety.





2 - Test Anxiety

## HOW CAN STUDENTS OVERCOME TEST ANXIETY?

### **Reframing (Mindset)**

Giving students a more positive and helpful way of looking at test anxiety is an effective way of reducing it. Researchers found that those who were shown that test anxiety can be beneficial, or at least not hinder exam performance, showed lower levels of test anxiety and performed better in their exam. More importantly, the positive effects of the reframing were long lasting, as test anxiety was lower and exam performance higher in subsequent exams taken later that year.



### ***Better Self-talk (Metacognition)***

Recent research demonstrated a link between high levels of cognitive distortion and high test anxiety, which together led to lower exam results.

Cognitive distortions include catastrophising (belief in the worst possible outcome e.g. “I will fail all my exams”), personalising (excessive attribution of failure to self, for instance “I will not pass this exam because I am a failure”) and concentrating too much on negative elements (for example, “I will fail my exam because I could not answer some questions”).

Therefore, to overcome test anxiety, these cognitive distortions need to be overridden [with positive and helpful self-talk](#) where students focus on previous exam successes.

### ***Prepare Well (Good Habits = Character)***

Good preparation can lower test anxiety. In one particularly study, researchers found that when students felt underprepared (as they believed their peers had carried out more revision), they experienced higher levels of test anxiety and lower levels of performance.

However, good preparation does not only involve engaging in the necessary revision. [Getting a good night's sleep](#) the night before an exam is also an essential part of the process, because sleep deprivation can activate areas of the brain associated with excessive worry. Furthermore, when students have sufficient sleep, the [focus of their thoughts is more positive](#), which leads to lower levels of test anxiety.

### ***Avoid Other Anxious Students***

Just before taking an exam, it is common for students to discuss how anxious they are. However, recent research has shown that emotions are contagious and simply seeing another student acting anxiously can increase other student's cortisol levels (stress hormone), making them feel more anxious too. Therefore, before an exam, anxious students should try and avoid interacting with others who are also anxious, and instead engage in conversation with calmer students. This is why it is good to [have a team around you](#).

### ***Take Deep Breaths***

Research has shown that if students can feel themselves getting anxious they should focus on taking [deep breaths](#) for a few minutes. By slowing their breathing, students can reduce their heart rate, moving the body closer to a state of physiological rest, allowing them to regain more control over their emotions.

## **Co24 – Y11 Mock Examinations Spring 2024**

Time	English	Maths	Science	History	Geography	Art	Music	PE	Religious Studies
8.30-11.15	English	Maths	Science	History	Geography	Art	Music	PE	Religious Studies
11.15-12.30	English	Maths	Science	History	Geography	Art	Music	PE	Religious Studies

*3 - Draft Timetable*

- ALL Y11 students should be in school 8.30am – 12pm, irrespective of examination, to maintain %attendance for references etc.
- Revision rooms will be provided, pupils are expected to bring revision materials with them for these sessions.
- Parental consent is required to allow pupils to leave school at 12pm, or after the end of the afternoon examination, and revise at home. Pupils will be expected to sign out before they leave. Students have the option to stay in school for lunch at 12.50 if they wish to. If no consent is given, students must stay in school until 3.20pm.
- Students can remain in school until 3.20pm if they wish. Revision rooms will be provided. Note that these are not all teacher led sessions, the teacher will supervise independent student revision. Where a subject specialist is available, some guided revision sessions can be offered.
- ALL students should wear school uniform during the examination series. A school jumper (grey V-neck) or similar grey/black jumper or school PE top (no hoodies) is recommended as the Sports hall can be cooler than classrooms.

## YEAR 9 PARENTS CONSULTATION EVENING - BOOKINGS OPEN ON TUESDAY NEXT WEEK (12PM)



**Tuesday 30th January - Please log into School Cloud to book your parent/teacher consultations**

### Computer Science News



#### **Anumana Code Club**

Anumana Code Club is back up and running for Y9 students!

The Manchester University students will be back on the 31st of January, but until then some of our fantastic Year 11 Computer Science GCSE students will be on hand to assist and teach Python to the club attendees.

It was fantastic to see those who joined us on Wednesday.

There are limited spaces, so if you are interested in joining, please see Miss Collins.



### **Esafety tips for Parents**

With more and more online tools and platforms being made available every day, stay up to date with tips to keep your child safe online. There are a range of guides for different platforms and games available here:

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

### **Creative iMedia Deadlines**

Deadlines for CiM Non-Examined Assessment this year are as follows:

Year 10 - Unit R094: Visual identity and digital graphics - 29th March 2024

Year 11 - Unit R094: Visual identity and digital graphics (Resubmission opportunity) - 8th March 2024

Year 11 - Unit R095: Characters and comics - 19th January 2024

### **ESports News**

Esports registrations will be opening again for the new year shortly.

Keep an eye out in your emails for the registration form.

League of Legends players will receive an email shortly to confirm their date of play.

This is a reminder for students that iDEA Award is a great way to improve their IT/Business/Creative iMedia and Computing knowledge.



In addition to gaining valuable skills, completion of the different awards will get you a stamp on your rewards passport.

Search your emails for "iDEA Award" to find the email with the details of how to register.

## BRONZE AWARD WINNERS



3 Students have been successful in gaining their Computing Bronze Award by gaining 10 stamps on their rewards passport.

Well done to **Ian N, Mikkel G, and Demah F!**

## eSafety - Tips on how to stay safe online!

**What Children & Young People Need to Know about FREE VS HATE SPEECH**

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's not the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to those around us, rather than making offensive and threatening remarks. That's called "hate speech" and knowing the difference is incredibly important.

**Free speech** is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's theories were incredibly offensive to many at the time, while not everyone agrees with Darwin, even today. A frequent exchange of ideas is vitally important for a healthy society.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Freedom of expression includes the right not to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal. By law, nobody can force you to say anything you don't want to.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote, decent working conditions or same-sex marriage – couldn't have been achieved without it.

**Hate speech** refers to any communication – like talking, texting or posting online – that negatively targets a group or an individual because they are perceived to be different in some way. Demonsating and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes...

Targeting people or groups because of a protected characteristic – like race, gender identity, sexuality, nationality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on the same characteristics, referring to them as if they were animals, objects or other non-human entities, for example, separating the target from other human beings is usually an attempt to justify the speaker's bigotry.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions. Suggesting that a certain group should be removed from society could be seen as a call to arms, for example – potentially putting people from that group in danger.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way. This kind of thinking is always incorrect – but can be incredibly harmful to the group in question.

Spreading damaging misinformation about a person or group that the speaker views as "different" – essentially, trying to turn others against them by lying. Someone might claim that a recent tragedy is the fault of this entire group, when this is simply not possible.

Promoting the segregation of certain groups, or discrimination against them, because of who they are. This has been illegal in the UK for a long time – but some people still try to promote the exclusion of others, which can cause a huge amount of distress.

**Meet Our Expert**  
The National Online Safety Collective is an online community for homes, schools and businesses, a collective of thousands of expert leaders experts in eSafety, security and resilience who the organisation behind the NOS. We're working hard to help you stay safe online.

**GLOBAL EQUALITY COLLECTIVE**

**The National College**

**NOS National Online Safety**  
#WakeUpWednesday

**@natonlineafety** **/NationalOnlineSafety** **@nationalonlineafety** **@national\_online\_safety**



What's coming up.....



5 - Tapas Evening

North Cestrian School Presents



ROALD DAHL'S  
**Matilda**  
THE MUSICAL

Book Music & Lyrics  
DENNIS KELLY TIM MINCHIN

Tuesday 6<sup>th</sup> – Thursday 8<sup>th</sup> February  
2023 – 7PM

Adults £8

Concession £5

NCS Student £3

6 - Matilda

North Cestrian School PTFA

# NCS LOTTERY

2 Draws Annually

**£250 prize**

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

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

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

## 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
	Lunch	History U10 (Y10, 11)	KS3 Debate Club 1.15pm F1 iVival 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 (see teacher) (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 UH5 (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
	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 UH5 (Y10, 11) Mindfulness Art Club UH5 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 Rehearsal L7 Y10, Y11 Food drop in T3 (Y11)	Prep Club S1 Zumba Club Drama Studio

### 8 - 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		KS4 BADMINTON/VOLLEYBALL 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	

### 9 - Sports Clubs Blue Week



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCHTIME	KS4 BADMINTON TABLE TENNIS SPORTS HALL Mr. Cliffe		KS3 BADMINTON TABLE TENNIS SPORTS HALL Mr. Cliffe		BADMINTON/ VOLLEYBALL 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	

10 - Sports Clubs Gold Week

## Contact Us:



School Office - 0161 928 1856

Email - [office@northcestrian.co.uk](mailto:office@northcestrian.co.uk)

REPORT AN ABSENCE TO - [absence@northcestrian.co.uk](mailto:absence@northcestrian.co.uk)