

NCS NEWSLETTER

Friday 24 November 2023

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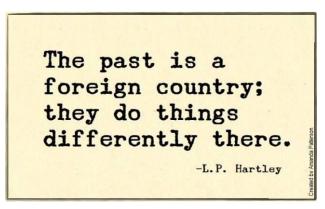
Headmaster's Message



The novel The Go-Between by L P Hartley opens with the line "The past is a foreign country: they do things differently there". It's a great metaphor and largely true. My childhood was bound by the 1960s and 1970s. To the pupils, and indeed, some staff, those times are like distant lands. As a child you live largely in the moment and have the attitudes of the times. On Sundays, life came to a halt as shops were closed, buses had limited transport, and of course there was no internet and just three channels on the TV, which itself closed often around 11.00pm with a test card transmission. People smoked everywhere,

shops, cinemas, aeroplanes. Streets were littered, dog pooh at every corner, as were the telephone kiosks – mobile phones were science fiction. And racism and homophobia were tolerated. The contrast with today, is like contrasting those times with Edwardian England. So, in many respects I am hopeful that we continue to build a better world. Therefore, I was delighted this week to welcome Rabbi Dovid Lewis from Bowdon Shul and Dr Nasser Kurdy from the Altrincham and Hale Islamic Association who came to address our Year 10 & 11 assembly. The circumstance is the current tragedy unfolding in Israel and Gaza, but the theme was an appeal for mutual respect, dignity, and empathy. Their warm friendship was evident not as a show just for the occasion, but one born out of years of sharing, visiting and, importantly, listening to each other. I, and I am sure many staff and pupils, were humbled and moved by their important message.

This message was echoed by four pupils: **Aalen N, Mina A, Joud A and Diya S** who delivered assemblies that focussed on the plight of children's lives blighted by the events in Gaza and Israel. Their passion and responsibility shone throughout their delivery.



1 - The Go-Between

Y7 Disco



Last night was the annual Year 7 Disco organised by our wonderful PTFA. Apart from the classics Conga and Macarena, I recognised none of the tunes played, but the children did, and they bopped all night with great energy and noise – lots of noise. Lots of good fun was to be had, with superb behaviour from all.

Thanks to all the children, parents (who all picked up on time), Mrs Ritchie and the PTFA for a great evening.

Upcoming Events:

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

- Wed 29th Nov PTFA AGM 1915
- Mon 4th December Chester Zoo visit (Adaptions Module)
- Thu 7th December Musical Christmas Concert 7-8pm
- Tue 12th December Year 11 Parents' Evening online * BOOKINGS NOW OPEN *
- 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



Every year we ask former students to return to our school. To the place where they were once little, not yet confident, unsure of if and how they would be successful. We want to know how they got to where they are today? What advice can they give to younger Cestrians... to follow in their footsteps... to stand on the shoulders of these giants. Once a Cestrian, always a Cestrian! Only together!



2 - "North Cestrian offers some amazing opportunities that help young people develop character skills, so honestly.... just take them!"

Emilia L, graduated North Cestrian 2021, studying a Sports Business Management, working part-time at Dance School teaching younger children, work experience shadowing directors at Manchester United.

Emilia's Tips to get the most out of NCS:

Taking every opportunity available: academic, senior prefect, Head Girl, Netball team.

Important that when you finish NCS, not only do you come out with good GCSEs but also come out as a well-rounded individual who has experience, can communicate with others, and develop your character.

The NCS Character Traits guiding my rich fulfilling life

Generosity of spirit- giving time back to those who have been significant in my life.

Learn from mistakes- I'm constantly making mistakes and that's fine as a mistake is an opportunity to learn!

Passionate- this trait was polished at NCS to work in the sports industry. Passion has now led me into the perfect degree, and I'll continue to show passion to achieve my dream career.

Purposeful- I always do things that have a purpose or give me a sense of accomplishment.

Resilient - getting through sixth form! I had a lot of setbacks and failures during my A-Level experience. In the end the hard work paid off and I got what I needed for my first-choice university.

Resourceful- we have many reading lists for university so not only do I read the essential things but also the further reading to expand my knowledge.

Responsible - I teach dance to children from 3 up to 11, a major part id keeping them safe and in one piece!

Sophisticated- I always complete essays with sophistication, particularly in terms of language, to upholding a professional reputation.

See if you are on the character news

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

You can Nominate a Pupil for their Character Development here.

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

ACADEMIC NEWS



WHY ARE STUDENTS SO EASILY DISTRACTED?



3 - Tips to improve Concentration

There are many reasons why students get distracted so easily and frequently. It's a combination of biological, psychological and environmental factors that all play a role.

At North Cestrian we adopt strategies to minimise distractions and therefore improve students' learning. We also teach pupils how to manage and understand how they learn so that they can adapt more readily and make sound decisions to accelerate their progress. During the next month pupils and teachers will be paying greater attention to our Attitude to Learning (AtL) criteria for Participation, which includes, focus and oracy.

Focus

I always stay focused and always participate in lessons

I focus and participate in lessons.

I can sometimes lose focus in lessons. I participate when I am asked to.

I don't focus or participate enough in lessons.

4 - FOCUS

Oracy

My verbal responses are always detailed. I have good projection, fluency, and clarity when I speak. My verbal responses are full sentences. I am clear and audible when I speak. My verbal responses are short or one-word answers. I am not clear, audible, or confident when I speak. I don't give verbal responses.

I won't speak in front of the class/an audience.

5 - ORACY

WHAT CAUSES DISTRACTION IN STUDENTS?

Students' distractibility can be attributed to the brain region responsible for focus and attention which is still developing at that age. Immature cognitive control makes children more susceptible to distractions, as their brains are in the process of acquiring the necessary skills to maintain sustained focus. As children grow older, their brain matures and their attention span increases. However, it does not reach full maturity until around 25 years of age.

However, age and neural connections are not the only factors that influence attention span. Others include:

- 1. Interest Children tend to focus better on activities they find enjoyable or rewarding.
- Environment Chaotic, noisy environments can cause sensory overload, leading to distraction. <u>Research suggests that</u> children who spend more time outside are less anxious and better at paying attention when they return back to their learning environment.

Health and nutrition – Lack of sleep and poor diet can also affect attention span.

THE IMPACT OF DISTRACTIONS ON LEARNING

A short attention span can have a significant impact on the learning process. When children struggle to maintain focus, they may find it challenging to comprehend new concepts, resulting in reduced self-confidence.

This can ultimately lead to a negative attitude towards education, perceiving it as a stressful and unenjoyable process, which can further hinder their learning journey. Addressing and supporting students with short attention spans can help them fully engage with their education and develop a more positive learning experience.

HOW DO WE SUPPORT CONCENTRATION & FOCUS?

1. **Tasks are broken down into manageable chunks** with clear learning foci from Prep and "Can Yous". Purple pen and reflection allows pupils to feel success and control over what they need to do next to improve.

2. *Learning-conducive environment* – Cestrian ABC routines and expectations produce purposeful classrooms e.g. Track me, SLANT, Attitude to Leaning. We want pupils to be Role Models Cestrians, proud to belong to our thriving learning community.

3. **Promote healthy habits** – we encourage pupils to learn about, and make good choices about sleep, food, wellbeing and exercise. We offer various support mechanisms both within school and via outside agencies and resources.

4. **Provide regular breaks within and between learning sessions** – short breaks can help children recharge and refocus. The school day is broken up and arranged to allow regular breaks and opportunities for refreshment and fresh air.

5. **Opportunities to pursue interests and increase engagement** – Character and Cultural capital tasks, trips/visits, extra-curricular clubs and teams allows pupils to develop their interests and skills beyond the classroom. We recognise and reward pupils for their achievements and involvement with activities outside school. Pupils have leadership opportunities as form reps, prefects, and ambassadors.

Students' distractibility is a complex issue that poses many challenges. However, understanding its causes and effects can equip you with effective strategies to combat it and ultimately enhance your students' learning experience. This can even make the learning process more enjoyable and successful. However, every child is unique. What may work for one might not work for another. So, keep experimenting and searching for methods that best suit you.

YEAR 11 PARENTS CONSULTATION EVENING - NOW OPEN FOR BOOKINGS

Tuesday 12th December - Please log into School Cloud to book your parent/teacher consultations

WELCOME TO LANGUAGES



Ms Hayes, Mrs Collins, Mrs Jones and Miss Williamson are delighted to welcome you to our Department.

We hope to foster a community of confident communicators who feel at ease wherever they may be in the world and show respect for other cultures and their languages

- We want to nurture pupils who make connections between other languages, who are not afraid to make mistakes and are willing to "have a go" out of respect for themselves
-and other people!
- We want all our pupils to know that through learning a foreign language they have the ability pick up others and that their knowledge is never wasted

This term we have welcomed our Year 7s who can now meet and greet people, introduce themselves giving their names , ages, and where they live. They know the basic numbers and can write the date in Spanish.

The World of Business states that simply being able to do the basics can have huge advantages for international trade and relations - so our children are well on the way with their essential workplace skills

Year 8s continue to build on the general language skills of phonics, vocabulary and grammar. They will probably know in the region of 400 words now, added to approximately 3000 they may know or recognise already.

Year 9s are moving into topic areas that combine GCSE topics with essential communication for travellers—we have been studying food and drink, general medical problems and seeking help, and will shortly focus on jobs and future ambitions to tie in with the choices they will be making in the new year.

Years 10 + 11 are busy honing their GCSE skills and have been studying school and future careers, relationships, and voicing their concerns for the environment and hopes for the future.

We have had a busy half term and all pupils have been working hard honing their language skills, and assessments for all year groups are underway. Pupils should have feedback on Page 180 of their trackers.

Here at North Cestrian, we believe that learning Languages is not only knowing what to say and how to say it. It is also important to find out about the **culture** of the countries of the languages we are studying. This encourages our pupils to look at the world in different ways and helps nurture international understanding and friendship.

"Día de Los Muertos"





6 - Can you recognise any of these faces?



7 - La Catrina



8 - La Catrina



9 - La Catrina



10 - La Catrina

North Cestrian Languages students have been studying about the wonderful South American traditions celebrating the lives of family members who have died. Languages classrooms have been decorated according to traditions. Here is a an example of the altar erected in Mexican homes—each item has symbolism. Our Year 9s should be able to share what each item represents, and below are some of the

"calaveras- skulls" decorated by our Y8s . And some of our Y8s dressed up as "La Catrina" - can you recognise any of them??

There are lots of Cultural Capital opportunities to whet your linguistic appetites!

Here is a taster of some of them...



11 - Spanish & Music



12 - Leadership

TRAVEL BROADENS THE MIND....Barcelona beckons! More to follow...



"Routes into Languages Challenge"



Open to all Years, we are running an MFL Challenge that encourages language learners to **show passion**, **sophistication**, **purpose**, **creativity**... in fact all of our Cestrian Character Traits!



13 - Languages Challenge

It is a series of varied challenges and activities that our learners can take over time to widen their knowledge, increase their language awareness, and show excellent attitudes to learning.

The schemes has been explained to pupils in their languages classes and the link sent via Arbor.

By Easter

- Pupils who have gained **75** points will be invited to a tapas lunch
- Pupils who have completed **100** points will be presented with a certificate and invite to a Spanish restaurant to celebrate

ESTRELLAS DEL MES

GEMS



**KS3 Cultural Capital GEMS ** Jayan P (Y9) - *always showing interest and passion in lessons & AT HOME!*

Lushaan R (Y10) ** DuoLiNgo Spanish Champ!

Steven O and Ian N (Y11) ** role models in use of Target language in the classroom

Progress ** Y7—Antoni M ** Y8 - Nevil L ** Y9 - Kelly L ** Y10 FrankiE A ** Y11 - Max W

Achievement—Y7 - AnYusuf A , Anjali J, Ragame V ** Y8—Atrik R ** Y9 - Hannh W ** Y10 - Teegan G ** Y11 - Steven O



14 - Culture Club



Anyone for tapas?



An Evening with Mr. Millard and His Sous Chefs for our Spanish Tapas Evening here at North Cestrian School £25 per head all inclusive

- Menu:
- Patatas bravas meatballs
- Seafood paella Spanish skewers
- Andalusian-style chicken
- Spanish Omelette
- Seared beef, grilled pepper & caper berry
- Gambas al Ajillo (Spanish Garlic Shrimp)
 Citrus & fennel marinated olives
- Citrus & Jennei marina
 Spanish tomato salad
- Olive bread swirls
- Mocktails (Fruit Punch)
- Tea and Coffee



16 - Tapas Evening

Work Experience Opportunities

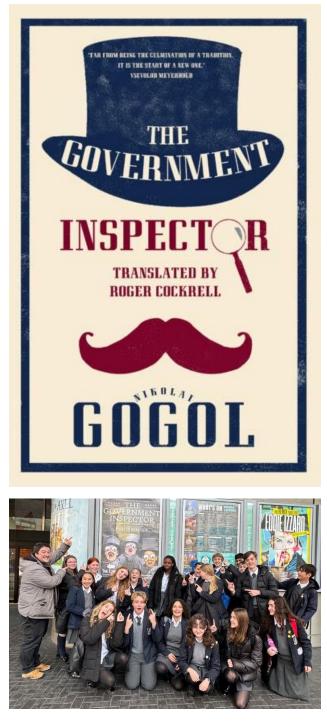


Rendezvous Cafe

Mr Millard and Ms Hayes are looking for Waiters / Waitresses to serve on the Tapas Night and to use their Spanish to give guests an NCS authentic Tapas Experience. This will look great on your CVs and Character. Full training given!

Please see Mr Millard or Ms Hayes for further details and to apply.

GCSE DRAMA TRIP - The Lowry



17 - Y9, Y10 & Y11 Performing Arts Pupils

On Tuesday 21st November, Y9, Y10 and Y11 Performing Arts went to The Lowry to watch The Government Inspector. Originally published in 1836 by Nikolai Gogol, this modern adaptation from Splendid Productions was done in their usual Epic Theatre style. It told the story of a corrupt Mayor who would stop at nothing to ensure the person he thought was "The Government Inspector" was suitably

cared for. Through the use of narration and placards the piece reminded the audience of the standards those who serve in public office are expected to uphold. It was a thought provoking piece that made a number of modern day parallels and encouraged the audience to challenge those in power. Year 10 have been studying the Epic Theatre style and this gave them a great opportunity to understand how the different elements can be combined simply and effectively to create a fun and engaging piece of theatre.

Last academic year, we were fortunate enough to have Splendid Productions in to school to lead a workshop with the current Year 11. We hope to have them back in the New Year for our current Year 10 too.

We also invited some Role Model Year 9 students on the trip to give them a chance to experience a style of theatre that is studied as part of Drama GCSE as they start to consider their option subjects. Drama GCSE is a subject that allows both a practical and academic exploration of theatre, how it's created and has a requirement to see and review live theatre. If that sounds like something you would enjoy, ensure you're speaking to Mr Bailey about your thoughts and how to be a Role Model student in Performing Arts.

Josh N, Y9 said - *"I really enjoyed the trip to the Lowry to see The Government Inspector as it was very unique because even though it was simple, it still was very enjoyable and funny. I now know another style of theatre which will help me when we do it in year 10/11."*



Christmas Quiz

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 (new) toys too!

DROP OFF TO SCHOOL!

Wood Street Mission Christmas





18 - Woods Street Mission

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.

Get in touch or visit us at

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



19 - Wood Street Mission

Donations deadline - FRIDAY 8TH DECEMBER



through education

20 - ACEF News

A huge thank you to the families who braved our '**Bring a Parent Paddle'** last Sunday in not the friendliest of weathers. Your support was fantastic – as was your resilience and adventurous attitude! We raised just short of £200. A big bravo to you all and thank you once again to Grip Adventure for lending us their boats and space in support of our charity.

Another huge thank you goes to Oxford Road Café for their generous donation of first prize for our Halloween Bake-off. We were blown away by their kindness and support for ACEF.

Finally, please come along and support our fun-filled **Christmas Tea Party** on Saturday 9th December 2023 from 10-12. See details below. Invite your families, friends and neighbours! We are asking for a minimum donation of £10 for what will be a fantastic morning. See details below and email <u>s.few@northcestrian.co.uk</u> for tickets.



21 - Bake Off Prize



22 - Christmas Tea



23 - Christmas Raffle 2023



24 - 100 Club

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
N	Lunch	History U10 (¥10, 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 UHS (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 UIO (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
3	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 MS 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 12 (Y10, 11) Anumana Code Academy U2 Table-Top Gaming Club U5 School Production L9	Prep Club S1 Earth Science U2 (Y10, 11) Engineering T1 (Y10, 11) Art UHS (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

25 - 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/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	

26 - 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	V7 FOOTBALL TRAINING PLAYING FIELDS Mr. Cliffe	
				Yr8 Football Training Playing Fields Mr Boswell	

27 - Sports Clubs Gold Week

Contact Us:



School Office - 0161 928 1856

Email - office@northcestrian.co.uk

REPORT AN ABSENCE TO - absence@northcestrian.co.uk