

North Cestrian School Weekly News

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

#### Friday 17 November 2023

#### In This Issue...



- Headmaster's Message
- Deputy Head
- Academic News
- Food Technology
- Engineering
- Sports Results
- Charity News
- Kindness Club
- Extra Curricular Clubs

#### **Headmaster's Message**



You cannot fail to have noticed that we refer often to the Cestrian ABC – Academic, Behaviour and Character elements of our educational offer. Our mission, through this, is to help our pupils thrive and lead rich and fulfilling lives. There is no magic formula. Often it's a grind. But good habits, reinforced consistently help shape our pupils. Shakespeare, as usual, had this pegged. In Act 3, Hamlet says to an older woman:

Assume a virtue if you have it not.

That monster, custom, who all sense doth eat

Of habits evil, is angel yet in this,

That to the use of actions fair and good

He likewise gives a frock or livery,

That aptly is put on. Refrain tonight,

And that shall lend a kind of easiness

To the next abstinence; the next more easy;

For use almost can change the stamp of nature...

The bookends, "Assume a virtue if you have it not...For use almost can change the stamp of nature" neatly sums up the concept that an act of will, then repeated, can overcome your old character and develop your new one. It is the essence of the Growth Mindset. North Cestrian firmly believes in the development of the whole person – their character - and are seeking the Association of Character Education kitemark in recognition. Mr Bell's leadership in this is very significant and his weekly contribution to the newsletter and on the school website, celebrate the array of character opportunities presented at this school. Please take time to read his section and follow the links to ensure your child 'assumes a virtue' too.



1 - 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**



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 - NCS Alumni

**Emily B,** graduated North Cestrian 2017, studying a Master's Degree in History, Young Famers' Leader, NFU Educational Ambassador. "I am a proud NCS alumni! I loved NCS, particularly the academic side of school and thrived off learning and achieving".

#### Emily's Tips to get the most out of NCS:

Create good relationships with the teachers. Teachers care and give lots of feedback for me to reflect on and improve.

Always aim high both academically and extra-curricularly. Revision + Rewards Field trips. Get involved in everything.

Challenge yourself! I did with public speaking, pupil leadership, and school productions.

#### The NCS Character Traits guiding my rich fulfilling life

Generosity of spirit – my natural way as others have shown generosity to me!

Learn from mistakes/reflection – in the little things as well as the big, whether this is reflecting and working on essay feedback or taking days off to look after myself better.

Passionate – NCS taught me to follow my passions... History, farming... the self-directed studying of the subject outside the classroom has made me the academic I am today.

Purposeful – I always seek new opportunities and projects to get involved in.

Resilient – I have experienced setbacks, but everything can be fixed and resolved with a resilient mindset, resilience is one of the best attributes a student can have as it will allow you to get through anything life throws at you! By positive mental attitude you can overcome anything if you are determined enough.

Resourceful – using the millions of ebooks + academic articles in journals.

Responsible – I am responsible for a lot of animals' health and welfare, leading my young farmers group and North Cestrian also taught me I am responsible for my own success, if you want to achieve something you have to work hard for it.

Sophisticated – I try my best to be sophisticated in everything I do, particularly in education, writing in a sophisticated manner or debating and speaking in a sophisticated way to make my opinions and research appreciated.

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>

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



3 - STOP PRESS!



Litter picking drive today in John Leigh Park was a huge success. Accompanied by Mr Bell, a very conscientiousness group of students volunteered to care for our community and pick up litter.

#### **HUGE CHARACTER ACHEIVEMENT!**

#### Thank you to:

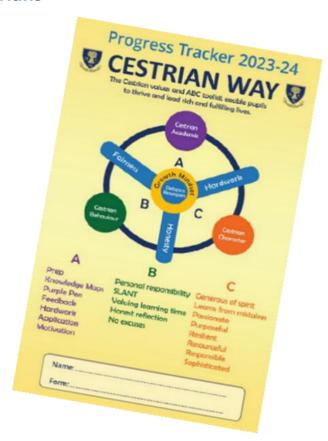
Oliver P, Edward L, Callum P, Daniel P, Heavenyasri C, Anjali J, Chloe W, Lawrence B, Laasya C, Ruby - May H J, Daniel C



#### **ACADEMIC NEWS**



#### **Role Model Cestrians**



The Pupil Progress Tracker is a key document that sits at the heart of what we are trying to achieve for our pupils at North Cestrian – independent and reflective learners that take responsibility for their own progress; honest, fair, and hardworking.

#### The progress tracker is designed to help pupils to:

- Remember important school principles and procedures.
- Remember and organise important information about their learning.
- Record progress, events, achievements, and rewards.
- Reflect and plan to improve their attitude to learning and progress.
- · Pupils need to: take it to every lesson, including form time & briefings.
- Complete sections when asked to do so; this may be set as a Prep task.
- Keep it clean and tidy no graffiti.
- Tell form tutors immediately, if they lose trackers.
- Replace lost and damaged Trackers at a cost of £6.
- Parents need to: check and use relevant information about school procedures.

- Check and discuss the contents with your child, especially their attitude to learning.
- Support your child in thinking though and reflecting on their learning and progress.
- Teachers need to: support and encourage pupils to complete relevant sections.
- Refer pupils to relevant sections of the journal in their teaching of:
  - \* Subject Literacy & Numeracy
  - \* Cestrian ABC & Attitudes to Learning
  - \* Leaning Processes & Reflection
  - \* School Principals & Procedures

#### Why are we doing this?

<u>The Sutton Trust</u> highlights how **metacognitive strategies** add, on average, up to 7 months of additional progress. They explain metacognition and self-regulation approaches "aim to help learners think about their own learning more explicitly. This is usually done by teaching pupils specific strategies to set goals, and monitor and evaluate their own academic development...the intention is often to give pupils a repertoire of strategies to choose from during learning activities".

Benjamin Franklin used to begin each day by asking himself "What can I do well today?". He then wrote those things down in a diary. Come the end of that day, he would then review each of his goals, making a note of how he could improve on the things he didn't do so well. Research has now confirmed what he knew; that writing a diary had many psychological benefits. It improves self-awareness, helps manage nerves, improves metacognition, helps reduce procrastination, improves your memory and wellbeing. Therefore, the combination of the tracker as a diary and monitor of performance and feedback means that is has the potential to be a very powerful tool to accelerate progress.



4 - Metacognitive Skills

#### **Role Model Trackers**

This week I have been really pleased to see examples from pupils who are setting a "Cestrian Role Model" example of how to use their progress trackers. These pupils are completing their daily subject reflection/reminder as well as their weekly **Attitude to Learning** reflection. I hope that parents and pupils will look at these wonderful examples and further understand what they need to do to improve their own tracker and consequently invest in their own progress.

#### Well done to:

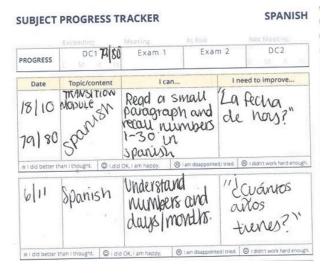
Sadie J 7ITA and Gavin L 9JDE for these fabulous examples. Commendations also to Lilly B and Harshi V in 7RMI.



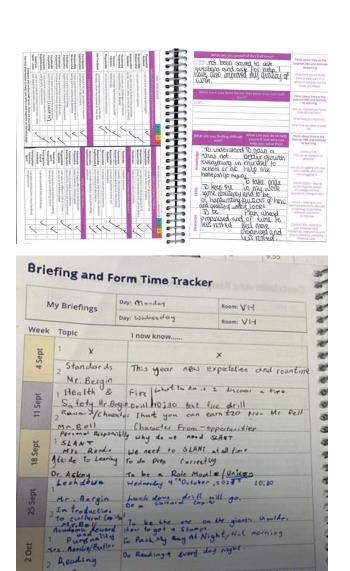
5 - Cestrian Role Models



6 - Cestrian Role Models



7 - Cestrian Role Models



8 - Cestrian Role Models

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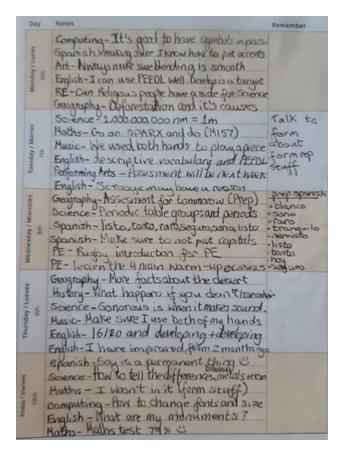
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9 - Cestrian Role Models

#### YEAR 11 PARENTS CONSULTATION EVENING

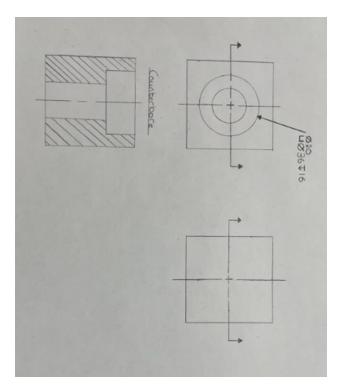
Tuesday 12th December - appointment booking window opens on Monday next week!

#### **ENGINEERING NEWS**



#### Instilling Growth Mindset

Year 10 are currently learning the skills to be able to complete a similar task in Year 11. They are getting to grips with the 3rd angle orthographic drawings.

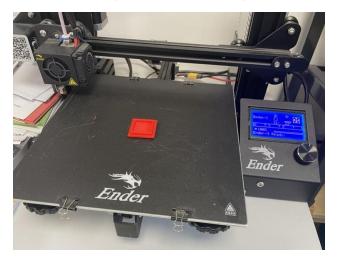


10 - Orthographic Drawing

Year 11 have been demonstrating their knowledge of engineering drawings to manufacture a bike clamp to a very accurate degree of tolerance. They have been using CAD (computer aided design) to 3D print the end cap. They have also been using the laser cutter, for the arms, the pillar drill to make the stand & the centre lathe to knurl the aluminium nuts.

Year 11 also went on a careers convention trip to the Bridgewater Hall to meet large engineering employers such as Bentley motors, the Army & Rolls Royce engines, to see what opportunities are available for progression within the engineering industry. They also had to engage on a professional level with engineering managers on the various stalls.

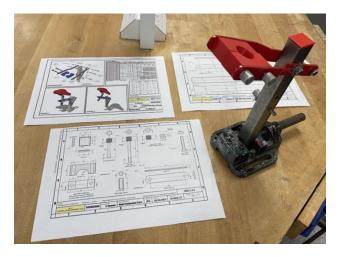
#### Year 11 Catch Up Clinic is every Gold Thursday!



11 - 3D Printing



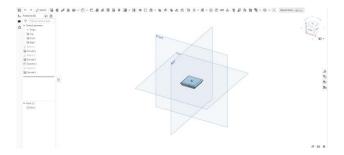
12 - Centre lathe



13 - Engineering



14 - Engineering



15 - Onshape CAD

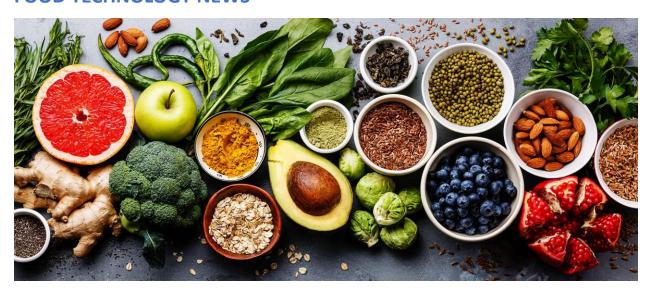


16 - Engineering

Reminder that assessments in Engineering, for all year groups, will take place starting on Monday 27th November.

Reminder - KS3 Soldering Club is every Gold Monday at lunch time in T1. We will be soldiering a circuit to make a small torch. Photos to follow.

#### **FOOD TECHNOLOGY NEWS**



The Rendezvous Café Cook Club every Monday after School 3.30pm till 4.30pm. November 20th intake **fully booked** now for a six-week carousel.

Should you be interested in joining a Cook Club in future please email <u>J.millard@northcestrian.co.uk</u> showing your interest and you will be placed on the waiting list for the next available dates and intake.

You need to be quick though because my club fills up very quick!



17 - Rendezvous Cafe



18 - Food Technology - Rendezvous Cafe

Cookbook 1 is a range Cakes and Desserts to tantalize the taste buds, Bon appetite!

Thanks Mr. Millard



19 - Romeo and Juliet

#### "I loved the fight scenes and the blood!"

A group of Year 9 students went to see Shakespeare's *Romeo and Juliet* at the Royal Exchange last Tuesday. It was a snappy and modern performance that left the students feeling exhilarated. After learning about the process of being an actor and putting on a play in a Q&A session with the cast and directors, this what the students had to say...

Moses: 4 Stars \*\*\*\*

"I loved the fight scenes and the blood!"

Harley: 4 Stars \*\*\*\*

"I really liked it. I enjoyed the actors' interactions with the audience."

Olivia: 4.7 Stars \*\*\*\*.7

"I loved the way they portrayed the characters and the modern feel of the play"

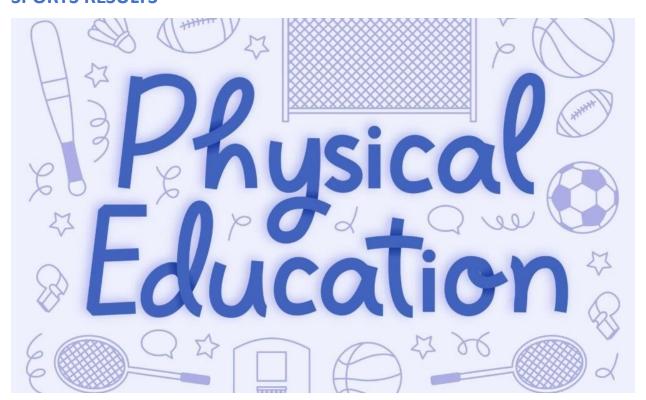
Evelyn: 5 Stars \*\*\*\*\*

"I loved the setting, especially the disco balls"

Angelika and Sienna: 4.5 Stars \*\*\*\*.5

'Loved the disco and how they got the audience to be a part of it and dance.... can we go again!"

#### **SPORTS RESULTS**



#### **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.



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



21 - Dodgeball



22 - Dodgeball



23 - Dodgeball



24 - Dodgeball



Providing dignity and opportunity through education

#### **Ambassador Fundraising News**



#### **Bring a Parent Paddle!**

The ACEF team are working hard to increase NCS music and sporting links with The Brainhouse Academy in Kenya and we are helping four of our teachers to go to the school and orphanage and to work there for a week in July 2024.

In order to support the development of these links, we are holding a

Paddling a canoe is a **fun** and **adventurous** activity which is **safe** and can be done in **all weathers** as you can wear layers to keep warm and waterproofs if you need them. This is a great opportunity for some quality time as a family or just for a parent or significant adult and child to enjoy the great outdoors.

Send in the slip below or email: <a href="mailto:s.few@northcestrian.co.uk">s.few@northcestrian.co.uk</a> to book a 2 hours slot.

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

#### Sunday 19th November

- £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

#### **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!** 



25 - GMP Notice - Action Fraud

#### 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



26 - Christmas Raffle 2023



27 - 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
	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 Rehearsal L7 Y10, Y11 Food drop in T3 (Y11)	Prep Club S1 Zumba Club Drama Studio

28 - 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	

29 - 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	

30 - 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>