

Edition 4

Dear all

Well done to all of you who have engaged in lessons and submitted work this week. We know that lockdown and time away from school has been challenging for you at times, especially as some of you are feeling overwhelmed with work and struggling with spending too much time at the computer looking at a screen.

Therefore, Wednesday 10 February 2021 will be a 'No Screen: Challenges & Wellbeing Day'. We hope this will help your mental health and wellbeing and give you time to think creatively or get some exercise. All lessons will be suspended for the day and you will have to complete up to 5 challenges from a set list. That does not mean school is cancelled, just that you are learning in a different way! The challenges list will be uploaded to the website on Tuesday afternoon. You can select your challenges and get everything ready, so it will be possible for you to complete the tasks without the use of the internet on Wednesday. Will you be able to manage it? Each completed challenge will be worth 10 House points and count towards completion of the Notley Achievement Award. Please email evidence of completed challenges to tutors by Thursday lunchtime.



This week, Captain Sir Tom Moore died. Many of you will know him for his fundraising efforts for the NHS last year. He started out wanting to raise £1000 and ended up raising over £33 million. He had no idea that walking 100 laps of his garden would create such an impact all over the world. He just wanted to make a small contribution during the pandemic. His courage, determination and positivity summed up in his famous quote “Tomorrow will be a better day” is inspirational.

We all want things to return to normal as soon as possible, but we can all help to make tomorrow a better day. In this newsletter there are fantastic examples of work and ideas for support. Each entry or article makes a difference. You should be proud of your work being displayed. The staff are proud because they know you have taken the time to complete the work that they have prepared for you. Your parents/carers are proud of your work being chosen. Other people see what Notley High School & Braintree Sixth Form is like. Finally I am proud because it shows what we can achieve when we work together.

You may think you are too small or insignificant to make a difference but each of you do make a difference every day – make sure that the impact you have is positive on the world around you.



Have a good week and good luck on Wednesday for 'No Screen: Challenges & Wellbeing Day' – I am looking forward to seeing what you all get up to.

Take care and keep safe

Dr C Cusick
Head of School

Meet the Teacher

This week, we are meeting Mrs Wager, Assistant Headteacher – KS4

Favourite subject to teach?

Politics – I love the changing nature of the subject and how relevant the subject is. It is a unique subject as issues can arise and develop from lesson to lesson, which allows for good discussion in class. I enjoy seeing students engaged in political issues and discussing politics with my class.

History – I am particularly interested in women's history and my dissertation at university examined the role of women munitions workers in the First World War. I am interested in the British campaign for votes for women and enjoy teaching American history, particularly the civil rights and feminist movements.

Why did you become a teacher?

My aunt, who I am very close to, is a headteacher at a primary school and I have always been interested in hearing about her work. I could see how much satisfaction and reward she got from her role. I completed some voluntary work at her school which confirmed to me that I wanted to teach. I chose to become a secondary teacher so I could teach the subjects that I love - Politics and History - in depth.

What is your favourite football team?

West Ham. I have had a season ticket since I was a child and attend matches with my Dad and aunt. I am a big football fan – we had a claret and blue theme at our wedding and bubbles instead of confetti! My Tottenham supporting husband took some convincing...

I am really missing watching football in a stadium – the pre-match build up, the atmosphere in the ground and the feeling of collectiveness when singing 'I'm forever blowing bubbles'. I'm delighted with us currently being 5th in the table. Let's hope we can get another 3 points this weekend against Fulham.

What are your hobbies?

I enjoy running and I am missing being able to train with my running club. I think running is a great way to clear your mind and take in your surroundings. I enjoy being outdoors and like visiting National Trust properties for walks. I enjoy going to the theatre, watching cricket and visiting new places (when we are able to!).

What would you like to learn or be able to do?

I was left my grandmother's piano which now sits in our living room, but no-one in the house can play it! I would love to have lessons.

What's your favourite biscuit?

Shortbread or a chocolate digestive - dunked in a mug of strong tea!

What's your favourite movie or TV programme?

I think I watch more episodes of the Twirlywoos or Hey Duggee on CBeebies with my daughter than anything else, but when I do get control of the TV, I have to say I'm currently a

little obsessed with the Mandalorian. I love the theme music and the comic art at the end of each episode. I have recently enjoyed Stranger Things and we have been recommended Designated Survivor to watch. We have watched a lot of films recently and have enjoyed The Trial of the Chicago 7, the story of a group of anti-Vietnam War protestors, and Radioactive, which tells the story of Marie Curie and her scientific breakthroughs.

Favourite book?

I don't think I am able to narrow it down to one favourite book. I have recently enjoyed 'Alone in Berlin' by Hans Fallada, which tells the true story of an ordinary German couple who were involved in extraordinary acts of resistance against the Nazis. I was given 'The Great Silence' by Juliet Nicolson for Christmas, and I am currently enjoying that. It covers the two years following the First World War, looking at how life in England altered so much in the aftermath of the conflict.

What would you be doing if you were not a teacher?

I used to love watching 'Time Team' on Channel 4 when I was younger and like the idea of being an archaeologist and getting 'hands on' with history. We have just watched the film 'The Dig', which tells the story of a group of archaeologists embarking on the historically important excavation of Sutton Hoo in 1938. I imagine it was hugely exciting to be amongst the first people to see such treasures from the past.

What have you been doing to survive the lockdown?

We moved into a new house the day before the first lockdown so having an increased amount of time at home has been a great opportunity to discover our local area. We have enjoyed going on walks and runs on local footpaths. Our daughter has been enjoying puddle jumping - and generally getting covered in mud - after the recent wet weather. She is 2 so doesn't worry about getting filthy!



I have enjoyed doing more craft activities and baking with my daughter. We are currently making handprint 'mail a hug' to send to family and friends we haven't seen for a while for Valentine's Day.

What is your favourite motto or affirmation?

I like the motto of Emmeline Pankhurst, leader of the WSPU (the suffragettes) who said 'Deeds not words'. It is a good reminder that we are known and remembered more for our actions than what we say.

Carpool karaoke – who are you enjoying listening to on your way to work at the moment?

I normally listen to Radio 4 on my way in, but music I am currently enjoying listening to are the new albums by Disclosure, Dua Lipa and Paul McCartney.

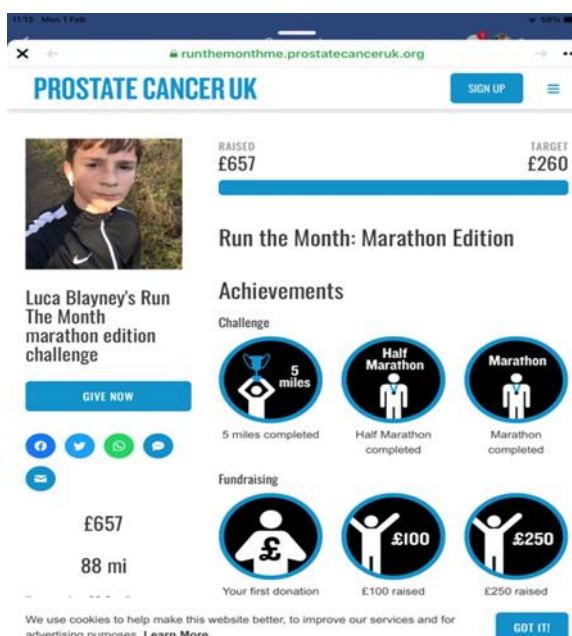
Luca Blayney's Charity Fundraiser

Luca decided to take on the 'Run the Month' challenge for Prostate Cancer UK, which involved him running a marathon over the course of the month and he hoped to raise £260 for the worthy cause.

Luca managed to run 26 miles within the first few weeks, and so set himself the challenge to run another marathon before the end of January; but there was no stopping Luca and by the end of January he had run an incredible 88 miles!

Luca also managed to exceed his fundraising target and has raised a whopping £657!

We are incredibly proud of Luca's dedication and resilience. It takes a lot of commitment to put those trainers on and to keep going, especially during the dark and drizzling month of January. Well done Luca, you are an inspiration!



Are you interested in becoming a police officer?

[Click here](#) to find out more about the new Degree Apprenticeship route to policing during National Apprenticeship week.



Please see the Careers section of our website for further careers information
<https://notleyhigh.com/careers/exciting-opportunities> .

Wellbeing

We will send some isolation wellbeing and mindfulness ideas to you each week. Please do send us details of anything that you find helpful via enquiries@notleyhigh.com

Isolation Wellbeing & Mindfulness				
Monday	Tuesday	Wednesday	Thursday	Friday
Sit quietly and listen to some soothing sounds - rainfall, thunder, running water. These can be found on YouTube.	Make a word search about what makes you happy.	Bake some muffins/cup cakes	Write about being a superhero – what powers would you want and why?	Play a game with a family member

Children's Mental Health Week

This week has seen a focus on mental health as part of the national Children's Mental Health Week. The theme of this year has been Express Yourself and on Monday we challenged students to take part in a 7-day photo challenge to take one photo a day that captured some aspect of themselves. I would love to see any photos that students have taken – please do send an email to me christine.wager@notleyhigh.com if you would like to share your photos.

On Wednesday I enjoyed dropping into some Year 10 tutor sessions to hear tutors and students discussing how they express themselves, and sharing activities they enjoy doing, as well as suggestions of how to keep active during lockdown. I was very impressed with the number of students going out for walks and runs – something which inspired me to lace up my trainers and get out of the house for a midweek run after work.

We have also been sharing on social media and the school website, sources of support for young people:

- Kooth offers free, safe and anonymous support for 11-25 year olds and is available 365 days a year. www.kooth.com
- Shout is the UK's first free, confidential, 24/7 text support service. Young people can access the service by texting SHOUT to 85258.
- Flourish is a YouTube channel created by our wonderful school counsellor Jo Morton-Brown. Jo uploads weekly videos offering guidance on how young people can support their own emotional wellbeing.

If students have any concerns about their own or a peer's mental health then we encourage them to pass that concern on. This could be to any member of staff, by sending an email to safeguarding@notleyhigh.com or by using the Report a Concern form on SharePoint.

Message from...

Senior Student Ambassadors

Having a mental illness is nothing to be ashamed of. In fact, more than 50% of people will have a mental illness or disorder at one point in their life. And a lot of people aren't even aware when they do. You might even be living with one right now!

There are many different types and severities of mental health problems. For example; depression isn't only suicidal but it is also feeling constantly and persistently low and sad for weeks, months or even years. Like I said you might not even be aware you have depression, or other mental illnesses such as Body Dysmorphia Disorder (BDD) which is on the rise and so many people are still unaware.

BDD is a mental health condition where you spend a lot of time worrying about your appearance and flaws. And it's most common in teenagers and young adults.

There are many ways to help overcome or deal with mental illness. First of all, it is recognising you have a problem and admitting that to yourself. Then, you need to talk to someone about it. This could be your parents/carers, teachers or us Student Ambassadors.

We will help you with these next steps:

Depending on your circumstances you may need to see your GP for some medicine to help or maybe see a councillor/therapist. One of the most important things is having the right mindset and wanting to help yourself and knowing that you're not alone and that it doesn't last forever. Daily activities and hobbies can also improve your mental health - things like running, knitting, cooking, reading, or playing with a pet (if you have one). Even having someone to talk to that you trust is proven to help.

Over the weekend, get in touch with yourself and your own emotions. Look for symptoms of mental health illness on yourself and others.

And here is a little challenge: next time you ask if someone is alright, really listen to their reply. If they talk about their day, ask them questions like "did you enjoy your day?" and "what was good about it?"

If you ever feel like you need someone to talk to, drop us an email and we will happily have a chat with you. It doesn't have to be a problem (of course it can be), it can simply be you're bored and don't know what to do. Always remember, you're not alone.

Our email addresses:

Amelia - Senior Student ambassador amelia.appleyard@notleyhigh.com

Katie - Senior Student ambassador katie.donaldson@notleyhigh.com

Message from...

Miss Murdoch,

Raising Standards Leader – Year 7

Well done on completing another week of online learning. I am sure that lots of you are very pleased that next week is the last week before the half term break, I know I am!

Last week we had a total of 123 students who completed every lesson online. Well done to you all. This week's winner is **Rhys Keeble**. Well done to Rhys and the rest of you for all your hard work.

Thank you to those who joined in on my 'random act of kindness' challenge last week. I have thoroughly enjoyed reading the emails and looking at the photographs that you have sent in. We have had so many examples of thoughtful students. I couldn't possibly tell you everything that has been going on but a few examples are cooking for the family, giving Mum a foot massage, delivering plants to grandparents, retrieving Tesco shopping trolleys from the park and returning them, calling loved ones for a chat to cheer them up.

I joined in this week by sending my Great Aunt in Scotland a jigsaw to keep her busy. She is vulnerable and so has been shielding for nearly a year now. We FaceTime weekly and she said she fancied doing a jigsaw to keep her busy, so I had one delivered to her. It looked quite difficult so hopefully it will keep her occupied for a while!

My challenge to you this week is to find a stone, decorate it with a positive message and then put it somewhere for someone to find. As always, I will join in too, although I have told you about my non-existent artistic talents before, so don't expect too much from me!



Have a great weekend.

Message from...

Mrs Swan,

Raising Standards Leader – Year 8

This week has been Children's Mental Health Week.

When I delivered my first assembly to Year 8 in September, I spoke about how I would make it one of my goals to ensure that everyone feels that they have someone to talk to in school. Obviously, that can be a bit more challenging when things are virtual and I know some of you might be finding it difficult to reach out. Your tutor will be keeping in touch with you, but I want to reassure Year 8 that you can contact any member of staff by email if you are struggling and we will do what we can to support you. No problems are too small and I am a big believer in the phrase "a problem shared is a problem halved".

I have been delighted to receive photographs of your challenge attempts for the Challenge Passport. I have included some of the brilliant photographs that I have received – please see below. Well done to everyone who has been taking part and if you have not yet joined in, I really encourage you to do so! This week I have posted letters to three friends and family members, and I started a 1000-piece jigsaw puzzle (SO much harder than I thought it would be!).

The winner of the attendance award for last week is **Joe Andrews**. There were 110 students in Year 8 with 100% attendance last week which is a brilliant achievement.

Have a fantastic lockdown weekend.



Emily Ashworth



Megan Gribbin



Chloe Clifton



Oscar Parry

Message from...

Mr Harrington,

Raising Standards Leader – Year 9

This week is Children's Mental Health Week and as such we have had assemblies and information on what students can do to support their mental health and wellbeing.

This should not just be seen as a token week by any of us, this is something to always be mindful of, but even more so in the current situation that we find ourselves in. Remember to try and support each other. The most important thing to do is talk, and remember that the struggles that you are facing are often the same for other people, you are not alone. I hope that your weekly positive mindset journal and challenges from the Challenge Passport have given you some ideas to help your mental wellbeing.

We have the KS4 Courses (Options) Taster Day on Thursday 11 February, to support our students with making decisions on options choices. I hope that this is an informative experience and provides students with valuable information for their upcoming decisions.

The number of students with 100% attendance last week increased again from the previous week, there were 123 students. Well done to all of you!

This week's winner of the 100% attendance reward is **Adam Deed**. Congratulations Adam!

Enjoy the weekend and try and do something to support your own or someone else's mental wellbeing.

Message from...

Mrs Greatrex,

Raising Standards Leader – Year 10

Happy Friday!

With having a Mental Health Awareness Week this week, I sent a positive mindset journal to some students (if you didn't receive a copy, but would like one, please let me know). The main challenge is to write down three good things that happened that week. With my 1 year old daughter developing a new type of particularly ear-piercing scream, and plenty of marking to do, I thought this would be good for me too. So here are my three things (and if you told me last year that these would be the highlights of my week, I wouldn't have believed you!).

- 1) I have completed three Joe Wicks' videos this week AND a run.
- 2) On Tuesday, I was a little confused and thought it was Pancake Day(!), so I made some blueberry pancakes for dinner.
- 3) At the weekend, I saw lots of snowdrops in the countryside.



I hope that you are all finding small things that make your day. If not, have confidence to change what you are doing, change your routine, and try to make your own happiness.

I am not sure if any of you watched the Netflix series that were recommended last week? This week, the Year 10 tutors have suggested some favourite music to relax to:

Anything by The Killers, Cheesy hits (although not much relaxing is being done - just lots of singing very badly and dancing), Oasis (What's the Story) Morning Glory?, First Aid Kit... My Silver Lining, Little Mix, Abba, Instrumental songs, Caribou, Maroon 5, Chill out playlists, Dermot Kennedy

Well done to all the students who attended 100% of your lessons last week. **Ruby Mae Proctor** is the winner of the Amazon voucher – hooray!

Message from...

Mrs Wallace,

Raising Standards Leader – Year 11

It's February already! I think this week has been really tough for some of you, so well done for keeping going and doing your best when it has been hard. Remember, we and your tutors are at the other end of an email if you need to talk.

I have loved hearing about what some of you have been up to when you haven't been working, so thank you for sharing! I have finally managed to finish my skirt and am ready for my next project (with some Where's Wally space themed fabric, which I am quite excited about!).

I know motivation can be hard, especially as the weeks have gone on and it seems like such a long time since we were in school. Some of you were disappointed with your mock results, but, as Mr Burge said in assembly last week, it's not over yet. Your teachers will be continuing to support you to improve, just as we would if we were in school, so don't give up, instead, let it be the encouragement you need to be in lessons, asking questions and improving; it's all still to play for.

The list of students who achieved 100% attendance last week was another long one, so well done to everyone who managed it. The winner of this week's £5 Amazon voucher is **Rebecca Platt** – well done Rebecca!

Remember to take a break from school work over the weekend – why don't you consider trying one of the challenges we mentioned in assembly – even better if you can make it a sponsored challenge to raise money for the school's community fund mentioned in the newsletter last week – we'd love to see photographs of your efforts.

Enjoy your weekend everyone!



Word of the Week

Definition: (noun) marked by deliberate deceptiveness especially by pretending one set of feelings and acting under the influence of another.

E.G. They are duplicitous.

Sentences by subject:

English: The witches in Macbeth are duplicitous.

History: King John was a duplicitous monarch.

PDT: Real friends are not duplicitous.

Duplicitous

Synonyms:

Deceitful

Dishonest

Double-dealing

Antonyms

Honest

Trustworthy

Transparent

From the latin 'plic' meaning twofold.

du=two

ous= possessing or full of.

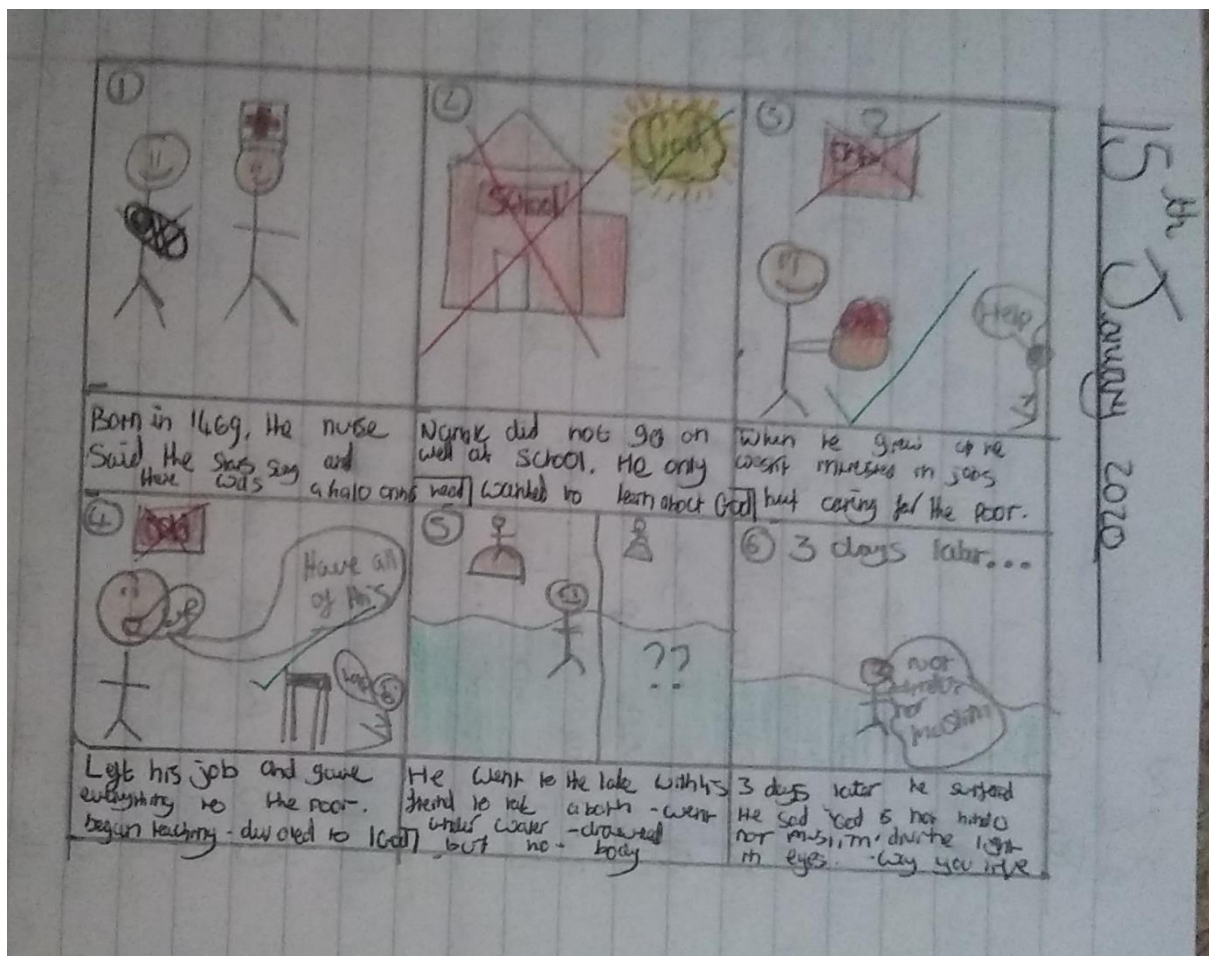
Challenge:

Can you and your family think of other words that begin with **du-**?

PER

We have selected examples of students' work to show you how hard many of our students are working and how well they are doing.

Years 7 and 8 students are studying Islam and Sikhism respectively. Both year groups were asked to create a storyboard with what they considered were the key events in Muhammad and Guru Nanak's lives. Below is an example of one of many pieces of good work.



Chloe Clifton – Year 8 – The Life of Guru Nanak

Students in Year 9 are working on a module on Equality, looking at various forms of prejudice and discrimination. They started looking at stereotyping and the impact this has on ageism. They were asked to write a poem in response to one we read in class, written by an elderly person, called Look at Me. Here are some of the responses. They express a desire for us to really get to know and understand them. The one poem clearly shows the challenges faced by teenagers during lockdown.

Look at Me too!

Look at me, can't you see.

That I am bright and
bold.

And I'm creative,
ambitious.

You don't know that I am...

Courageous and brave,

An overthinker and quiet.

Look at me too

What do you see when you look at me,

Selfish, a jealous person,

But that is not all me.

I'm sporty, helpful,

And can't wait for what is coming.

Look deeper and you will see,

I am resilient, brave,

Creative and a good leader,

I can take on anything.

Look at me too!!

You might see me as lazy, but look at me, really look at me. Do you know I'm struggling? I have nowhere to go, I have nowhere to be, I'm with just me.

You might see me as annoying, but look at me, really look at me. Do you know I'm bored? I have no friends to play with. I have nothing to do. I'm just trying to do something to make me not feel blue.

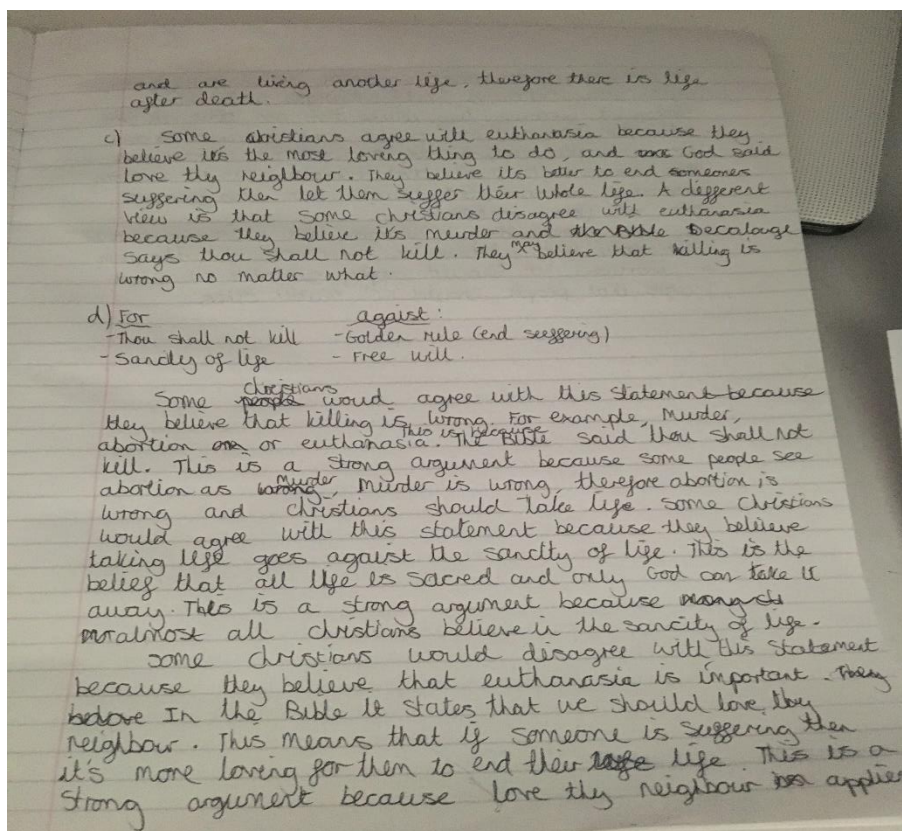
You might see me as not trying hard enough, but look at me, really look at me. Do you know I'm trying my best? I have no fun with friends. I see no one face to face, making learning hard to embrace.

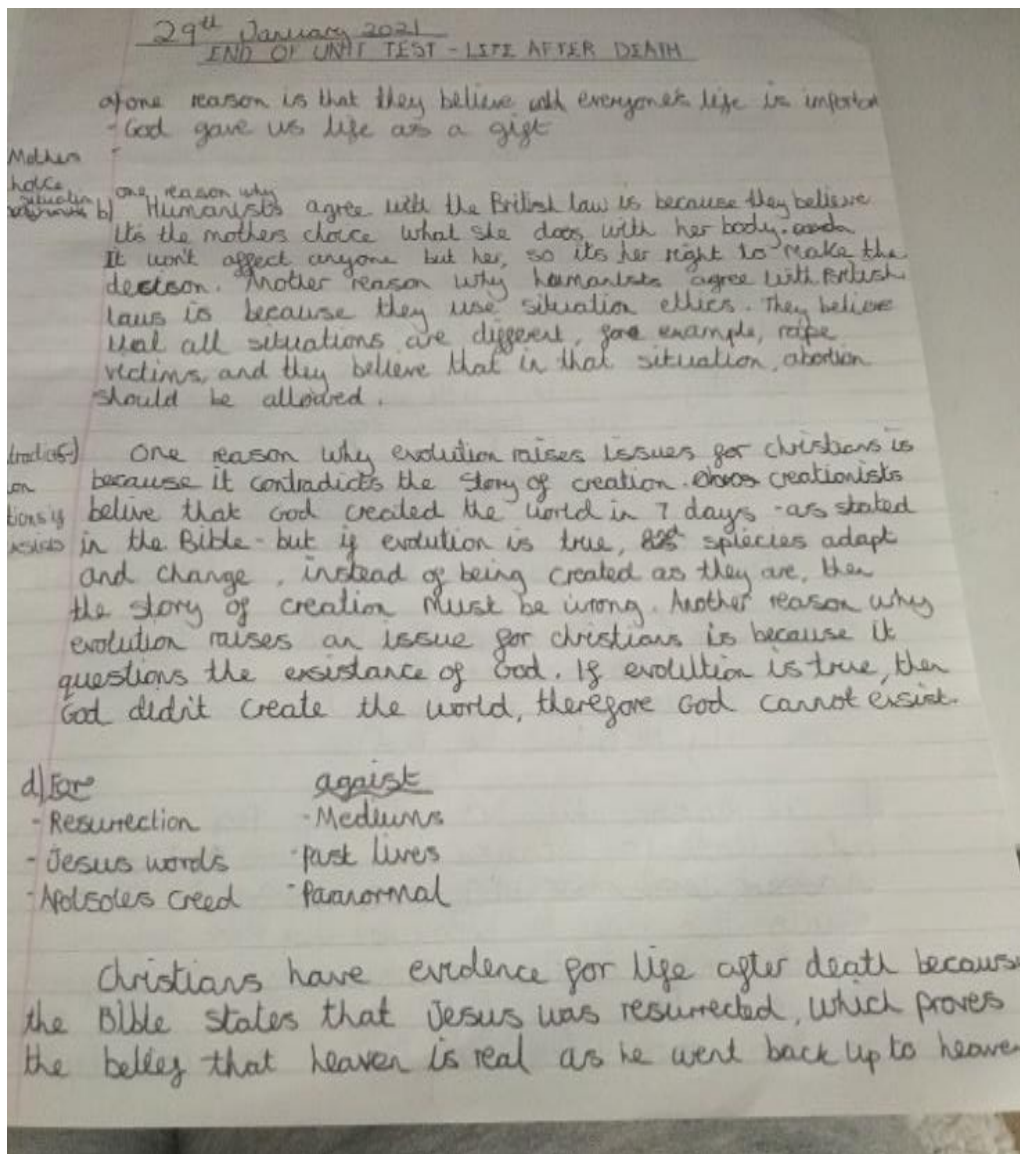
Give me some time and keep looking at me, because when the pandemic is all over, I'll turn out amazing, you will see!

By Ben Stevens

Year 10

Year 10 students have just completed a module on Matters of Life and Death and below is an example of a student who has clearly taken time to learn the content for her end of module test and apply the exam skills that Year 10 students are currently developing.





Year 11

Year 11 students have just completed a module on Peace and Conflict. Here are examples of research and flipped learning that they completed, as well as evidence of the beginning of independent revision for their assessment.

The Arab Spring - Lucy Cutmore

1. Three countries the Arab Spring movement affected were: Tunisia, Egypt and Libya.
2. The peaceful protests started in Tunisia in 2010 because citizens believed their governments were unfair and corrupt, or dishonest. Several of the countries had strong rulers who had controlled the countries for many years. People also protested because they were poor and

needed jobs. The aim was to have democracy, free elections, economic freedom, human rights, employment and regime change.

3. In January and February 2011, protests in Tunisia and Egypt succeeded in a matter of weeks in toppling 2 regimes originally thought to be among the regions most stable. Protests soon overwhelmed the country's security forces, compelling President Zine al-Abidine Ben Ali to step down and flee the country in January 2011.

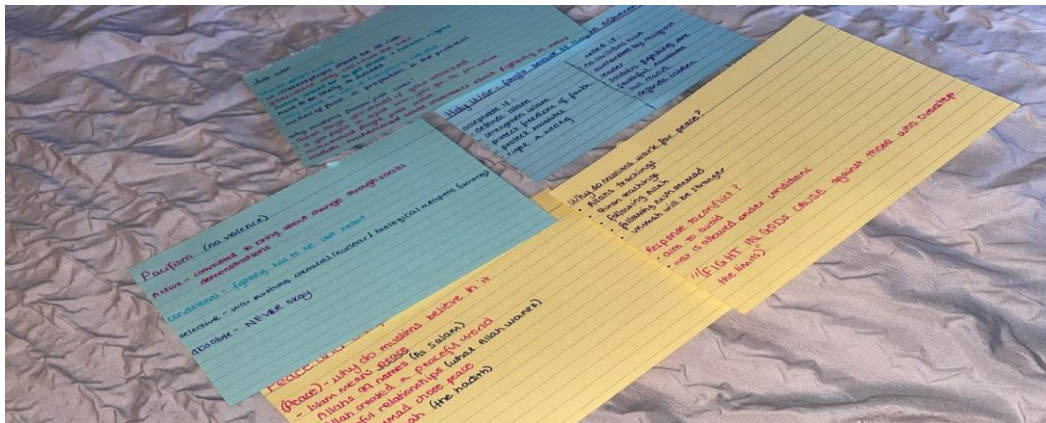
Massive protests followed in Egypt in late January 2011. In February, President Hosni Mubarak left office after 23 years in power, leaving a council of senior military officers to govern the country.

The protest in Cairo led to President Mubarak being overthrown too. In Yemen, massive protest sparked a political crisis and forced its president to step down.

However, the leaders of Bahrain and Syria stayed in power.

4. It didn't always remain peaceful. The Tunisian government attempted to end the unrest by using violence against street demonstrations and by offering political and economic concessions.

Independent Revision – Seren Lewis-Jones



Weapons of Mass Destruction – Research Task - Issy Braithwaite

Nuclear Weapons

- **What are nuclear weapons? How do they work?**

An explosive device that derives its destructive force from nuclear reactions, either fission or from a combination of fission and fusion reactions. They work by the compression of nuclear material causing fission which causes fission. This releases massive amounts of energy in the form of X-rays, which create the high temperature and pressure needed to ignite fusion.

- **How / why were they invented?**

Nuclear weapons are made from fissile elements like uranium that is enriched in the isotope that can sustain a fission nuclear chain reaction.

- **Which countries currently have nuclear weapons?**

USA, Russia, North Korea, UK, France, China, India, Israel, Pakistan

- **What happened at Hiroshima? Why? How many people were killed?**

70,000 killed instantly, 10,000 killed later on, the USA bombed it with an atomic bomb, the bomb was intended to warn Japan of the force of the US military and that they should surrender.

- **What were the short-term effects of nuclear weapons?**

City was destroyed and people died.

- **What are the long-term effects of nuclear weapons?**

Radiation caused many people to develop cancer.

- **Where were nuclear weapons last used?**

Last used in war at Hiroshima and Nagasaki, last used in testing was in North Korea

Chemical Weapons

- **What is the definition of chemical weapons?**

Specialised munition that uses chemicals formulated to inflict death or harm on humans.

- **What was the first chemical weapon used in warfare?**

Phosgene

- **Agent Orange was a tactical Herbicide used during the Vietnam war. What is an herbicide?**

Weedkiller

- **Agent Orange contains a chemical called TCDD. What are the side effects of this chemical on humans?**

Birth defects and cancer

- **How many cases were there of civilians developing?**

a) **Cancer?** 2 million

b) **Birth Defects?** 500,000

Biological Weapons

- **What are biological weapons? Explain and give examples.**

Involves the use of toxins or infectious agents that are biological in origin. This can include bacteria, viruses, and fungi.

- **What is bioterrorism?**

The intentional release of viruses, bacteria, or other germs that sicken or kill people, livestock, or crops.

- **Give an example of a biological weapon; how would this affect society?**

Smallpox – smallpox is now only found in two laboratories in the world but if someone were to contract it, it would spread quickly from person to person.

Art, Design & Technology

Here are some more work examples for this week from Textiles and Food.

We have some good examples of Key Stage 3 Textiles work, and also a few impressive looking tomato soups and poached eggs that have been made at home.

Content & Composition

- What is the subject of the artwork - what can you see?
- What is your eye drawn to first - why is this?
- The subject of this art is a bird.
- The bird is looking to the left and looks to be sitting in a tree.
- What I was drawn to was the colour. It's simple just blue and black but it looks so effective.

Reasoning & Critique

- **Reasoning & Critique**
- What do you like, what do you not like, what do you think about it and **why?**
- What I like about this piece of art is that it isn't overdone. It's not overflowing with colour.
- However, I don't like the background on the right-hand side because I don't like the patches.

★ Extension ★

- If you were re-making the artwork from your own point of view, what would it look like, what would be in it?

Delft Blue by Nigel Cheney



Media & Technique

- What materials did the artist/designer use?
- Why might they have used those materials? - only one available? Or creates a certain look?
- They used thread to get the marking clearer and to make it stand out more.

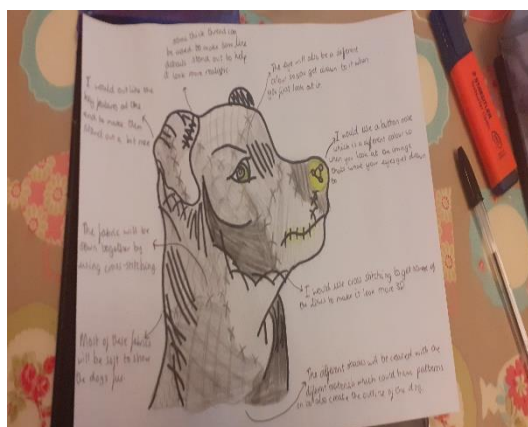
Elements of Art

Write about how they are used:

- **Colour** - is there a range of colours used?
- **No**, it's simple black and blue but I prefer it that way.
- **Tone** - Does it make the work look 3D?
- In my opinion, no.
- **Texture** - How has the texture been created - using mark making to create the illusion of texture or using actual textured materials?
- He uses straight lines to get the texture across and it works very effectively.
- **Pattern** - Can you see any patterns? Are there any regular pattern systems - mirroring, rotation, half drop etc. Which motifs are repeated?
- I'm not too sure which ones are used but I think that it is half drop.
- **Shape** - Curved, pointed, straight, sharp. Are 2D or 3D shapes used? Does it look flat or does it look like a real object?
- In my opinion it looks flat but to others it may look 3D.

Meaning

- How does it make you feel when you look at it?
- What is it in the image that makes you think this (subject, elements of art, media)?
- To me it makes me feel calm because of the colours used.









Jasmine Rockenback



Matilda Fenn

Food

Name	Description	Picture
Whole Wheat Bread	Light, fluffy and is good for you	
Tiger bread	The bread itself has a crusty exterior but is soft inside.	
Baguette	baguette is a long, thin loaf of French bread that is commonly made from basic lean dough It is distinguishable by its length and crisp crust.	
Brioche	light and slightly puffy	
Rye bread	It can be light or dark in colour, depending on the type of flour used and the addition of colouring agents, and is typically denser than bread made from wheat flour.	
Panettone	I had panettone for Christmas, and it was fluffy and full of chocolate chips	

Frankie Lamb



Amelia Stanila

Food Evaluation
Name: Emily Jane Hanks Date: 21.01.2021
Group: _____

Tomato Soup Evaluation

Describe the dish you have made

The dish that I have made was a tomato soup. In the tomato soup I used the ingredients: Canned tomatoes, onion, garlic, salt & pepper, vegetable stock cube, and oil. I enjoyed creating the dish as I have got inspired to make other soups to! Next I will be making a carrot & parsnip soup from my mum's cookbook.

Explain what new skills you have used to make this dish.

Some of the new skills I have used was simmering as before making the tomato soup I had no clue what it was.

Explain one thing you did well

I feel that blending was one of the things I did well as before making this soup we put too much in the blender and it went everywhere so I think it's an improvement.

Explain the most difficult thing you had to do for this practical, and how you managed to deal with this

Definitely the hardest part was chopping the onion as my eyes kept stinging. I overcame this by every now and then dabbing my eyes on a clean tea towel.

How well do you think the dish turned out? And what did others think about it?

I feel that this dish turned out quite well but it is only my first try and there is always room for improvement. My dad really liked the soup and insists me to make more often.

Emily Hanks



Olivia Bowman

Why should we care so much about young people's mental health?

We hear about the importance of mental health constantly – at school, in the media and at home. But why should we care so much? Who does it really affect?

Elizabeth Hanley

Wednesday 3rd February 2021

MENTAL health is something that has only recently become a 'mainstream issue' – 30 years ago, nobody talked about it or ever knew what it meant. But today it's a primary focus; always on the news and written about on posters spread throughout school. 1 in 4 people in the UK will experience some sort of mental health issue each year, whether it be depression, anxiety, an eating disorder or anything else under the 'mental health umbrella'. Those three issues I just mentioned are the most commonly talked about, but there are plenty of other conditions affecting millions of people worldwide – OCD, Seasonal Affective Disorder (SAD) and depersonalisation, to name but a few. Still, people refuse to truly step up and lead the charge against our ongoing battle with mental health in young people. It doesn't affect them, so why should they care?

Since the 2000s, the internet and internet culture have heavily influenced the way young people perceive themselves, from how to have 'the perfect body' and how to wear 'the best clothes'. The toxic diet culture of the 00s and the 10s continues to leave its mark on young people, and not in a good way. Sirin Kale at The Guardian recently published [a poignant article about her Diet Coke addiction](#), and how it began at age 4 and was fuelled by her eating disorder - "Nothing tastes as good as skinny feels", said Kate Moss in 2009, something she completely took to heart, starving her body of real food and just drinking the 1-calorie, carbonated "diet culture in a can", as she calls it. This addiction took over her life, consuming her thoughts and controlling how she lived. But no one saw it as an issue – she'd recovered from her eating disorder, so *obviously* there was nothing wrong with her love affair with Diet Coke. 850,000 children aged 5-16 have mental health problems in the UK; staggering numbers that only increase as the government fails to do anything truly meaningful.

However today Boris Johnson appointed Dr Alex George of Love Island fame as the UK's 'Ambassador for Mental Health', stating [in a Tweet](#) that "Young people have sacrificed so much during this pandemic and we are going to do everything we can to support them.". These words couldn't be truer, but will the Prime Minister actually do anything to help? Mental health services in the UK have been underfunded for years, failing to help a large majority of people who desperately need support and guidance to get them through tough times. This is a step in the right direction, certainly, but a lot needs to be done – most mental health problems start by age 14, and this pandemic definitely hasn't helped anyone's mental health.

A large portion of young people struggling with their mental health consider themselves members of the LGBTQIA+ community – many struggle mentally when coming to terms with their sexuality and/or their gender identity, and then subsequently when faced with 'coming out' to their friends and family. In December 2020, the UK government prevented under 16s from accessing hormone blockers, the first stage in gender reassignment surgery, and an important milestone in every transgender person's life. To them, it is the first step to freedom and truly being themselves, and it is an incredibly emotional process for them. The government claims that this new legislation will 'protect' youths with gender dysphoria, but that is simply not true. Even if someone taking hormones then decides that they no longer wish to, it does not harm them – the natural production of their sex's hormones kicks in again, and they experience the puberty that most other members of their sex do. In short, this is an incredibly damaging piece of legislation that will do much more harm than good.

So, to answer the question – we should care about young people's mental health because it affects everyone. Future generations should grow up knowing how to deal with their mental health adequately, and not feel the weight of the world on their shoulders, in the dark about how to cope with their own brain.



House Photography Competition!

Love taking photographs with your camera or phone? This is your chance to go outside, enjoy the fresh air and take a photograph of nature!

Rules: You need to take a photograph of something in nature - either animals or plants (not our pets), identify any species in the photograph with both the common and scientific name, and give it a caption which can be witty or inspirational.

Every entry gets House points and a chance to win a prize for the best entry! The winning House is the one with the most entries!

Send all entries to your respective House Leaders

Closes 12 February 2021. Good luck!

★ COMPETITION UPDATE ★

Notley library is pleased to announce the return of its weekly library House competitions! These will be sent to students via your tutors or House Leaders during tutor time. All are welcome to take part - House points will be awarded to every tutor group or individual that completes a competition, and bonus points will be awarded to the winners.

We will be keeping a record of all the tutor groups that take part and will award a special tutor group goody bag at Easter for the tutor group that enters the most competitions. Here are the results so far:

Tutor Group Winner of the Superhero Alter Ego and Missing Word Poetry Competitions – 7P2 – Congratulations!

Bonus points for individual student entries go to Charlotte 7T2 and Rebecca 7F2 – well done!

Tutor groups in the running for the Easter goody bag – 7F2, 7P1, 7P2 and 7C1.

There is still plenty of time to be in with a chance of winning the tutor group goody bag. Keep getting involved and have fun!



Message from Mr Taylor...

Axeeh max ybklm ixklhg mh vktvd max vhw xgw xftbel fx max phkw lhexw pbgl



Severe Weather Procedures

Our Severe Weather Procedures can be found on our website <https://notleyhigh.com/severe-weather-procedures>

Virtual Run 2021

A number of students took part in a 'Virtual Running Challenge' which was open to all students within our local district. Students were asked to complete either a 2.5km or 5km run and send in their results. Students were not only competing against similar aged students from other schools, but also contributing to the overall challenge of which school could accumulate the greatest distance.

I am very pleased to say that we had a large number of students take part, some of who managed to complete both distances separately. We had some fantastic entries with several potential future Olympic standards being hit along the way!

We had numerous students that finished within the top 3 of each year group. Due to the commitment of our students, we also managed to become the overall school winner with a huge 142.5km covered.

Here is a list of the students that entered:

Aidan Coe
Alfie Escott
Amy Salmon
Emmanuel Capitanchik
Finlay Morrison
Henry Kahler
James Kneller
Joseph Chamberlain
Junior Jarman
Leyla Williams
Louie Mansfield
Acacia Hawkins
Alex Murkowski
Elliot Cunningham
Oliver Spencer
Archie Mansfield
Jayden Bennett
Kris Groodoyal

Luca Blayney
Luke Burgess
Max Streeter
Ronnie Williams
Ryan Young
Taylor Gooding
Willow Emery
George Adams
George Meakins-Ward
Jack Coulson
Joseph Dobson
Joseph Lewis
Joshua Nicol
Olivia Tubbs
Tom Bennett
Chloe Coleman
Saffron Hawkins

Well done to all the students that took part!

Mr Cunningham

