

Edition 3

Dear all

Well, we have made it to the end of January (almost) and it has felt particularly challenging this year! I saw this and it captured it perfectly for me, I hope it makes you smile.

Aide-mémoire

Thirty days has September,
April, June and November.
Unless a leap year is its fate,
February has twenty-eight
but all the rest have three days more,
excepting January,
which has six thousand,
one hundred and eighty-four.

Brian Bilston

Next week is Children's Mental Health Awareness Week (1 to 7 February) and there will be events organised for students. The theme is *express yourself* and the House TikTok challenge is the perfect chance to have some fun and earn some House points!

I really want to draw your attention to the Community Fundraising project. It is very humbling to see the dedication of public sector workers in such challenging circumstances and so as a school community we would like to show our appreciation.

It is now clear that remote learning will be continuing until at least 8 March. I am confident that we will be able to get through this challenging time as long as we continue to work together.

Take care and keep safe

Dr C Cusick
Head of School

Children's Mental Health Week – 1 – 7 February 2021

We will be taking part in Children's Mental Health Week. This year's theme is 'Express Yourself'. Each day next week, we will be posting, via social media, suggested activities for students to take part in, sharing details of supportive organisations and resources parents/carers might find helpful.



TikTok House Challenge

Create your best TikTok style video and send it by email to your tutor or House Leader – subject of email being 'TikTok' House Challenge.

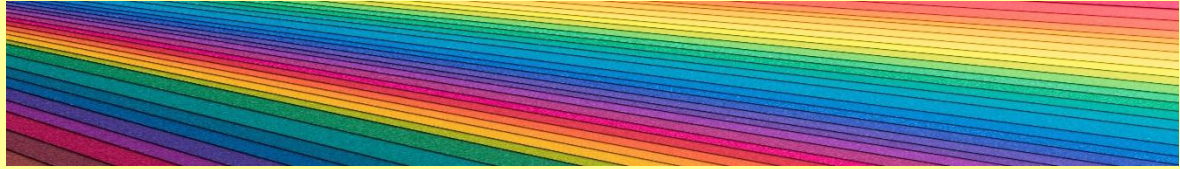
- There will be a prize for the best video;
- It can be silly, funny or serious;
- Some ideas include dancing, singing/rapping, impressions, magic, pets, pranks, cooking skills.

Rules

- Must have parent/carer permission;
- Must be safe;
- Music must not contain expletives;
- Rude and/or offensive videos will not be accepted and there may be consequences for this;
- One entry per student;
- You do not have to appear in the video, but it must be your TikTok;
- Entries to be received by Friday 5 February 2021.

Good luck!

Message from Mr Taylor and Mrs Townsend



Community Fundraising Launch - care packages for NHS staff and care workers

We would like to let you know about an initiative we are launching to allow us as a school and sixth form to thank NHS workers and care workers in our communities and show our appreciation for all they are doing to look after those in need during this critical time.

We plan to put together care packages to show our support for those who are working so hard to keep us all safe - these will include things like hand cream, other toiletries and healthy snacks.

In assemblies this week and next week, Raising Standards Leaders and Heads of Year will be talking to students about different challenges and enrichment activities that they can do during the school closure. These will include a number of different things such as sending a thank you message to an NHS or care worker that can be printed on a card and enclosed in a care package, designing a card that we can print, as well as challenges that you could get some sponsorship for and donate to the funds. Raising Standards Leaders and Heads of Year will be encouraging you to think of different ways in which you can take part. A link for you to send your messages in and upload card designs is [here](#): We will not be using any surnames in the messages on cards.

At this difficult point when we are not able to be in school and are working separately at home, we think that this will be a great way to work together as a community and help others. There is an option to donate any funds you feel you can spare or raise on ParentPay - thanks to many of you who have already donated, even before we launched the campaign! We ask that any donations and messages are received by 22 February 2021.

Message from Mrs Wager, Assistant Headteacher – KS4

National Online Safety

We would like to remind you to join the National Online Safety community through the link below if you have not done so already: <http://nationalonlinesafety.com/enrol/notley-high-school-and-braintree-sixth-form> There are a number of free courses available to parents/carers which will help you keep your child(ren) safe online:

Annual Certificate in Online Safety Course for Parents & Carers (2020-21)	Online Safety for Parents of Children Aged 11-14
Online Safety for Parents of Children Aged 4-7	Online Safety for Parents of Children Aged 14-18
Online Safety for Parents of Children Aged 7-11	

Year 11 Maths – Remote Drop-in Revision Sessions

Higher Tier 3.30pm – 4.15pm		Foundation Tier 3.30pm – 4.15pm	
Date	Topic	Date	Topic
Monday 1 February	Quadratics (including factorising, completing the square and formula)	Tuesday 2 February	Fractions, Decimals and Percentages Workshop
Monday 8 February	Tricky Trigonometry Problems	Tuesday 9 February	Area and Area Formulae Booster
Half Term			
Monday 22 February	Circle Theorem Workshop	Tuesday 23 February	Ratio and Proportion Problem Solving
Monday 1 March	Histograms	Monday 2 March	Algebra and Tricky Worded Problems

All Year 11 students are welcome to join via the Year 11 team.

Meet the Teacher

This week, we are meeting Mrs Townsend, Assistant Headteacher – KS5 and Head of Sixth Form

Favourite subject to teach?

English, especially creative writing, spoken language and literary texts, and Spanish – especially translation and literature.

Why did you become a teacher?

My degree is in English and Modern Languages - a year abroad teaching in Spain in a secondary school was part of my studies, to improve language skills. I thoroughly enjoyed the teaching, even though I struggled to get my Spanish students to want to speak very much English at all. When I came back for my final year, I applied for a PGCE at Bath University and was lucky enough to have an amazing mentor who made me see how imaginative and creative you can get to be as a teacher, so I stayed on that path.

What is your favourite football team?

Growing up on the Wirral you are spoilt for choice – my Mum supported Everton - but these days I follow Liverpool, largely because of my son. My Dad grew up in Marinette, Wisconsin and was a massive Green Bay Packers fan, and I do watch them with my son as well – last weekend's game didn't quite go to plan, unfortunately.

What are your hobbies?

Reading fiction, going to the theatre (when you're allowed to), cooking.

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

I keep talking about learning Italian and never getting around to it – one day! Hopefully in Italy!

What's your favourite biscuit?

Biscoff biscuits or fruit shortcakes.

What's your favourite movie or TV programme?

I loved 'The Queen's Gambit' and am a bit obsessed by 'This is Us'. The recent elections in the US took me back to 'The West Wing'. The recent 'Small Axe' series was amazing –the 'Education' episode is great for Sociology students, too, as it links to one of their Year 12 topics.

Favourite book?

Phillip Pullman's 'The Book of Dust – The Secret Commonwealth' was a wonderful read recently and I loved being back in Lyra's world again. 'The House of Glass' by Hadley Freeman was a great and moving non-fiction book I read last year – it tells her family story and the ways her family had been affected by the upheavals of the twentieth century, including the holocaust. I don't think I have one favourite book.

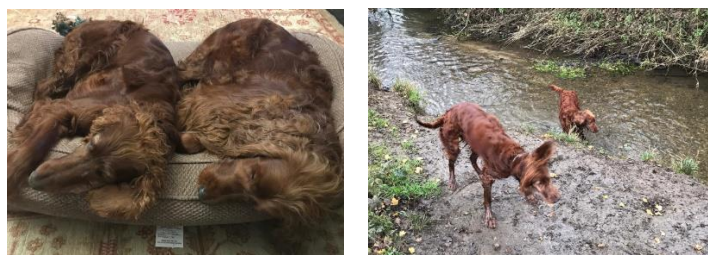
What would you be doing if you were not a teacher?

I honestly don't know – but I wouldn't mind going back and doing some further study one day.

What have you been doing to survive the lockdown?

I made quite a lot of soup and preserves at first, but that phase passed quite quickly...I also started the Couch to 5k just before the first lockdown with a friend. We completed it separately in the Spring before being able to go out again jointly, and have kept going ever since. It is great to get out in the countryside near where I live and feel that we're improving and running further all the time. It's a good break from working in a much more sedentary way when at home.

We also have two dogs (Irish setters) who are very much enjoying lockdown with long walks and having everyone at home a lot where they think we belong, so that does keep you going!



Suzy and Stella

What is your favourite motto or affirmation?

This week we have marked Holocaust Memorial Day. This year's theme, the affirmation 'Be the light in the darkness' reminds us that we are all responsible for creating a safer and better world. A number of years ago, I was privileged to see Nicholas Winton speak when he visited his old school. He was 99 at the time and spoke without notes and with great humility about his role in the Kindertransport. When we share light, others benefit.

Support with Remote Learning

Guidance on how to

- Access SharePoint from home
- Install Microsoft Teams
- Download and install or reinstall Microsoft 365 or Office 2019 on a PC or Mac

and *Remote Education Provision: Information for Parents/Carers* can be found via our Remote Learning section on our website <https://notleyhigh.com/remote-learning>



Message from Make Happen

Due to the current lockdown situation Make Happen have put together a Lockdown Learning Festival, a weeklong event with a variety of sessions for students to attend to complement their learning. There will be sessions focusing on motivation, apprenticeships, post 16 options, building resilience and stress busting. There will also be sessions showing students what it's like to work in careers including the RAF and a sports TV producer.

Each session will be limited to 500 attendees so please access the session on time to avoid disappointment.

There will also be several sessions for parents/carers throughout the week with tips and tricks on how best to help students learning from home as well as a digital skills session to give parents/carers confidence in the digital platforms such as Zoom, Teams and Google Classrooms that students might be using for studying.

Several sessions will be available on demand for the duration of the week for students to watch at a time that suits them. These include providers such as PUSH and Mr Beezy as well as some created by the Make Happen Team and many more.

For more information and the timetable visit [1 to 5 February 2021: Join our Lockdown Learning Festival! | Make Happen](#)

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

Jack Petchey Winners

January 2021



Lois Williams 9F2 chose to have her long hair cut and to donate it to the Little Princess Trust to enable them to use her hair to make a wig for children who have lost their hair due to illness.

Lois was pleased that she found the courage to go ahead with her decision and hopes it will encourage others to support this worthwhile cause.

Well done Lois.

For details on how to nominate a student who has achieved something special, please visit the school website

<https://www.notleyhigh.com/rewards-and-awards/jack-petchey-award-scheme/jack-petchey-nomination-form>



Mrs Wager, Assistant Headteacher – KS4, is the winner of the Jack Petchey Leader Award. She was nominated by sixth form students for all her help and support. Congratulations to Mrs Wager.

Here are two quotes from Year 13 students:

Mrs Wager is a dedicated and supportive staff member, who has been amazing as my Politics teacher since September. She devises very effective and well-structured lessons, which include a variety of teaching methods to cater to every student's specific educational needs. She is reliable, kind, intelligent and compassionate. Students can trust and count on her to help resolve any situation they find themselves in; personal or educational.

Thank You Mrs Wager for everything you do, this nomination is very well deserved.

I would definitely say that she is understanding of her students when it comes to what we are dealing with in regard to stress and additional pressure due to COVID-19.

Wellbeing

Safeguarding

If you have any safeguarding concerns, you are invited to send an email to us via safeguarding@notleyhigh.com. The inbox for these emails is monitored during office hours. Therefore, if you have any urgent safeguarding concerns outside of office hours, support can be accessed via the following services:

- If a child or young person is in immediate danger, call 999
- Essex Children's Social Care: out of hours or bank holidays, please call the emergency duty team on 0345 606 121
- Essex Safeguarding Children Board: www.esccb.co.uk/parentcarer/
- EWMHS (Emotional Wellbeing and Mental Health Service). For urgent or out of hours help: 0300 555 1200
- Childline: 0800 1111
- Give Us A Shout: www.giveusashout.org or text SHOUT to 85258
- Kooth: www.kooth.com

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
Write a journal for a week. At the end of the week look back and think about how things have been.	Send a text to a member of your family just to say hello and see how they are.	Learn to iron. Start with something simple like a pillowcase. (ask a parent/carer to help/supervise).	Help cook the evening meal.	Draw a doodle pattern on a piece of paper. Colour it in.

School Counsellor

We are pleased to support our very own school counsellor here at Notley High School & Braintree Sixth Form, Jo Morton-Brown, who supports children and young people (aged 10-19) across the world via her growing YouTube channel.

Jo started the channel at the beginning of the first lockdown and the channel has now received over 25,000 views. The Flourish YouTube channel is aimed to professionally support and promote good mental health and Jo's latest video can be found here:

<https://youtu.be/rgd7D5pdcuM>

Message from...

Miss Murdoch,

Raising Standards Leader – Year 7

This week has seen Year 7 consistently record the highest levels of attendance to live lessons that we've seen since lockdown number three began, so I'd like to start by saying a huge well done to them all! We are fully aware that online learning highlights a huge number of challenges and I'm continually impressed by how well they are all adapting to it. Last week, we had 123 students who achieved 100% attendance to their online lessons. **Olivia Alen** is the winner of an Amazon voucher. Well done to all those students, let's keep it up.

Thank you to those of you who joined in with the cooking challenge. We had all kinds of entries from tutors and students. It's just a shame I couldn't taste them all. I hope you all stuck to the rule of clearing up afterwards?! Below are some photographs of your creations, including my entry of a racing track birthday cake, which I must say I was surprised at for how well it came out considering my very limited creative skills!

Next week's challenge from me to you (and I will be joining in too) is to take part in a random act of kindness. This could be to members of your immediate family, your extended family, neighbours, friends or the community. Please do take photographs where possible and send me an email letting me know what you did.

Have a great weekend, it looks like we might be getting some more of the white stuff so get out and enjoy that safely.



Rebecca Warder 7F2



Taylor Huckle-Leslie 7W2



Miss Murdoch



Mrs Hill

Message from...

Mrs Swan,

Raising Standards Leader – Year 8

This week, I was very excited to introduce the “Challenge Passport” to all of Year 8. I know that lockdown can feel pretty boring sometimes, and so the Challenge Passport is an opportunity for you to try some new things, challenge yourselves, and relieve the boredom (...and get off the Xbox!!)

On Wednesday, the Year 8 tutor groups had a look through the challenges which are divided into 4 categories. I would love for you to aim to complete as many challenges as possible in the coming weeks, and your tutors and myself will also be taking part!

If you are not sure where to begin, I challenge you to start with “Learn how to poach an egg”. This is the challenge I have started with as I have never tried this before. As you can see, my egg didn’t go too well. If cooking really isn’t your thing (like me!), there are plenty of other challenges to choose from.



The winner of the attendance award for last week is **Alex Nash**. A massive well done to Year 8 for having the best attendance so far last week. As always, I am extremely proud of your efforts with the online lessons and the motivation and resilience you are showing.

Have a lovely lockdown weekend!

Message from...

Mr Harrington,

Raising Standards Leader – Year 9

This week has seen the launch of the challenge passport and positive mindset journal.

I am really looking forward to seeing some of you take on these challenges and hopefully learn something new along the way.

As I said in assembly this week, the challenges and the journal are all voluntary, but a great way to keep positive, focus on the things that are going well and find new activities to enjoy.

Please remember to keep some evidence of what you have done so that you can share this with me and your tutors, we can't wait to see how you get on and give lots of House points.

The number of students with 100% attendance last week increased from the week before, there were 120 students. Well done to all of you!

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

Enjoy the weekend and maybe try and have a go at one of the challenges!



Message from...

Mrs Greatrex,

Raising Standards Leader – Year 10

With the announcement that lockdown will be at least until 8 March, I am DETERMINED that I will do a Joe Wicks video every day! I have spoken to a few of you who are getting out on walks with your family or trying to get your 10,000 steps in – keep it up!



This week, the Year 10 tutor team are suggesting a variety of top Netflix series to binge-watch on a rainy day:

The Mandalorian (actually on Disney +)

The Queen's Gambit

The Crown

Suits

Raising Dion

Arrested Development

Night Shift (really good if you like medical dramas)

The Bureau of Magical Things

Brooklyn 99

Down to Earth with Zac Efron

Soul

Life on Mars

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

Message from...

Mr Burge,

Raising Standards Leader – Year 11

It has been another busy week with remote learning. It is great to see you engaging with your lessons.

The mock exam results have been released which I am sure caused a mixture of emotions. Many of you will be pleased with the results, others may be disappointed.

The big message is – it isn't lost yet! So, if you have been disappointed with your results, do not worry, there is still time to make a difference. The mocks were disrupted in many ways, so we know that this could have affected the results.

Take time to digest the results, then move on! A famous man that I admire, Carl Brashear, said "it's not a sin to get knocked down; it's a sin to stay down." Keep trying; what have you got to lose?

The winner of the £5 Amazon voucher for 100% lesson attendance is **Megan Robbins**. Well done, Megan, you are a great role model to all students.

With the days getting slightly longer I am taking the opportunity to go out for a walk every day. I am lucky to have the open countryside on my doorstep. My girls have enjoyed puddle jumping with me. This is as close as I get to sport at the moment! Take time to enjoy your surroundings, within the restrictions.



Look after yourselves.

Word of the Week

Definition: (noun)

A LONGING FOR SOMETHING PAST.

Today, it describes a bittersweet longing for the past. Think of the dreamy way your grandpa tells stories of his childhood — he's got nostalgia.

Did you know?

If you engage in an activity that makes you feel nostalgic, it can improve your mood- a good excuse to get out that old games console you played as a kid!

Sentences by subject:

In Media Studies: The film: '*Back to the Future*' expresses American nostalgia for the 1950's felt in 1980's. Now, we can see a reflection of America's nostalgia for the 1980's in the Netflix series- *Stranger Things*. It seems we are always looking back!

In English: In: '*The Emigr  *' the speaker feels nostalgia for the country she left as a child.

Nostalgia

Synonyms:

Reminiscence

Recollection

Sentimentality

Antonyms:

Unsentimental

Cynical

Progressive

Forward-thinking

Word Family?

Nostalgic

Similar words?

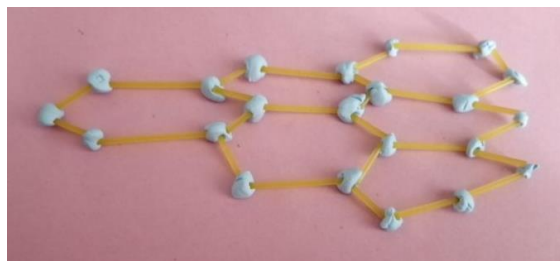
From the Greek: *nostos* "homecoming" and *algos* "pain, distress"

'-ia' meaning belonging to

'nos-

Ask your family: How many words can you think of that end in '-ia'?

Year 10 are studying giant covalent substances and having a go at making them out of spaghetti!



Year 11 are looking at the uses of Alkanes

USES OF ALKENES

POLYMERS FROM CRACKING:

Cracking produces **alkenes** which can be used to make **polymers**.

Our **everyday plastics** are polymers that are mostly made of **alkenes**.

Plastics from **alkenes** have **many advantages** over others:

They **do not** easily **corrode**

They are **easily shapable**

Can be manufactured to have **many different properties**

They are **light and flexible**

They are often **cheap**



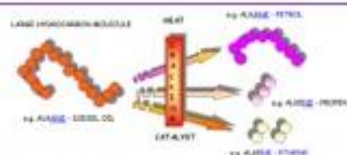
CRACKING:

Cracking is used to break **LARGE** chains into **SMALLER** chains.

This is helpful because **short chains burn much better** than long chains.

Crude oil contains **many long chain hydrocarbons** however since they are less useful this means there is a lot of waste left over, causing a **loss of profit** for the industry.

We need more short chain hydrocarbons and since these are **finite**, it will last longer if we turn the long chain hydrocarbons into them.



ALKENES AS FUEL:

Alkenes created from cracking can also be used as **fuel** or **light**.

Shorter chain alkenes are **effective** as **fuels** as they **burn easily** just like **alkanes**.



ALKENES FOR CHEMICALS:

Alkenes contain a **double bond** - this makes them **more reactive** meaning they are a **useful reactant** to make **other substances and chemicals**.

As an example, if you react **ethene** with **water**, you make **ethanol** (alcohol). Other reactions will give other compounds such as **carboxylic acids** and **perfume** compounds like **esters**.

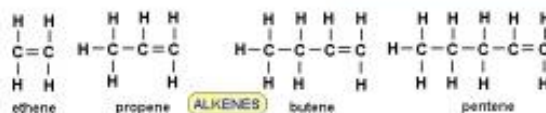
CRACKING FOR ANAESTHETICS:

Alkenes can be used to create **anaesthetics**, **mustard gas**, and the **oxygen-ethane flame**.

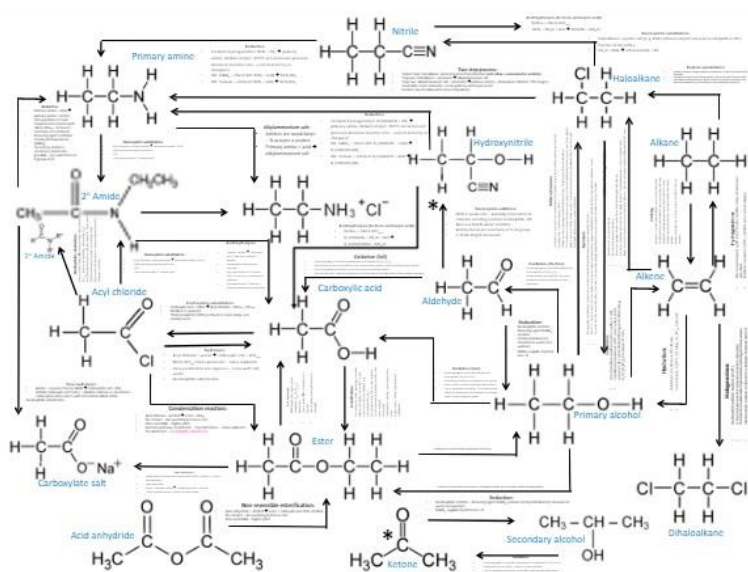
ALKENES FOR FRUIT:

Alkenes like **ethene** can be used to **ripen fruits** as well.

Fruits are **picked early** so they can be **transported long distances** before going **off** so it is useful to have a way to **ripen them quicker**.



Year 13 Chemists have been making revision aids for synthetic routes in Organic Chemistry



GCSE PE

Over the past two weeks, Year 10 GCSE PE students have been learning about diet and hydration, and barriers to participation in physical activity/sport.

Some exceptional work by students in Mr Cunningham's class has been submitted on barriers to participation.

Miss McLean's class completed some practice questions on diet and hydration, and there were some excellent answers submitted! Some examples here were written by Phoebe Underhill, Joe Osborne and Callum Harper.

More recently, we have had some healthy competition in the form of an agility challenge, which was won spectacularly by Amy Heard. Cody Nicholls was a close second. More challenges to follow.

Barriers to Participation

Gender



- More activities are becoming recognizable as suitable for both sexes, but there is still a gender bias in some sports.
- Gender has major impact on sport with the female gender being sidelined in sports activities. The female gender is disadvantaged in sports participation because of the physical requirements of most sports, biased attributes by the society, insufficient role models, inadequate or lack of finances, and the biased media which lays emphasis in promoting male-player games and the majority of sports news anchors being men.

Participation in Sport

There are 5 main factors that affect what sport you chose:

Gender
Age
Social-economic group
Ethnicity
Disability



Gender

There are some gender bias in sport with screen time, suitability for genders and social acceptability. Sport like boxing and rugby are more of a male sport and dance and netball are seen as more of a female sport.

For example boxing and rugby are seen as male sports. And dance and netball are female sports.

Age

Older people tend to do less physically demanding sports like boules. On the other hand, younger people tend to partake in more vigorous activity like football because generally they are fitter, healthier and it is what most people their age do.

Social-economic group

People with limited amount left over after paying for things needed to get from day to day will have a limited amount of in what sports and activities which they can participate in. Some activities are more expensive than others. Those with a 'higher occupation' will earn more. Some activities are associated with different social economic group in society. For example sports like polo are expensive so less wealthier people may not have the opportunity to play them.

Ethnicity

There are no physical reasons why a certain group are better or worse at a certain sports than others. However, stereotyping is very common for example people say that 'Indians are good at cricket' and 'Americans are good at basketball'.

Disability

Most sports can be adapted to suit certain disabilities. Finding appropriate facilities for this is hard but is improving as society is developing. Equipment for this is expensive for example you may need specialist wheelchairs, it may not be accessible for all those with a disability that want to do a sport like basketball.



Diet and Hydration

5. The diagram shows performers in Gymnastics and Judo. Explain which performer would need the higher optimum weight. (3 marks)



Optimum weight is the favorable weight to produce the best performance in a sport. The judo performer would need a higher optimum weight as they need to be able to fight and have some force behind them to be able to perform certain moves on the opponent. However the gymnast would need a lower weight as they need to hold them self up for a long time to perform tricks which is easier to do when less heavy.

4. Explain how timing of protein intake could improve performance in weightlifting. (3 marks)

3 / 3 pts

if you take protein as soon as possible after you exercise it allows your muscles to rebuild and repair quickly. weightlifting is a sport using a lot of strength therefore after weightlifting your muscles will need repairing. the quicker you take it the better as it will help your performance next time as the muscles repair and rebuild quicker.

Agility Challenge

Reaction 1m 0s

1,000

POINTS

75

DRILL SCORE

12

CALORIES

Amy Heard

Reaction 1m 0s

924

POINTS

75

DRILL SCORE

11

CALORIES

Performance

Comments

PERSONAL RECORD

You set a new record!



See my history

Cody Nicholls