

Edition 5

Dear all

Welcome to the final edition of Notley@Home for this half term. Well done to everyone for the work you have completed during the last six weeks. We know that remote learning will need to continue for several weeks, but hopefully we will be back in school before Easter.

Congratulations to those of you who submitted the five challenges on 'No Screen Challenges & Wellbeing Day'. We were delighted to receive so many positive messages from parents and carers, who supported the students and engaged in the spirit of the day. The challenges were intended to encourage students to complete activities that were of interest to them but also maybe to try something different. Many of the tasks were open-ended, allowing the students to challenge themselves: to be as easy or as difficult as they liked. We encourage students to be 'self-regulated' learners, to take risks and to work outside of their comfort zone which are vital in the modern world. Hopefully we all had fun as well.

February is LGBT+ history month and the theme for 2021 is Body, Mind and Spirit. On the website <https://lgbtplushistorymonth.co.uk/> there is lots of really interesting information, such as the fact sheets and profiles of the five faces of 2021:

- Lily Parr – a pioneer in women's football
- Maya Angelou – a writer and poet
- Michael Dillon – a figure in the early trans movement
- Mark Ashton – a political activist and supporter of the miners' strike in the mid-1980s
- Mark Weston - a 1930s Olympiad member of the trans community

The 2021 slogan *claiming our past, celebrating our present, creating our future* focuses on the importance of keeping the past alive in our memories in order to make the present and the future a better place.

I hope you all have a lovely rest over the half term holiday - why don't you try some more of the challenges from the no screen day. I am certainly going to encourage my children to make dinner from what we can find in the cupboards – fingers crossed they also clean up afterwards!

Take care and keep safe

Dr C Cusick
Head of School

Rainbow Science Experiment!

HOW DOES IT WORK?

- CREATE YOUR OWN RAINBOW
- THERE WILL BE AN AMAZON GIFT CARD FOR THE MOST CREATIVE
- SOME IDEAS INCLUDE: LAVA LAMPS; SKITTLES RAINBOW; RAINBOW IN A JAR, ETC

RULES:

- MUST HAVE PARENTAL PERMISSION
- MUST BE SAFE
- ONE ENTRY PER STUDENT
- YOU CAN EITHER SEND IN A VIDEO OF THE EXPERIMENT OR A PICTURE



This House competition is open until Friday 26 February 2021. Please send your entries by email to your tutor or House Leader. Good luck!



The winner of the competition to create a DVD cover is Adonai Chinyama



The winner of the TikTok style challenge is Imogen Mitcham

Congratulations to you both!

Community Fundraising - care packages for NHS staff and care workers

Thank you for your generous donations and messages received to date, as a result of our community fundraising to thank NHS workers and care workers in our communities and show our appreciation for all they are doing.

There is still time to contribute! We would like to ask that any donations and messages are received by Monday 22 February 2021.

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.

Year 9 and Year 10 Vaccinations

The vaccination sessions that had been planned for February and March have been affected by the current lockdown. The Year 9 DTP and MenACWY vaccinations will now take place on 15 and 16 March 2021.

After half term, we will be sending out the paperwork for Year 9 parents/carers to complete.

At this time, we do not think the Year 10 catch-up vaccination session will be able to go ahead as planned on 22 March 2021. Should this change, we will let you know.

If you have any queries regarding these vaccinations, please contact the Immunisation Team on 01371 877 417. Please note, most of the Immunisation Team are currently being used for the COVID vaccinations, so it may take longer than usual to get through to them.

Careers

Please find below a link to the Careers page where students can download details about a Morgan Sindall virtual work experience vacancy. <https://www.notleyhigh.com/careers/exciting-opportunities>

Message from Mrs Wager, Assistant Headteacher – KS4

Below are the details of two support services offered by the organisation Young Minds, which you may find useful.

Supporting Parents Helpfinder

Times are tough for many people right now. Parents/carers find themselves pulled in many directions and young people may be struggling being in the house for so much longer than usual.

A mixture of concern about Covid, working from home and having children at home, along with a possible financial impact make for a stressful household.

Young Minds has created a useful 'Supporting Parents Helpfinder'. By answering six questions, parents/carers can find out how to support their child's mental health during the pandemic (and beyond).

Find the help finder here: <https://youngminds.org.uk/supporting-parents-helpfinder/>

When emotions explode

Young Minds have also created a useful poster highlighting ways to give support to young people when they have angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.

Download the poster here:

<https://youngminds.org.uk/media/4291/when-emotions-explode-poster.pdf>

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
Randomly text/Facetime 2 friends or family to check in.	Do one thing to get your heart rate up.	Have a go at doing a piece of origami. Lots of instructional videos are available on YouTube.	Find a board game or puzzle you have not played in ages and challenge a family member to a game.	Connect with nature. Go for a walk or get out in your garden for at least 20 minutes

Meet the Teacher

This week, we are meeting Mrs Godfree, Assistant Headteacher – KS3

Favourite subject to teach

I trained as a Science teacher, but Biology is my specialism. I am lucky that this year I teach both A Level Biology classes, and I love being able to share my passion with them and am always so excited when students want to go on and study Biology or Medicine at university or start a Biomedical apprenticeship. I find our human body so fascinating and enjoy learning new facts every year. Someone in my class always share a random fact or asks me question that I don't know the answer to, and I then look it up.

Why did you become a teacher?

I started volunteering in a youth group when I was 16 years old and I really enjoyed it. I carried on working with young people in the Brentwood Catholic Youth Service and always had a desire to help people and wanted to make a difference. My Mum was also a special educational needs teacher and whenever we had a school INSET day, I went into her school and really enjoyed it.

What is your favourite football team?

It is a bit of luck that myself and Mrs Wager are both West Ham fans seeing as we share an office. I have really missed going to the games, but my voice has benefitted from the rest as we can be incredibly frustrating to watch sometimes. Fingers crossed we stay in the top of the table this season!

What are your hobbies?

I love to travel and normally every half term, myself and my husband have a city break somewhere in Europe and so we have been missing this a lot. I never thought I would miss that cramped feeling of being on a Ryanair flight, but I am sure it will be worth the wait. I also love to spend time with my family and to cook a nice meal for us all to share. Once lockdown is over, I have some new recipes to try out with them.

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

I wish I had kept up with speaking Spanish. I learnt it at GCSE but then never continued to practice it and have always regretted it.

What's your favourite biscuit?

I don't normally eat biscuits; I am more of a chocolate bar person, but I do love those Fox's Chocolatey Chocolate Shortcake Rings as there is so much chocolate on them!

What's your favourite movie or TV programme?

Mrs Townsend and I both love watching 'This is Us' and over lockdown, it has become my new favourite TV programme. I also love watching Grey's Anatomy (repeatedly!) and wish I could be a surgeon for a day and carry out a real-life heart operation!

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

As a child I wanted to be a vet because I loved elephants and hippopotamus' but once I realised that your average vet doesn't get to work with them, I changed my mind. I would still love to work with animals in the wild or tag along on one of David Attenborough's adventures.

What have you been doing to survive the lockdown?

Just before the first lockdown, my brother and sister-in-law bought a Cavapoo puppy and named her Luna. She is totally adorable, and I love nothing more than being able to take her out for a walk or puppy sitting for them. She turned one last week and there is never a dull moment with her around. I am still waiting for my husband to get the hint and buy us our own. She has loved the snow this week and kept trying to eat it!

What is your favourite motto or affirmation?

Growing up my favourite book and film was Matilda and there is a line that has always stuck with me, "Somewhere inside all of us is the power to change the world." We might not be able to change the world over night, or on our own, but we can all make a difference, whether that be to contribute to making our planet more environmentally friendly or standing up to unkind behaviour – if we all play our part then between us, we can make our world a better and happier place.

When I was at school, I remember my Great Nanna sharing a quote from Mother Teresa as I was upset and questioning how to retaliate to a friend. My Great Nanna explained that I didn't need to retaliate, but to respond with kindness - 'Don't treat people as bad as they are, but as good as you are.' It has also been a motto that I try to stand by as kindness is always the solution.

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

When I am driving to work, I love to sing along to the radio and often think I could be the next Adele or Jess Glynn and then I realise that I sound like a frog and can't sing a single note in tune, but it always makes me feel better. During this lockdown, I have rediscovered some old classics and often have Oasis on when I am cooking dinner.

What would you put in room 101?

Rats. I can't deal with the tails! I'd rather hold or touch a spider than a rat.

Message from...

Miss Murdoch,

Raising Standards Leader – Year 7

We have finally made it to half term, well done everyone. I'm sure you're all looking forward to a week away from Teams, I know I certainly am.

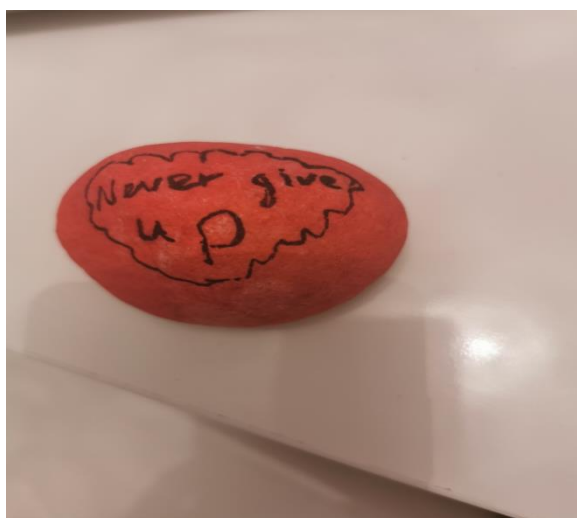
Last week, we had the highest number of students achieving 100% attendance to online lessons. There were 152 of you! Mrs Godfree set me the challenge of trying to get more than 150 of you in all lessons. She sent a message to me at about 6pm last Friday night with lots of celebration emojis because we'd managed it! Thank you for helping me achieve my challenge. The winner of last week's draw is **Aaliyah-Mae Bartrum**.

I hope you all enjoyed the 'screen free day' on Wednesday. I have been sent so many fantastic photographs of what you were getting up to, and thoroughly enjoyed looking at them all. It looks like some of you had your whole family involved, which was lovely to see.

Thank you to those of you who joined in with my 'decorate a stone' challenge last week. I had some great designs sent to me. I've included a photograph of mine and also one from Sam Burton, 7W1 with the saying 'never give up'.

My half term challenge to you involves designing and writing cards. I'd like to send some cards to a local residential home. You can design these either on the computer and email them to me to print and send, or if you'd prefer to do it by hand, then please do so and pop it in the post to me at school and I'll gather them all and forward them on.

Have a lovely half term break. Take care and stay safe.



Message from...

Mrs Swan,

Raising Standards Leader – Year 8

And just like that, 6 weeks of online lessons are complete!

Well done Year 8, I hope you are feeling proud of yourselves for everything you have achieved this half term. You have done a fantastic job and thoroughly deserve to have a relaxing week off! I hope you are able to spend quality time with your family, get outside for some exercise; and I'm sure it will involve some Netflix.

If you have struggled over the past few weeks to get motivated or to engage with your lessons, remember that next half term is the perfect opportunity for a fresh start.

I know lots of you made the most of the screen free day and your tutors and I were really pleased to see so many amazing efforts at completing the challenges. I particularly enjoyed all the snowmen that you made and the beautiful snowy photographs that you took whilst out walking. Maybe you can keep going with the Challenge Passport over half term; I will be. Having seen so many delicious looking cakes being baked this half term I think that will have to be my next challenge.

The winner of the 100% attendance award for last week is **Jayden Gladden**.

Have a fantastic half term and I look forward to seeing you (virtually!) after the holiday.



Message from...

Mr Harrington,

Raising Standards Leader – Year 9

This week has seen the start of the KS4 Courses (Options) process for Year 9 students.

On Thursday, students participated in the KS4 Courses (Options) taster day. I hope students gained a lot of information from the sessions about some of the new subjects which are available to them. Thank you to all the staff that were involved.

There was also a No Screen Challenges & Wellbeing Day on Wednesday. I hope that you all enjoyed taking on the challenges. Well done for taking part; we had some fantastic photographs of Year 9 students' achievements!

The number of students with 100% attendance last week was 120 students. Well done!

This week's winner of the 100% attendance reward is **Evey Daly**. Congratulations Evey.

Enjoy the half term break and try to limit your screen time over the week.



Ronnie Williams



Ella Brookes



Verity Lucas

Message from...

Mrs Greatrex,

Raising Standards Leader – Year 10

Well, we did it! Happy Friday and happy half term.

We may have consumed more biscuits than normal, been on more walks than ever before, and shouted at Teams more times than we can remember, but we now have a week off!

As I said in my assembly last week, it is all about appreciating the small things. Looking forward to half term is an odd one, but I'm trying to have at least one thing a day to get excited about.

The main highlights are

- a) a new walk in my local area (I love a new footpath to explore!)
- b) Pancake Cake take 2

Thank you for sending us your photographs and comments of the no screen day.

Seeing you enjoy yourselves has been lovely for us all.

You have worked so hard this half term, and some of you have really challenged yourselves to be the best learners possible... and you definitely need a break now!

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



Thomas Cockayne Year 10 – Focaccia Bread

Message from...

Mr Burge and Mrs Wallace

Raising Standards Leader – Year 11

It has been an exciting start to the week, with the entire county being hit with a layer of snow. It is pleasing to see so many of you enjoying the weather and still engaging with all your online lessons. I managed to get out with my girls to make a snowman (Pancho), and his pet rabbit! It was great to see some photographs of your snow creations.



Wednesday was a No Screen Challenges and Wellbeing Day. The biggest challenge for me was avoiding screens; it was impossible! I hope you did better than me and managed to complete one of the challenges. Please remember to tell your tutor what you have done.

The winner of the 100% lesson attendance £5 Amazon voucher is **Callum Bloomfield**. Congratulations to Callum. Keep up the great attendance!

Next week is half term. We have made it! Please use this time to rest, reset and catch up with important work. After half term we will hear more from the Government about how GCSEs will work this year. Until then, keep doing your best - you can do it!

Mr Burge

Happy half term holiday Year 11!! It has been a long 6 weeks working from home and we have been through the darkest days of the year in more ways than one! But the days are getting longer, and although it is still chilly, the sun is out and things are feeling just a little bit brighter.

I have made some little forays out into the garden and made this little guy to keep Luci the cat company while she sits on the ledge (although she was not impressed with the cold!)



This was after another day of snow...!

As Mr Burge has said, we will know about assessments after half term and we can make plans to support you as best we can to achieve your best.

Enjoy the much needed R&R (or time to catch up if you need to) over the next week and we look forward to seeing you online on Monday 22 February (and in person not too long after, we hope!).

Mrs Wallace



A MASSIVE shout out to everyone who managed all 5 challenges...Tegan Bownes, Ella Hawthorne-Meares, Millie Dowman, Charlotte Phillips, Sam Ridley, Luke O'Connor, Paige Childs, Holly Christie, Maisie Smith, Lily Wilson, Eliska Wright, Ava Molyan, Chloe Coleman, Katie Donaldson and Abigail Herbert

Geography

Year 7 have been completing adverts to encourage tourists to 'Visit Britain', some fantastic work has been produced showcasing what the UK has to offer.

Year 8 have been designing a 'trip of a lifetime' competition poster to win a trip to Antarctica. Here are some examples of the fantastic work that they have been creating.

Keep up the great work

VISIT BRITAIN

England

- England is the most populated country in the United Kingdom. The other countries that make up the United Kingdom are Wales, Scotland and Northern Ireland.
- The capital city of England is London.

Take a spin on the London Eye to experience spectacular views of the city's skyline and get a unique perspective on iconic London landmarks like Big Ben, London Bridge, Westminster Abbey and the Hungerford Bridge.

Scotland

Did you know? sparkling wine was invented in England. Most people think the French invented champagne but the technique used by Dom Perignon already existed in England.

The capital of Scotland makes an unforgettable impression with its historic, hilly landscape atop a series of extinct volcanoes.

• The capital city of Scotland is Edinburgh. Edinburgh is perfect for festival lovers with 11 major festivals usually happening every year.

Did you know? Scotland is home to the tallest water fall in Britain, named Eas a' chual Aluinn. It is 658 feet which is 3 times the height of Niagara Falls.

London Bridge

Edinburgh

Wales

With a total of 600, Wales has more castles per square mile than any other country in the world! Rugby is the national team sport in Wales and the national team play their home games at the Millennium Stadium in Cardiff.

The capital city of Wales is Cardiff.

Did you know? Caerphilly is the largest castle in Wales and is the second largest in Europe behind Windsor Castle.

Northern Ireland

The Giant's causeway. Famed around the world for its columns of layered basalt, the Giant's causeway is Northern Ireland's only These polygonal-shaped natural features (there are around 40,000 of them) were created by a volcanic eruption 60 million years ago. Today, they are the prime focus of designated Area of Outstanding Natural Beauty.

Capital city of Northern Ireland is Belfast.

Northern Ireland is the smallest country in the United Kingdom. It makes up part of the UK along with England, Scotland and Wales, but is situated on an island in western Europe called Ireland.

Caerphilly castle

Belfast city hall

VISIT BRITAIN

THE UK

Fun facts:
(Scotland)
• Edinburgh is the capital of Scotland.
• The official animal of Scotland is a unicorn!

Fun facts:
(England)
• England is the most popular country in the UK.
• Capital is London.

this is the Union Jack, it is the flag of the UK.

PLACES TO GO

England

There are many beautiful places to go in England! There are many beaches that get lots of sun in the summer! Some popular ones are Frinton beach, Clacton, Brighton, Cornwall and Southend-on-sea. There are also many places to go during Christmas time. A lot of places do lots of Christmas decorations... especially lights. The Christmas lights in London are stunning! However, make sure to wrap up warm as it is very cold!

Scotland

Scotland has some very famous places. The capital of Scotland is Edinburgh where they have many fascinating and fun things to do. Some of the things are: foot markets, Edinburgh castle, Scottish national art museum.

Year 7 examples



What should I pack?

Bring warm and comfortable clothes. We would recommend 'layers' as you may get warm if you are trekking. A good thermal layer is recommended. Hat, waterproof thermal gloves and a thermal, waterproof thick coat is also a necessity. Comfortable waterproof hiking boots are a must.

How do the animals live in this climate?

Emperor Penguins - Their Large size retains heat - Emperors are twice the size of the next biggest penguin, the king, so are able to survive the winter fast and the extreme cold temperatures. Chicks have soft down fur for insulation. They huddle together in the winter to conserve heat.

Weddell Seal - Fore and hind limbs developed into flippers for swimming. Smooth, streamlined shape to pass easily through the water. A substantial blubber layer lies under the skin acting as insulation, so allowing the seals to swim indefinitely in frigid Antarctic waters down to -2°C.

Orca Whales - Orca Whales can dive as far as 100 meters for up to 4 minutes at a time. They have a large amount of blubber to keep their body temperature stable so they can survive in the Antarctica. They also can live off their body fat and calories stored in their blubber during migration for 4 months.

Antarctica

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PENGUINS
ICEBERGS
WHALES
WILDLIFE
LANDSCAPE
ARCTIC CIRCLE
SEALS
ANTARCTICA
COLD
GLACIERS

To **WIN** this Incredible trip, text **WIN** to **88888**, or call **0800 000 8888**. Entry's cost £1 each.

Complete the wordsearch to win a waterproof, thermal coat for your trip! Send your entry to Yr8@notleyhigh.com

Year 8 Example

Design and Technology

Year 8 have been working on a packaging project focusing on nets, the theory of colour and typography.

Year 9 have been working on a Wildlife project to try and encourage wildlife into a garden or a public space.

Year 11 are continuing with their Non Examined Assessment for Product Design and been completing some fantastic design work.



Grace Culling Year 8



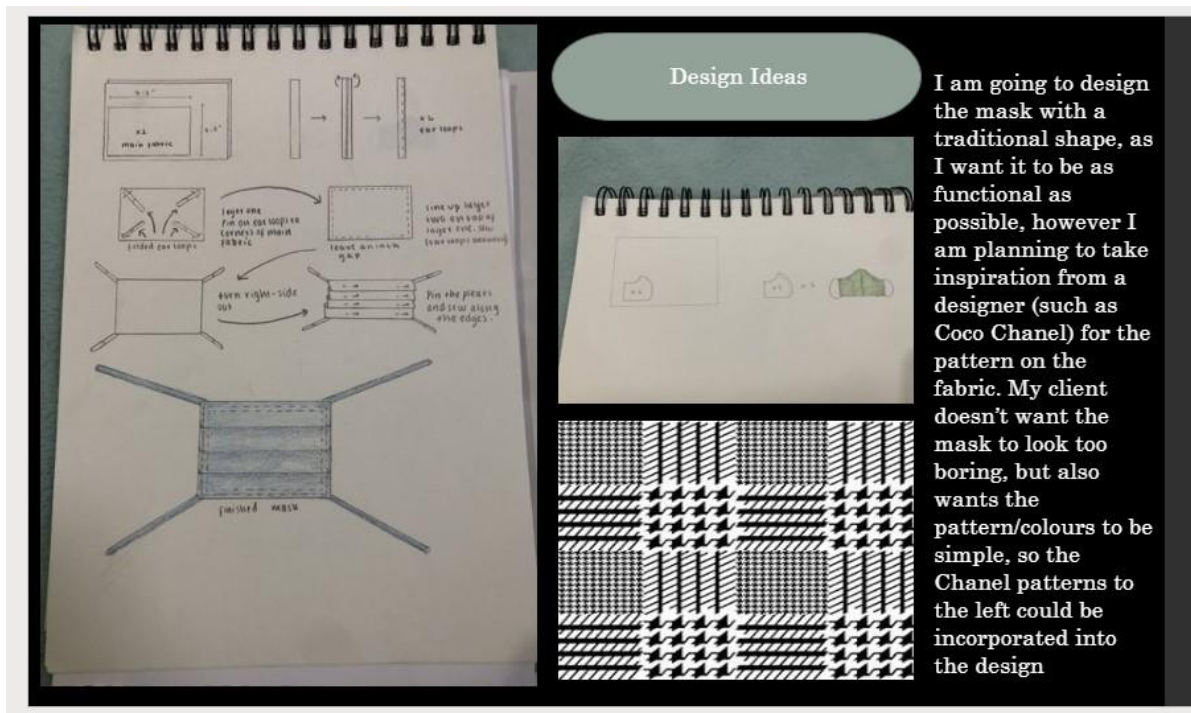
Jayden Gladden Year 8



Ana Maria Stanilas Year 9



Shanying Gao Year 9



Rosie Ward Year 11