

FRIDAY NEWS!

Newlands Girls' School, Farm Road, Maidenhead, Berkshire, SL6 5JB



Friday 3rd December 2021
Term 2 - No. 5

Acting Co-Headteachers' Message

We have really felt the chill this week! As winter sets in, we would like to remind parents and carers of how you will be alerted if the school needs to close due to bad weather. Information will be posted on the website as early as possible and updated daily. In addition, a KKS message will be sent in the morning, once a decision has been made.



Pupils enjoyed assemblies about 'anticipation' during the week and then today, our Head Girls delivered a presentation to the whole school regarding the importance of our Student Voice and the work of the School Council. Following their first meeting, the team have some very interesting ideas for how they would like to improve facilities which includes more outdoor seating areas, purchasing additional sporting equipment and looking at the choice of school chairs. With this in mind, we have decided to hold an additional non-uniform day on the last Friday of term with all funds donated going to the School Council, thus allowing them to implement some of the proposed plans. Christmas jumpers are of course welcome! The cost of this will be £1. In addition to the work of the School Council, we have circulated a survey link to all pupils today so that the community can have its say. We would be grateful if you could encourage your daughter to complete this questionnaire which will provide us with valuable feedback (the link has been sent to her email account).

We would also like to remind you that the parent and carer survey closes today, thank you for all your positive feedback so far and if you have not yet responded, you can do so by following this link:

<https://forms.office.com/r/Tb2kB5hx0S>

Finally, due to the new variant of COVID-19 being discovered, a stronger emphasis has been placed on Secondary Schools to ensure face masks are worn in communal areas (which we are already doing). Please could you remind your daughters to bring a face covering to school. We also attach a letter which the Borough has asked us to forward to all parents and carers.

Stay warm and have a lovely weekend!

Miss J. Capon and Mr M. Henshaw
Acting Co-Headteachers

Student Focus Centre

Anticipatory Anxiety

Anticipatory anxiety happens when people experience an increase in anxiety and then feel stress when they think about an event that will happen in the future.



If you find yourself in this position, there are some things that you can do that may make it easier to cope:

- **Challenge anxious thoughts:** when you get nervous about something you have to do in the future, ask yourself if you are being realistic. In many cases, you might find that you are catastrophising or thinking of 'worst-case' scenarios. Challenging these thoughts with more realistic ones can help calm your feelings of anxiety.
- **Refocus your thoughts:** when negative or anxious thoughts begin, intentionally interrupt your train of thought. Force yourself to consciously focus on good things that may happen, rather than running through worry-provoking scenarios.
- **Take action:** anticipatory anxiety often leads people to put off tasks rather than face them, which can then lead to even more stress. If you are dreading something and find yourself getting nervous about it, take control of the situation first. Remind yourself that if you get it over with now, you won't have to spend all of your time feeling anxious about it.

Reference: <https://www.verywellmind.com/anticipatory-anxiety-and-panic-disorder-2584252>

Library News

Book of the Month - December

Romeo and Juliet

A play by William Shakespeare

It is universally agreed that Shakespeare is one of the greatest writers of all time. His vocabulary was truly admirable and a countless number of words were coined by him. One of his most popular plays is *Romeo and Juliet*. First published in 1597, it is one of his most frequently performed plays, along with *Hamlet*.



The play starts when the people who work for the Montagues and the Capulets meet each other in the streets of Verona and they start arguing. A fight breaks out between Capulet and Montague servants. Later, Paris asks for Juliet's hand in marriage. Romeo sneaks into a party at the Capulets' house and he falls in love with Juliet. They get married in secret. Tybalt, who is angry with Romeo for sneaking in to the party, challenges him to fight. These events lead to a terrible tragedy.

This is a great read if you want to improve your knowledge of English. It will help you in exams, or if you wish to study English at a higher level. The language used can improve your writing as well. It gives you an insight in to life at the time and how it was quite different to the world we know now. Shakespeare helped to create the language we know today.

By Srilakshmi Seshadri and Lillia Mohazab (Yr 8)

Foodshare



Foodshare is a registered charity, which aims to support people in and around Maidenhead, who are struggling to feed themselves and their families. The organisation seeks to help individuals or families where one or more person in the home is not able to eat at least one full day during a week because they cannot afford it.

Foodshare provides nutritious food, including fresh fruit and vegetables, and aim to cover supplies for a minimum of three days. They also try to accommodate particular dietary requirements, including vegetarian, gluten-free and Halal. Food parcels can be collected from Unit 65 in Nicholson's Walk (formerly the Tesco store) at the following times:

- Wednesday, 4.45pm to 6pm
- Friday, 10am to noon
- Saturday, 9.30am to 11.45am

If you are unable to visit the food bank in person, a home delivery can be organised.

If you feel that receiving a Foodshare parcel would help support your family then **please contact the school**, who will be able to make the referral on your behalf. We also encourage you to visit the website to find out more: [Foodshare | Foodshare Foodbank | England](#)).

Maths Stars of the Week



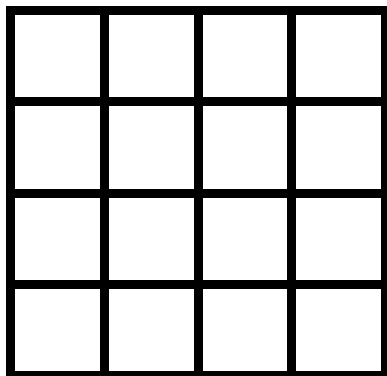
The stars of the week for Maths are:

KS3 - Aekas Thiara (Y7): Aekas is always very polite and helpful in class. She produces excellent work and contributes well to class discussions.

KS4 - Nihaal Aslam (Y10): Nihaal is always happy and enthusiastic in her Maths lessons. She is working really hard this year and makes a valuable contribution to class discussions. Nihaal has also completed all of her Maths homework this term!

Maths Puzzle
(Answer in next week's Friday News)

In this diagram of squares how many squares are there in total?



Answer from last week

Put 9 two pence coins in the shape of a 3 by 3 square, so that they all touch each other.
You should see that you have 6 lines of touching coins (3 vertical ones and 3 horizontal ones).

By touching and moving just 2 of the coins, make an arrangement with 7 lines of 3 touching coins.
Hint don't pick the coins up.

