

FRIDAY NEWS!

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



Friday 8th January 2020
Term 3 - No. 1

Headteacher's Message

Headteacher's Update

Well done and thank you to everyone in our school community! We have had an excellent start to our first week of remote learning since the start of the new lockdown. Teachers, pupils, support staff and parents have all worked together to ensure that our Teams lessons flowed very smoothly! We have received lots of positive feedback about the way we are structuring our provision, which was most heartening to receive.

By way of some additional information, I wanted to let parents know that pastoral support during the lockdown will be provided mainly by the following means:

- All students have access to the wellbeing e-mail account, which is monitored by the Student Focus Team
- All Heads of Year will send out a weekly bulletin
- Virtual assemblies will be held at key points during the term (Year 7 and Year 11 had one this week)
- Teachers will complete a register for every Teams lesson and parents will receive a Keep Kids Safe message if their daughters have not logged on. This will be done after period 2 (a.m.) and period 4 (p.m.)
- The Student Focus Centre will continue to provide support to the pupils with whom they have been working
- Parents can telephone the school on the usual number – 01628 625068 - if they have concerns or are worried about anything

Finally, I would like to introduce our new student teachers, who will be taking part in some of the on-line lessons:

Miss G. Matson – English
Mr R. Edwards – History
Mr K. Lynch – Science/Chemistry
Ms A. Naz – Mathematics
Mr M. Hutchinson – Mathematics

Have a lovely weekend.

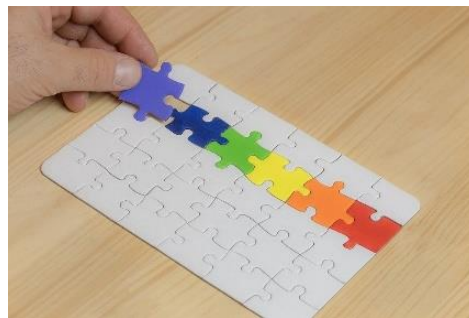
Dr L Ceska
Headteacher

PSHE

During the Autumn Term, students used 'Takeaway Packs' to complete their learning in PSHE (Personal, Social and Health Education). These focused on the following themes:

- Friendships, Relationships and the Importance of Kindness
- Personal Health and Well-being
- Staying Safe from Crime and Addiction
- British Values

For Nadine Ahmed, 7A, her favourite topic was 'Friendships, Relationships and the Importance of Kindness', as she enjoyed learning about the LGBTQ+ Community: *"I got to learn a lot more about its origins and how our society has become more accepting over time. I was able to gather my information to complete the tasks."*



This term, look out for further takeaway packs covering First Aid skills and Careers.

New Careers Logo



Gargi Nayak, Miss Jolly, Mrs Jandrell and Juilee Kulkarni

Thank you so much to Year 7 and 8 for all the wonderful entries to the Careers Logo competition.

Everyone put so much thought and effort into their ideas and all logos were displayed in the Library and put to a student vote. It was Juilee Kulkarni, 8B, who received the winning prize, closely followed by Gargi Nayak, 7B. Well done!

A big thank you also to our Year 8 Student Librarians - Eloise Ling, Amber Miles and Haleemah Noor Latif - who advertised the competition and put together an inspirational display board.

Students will be able to admire our new logo on Careers display boards around the school.

Winning entry



Runner Up



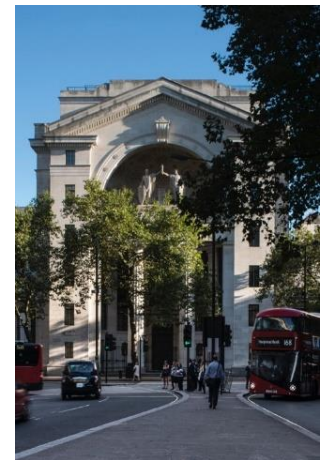
Mrs Natalia Jandrell
Careers Leader

German Success

Success for A-Level German student in essay writing competition – “Die Digitale Zukunft”

We are delighted to share with you the news that Lucy Miller, a Year 12 German A-level student, enjoyed success with her entry to the King's College London German writing competition. Entrants were asked to submit a 450-word essay about the future of digital technology – in German!

In a tough competition with an unprecedented number of submissions from British students, Lucy's entry was named a runner-up. She was invited to an online prize-giving ceremony run by King's College's German department Thursday 10th December. The event included a talk on digital technology and political



radicalisation in Germany which emphasised how important language skills are to successfully decoding and critically interpreting signals, symbols and common narratives in other cultures.

Sarah Bowden, Head of King's College's German Department, lauded Lucy for her *“highly imaginative entry which narrates an imagined Zoom call with the writer's grandparents to reflect on the challenges and opportunities of digital technology”*. Lucy, who found her entry “so much fun to research and write”, was also praised for her “excellent German”. A voucher and an edition of King's German departmental newspaper 'Königspost' are on their way. Herzlichen Glückwunsch, Lucy!

Mrs Maendler-Zhao
Teacher of German and Latin

New Year's Resolutions for Your Wellbeing

It's January and a time when we traditionally make resolutions or set goals to improve ourselves and our lives. Here are some ideas for resolutions you could make to help improve your wellbeing.

1. Limit your time on social media

Remember not everything that everyone posts shows us the whole picture. Social media can heighten anxiety and may cause you to develop Fear of Missing Out (FOMO). This in turn can result in obsessing about what other people are doing – or even cause anxiety because you believe your life isn't as exciting. Try to not compare yourself to others and unfollow those who make you feel inadequate.

2. Go to bed earlier

Sleep is so important! Try turning off your phone an hour before bedtime and not watching anything on Netflix. Instead, use this hour to relax without any distractions. You can also improve your sleep by exercising and avoiding tea, coffee and caffeine. Establish a regular, relaxing bedtime routine that lets you unwind and sends a signal to your brain that it's time to sleep.

3. Exercise more

Exercise is known for boosting our "happy hormones". Try to do something every day and exercise doesn't have to be the gym! It can be as simple as meeting a friend for a walk. Exercise will make you feel better physically and mentally and can improve our mood.

4. Practice self-care

You have to put yourself first sometimes. Self-care is crucial and isn't selfish. For some people, self-care is reading, a nice hot bubble bath or doing your nails. Whatever it is that you do to make yourself feel good, remember to make time to do it!

5. Improve your diet

This doesn't mean you should go on a crash diet like many people do in January. Instead, make small tweaks that can lead to a more significant change overall. Try to eat more fruit and vegetables and drink more water, but still have a treat when you fancy it! A balanced diet is the best way to fuel your body properly.

6. Keep a diary

Writing things down can help us to clear our minds, especially if we are worried. Whether you try to write at length each day or just scribble one single thing you are grateful for, it can have a positive affect on your day to day life. Keeping a record of what has happened can also help us to identify triggers that make us feel low (or even better, when we feel more positive).

7. Seek help and support

Don't be afraid to ask for help! There is a lot available and there is no shame in telling someone you feel like you need some support. We all have times in our lives when things are more difficult and we need to talk. Sometimes it is easier to speak with someone detached from the situation rather than a parent, sibling or friend.

Whatever your resolutions or goals, remember that you can only do your best to achieve them and if you have a setback, you can always try again!



Maths Stars of the Week



The Stars of the week for Maths are:

KS3 - Kit Paldi (Yr 7) – Kit works hard in class and participates extremely well in discussions. She always asks questions and has a great attitude towards Maths.

KS4 - Alia Hitschmann (Yr 10) – She is always proactive in trying to understand the work by emailing her teacher. She asks for help when the question is difficult and displays exemplary behaviour and attitude towards her studies.

Maths riddle: what is the difference between Indian Elephants and African Elephants?
(Answer in next week's Friday News)

Answer to the riddle from last week: why did the two 4's not feel like dinner? They had just 8!

Parent Support



TikTok Update Parental Controls with Family Pairing Feature (SWGfL)

SWGfL (South West Grid for Learning) are a non-profit charity and want to ensure everyone can benefit from technology free from harm. They have recently highlighted TikTok's Family Pairing Feature.

TikTok is used by many teenagers and sometimes children younger than 13, despite its terms and conditions. Using the new Family Pairing feature can allow parents to guide their child's TikTok experience in a safer way. Features include:

- Search: Decide what can be searched for. This includes content, users, hashtags, or sounds
- Screen Time Management: Sets how long your teen can spend on TikTok each day
- Discoverability: Decide on the account being private (you decide who can see their content) or public (anyone can search and view content)

To find out more information about TikTok's Family Pairing feature go to:

<https://swgfl.org.uk/magazine/tiktok-update-parental-controls-with-family-pairing-feature/>

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