

FRIDAY NEWS!

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



Friday 23rd October 2020
Term 1 - No. 8

Headteacher's Update

We have had a very good first half-term at Newlands and I would like to thank all staff, parents and pupils for their commitment to making our Autumn Plan work so well. It's now time for everyone to take a well-earned break, so please enjoy a happy and healthy week's holiday.

Dr L.V. Ceska

English – Black History Month

Celebrating Black History Month in the English Department



In honour of Black History Month, the English Department has been promoting young adult fiction by authors and speakers of different cultures.

Many of these titles are available in our Library, as well as others throughout the Borough.

Further Reading:

The Royal Shakespeare Company has produced a wonderful article celebrating some of the black artists who have performed for, and influenced them, as a company. The link is below:

<https://www.rsc.org.uk/news/archive/black-history-month>

Epic Reads have also written a blog named *20 YA Books to Read During Black History Month*.

Click here for access to the article and their recommendations:

<https://www.epicreads.com/blog/black-history-month/>

Communication from RBWM

The number of COVID-19 cases is rising in the Borough; to avoid being moved into the Government's high-risk category we need to act now to reduce the spread of the virus. *'Remember **hands, face, space and the rule of 6**'.*

- **Wash your hands** with soap and water for at least 20 seconds, or use hand sanitiser, regularly throughout the day.
- **Wear a face covering** to reduce the chances of spreading the virus.
- **Make space** by keeping two metres apart where possible.
- **Rule of 6** which means people must not meet in groups larger than 6, indoors or outdoors.

If you show symptoms of COVID-19, stay at home and get a test. Further information can be found online: [Gov.uk/coronavirus](https://www.gov.uk/coronavirus)

PE News

Berkshire School Games Success!



This term, Year 7 took part in the **Berkshire School Games Virtual Events** in their PE lessons. The scores were entered into not just the local Ascot and Maidenhead competition, but also the County level competition too. We are delighted that Year 7 came 3rd in the first Berkshire School Games event, **Futsal**. Well done girls and keep up the hard work in all the challenges still to come.

Student Focus Centre

Exercise

Making physical activity part of your routine helps to minimise the risk of depression, panic disorder and phobias. Moderate exercise is recommended for 60 minutes on average each day, and it is suggested that we vigorously exercise three days per week. Walking or running outside increases both your intake of vitamin D and your levels of serotonin (the happy hormone) which help your body and mind stay healthy. Playing sport with others is also great for socialising and meeting new people.



Careers Information

Virtual Careers Fair

UK University and Apprenticeship Search are hosting a Virtual Careers Fair on **Wednesday 5th November 2020**. This is a good opportunity to find out about different post-16 and post-18 options and to engage with universities and apprenticeship providers - all from the comfort of your own home! Please remember to book your place following this link:

<https://ukunisearch-london.vfairs.com/>

Once registered, you will be able to access webinars until 18th November 2020, to catch up on any presentations you may have missed during school hours.

Maths Stars of the Week



The Stars of the week for Maths are:

KS3

Khadijah Ali (7A) – for accessing Teams and completing a quiz and for also trying hard in class.

KS4

Mia Gamblen (10F) – for working really hard to understand what we are learning and for doing extra homework and revision to ensure she keeps up.

Maths riddle: *When is half of 12 equal to 7?*
(Answer in next week's Friday News)

Answer to the riddle from last week: *If you take one tablet every 30 minutes how long would it take you to take 3 tablets? You take one tablet, 30 minutes later you take the 2nd tablet, 30 minutes later you take the 3rd tablet, making 60 mins or 1 hour.*

Parent Support



The **Mental Health Foundation** provides information and support for anyone with mental health problems or learning disabilities. Their website includes podcasts, videos and stories plus hints and tips. There are also links to organisations who can help if you need someone to talk to.

www.mentalhealth.org.uk