

## Headteacher's Update

We have had an excellent first full week back at school. Our Autumn Plan is working well and I am very grateful to all our staff, students and parents for making this possible. The positive attitude that we recognise as a hallmark of life at Newlands is in abundant supply! Many thanks to the parents who are encouraging their daughters to walk or cycle to school. The reduced amount of traffic in Farm Road is appreciated by staff supervising the entry and exit of the girls. It is much easier to help keep them safe without large numbers of cars blocking the road.

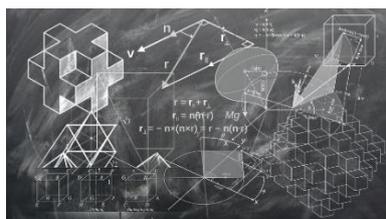
Have a lovely weekend.

Dr Louise Ceska  
Headteacher

## Back to School

During lockdown I had to manage my own time and learn from online resources. Now we are back at school, I really enjoy being able to ask for teachers' help in person and they are able to explain things in a more understandable way. I feel more organised and motivated. It's also really good to see my friends. I am really looking forward to starting my chosen GCSEs including Art and Drama.

By Klaudia Romasz (10A)



## Warm weather coming!

It is likely that we will see above-average temperatures during the course of next week.

If girls would prefer to wear their summer dresses with their blazers, they are very welcome to do so.

Also, please remember that everyone should bring plenty of drinking water to school.



## Winning Story!

Newlands Girls' School recently submitted entries to the Anne Frank Creative Writing Competition (<https://annefrank.org.uk/the-anne-frank-creative-writing-awards-2020>). The standard was incredibly high and we are very proud that Charlotte Rozier (10A) was commended for her short story entry. This is the beginning of the story - students can come to the Library to read the rest!



### The Scarlet Envelope By Charlotte Rozier (10A)

We are equal. At least, that is what we are told. After all, we are human, we are all the same. There is no reason to discriminate due to race, gender, or beliefs...

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Sometimes time can be so strange. Sometimes it rushes rapidly on, fluttering out of your grasp like a bird freed from a cage, always when you want it to last, to slow down, so you can hold on to every moment. I know that I shall never be free, now. One small piece of paper will change that. There are times when time seems to freeze, like a puddle in the winter, and every second seems as though an entire lifetime is slipping away into the past. At the moment, my time is unlimited, and I am ageless. I have an unrestricted existence, and yet for how long am I free to do what I want? I know that it all changes today, though, for today I get my commencement. My initiation. My countdown. Today my clock will begin to tick, and my time will start. Today I will discover when my time will end...

## The Student Focus Centre

It is so important to look after and take care of yourself. Here are some ideas for self-care that can make a difference to how you feel.

**Write down 5 things you love about yourself:** a skill you have, something about the way you look, or anything else. Every morning you will look in the mirror and tell yourself these 5 things that you love about yourself.



**Acknowledge your inner critic:** Take a moment to write down all the negative thoughts that pop up in your head: these thoughts come from your inner critic. Next, write down another way to look at these negative thoughts: this is your healthier mindset. For example: 'I hate my voice' – that's something my inner critic will say, but your healthier mindset will say 'My voice is unique'.

**Make a list of your accomplishments:** Big, small, it doesn't matter, write them all down. Whenever you feel worthless, you will look at that list and remember all the things you've already accomplished.

**Self-care:** If you take good care of yourself you are saying 'I am worth taking care of'. Take a moment each day to do something for you, which can be as small as making yourself some tea and mindfully drinking it.

**Every time you take care of yourself, you are reminding yourself that you are worth it.**

**Mrs A Taylor**  
Emotional Wellbeing Support Assistant  
Student Focus Centre

## Book of the Month - September

### The Kite Runner By Khaled Hosseini

*The Kite Runner* by Khaled Hosseini is a story about how Amir copes with the guilt of an event that occurred during his childhood. The book is set in both Afghanistan and the United States of America, between the 1960's and the 2000s, during the Soviet military intervention. It is about the friendship between him and the son of his father's servant Hassan. I liked this book because it was very different to anything I had read before, and I was able to learn a lot from it.

By Aminah Ghafoor (11D)

## Library Reopening!

The Library is now able to reopen from Friday 11<sup>th</sup> September 2020. Each Year group will have their own bubble day to use the Library. The Librarian will collect and return any students who want to come to the Library from their Library Meeting Point in their Year zone at the beginning and end of break and lunch.



## Library Days for Year Groups

- **Monday – Year 8** – Year 8s do not need a meeting point as their zone is next to the Library. They are free to come and go on their bubble day.
- **Tuesday – Year 7** (Meeting Point outside Lab 32)
- **Wednesday – Year 11** (Meeting Point outside Room 12)
- **Thursday – Year 9** (Meeting Point outside Lab 20)
- **Friday – Year 10** (Meeting Point outside L1)

The Sixth Form have exclusive use of the Library QSA and are welcome to come and speak to the Librarian at any time for help.

I look forward to seeing everyone soon!

**Mrs Evetts**  
Librarian