

# FRIDAY NEWS!

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



Friday 25<sup>th</sup> September 2020  
Term 1 - No. 4

## Headteacher's Message

I am delighted to report that we have thirteen Year 13 students, who are considering applying either to Oxbridge or for Medical/Veterinary School. We are very fortunate to have secured the continuing assistance of Dr Joe Organ, one of the Admission Tutors at Brasenose College, Oxford University, who was very impressed with their ambition and academic standards. We wish this cohort every success.

## MFL

### European Day of Languages – Saturday 26<sup>th</sup> September 2020



The European Day of Languages is celebrated every year on 26<sup>th</sup> September. The idea is to celebrate all of the languages spoken in Europe, not just the European ones! Did you know that there are more than 200 languages spoken in Europe? That sounds a lot, but it's only 3% of those spoken around the world! This year teachers and pupils will mark the event with a number of fun and interesting language lesson starters, including learning about words in other languages which don't translate directly into English, such as:



- **Sobremesa (Spanish):** the moment after eating a meal when the food is cleared but the conversation is still flowing at the table.



- **L'esprit d'escalier (French):** literally: "stairwell wit" – a too-late retort thought only after departure.



- **Wanderlust (German):** the wish to see and travel the world.



- **Lagom (Swedish):** not too much, not too little, but just right.



- **Hygge (Danish):** hygge is the pleasant, genial and intimate feeling associated with sitting around a fire in the winter with close friends.



- **Seigneurs-terraces (French):** coffee shop dwellers who sit at tables for a long time but don't spend any money.

Amusez-vous bien!

**Mr J. O'Connell**  
Head of MFL

## Show Jumping Achievement

Congratulations to Isobel Stenning in Year 13, who achieved an excellent result in the Hickstead All England Summer Championship. Isobel qualified on her first attempt, beating 80 other riders to gain her place in the final.

Isobel was seventh to ride. She kept her cool and jumped a clear round. On her next attempt she finished fast, but accrued four faults and was placed second overall.

Both Isobel and her horse were amongst the youngest competitors in the class.

Well done Isobel!



# Student Focus Centre

## The Importance of Sleep



We all need enough sleep so that we can function to the best of our best ability. Some of us might be guilty of using our phones to check social media sites or message friends late in the evening, and this can affect how easily we manage to fall asleep. Limit screen time by placing phones and devices in a separate room at least half an hour before bed and establish a sleep routine to ensure 8-10 hours per night. Your sleep routine may include reading, having a nice hot bath, listening to some calming music or spending time talking with your family. Establishing good sleep habits will have a positive impact on your daily life.

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

## Parent Support

There are many helplines and websites available for young people and parents. We will be featuring some of these in the coming weeks.



**Shout**, offers free, confidential support via text, and is available 24 hours a day.

Please see the link below for further information:

[www.crisistextline.uk/](http://www.crisistextline.uk/)

## Maths Stars of the Week

The Maths Stars of the Week are as follows:

### KS3

**Alexia Mbassidje (9B)** – *worked hard to catch up with assignments and asked for help when she needed it.*

### KS4

**Bella Duff (11A)** – *extremely hard working!*

**Maths riddle:** - *How far can you go into a wood before you start coming out?*

*(Answer in next week's Friday News)*

