

# FRIDAY NEWS!

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



Friday 2<sup>nd</sup> October 2020  
Term 1 - No. 5

## Headteacher's Message

This week, I would like to thank all pupils, and their parents/carers, for the part they play in ensuring that we continue to enjoy high standards of uniform at Newlands. Standing at the gate every morning, I feel proud of our pupils as they make their way into school looking so smart. Keep up the good work!

## Student Focus Centre

### Try to eat a healthy balanced diet

Young people with healthy diets are less likely to develop depression than those who eat large quantities of processed food. Diet is linked to the hippocampus, a key area of the brain involved in learning, memory, and mental health. People with balanced diets have more hippocampal volume, which is key to developing a healthy mind.

Omega 3 fatty acids found in fish and flaxseed may aid studying and concentration. The Vitamin B Complex found in fish, beans, milk, and dairy is known to stabilise the mood system. Vitamin C, found in many fruits and vegetables, can counteract effects of stress in young people.

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



## Catering News

Beginning Tuesday the 6<sup>th</sup> October, we will be providing a limited break-time service offering cakes, fruit and snack packs.

This provision will be available in all year group bubbles every day except Monday.



**Accent Catering**

# Maths Stars of the Week



The Stars of the week for Maths are as follows:

## KS3

**Anna Greenland (7E)** - for working hard.

## KS4

**Alia Hitschmann (10F)** - for completing all work and contacting her teacher on Teams for help.

**Maths riddle:** how many balls of string does it take to go from the earth to the moon?  
(Answer in next week's Friday News.)

**Answer to the riddle from last week:** how far can you go into a wood before you start coming out? **Half way!**

# Library

## Book of the Month – October

**The Little White Horse**  
By Elizabeth Goudge



**Genre:** Fantasy

**Storyline:** Following her father's death, Maria Merryweather and her governess, Miss Heliotrope, go to live with Maria's nearest living relation, Sir Benjamin Merryweather. He lives in the grand castle of Moonacre, in the enchanting village of Silverydew. However, problems are afoot. Maria sets out to discover the mystery of the lost Moon Princess, and to restore peace to the men from the Dark Woods. Can Maria and her unusual friends put the village to rights?

**Main Character:** Our young heroine is 13 years old, and is a curious, joyful girl. She has red hair and mystical grey eyes. She has a feisty character, which she often shows. A likeable and relatable student, second cousin, leader and friend, Maria Merryweather is the perfect protagonist in such a wonderful novel.

**Themes:** The book is innocent and sweet, with a happy ending that makes everyone smile. Love is an important theme, as shown at the end of the book, when many happy couples say "I do". Throughout the main story, magic and faith are also key themes, with the mysterious "legend" of the moon princess featuring prominently.

I loved reading this book - it is so pure and delightful, and it brings a smile to my face every time I think about it. The language used to describe the characters and scenery is beautiful and it creates stunning pictures in your mind. When I finished the final chapter, I was smiling and it put me in a good mood for the rest of the day.

**By Rebecca Miller (9B)**

## Parental Support



The NSPCC provides advice on several topics related to supporting children during the pandemic, including online safety and returning to school.

Parents and Carers who are worried can contact professional counsellors for help, advice and support:

**Phone: 0808 800 5000 or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)**

If you are 18 or under, Childline offers you free, confidential help and advice:

**Childline: 0800 1111**

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

## Governor Vacancy

Newlands Girls' School has a vacancy on its Governing Body. The work of the Governing Body relies on having many different disciplines, and we would like to recruit someone with a background in education, ideally a teacher at another school. The people best suited to be Governors are people who have an interest in the school, parents for example. Training is provided. Governors act as support and critical friends to the Senior Management of the school. Would you be interested in supporting your daughter's school by becoming a Governor? If so, please email [office@newlandsgirls.co.uk](mailto:office@newlandsgirls.co.uk)

Mr S. Bridge, Chair of Governors