

Headteacher's Message

I hope that all our families continue to stay safe and well.

We have been very impressed with the on-line learning engagement rate amongst our pupils, which currently averages at around 97%. Thank you to parents and carers for making sure that their daughters are logging on for all their Teams lessons.

Our Virtual Sixth Form Open Evening takes place next Tuesday and all parents and carers of Year 11 students will now have received the log-in details. The Sixth Former for a Day event will then follow on Thursday 4th February, with Year 11s receiving a fully personalised programme of A-Level and BTEC taster lessons. Please be aware that on this day, all other year groups will be working off-line.

Have a lovely weekend.

Dr L.V. Ceska

Careers – GCSE Options Choices

Soon it will be time for Year 9 students to select their GCSE options and they will receive all the information needed at the end of next week. In preparation for this, we asked one of our Year 10 students, Zara Ioras, to share her recommendations with regards to making those choices:



When picking your GCSE options, a really handy tip I was given is to think of it like cooking. If you know what you want to eat, then it is just a matter of selecting the right ingredients. Likewise, if you know what career you want to follow, then you need to pick the subjects that are required for that career - and believe it or not - that starts with GCSE subjects. I suggest you do some reading to be sure you know what is needed.

However, if you don't know what you want to do yet, then picking a broad range of subjects is probably the best idea; that way you keep all your options open and have a good balance.

Zara's top tips:

- *Make the choice yourself; don't be influenced by your friends*
- *Think about what you enjoy/what you are good at*
- *Research subjects needed for your choice of career*
- *Investigate the way a subject is assessed so you can play to your strengths*

If you have any questions with regards to Careers and subject choices, please contact our Careers Leader, Mrs Jandrell: NataliaJandrell@Newlandsgirls.co.uk

Outstanding Online Lessons

All our students are enjoying their remote learning. Sian in Year 7 has summarised one of her favourite lessons:



Maths was my best online lesson because Mr Martin explained it really well so we all knew what we all were supposed to be doing in the lesson. He explained clearly and he showed us a PowerPoint. There was some work we had to copy out in our book, or online in a Word document. Then he set us some work on Kerboodle. We were still at the meeting so we could ask him for help if we were stuck and then we left the meeting. He made it noticeably clear that we had to be doing our work.

Here is a tip if you do not like doing online lessons for some reason. Ask the teacher if you need help. Do not just give up if you do not know what you are supposed to be doing, because it will not help you when you go back to school, as everyone will know how to do the work except you!

Student Focus Centre

Nature and Wellbeing

Even in lockdown we are able to enjoy nature and its benefits. From forests and rivers to parks and gardens, there is beauty all around us. Being outside in natural light is advised if you experience seasonal affective disorder (SAD). This is a type of depression which people suffer from at particular times of the year.



Animals and wildlife are also brilliant at improving our overall sense of wellbeing.

Some studies have found that interacting with creatures in their natural habitat, such as watching birds in a garden or ducks splash on a pond, encourages relaxation and a calming connection to nature.

Remember to get outside, look around you, and enjoy everything that the natural world has to offer! It is free and will boost your mood.

Maths Stars of the Week



The Stars of the week for Maths are:

KS3 - Polly Cooke (Y7) – Polly contributes very well and is helpful to others during online learning.

KS4 - Sylvia Chew (Y11) – Sylvia demonstrates an outstanding attitude towards her learning and is willing to have a go at answering questions during her remote lessons.

Maths riddle: from what number can I take half and leave nothing?
(Answer in next week's Friday News)

Parent Support



Childline has launched a new campaign - Nobody is Normal - which aims to help children understand that lacking confidence, feeling not good enough or that you don't fit in, is a shared experience. Statistics show that Childline has delivered 42,953 counselling sessions to children about their mental and emotional health across the UK since lockdown was first put in place. Data also shows that the monthly average number of Childline counselling sessions about eating and body image disorders increased by 32% on the pre-lockdown figures. There was also an increase of 16% in young people seeking advice on sexuality and gender identity.

For more information, please visit their webpage.

Nobody is Normal - <https://www.childline.org.uk/info-advice/your-feelings/normal>