

FRIDAY NEWS!

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



Friday 29th January 2021
Term 3 - No. 4

Headteacher's Message



Introducing our new mini-buses – Bus 1 and Bus 2 – which arrived on site earlier this week, resplendent in their silver paint and Newlands logo, kitted out inside with red seat belts! They are both 17 seaters, so we will be able to transport more pupils to sporting events and off-site activities.

Thank you to all the parents and Y11 students, who attended our Virtual Sixth Form Evening. It was lovely to see such a good turnout and we received lots of positive feedback. We now look forward to our Sixth Former for a Day event on Thursday 4th February. All Year 11 students will be provided with a personalised programme of 5 taster A-Level/BTEC lessons, which should help them make decisions about what they would like to study next year.

Please note that all other year groups will be working off-line on this day.

Have a lovely weekend.

Dr L.V. Ceska

Library Visitor for Students in School!

We all know that lockdown has been hard for many across the country. However, the arrival of a vibrant ginger cocker spaniel, made the situation a little easier! Teal, Miss Capon's lovable dog, visited the Library on Wednesday of last week in the hope of cheering us all up, and (of course) she succeeded. Her curious personality and her friendly aura captivated all the girls in the group. This not only lifted spirits, but encouraged friendships to grow even through this tough time.



Helen Cooper (Y10) and Teal

After ducking between table legs and chairs, Teal went on a walk with several of the girls. Despite cold and damp weather, the calming stroll was animated by Teal's various comedic exploits. One of these involved her running enthusiastically, encouraging her walker to do the same! Needless to say, we all enjoyed the experience and a big 'thank you' should be given to Miss Capon for allowing us to spend time with her wonderful dog.

If you have a pet that brightens your day, allocate some time to it. Not only will it help you, but it will give the animal the attention it truly deserves!

By Imogen Palmer (Y8), (Photos taken by Jess Scott in Y9)

Careers



Jane Cave was introduced to us by the Careers and Enterprise Company in 2018 and has been our Enterprise Advisor ever since. Founder and MD of the JAM Partnership, Jane is a strategic marketing consultant, professional trainer, non-executive director, keynote speaker and mentor for organisations such as: Vodafone, HSBC, Nissan, Hachette, RBS, BMW and Centrica.

Jane has been incredibly supportive of our careers programme and she continues to inspire staff and students with her seminars. This week, she shares her advice for those wishing to recognise their achievements and shape these into a stand-out CV:

"Your CV is your chance to make a good first impression. The more effort you put into creating your CV, the more likely you are to get an interview."

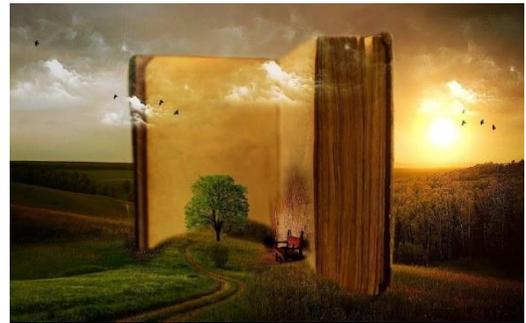
There are many things you have probably been doing (or could be doing) during lockdown that show valuable skills to future employers. Think about your activities and what they demonstrate such as reliability, dedication, confidence, attention to detail, problem solving or entrepreneurship. Consider keeping a record of all your extra-curricular activities, as this will help you stand out from the crowd."

For more information about Jane and a complete list of her top tips, please visit the Careers page of the Newlands website: [Careers Curriculum/Information - Newlands Girls' School](#)

Reading Time

You are currently spending a lot of time on screens, but you all know how important it is to keep up with your personal reading. Make sure that you transport your imaginations to a new world or even one that is familiar!

Reading allows you to build your vocabulary, improve your understanding and strengthen your lateral thinking skills (which is important for all subjects).



Reading

1. BooktrustHome Time: Get your brains excited about reading and stories with the Book Trust's offering. There are lots of videos, including author readings, illustrations, demonstrations and self-guided quizzes. They've also got a useful list of what authors and illustrators are up to during this time. Suitable from Primary up to KS3.

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/>

2. Storynory: This provides audio stories alongside the written text. Storynory have been offering this free service since November 2005. They are a podcast and a website with audio streaming. Suitable for Primary up to KS3. <https://www.storynory.com/>

3. Oak Academy Virtual Library: Every week a popular children's author or illustrator will provide you with free books, exclusive videos and their top three recommended reads.

<https://library.thenational.academy>

Videos

1. National Theatre: The all-new National Theatre at Home is a streaming service offering unforgettable British theatre available to watch anytime, anywhere.

<https://www.nationaltheatre.org.uk/ntathome>

2. Digital Theatre: Ask your English teachers how to access Digital Theatre from home. Available for KS3, KS4 and KS5.

<https://www.digitaltheatreplus.com/education>

Audio Books

1. Audible stories: Open a new world with audible stories. While schools are closed, audible have offered free access to a collection of e-books. Titles include *Anne of Green Gables*, *Jane Eyre* and *Frankenstein*. Suitable for KS2–KS5.

<https://stories.audible.com/start-listen>

2. David Walliams: There are lots of resources free on the World of Walliams website which accompany his books. Suitable for KS2 and KS3.

<https://www.worldofdavidwalliams.com/activities/>

- 3. Borrow Box:** You can have free access to audio books if you're a member of the library. You just need to download the Borrow Box app and away you go. Suitable for KS2-5.
<https://www.borrowbox.com/>
- 4. RBdigital:** Similar to Borrow Box, this app will give students access to free audiobooks, ebooks and magazines via their local library account. Suitable for KS2–5.
<https://rbmediaglobal.com/recorded-books/>
- 5. Cloud Library:** Another app which gives free access to library books. Suitable for KS2-5.
<https://www.yourcloudlibrary.com/>
- 6. BBC Sounds app:** If your daughter is looking for a podcast or radio programme to enrich her learning then there are hundreds to choose from on the BBC sounds app. The current book of the week is the latest release from Hilary Mantel, *The Mirror and the Light*. Suitable for KS4 and KS5.
<https://www.bbc.co.uk/sounds/category/audiobooks?sort=popular>
- 7. Phoenix Q club:** There are lots of fun comic book activities and puzzles over on the Phoenix comic's Facebook page. Suitable for KS2 and KS3.
<https://www.facebook.com/pg/phoenixcomic/posts/>

Student Focus Centre



Children's Mental Health Awareness Week – Place2Be

Next week (1st-7th February) marks Children's Mental Health Awareness Week. Since 2015, the charity Place2Be has celebrated and taken part in this important event. The theme this year is "Express Yourself".

***"Expressing yourself** is about finding ways to share feelings, thoughts, or ideas, creatively. This could be by producing a piece of art, performing music, or writing poetry; doing activities which make you feel good."* – (About P2B - Children's Mental Health Week 2021)



Lockdown is the perfect time to try something new and express yourself in a different way. This applies to adults as well as children and young people. Sometimes when we are stressed or anxious, it can be difficult to put things into words, or release our emotions. By doing something creative, we can often find ourselves more at ease to express pent up feelings. Creative activities can also distract us from negative thoughts and anxieties.

Place2Be has some great wellbeing activity ideas available on their website - [Coronavirus: wellbeing activity ideas for families \(place2be.org.uk\)](https://www.place2be.org.uk). They also have a wealth of information about young people's mental health and helplines if you need some support.

SHOUT works in partnership with Place2Be. It is available 24 hours a day for anyone in the UK, for free. Text CONNECT to 85258.

They also have other information and support available - [How to support your child's mental health – Place2Be](https://www.place2be.org.uk)

<https://www.place2be.org.uk/>

Maths Stars of the Week



KS3 - Eva-Maria Sumner (Y9) - She has been on fire with the quality of her homework. She got 100% for all her assignments this term and her workings are very clear and organised. She is an excellent student overall!

KS4 - Ankeeta Upreti (Y10) - She is always punctual to lessons (even virtually) and completes all the homework set. Her lesson participation is very good.

Maths riddle: what do hungry time travellers do? (**Answer in next week's Friday News**)

Answer to the riddle from last week: from what number can I take half and leave nothing? Zero!

Parent Support



Dr Lucy Russell, Clinical Child Psychologist, launched her website 'They are the Future' so she could provide an ongoing source of online support for parents. The website includes useful information on subjects such as anxiety and friendship issues. It also includes links to helpful free courses such as:

Free 3-day mini course: Reset Your Child's Wellbeing in 2021!

- This is for parents of children with stress, anger or anxiety. The course looks at 3 fundamental areas of children's wellbeing. When parents sign up they receive an email each day for three days with links to a video and a PDF.
- Sign up page: <https://they-are-the-future.mykajabi.com/pl/252956>

Free parent masterclass: End Emotional Explosions!

Sign up page: <https://they-are-the-future.mykajabi.com/JanuaryMasterclass>
<https://www.theyarethefuture.co.uk/>