

FRIDAY NEWS!

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



Friday 15th January 2021
Term 3 - No. 2

Headteacher's Message

I hope that all our families are continuing to keep safe and well.

We have had another excellent week of distance learning. Our teachers (me included!) are very impressed with the way in which pupils have been applying themselves to this new way of working. Keep up the good work! This week also marked the start of in-school Covid-19 lateral flow testing and I would like to thank Mr Piggot (Facilities Manager) for having set up a brilliantly designed system. My thanks also go to our team of volunteer testers, without whom this initiative would be impossible to implement.

As ever, if parents have any concerns, we are only a phone call away – 01628 625068. Have a lovely weekend.

Dr L Ceska
Headteacher

Careers

The world has gone virtual and so have many work experience opportunities!

Work experience is a fantastic way of gaining insight into 'the real world' and exploring a profession at first hand. If you have undertaken work experience in the past, you will have learnt that our idea of a certain role does not always match the reality: when put to the test, that role we thought would be so exciting might turn out not to be quite what we expected. Equally, we might realise that we are a natural at something we had never before considered. Work experience is therefore invaluable in helping you choose your further and higher education pathways, with confidence.



Thanks to virtual work experience, it is easier than ever to secure a placement. Many companies are offering opportunities during February Half Term, or during the summer holiday. It is also possible to join a short 'insight event' from the comfort of your home, during the course of an evening. I have listed below just a few of the websites where you can discover more about what's on offer and I would encourage you to check these regularly, as they are continually updated.

Please feel free to contact me if you have any questions or would like to talk further:
nataliajandrell@newlandsgirls.co.uk

Mrs Jandrell
Careers Lead

Speakers for Schools Work Experience - <https://www.speakersforschools.org/experience-2/young-people/why-work-experience/>

Springpod Work Experience - <https://www.springpod.co.uk>

HSBC Work Experience - <https://www.hsbc.com/careers/students-and-graduates/student-opportunities/uk-work-experience-programme>

Library – Book of the Month

Book of the Month – January 2021

Harley Merlin series
By Bella Forrest

The Harley Merlin series starts with *Harley Merlin and the Secret Coven*. This is about a girl with unusual abilities who discovers that there are secret covens throughout the world, filled with people like her – magicals. These books follow Harley and her friends through romance, strange family reunions and adventure. Strange, fantastical creatures power the covens. In the first story, gargoyles escape which then risks the magical world being seen by ordinary humans.

Throughout the series, Harley and the Rag Team embark on many dangerous quests in order to stop the Shiptons taking over the world. You get to know each character personally and see their particular view on each of these missions. This is a good series for Years 9 and above.



By Aavishi Krishnatrya and Isabelle Gorf (Year 9)

Student Focus Centre

Houseplant Week

January 11th – 17th is houseplant week. Enhance your home and lift your mood with houseplants.

Indoor gardening is great and can give you a real sense of achievement. Not only do they make our homes look attractive, houseplants also have health benefits that you might not even know about. From improving the air we breathe, to helping lift our mood during the darker nights of winter; connecting with nature is a great way to enhance our wellbeing. There are a variety of benefits:

Lavender and Snake Plant – Both of these are great for anxiety. Lavender in particular can lower your heart rate and blood pressure. It can also help us sleep. Snake plant can alleviate headaches and anxiety too.

Rubber plants and Peace Lilies – Two great plants for purifying the air around us and getting rid of toxins. These plants will make the space around us healthier and in turn, allow us to experience a sense of peace and relaxation.



Parent Support



During this time, it is important for everyone to look after their mental health. UNICEF is a world-leading organisation and their primary focus is supporting children. Their website has an excellent article on how you can help improve teenagers' mental health, while looking after yourself at the same time. This includes advice on encouraging teens to share feelings and work through conflict.

https://www.unicef.org/parenting/health/four-things-you-can-do-support-your-teens-mental-health?utm_source=facebook&utm_medium=organic&utm_campaign=coronavirus&fbclid=IwAR27rbMoefvg4kEZDbNojhiv9i2i5mtKa085w-xjCYRA-n3P_-IL4Wtqa4