

FRIDAY NEWS!

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



Thursday 1st April 2021
Term 4 - No. 6

Headteacher's Message

Well done, everyone! We have had another really good week at Newlands.

Since returning from lockdown, our students have demonstrated excellent levels of engagement and we are very proud of them all!

Now it's time to take a break and I would like to wish all our families a lovely Easter holiday.

Best wishes,

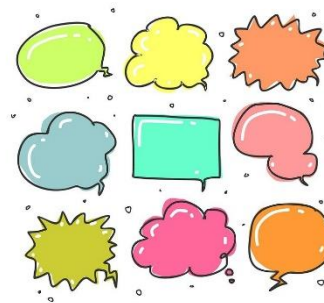
Dr L.V. Ceska

Careers

Parental feedback

In January, we suggested questions for parents and carers to start a careers discussion with their young person. Thank you to all those who have already had the chance to put them to the test and who kindly gave us feedback.

The discussion was well received, with one parent reflecting: *"We both learnt quite a bit. My daughter was interested to see a timeline of the jobs we'd had over our careers - and the salaries at different points!"* Another parent felt *"it was an interesting and useful 20 min discussion."*



We also received a very helpful suggestion to round off the chat by asking: "What specific action will you take as a result of this discussion?" So please add this to the list!

Another careers activity two members of Year 8 reviewed for us in the *Friday News* was the Buzz Quiz. Other students have since followed their lead, and one parent emailed us to say the following: *"It's been fascinating for our 3 girls to do the quiz and discuss the strengths and weaknesses of the animal personality types. Much better than more complex strengths profiles we've seen before."*

We are grateful for all of your feedback. If you or your daughter find any of the events or resources helpful, please do let us know by emailing our Careers Leader, nataliajandrell@newlandsgirls.co.uk

Royal Approval

Just before Christmas, the Library held a Christmas Card competition and some of the cards were printed and sold to raise money for new books. One of our English teachers, Ms Welch, sent the Queen a card and received a thank you letter from a Lady-in-Waiting at Windsor Castle.



Library News

Great Newlands Short Story Competition Winners!

The Library recently ran a short story competition to celebrate World Book Day. We had a large number of extremely talented entries. The majority of the stories will be collated and made into a book that other students can enjoy in the Library. We would like to thank all those who entered for their amazing work and pass on our congratulations to our gifted winners!

Winner

Niamh Fitzgerald (Y8)

Joint Second Place

Isabelle Gorf (Y9)
Klaudia Romasz (Y10)
Charlotte Rozier (Y10)
Hibah Hussain (Y13)

Highly Commended

Rose Linfoot (Y7)
Evie Brice (Y8)



Bag2School Reminder



Please remember that on Thursday 8th April, Bag2School will be visiting Newlands to collect any unwanted clothes, which will be sorted and weighed. This event ran last year and was a great success. For every kilogram of clothing donated, the NPA will receive a valuable boost to their funds. The clothes then make their way to developing countries, where they are cleaned, reused and sold.



During this period of continued restrictions, please do take the opportunity to sort through your wardrobes and consider donating any unwanted items to the scheme. You will have the opportunity to drop your bags off on **Thursday 8th April** (a black bin liner is fine) **between the hours of 10 a.m. and 2.00 p.m.**

Please turn in to the school car park and, when space becomes available, move into the drop-off zone, where members of the NPA will call you forward to receive your bags and store them in the bicycle shelter. In order to help us maintain social distancing and keep traffic flowing, we ask parents to have their bags ready to deposit and to turn left onto Farm Road when exiting the site. Please also be mindful of the need to maintain a two metre distance from others making their donation at the same time and observe the 10 a.m. – 2.00 p.m. window outlined above. We appreciate your support with this.

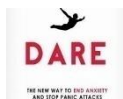
All funds raised through Bag2School will be used to support the learning and extra-curricular experiences of our students. It is also great to know that your unwanted clothing will be used sustainably to support communities across the world!

Please visit the Bag2School website for a list of what is accepted for collection:

<https://bag2school.com>

Student Focus Centre

Our mental health needs are just as important as our physical health. If you find mental health issues developing, it is best to seek face-to-face support. Talk to a friend, family member, Form Tutor or Head of Year. You can also reach out to the Student Focus Centre at wellbeing@newlandsgirls.co.uk. Listed below are some great apps, which you might find helpful:



Dare - Helps young people overcome anxiety, panic attacks, worry and insomnia. You can track your progress daily with the mood journal. (BMD Publishing)



Moodtools - Helps you combat depression and alleviate your negative moods. Contains questionnaires, videos on guided meditations, soothing sounds and TED talks focusing on aspects of Depression. (Inquiry Health LLC)



Calm harm - Provides strategies for people who are self-harming. (Stem4)

- *Distract* – combat the urge by learning self-control
- *Comfort* – care rather than harm
- *Express* – get feelings out in a different way
- *Release* – safe alternatives

Maths Stars of the Week



The Stars of the week for Maths are:

KS3 - Sabah Shammureed (Y9) – She has worked very hard since returning to school and always tries her best.

KS4 - Molly Halstead (Y11) and Sophie Halstead (Y11) – They always put 100% effort into every lesson.

Maths riddle: What kind of snake does your Maths teacher probably own?
(Answer in next week's Friday News)

Answer to the riddle from last week: Where do mathematical fish like to swim? Indices (in de seas)!

Paula Radcliffe MBE taking assembly!

Following Newlands' win in the Paula Radcliffe Two15 Challenge over February half term, Paula herself will be taking a whole school virtual assembly on **Tuesday 20th April**. Girls need to go promptly to their P1 room on arrival at school where they will have a 20minute virtual assembly.

This is an exciting opportunity to hear from Paula who is undoubtedly one of the UKs best distance runners, having won the London Marathon 3 times and held the women's World Record for the marathon distance. For those pupils who might be a little young to remember Paula's racing days, more information can be found in her bio at www.paularadcliffe.com.

If any pupils have any questions they would like Paula to answer during her assembly, please email them to Miss Claxton and she will pass them on. This is an exciting opportunity to hear from an exceptional athlete and we hope all pupils will enjoy hearing what Paula has to say.

