

Headteacher's Message

I hope that everyone enjoyed a restful Easter holiday. It was lovely to welcome back all our pupils on Monday and see them settle quickly into the day-to-day school routines.

On Tuesday, every year group got the opportunity to take part in a live virtual assembly with Paula Radcliffe, which was the prize awarded to Newlands after we won her 'Two15' challenge. It was fascinating to hear about Paula's experiences as an elite marathon runner and our pupils did a great job in asking her lots of interesting questions.

Have a lovely weekend.

Dr L.V. Ceska

Making Music in Year 9!

Practical music making continues to be at the heart and soul of our Department at Newlands. Across the school, we have set up 'instrument bubbles' allowing all Key Stage 3 lessons to be practical, wherever their location!

The whole of Year 9 is working incredibly hard on our Band Skills project, which is giving students the opportunity to develop either guitar, bass guitar or drums skills. They work collaboratively and recreate performances of well-known four-chord chart songs. All the time, we are seeing students wanting to push themselves; guitarists are creating their own strumming patterns whilst the drummers are improvising drum fills to make the songs their own.

The Newlands community has been very generous in these testing times. We have had a huge number of instrument donations from staff, parents and neighbours, which has enabled us to run these practical lessons and for this, we are extremely grateful.



Lola Payne, Bibah Choudary
and Niamh Walsh (Yr 9)



Niamh Walsh (Yr 9)



Esme Twite (Yr 9)

Mr Chris Beach
Acting Head of Music

Careers

We were fortunate to offer a workshop on employability skills by Adviza to a number of students in Year 13. Haleema Ejaz was one of those participating and she has written about her experience below:

I, along with three other students who want to take the apprenticeship route, were given an exciting opportunity to participate in a group session of a Skills and Strengths Workshop and a 1:1 phone interview with one of Berkshire's career advisors from Adviza.



During the group session, we recognised and discussed our key strengths and skills, which we can expand upon in potential future interviews. Additionally, the 1:1 phone interview consisted of discussing our career aspirations while the advisor kindly gave us plenty of helpful advice on our future decisions. She created an action plan for each of us, which outlined our pathways after completing Year 13.

Both the sessions gave us a good insight into the variety of skills we need to include in applications in order to obtain the role in our desired field. We feel grateful to have been given a useful opportunity to advance our CV through practical and applicable information.

Haleema Ejaz (Yr 13)

If you have any questions with regards to careers, please email:
NataliaJandrell@Newlandsgirls.co.uk

Library News

Book of the Month - April

Head Kid
By David Baddiel

This book is super funny! It is about Ryan Ward who is a trickster. He wrote on his teacher's hand in mirror writing, then he tickled the teacher's forehead. When the teacher woke up, he bumped his head so the writing was on his hand and his forehead.

The school then appoints a new Headteacher who is very strict. When Ryan Ward was called to his office there was a strange music box playing and then suddenly, they swapped bodies! Ryan Ward became extremely polite and the Headteacher was funny and changed all the rules.



Please read *Head Kid* to find out more!

By Sian (Yr 7)

Student Focus Centre

April is **Stress Awareness Month**. According to <https://www.myrtwellbeing.org.uk> a recent study identified that 65% of people in the UK have felt more stresses since the COVID-19 restrictions began in March 2020.

When we are doing things that are good for us on a daily basis, we tend to manage stress more effectively as and when it arises.

When we are well nourished, we simply manage stress better. Similarly, when we get a good night's sleep, have more time to relax, take a walk in the evenings or get organised for the day ahead, we are **much** more likely to manage stress proactively and effectively.

In order to regain Connectivity, Certainty and Control, try these 10 steps:

- Adopt a positive mindset
- Don't be a slave to tech
- Eat for wellbeing
- Get a good night's sleep
- Get moving to combat stress
- Learn to say 'No'
- Master your time
- Practise deep breathing
- Prioritise your health
- Stay hydrated



For more information visit – www.stress.org.uk

Parent Support



YouTube new parental controls

New controls have been released by **YouTube** to give parents better filtering management. Previously, the only filtering option was 'Restricted Mode' which meant only videos flagged as 18+ were filtered out. There are now more nuanced controls available:

- *Explore* - 9+
- *Explore More* - 13+
- *Most of YouTube* - all videos except 18+ (the current Restricted Mode)

YouTube has also released a handy explainer video:

<https://www.youtube.com/watch?v=nhgvtv3FLSc&feature=youtu.be>

Maths Stars of the Week



The Stars of the week for Maths are:

KS3 - Grace Cooper (Y7) – She works very hard and is patient and helpful in class.

KS4 - Rukan Issa (Y10) –She worked persistently hard with the transformations topic and did lots of revision for her test.

Maths riddle: if you had 4 apples and 5 oranges in one hand and 6 apples and 7 oranges in the other, what would you have?

(Answer in next week's Friday News)

Answer to the riddle from last week: what kind of snake does your Maths teacher probably own? A pi-thon!