

## Headteacher's Message

This is my final contribution to Friday News and I am going to use most of the space to say a massive and heartfelt thank you to everyone in our community. I have received so many kind messages, beautiful cards and lovely presents, that I am almost (but not completely!) lost for words.

My 12 years as Head of Newlands have been very happy ones and throughout that time I have tried to ensure that all children receive the best possible education and that the adults working here have plenty of opportunity for growth and development. It makes me very proud to see the success of our community on a daily basis; pupils making great strides with their learning and staff embracing the highest standards of professionalism.

I remain in post until August 31<sup>st</sup> and will then hand over to Miss Capon and Mr Henshaw, who take up their new roles as Acting Co-Headteachers from September 1<sup>st</sup>. I commend them to you wholeheartedly and hope that you will support them in their work.

Have a lovely holiday.

Dr L.V. Ceska

## NPA

Our hard-working NPA organised a very successful GANUS (Good as New Uniform Sale) last week, which raised nearly £2,000. We are very grateful to this dedicated team of parents whose continuing commitment ensures that the curriculum and pastoral provision at Newlands can be further enhanced.

We wish them every success in the future.

## Goodbye and Best Wishes!

This will be our last *Friday News* with Dr Ceska as Headteacher of Newlands Girls' School. On Wednesday, Dr Ceska was presented with a book of memories detailing her time at Newlands, which was put together by a group of hard-working Student Librarians. Many thanks to all the girls who contributed to this.

It included a brief history and photos of how the school has developed over the years, and many heartfelt messages from staff and students.



Thank you, Dr Ceska, for everything you have done for the school and we wish you all the best in the future!

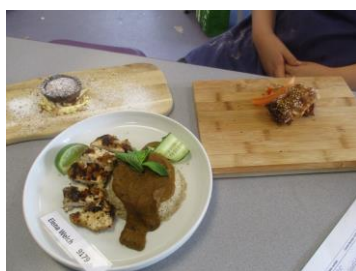


Dr Ceska, Camilla Clough, Grace Cooper, Josephina Rowe, Mehjabeen Fatima, Elise Cunningham, Polly Cooke, Lexi Sutehall and Zahrah Choudary

## Fantastic Food

Last week, our Year 10 GCSE Food Preparation and Nutrition students showcased their skills by completing a 3-hour practical examination. Pupils were able to demonstrate a wide range of techniques they have learnt throughout the year.

The food was cooked to an exceptionally high standard and some very impressive dishes were delivered. Pupils were required to create two courses and incorporate a number of skills into their final offerings. Well done to everyone for sharing such culinary talents!



**Elena Welch (Y10)**



**Anuradha Paul (Y10)**



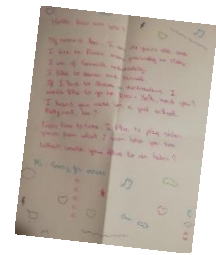
**Yasmin El Idrissi (Yr10)**



**Beth Razzell (Y10)**

## From Pen Pals to Good Friends!

My pen pal's name is Ana and we really enjoyed each other's letters. After the pen pal programme ended last year, we decided to exchange our social media details to keep in touch. We talked about our hobbies and interests, and realised we have a lot in common.



Ana is a lovely person and even though not fluent in each other's languages, we still try our best to communicate. This has led to a close friendship and Ana tries her best to speak English, which impresses me a lot.

Thank you very much Madame Benoit for providing us with this opportunity!

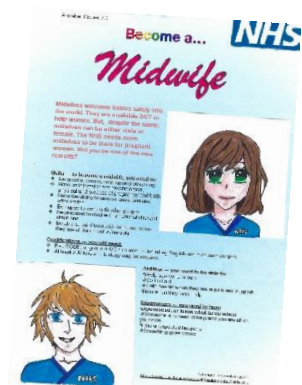
**Nijhum Das (Y10)**

<https://clg-taison.monbureaunumerique.fr/>

## Careers Competition Winners

We were delighted with the quality of entries for our NHS careers competition as advertised in the Library Newsletter. It was not easy to choose a winner from all the fantastic job profiles we received. Together with the help of our Year 8 students who helped organise this competition, we decided on the following:

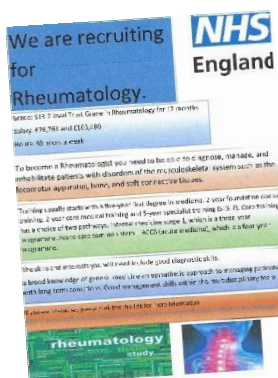
Our winner from Years 7/8 is **Annabel Rozier (Y7)** for her informative and attractively designed job profile of a midwife.



First place in Year 9/10 goes to **Isma Ali (Y9)** who chose rheumatology and wrote an impressive job specification.

Both well-deserved winners have received a fun careers game as well as 100 house points.

Spoilt for choice, we eventually decided on **Anna Burnage (Yr7)** and **Chiara Brancato (Y7)** as runners up. Many thanks to everyone who participated and contributed to our display on NHS careers in the Library.



## Sports Day



It was fantastic to be able to run Sports Day yesterday. As usual, all our Newlands students made a great effort and the atmosphere was lovely. Many thanks to our wonderful PE Department for their hard work in making sure this was such a success.



## An Incredible Athletic Achievement!

Last Saturday, Molly Staunton in Year 9 competed for Berkshire at the English Schools Athletics Finals in Manchester in the U15 Pole Vault competition. Molly had qualified by becoming the Berkshire U15 pole vault champion at the County Championships in June, where she equalled her personal best of 2m80cm. This height is higher than any other girl has jumped in her age group this year. The English Schools event saw the top 16 athletes in the country competing in each discipline and we are absolutely delighted to report that Molly won her event.



This is a first for Newlands. Whilst we have had a handful of girls compete in these championships in the past, we have never had a student medal and to come first is the most amazing achievement. We are so proud of Molly and will be keeping a very close eye on her progress in top flight athletics in the future. In other athletics news, it has been a difficult season with no school competitions other than the Berkshire County Championships where we had to submit student times and distances. Only the top 12 in the county qualified to compete in a Covid controlled competition at Palmer Park in Reading. However, as always, our athletes' dedication to training and superb effort on the day reaped rewards.

Congratulations to the following athletes

- Cecilia Furley Yr 7 – U13 Berkshire Hurdles champion
- Olivia Lacey Yr7 – U13 Hurdles Silver medal
- Matilda Price – U13 High Jump silver medal
- Aimee Gbaja-Biamila Yr 7 – U13 Javelin bronze medal
- Molly Staunton Yr 9 – U15 Pole vault champion
- Ruby Sanderson Yr 10 – U17 100m silver medal
- Simone Stirzaker Yr 10 U17 Shot Putt Bronze medal

We look forward to a more normal programme of competition next summer.

**The PE Department**

## Student Focus Centre

### Exercise

According to the NHS, research shows that physical exercise can boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, anxiety and depression.

Are you wondering just how active you need to be to get a mental health boost? It's probably less than you might think. Research indicates that modest amounts of exercise can make a real difference. The key is to commit to doing something physical – however little – on most days. You can walk, run, dance, swim or try something completely new! Even better, do it with a friend!



## Maths Stars of the Week



The Stars of the week for Maths are:

**KS3 - Alice Worsfold (Y8)** - She has a great attitude towards Maths and consistently volunteers to answer questions in class.

**KS4 - Hajra Ali (Y10)** – She works very hard and this has really paid off in her recent Year 10 examination result. Well done Hajra!

**Maths riddle:** why was the student wearing glasses during the Maths class?  
**(Answer in the next Friday News)**

**Answer to the riddle from last week:** why do noses fail to be 12 inches long? Because then it would be a foot!