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News In Brief



Thanking a Good Samaritan

We received a message through the Newlands Girls' School Parents' Association this week, asking if we could identify a Year 13 student who had stopped to help her sister when she fell over last Friday. The young woman slipped and cut her head, and was in a lot of pain: she is also 35 weeks pregnant with twins, making the whole situation even more frightening for her. This is the message we received:

"If it wasn't for Shabana, my sister and her twin baby girls wouldn't be alive. She gave up her time to help a stranger, which shows how kind she is towards anyone. The fact that my sister was in a lot of pain, and no one else stopped, shows how selfless she is: her clothes were stained due to my sister's blood loss, and it came to my attention later that she used her brand new clothes to stem the flow.

A thank you isn't enough to show and say how grateful we are. We are so lucky that this angel saved our family's life. Although we can never return the favour, we wish her the very best of luck."

We were extremely proud to pass this message on to the student in question – Shabana Mahmood – and are sharing this message with you at the request of Tricia Golding. The thoughts of the Newlands community are with her, her sister and their wider family as they recover from this scare, and step closer to the excitement of welcoming two new babies into the world!



A Fond Farewell

By Ciara McCann

"This is my last ever bulletin article, and I wanted to take the opportunity to reflect on what a pleasure it has been to write for you all each week. I have learned a lot along the way, and I will miss the weekly reminder for content from Mrs Bretherton! I've enjoyed recruiting new members for the Bulletin Committee from Year 12 to take on the responsibility, and so far they are very promising! Each week the task of finding something new to write about has been a challenge but I loved it!. Thank you for reading every week: but now, it's goodbye from me."

"A huge thank you to Ciara McCann: she has worked tirelessly for the bulletin and I will reading her interesting contributions."

Emily Harvey



For One Night Only

By Emily Harvey

"Last week, I performed in the Spring Concert: it was an amazing experience, and I am proud to have been a part of it. We had solos from the Year 13 Music students, for whom it was their final concert. The

PTA raised a lot of money selling refreshments in the interval. It was so fun to play with the Year 13s for the last time, and during the rehearsals I loved seeing the younger years be so involved, showing so much promise."

Current Affairs



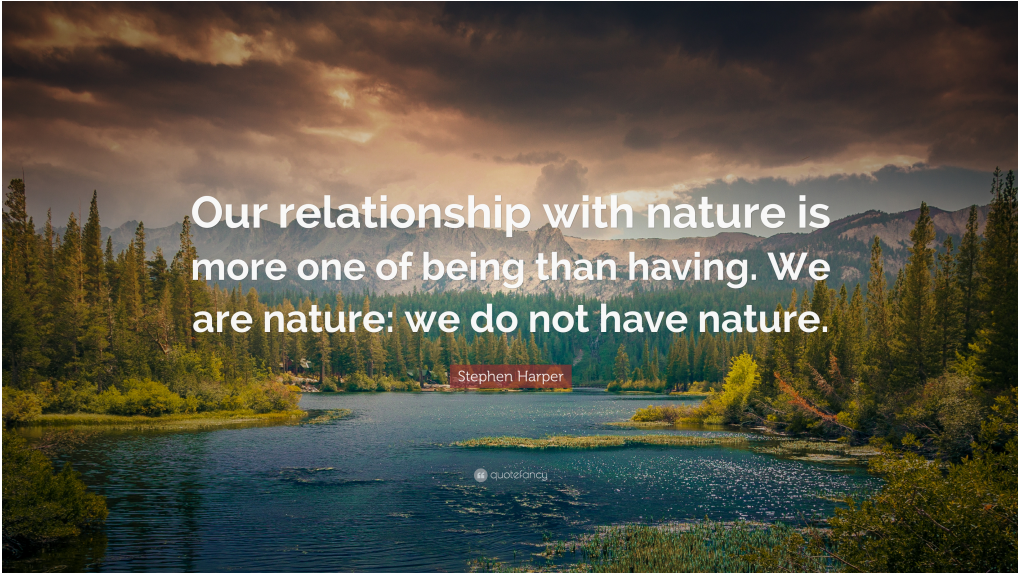
Mental Health Awareness

By Umayah Zaman

This week was Mental Health Awareness Week. Whilst it is important to have a week to talk about it, we need to ensure we are always aware of not only our own mental health, but that of our family and friends throughout the year. As we go to into Exam season, it can be tough for everybody, and can be a significant source of increased anxiety. The key to being able to manage this is to be prepared: this can be done by keeping on top of making notes from the outset; another way is to be taking regular breaks so you don't feel overwhelmed. Working for hours on end can be counterproductive, as its impossible to maintain concentration if you are studying for too long. Aim to have a ten minute break every hour, so you can come back feeling refreshed. Here are some ways to help each other

- Have a laugh with family and friends – laughing is good for the heart and can increase good blood flow.
- Always look on the bright side - being an optimist can help you live longerb
- Provide safe and welcoming spaces to talk and support each other/
- Meditate.
- Try and exercise regularly.
- Reduce sitting and screen-time.

Green Thought for the Week



Sixth Form Support

"ALL OUR DREAMS
CAN COME TRUE
IF WE HAVE THE
COURAGE TO
PURSUE THEM."

-WALT DISNEY

Permanent Tourist via Getty Images

Careers and Tertiary Education Spotlight



Careers Information

Please note that we will be saving any careers information that we include in the bulletin in a file called 'Careers Information' on the public drive for students to access. Only new opportunities will be included in the weekly bulletin but you can still find the information from the past bulletins in the folder.



Opportunities

Actuarial Analyst Apprentice

XPS is looking for candidates with an analytical mind-set and a high level of numeracy. To find out more please visit [XPS Actuarial Analyst Apprentice application form](#).

Willis Tower Watson apprenticeships

Insurance apprenticeships are available in Reading and other locations. The closing date is 15th May, and you can find details [here](#).

BT apprenticeships

Please view the range of apprenticeships available with BT [here](#).

Apprenticeships with Investment 20/20

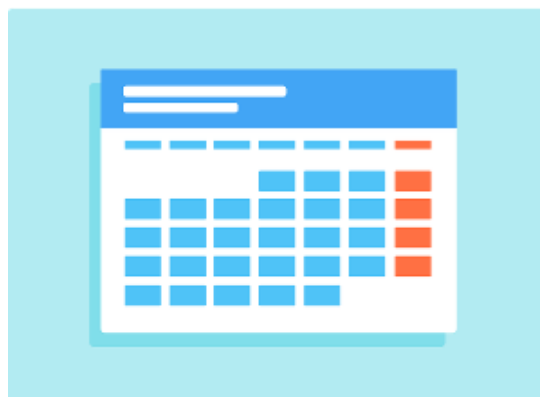
Investment 20/20 advertises a range of apprenticeships from companies such as Schroders, SAM, Mirabaud. Please see details [here](#).

Resources

[Creative Careers quiz](#)

[Creative Careers guide](#)

[Cyber Explorers](#)



Events

Get into Law Conference

Judge Emma Serrano will share her experiences as a Solicitor, Barrister, and Judge, and offer her guide to UCAS and How to Apply for Law; Personal Statements; LNAT Entrance Exams; Studying Law at Different Universities. Students can book their [place](#) for Saturday 14th May or 28th May 2pm to 6pm.

New Model Institute for Technology and Engineering Open Day

NMITE would like to invite you to their Open Day on 21st May. They continue to offer £2000 bursary to all successful students looking to join the September 2022 student cohort. This [link](#) tells you more.

Financial Services Pathway with American Express

This free online workshop consists of careers talks run by leading industry experts from American Express, and takes place on 24th May, 5pm to 6pm. You can register [here](#).

Insight into Technology

Morgan Stanley offer an Insight to Technology on 29th July, 9am to 5pm, at Morgan Stanley London offices (support with travel requirements will be provided for students outside of Greater London). The day will give an oversight into the different Technology programmes Morgan Stanley offers, as well as giving participants the opportunity to partake in interactive challenges, panel sessions and career workshops. Please apply [here](#) by 12th June.

[Contact Us](#)

Please feel free to email any suggestions for future bulletins to: katebretherton@newlandsgirls.co.uk

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