



Nicholas Chamberlaine School

NEWSLETTER

Successful Learners | World Citizens

Friday 8th April 2022

Dear NCS families,

As we reach the end of term I would like to take the opportunity again to thank our families for their support in these unusual times.

It has been an exciting and busy term with lots of activities taking place to enrich the lives of our students. We are determined, as are all Griffin Schools Trust schools, to provide our students with the best possible opportunities to widen their horizons.

The end of terms are always times of goodbyes. I know I speak for you all when I send your best wishes to colleagues and wish them good luck in their future roles. This includes: Anne Clay (Subject Lead Science), Skye Chapman (English teacher), Przemyslaw Novak (English teacher), Graham Senior (Geography teacher). We also send best wishes to Charlotte Boylin (Subject Lead History) and Raspreet Sahota (English teacher) as they begin their maternity leave. Stating next term will be Edward DuPratt (Subject Lead Science), Sarah Rafiz (2i/c Science), Isobel Tranter (English Teacher), Kirsty Scrivens (English Teacher), Craig Lenton (Subject Lead History).

Please read this newsletter carefully, it contains lots of information regarding next term as well as highlighting some of the many events that have taken place over the last few weeks.

I hope you and your family have a wonderful time this Easter.

Best wishes,

HAPPY EASTER TO ALL OUR



NCS FAMILIES

Key Dates

8 April: End of term
(finish at 2.30pm)

11-22 April: Easter Holidays

25 April: Return to school
(8.40am for all years)

26 April: Careers workshop

2 May: May Bank Holiday
school closed

Public Health Headlines for Schools



- ◆ Symptomatic and asymptomatic testing (PCR and LFT) will cease for the majority of the population
- ◆ People with respiratory symptoms (including COVID-19 symptoms) should stay at home, avoid contact with others and return to normal activities when well enough and don't have a temperature. For schools and early years settings this means that children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.
- ◆ For adults testing positive for COVID-19 (some people will still have LFT kits available), they should stay at home for 5 days (remembering day 0 is day of onset of symptoms/ day of test if no symptoms) and avoid contact with others. They should then return to normal activities only if well enough and don't have a temperature.
- ◆ For children testing positive for COVID-19 (under 18 years old), they should stay at home for 3 days and avoid contact with others. They should then return to school and normal activities only if well enough and don't have a temperature.
- ◆ The mainstay of COVID-19 advice for the general public will remain as:
 - ◇ wear a mask/face covering in enclosed spaces
 - ◇ keep indoor spaces ventilated
 - ◇ stay away from others if you have any symptoms of a respiratory illness, including COVID
 - ◇ vaccination remains the best way to protect us all from severe disease and hospitalisation due to COVID infection

Mobile Phone and Social Media

We understand that smart phones are an important part of all of our lives now. However there is a huge amount of responsibility on our students to use them appropriately and safely and we continue to help them with this. **We must remind you that phones can only be in school if they are off and in the students' bags.** They cannot be used around the site and will be confiscated if they are seen. We have to insist on this in order to keep the students focused on their work. There are also safeguarding issues regarding phones with cameras and recording devices.

Unfortunately we do have a small number of students who use social media in an unsafe manner. This can lead to very serious consequences and huge upset for students, families and staff. Students in Years 7 and 8 are legally not old enough to have some social media accounts. We ask that you speak to them about this and urge them to think very carefully about what they say and post. Anything put online will stay there, even if the students delete it. Please can we remind all students and families that local social media groups are open and comments can be seen by members of staff. If you have an issue with school then please contact us rather than posting on social media. This is not helpful and often portrays an inaccurate view of the school.

In order to support our students further with these issues we will be holding a Social Media Awareness Week straight after Easter. Students will have a series of activities during tutor time and assemblies to discuss how to stay safe online. We have been fortunate enough to secure a booking with Loudmouth Theatre who be coming into school to deliver a workshop for Year 10 on how to use social media safely and appropriately.

Please speak to your child and be vigilant with their use of social media. If you have any concerns about this then please contact your child's tutor.

Uniform

We are proud of our uniform and the way in which the overwhelming majority of students wear it every day. Please remember that trainers must not be worn except in PE lessons or have a genuine medical reason, in which case a medical note must be provided. If girls choose to wear a skirt, then it must be tailored and knee length. In Years 7 and girls wear black, pleated skirts. **Please note that from September 2022, all girls who choose to wear a skirt must wear the school black pleated skirt.** If girls choose to wear trousers, then they must be tailored; leggings are not part of school uniform, except in PE. Students should have their blazer with them in school. Please take the time over the holiday to ensure that all items of uniform are correct. If you have any issues, please contact your child's tutor.

Single Use Plastic

The school is committed to becoming a greener school. Our students have mentioned their concerns about the excessive use of single use plastic bottles that we sell through the school canteen. **After Easter, all drinks in plastic bottles will cease to be sold in school;** this will dramatically reduce the amount of plastic waste we generate. **We strongly encourage students to bring in their own reusable bottle that can be filled using the various water fountains around the school site. Please do not allow your child to bring in fizzy or energy drinks—the reasons for this are overleaf.**

Side Effects of Carbonated (Fizzy) Drinks

Although the ingredients in carbonated drinks are deemed safe these beverages may cause side effects, especially if you consume them on a regular basis.

Drinking high-sugar **soft drinks** is most commonly associated with **obesity, type 2 diabetes, and weight gain**. But fizzy drinks can also have ill **effects** on your smile, potentially leading to **cavities** and even visible **tooth decay**. ... When you **drink soda**, the sugars it contains interact with bacteria in your mouth to form acid.



IT CAN CAUSE TOOTH DECAY

Regular and diet carbonated soft drinks can **harm your teeth**. Aesthetically it could turn your teeth yellow or it could result in more serious health conditions. Your mouth contains bacteria that feed on sugar, producing chemicals that can break down the hard enamel of your teeth. A cavity forms when erosion of the enamel exposes the soft, inner core of your tooth. When you drink sweetened, carbonated soda, the sugar remains in your mouth, promoting the processes that lead to tooth decay. The acid in these carbonated drinks further increase the likelihood of developing cavities, because these chemicals also slowly erode the enamel of your teeth.

SIDE EFFECT OF CARBONATED DRINKS: BELCHING AND HEARTBURN

Carbonated beverages contain dissolved carbon dioxide, which becomes a gas when it warms to body temperature in your stomach. Consuming carbonated soft drinks may cause repeated belching as your stomach stretches from the accumulation of carbon dioxide gas.

Food and stomach acid may come up your food pipe as you belch, causing heartburn and a sour taste in your mouth.



INCREASED RISK OF OBESITY

Consuming sugar-sweetened, carbonated drinks adds calories to your diet, which may **increase your risk of overweight and obesity**. In an April 2007 article published in the "American Journal of Public Health," Lenny Vartanian, Ph.D., and colleagues report that the risk of overweight and obesity associated with consumption of sugar-sweetened, carbonated beverages is greater for women than men and for adults compared to children and adolescents. Overweight and obesity are significant risk factors for the development

of **type 2 diabetes, heart disease and osteoarthritis**.

POOR NUTRITION

Consumption of carbonated soft drinks can **adversely affect your overall nutrient intake**. Drinking these beverages may reduce your consumption of proteins, starch, dietary fiber and vitamin B-2, also known as riboflavin. People who drink carbonated beverages also tend to eat less fruit and drink less fruit juice compared to those who do not drink sodas.

REDUCED BONE STRENGTH

If you are a woman, consumption of cola-type, carbonated drinks **may reduce your bone strength**. In an October 2006 article published in "The American Journal of Clinical Nutrition," nutrition scientist Katherine Tucker, Ph.D., and colleagues report that women who consume regular and diet cola tend to have weaker hipbones compared to those who do not drink these beverages. The authors note that the degree of bone weakness correlates to the amount of cola consumed.

REFERENCES

- USDA: Contributions of Nonalcoholic Beverages to the U.S. Diet
- "American Journal of Public Health"; Effects of Soft Drink Consumption on Nutrition and Health: A Systematic Review and Meta-Analysis; Lenny R. Vartanian, Ph.D., et al.; April 2007

Proud Traditions

Rewards

HCF-A new Proud Tradition (HOT CHOCOLATE FRIDAY)

To celebrate all our students that go above and beyond in their subjects-The last two weeks we have had Y8 and Y9-Well done all!



Afternoon Tea with the Head

This week saw the return of our termly afternoon tea to reward those students who continually go above and beyond with their learning, community work or kindness to others. Well done to all of those nominated to attend by our school community-we are extremely **proud** of you.



Rewards Assembly



Proud Traditions

Rewards Assembly

“Celebrating the continued success of year 10 both in school and the community. Tutors have nominated students for special awards. Attendance, meeting expectations and the launch of deputy head boy and girl ready for year 11”. **Mr Small**

“It was excellent to see so many Y8 to celebrate their outstanding achievements, these students are a shining examples to their peers -**Real Griffins**” **Mr Genders.**



The Year 9 rewards assembly was in full swing during Tuesday afternoon ,celebrating all achievements during this term. Over 400 awards were given in total, including 100% attendance, awards for the most achievement points, tutor awards, Year Lead and Head of Year Commendations and Head's Commendations.

Tutor recognition awards went to:

- 9CBH – Phoebe-Leigh and Alfie
- 9APC – Aryan and Mollie
- 9SWE – Evie, Rose and Molly
- 9SCE – Curtis and Emily
- 9ZLC – Rosie
- 9JBH – Summer and Haydon
- 9KMT – Aneesha, Jessica, Tom and Charlie

Year Lead and Head of Year commendations this term went to:

Leo H:

This award goes to someone who goes under the radar quite a lot. This student helps others without question and looks out for staff and students around the school. They have shown a great deal of resilience in recent months and always tries to be positive. This person will always complete the work in lessons to the best of their ability and strive to deepen their knowledge by asking questions and having in depth discussions around their topic.

Sylwia B:

This award goes to someone who never fails to be polite no matter the circumstances. This student is highly thought of by their tutor and by all those who come in contact with them. The student works hard, no matter what and is another student to show great resilience this term. This student strives for the best for themselves and their peers. This student is the definition of perseverance in and out of school.

“Well done to all of those who received an award, we are so **proud** of you” **Ms Olnier**

GST Competitions

GAF poster competition

Brief

To design and create an original artwork which embodies this year's theme ***Change Makers***. The winning artwork will be the image for this year's Griffin Arts Festival poster.

Text shall be added to the poster by the organisers, so do keep that in mind when designing your masterpiece.

The final poster will:

- Showcase this year's theme: ***Change Makers***
- Be suitable for both children and adults i.e., a wide audience
- Advertise and be used for resource material supporting GAF
- Be visually stimulating
- Demonstrate artistic skill of exceptional quality

Guidelines

- The artwork can be submitted in any medium (or mixed media)
- Please consider the context and purpose of your poster
- The final piece should be no larger than A2.
- If you create a three-dimensional work, consider how this will be translated into a flat image.
- Please avoid using text
- Consider the audience – attractive for both students and adults.
- The poster must be of a quality that can be reproduced on printed material and online resources, so faint pencil won't work.

Deadline for submission to your school **TUESDAY 3rd May**

Winning entries

Judging of poster will take place at school and up to three pieces shortlisted.

Schools need to enter their shortlisted entries into the Arts Folder with the students name, Year and School by MAY 10th. An independent panel will then select the winner and runner up and notified via their school by the end of May. Prizes will be presented at the *Last Night of the Proms* on June 30th.

First place – £50 gift voucher Runner Up –£25 gift voucher

Competition rules for students

By entering this competition, you give permission for your name and age to be published alongside your work and you provide consent for any related publicised activities and photography. Please note that minor amendments may be made to the winning artwork when formatting the poster by a professional designer. Your work will be held and exhibited by The Trust after the winners are announced.

See Mrs Johnson for details

International Dance Day

International Dance Day is a global celebration of dance, created by the Dance Committee of the International Theatre Institute, the main partner for the performing arts of UNESCO. The event takes place every year on 29 April, which is the anniversary of the birth of Jean-Georges Noverre, the creator of modern ballet.

Since its creation in 1982, the International Dance Committee and the International Theatre Institute ITI select an outstanding dance personality to write a message for International Dance Day each year. “This day is a celebration day for those who can see the value and importance of the art form “dance”, and acts as a wake-up-call for governments, politicians and institutions which have not yet recognised its value to the people and to the individual and have not yet realised its potential for economic growth”.

This is our second year celebrating the event. Lois H our expert dance leader in y10 has planned and organised the event this year. She has coached each year group to master the line dance. She has videoed and edited the compilation of dances, which will be celebrated in tutor time on the 29th of April.



BBC Bitesize



Having welcomed the BBC to Nicholas Chamberlaine School earlier in the term, we were delighted to host a return visit.

Whilst the previous visit focused on the power of storytelling, this opportunity continued the theme, but looked at how storytelling is used within the workplace. Hosted once again by the CBBC presenter and You Tuber, Lee Hinchcliffe, the presentation introduced students to a variety of guest speakers. All of them spoke about how storytelling is critical to their job.

For Megan Jones, a journalist with BBC West Midlands, this involved being able

to convey a story to listeners on the radio and having to do this with limited time available. For Tom Nelson of Beatfrees, it was how to ensure that large companies, such as Google, could engage with young people. Lastly, Lee Hinchcliffe spoke about the challenges of being a TV presenter and being able to hold an audiences attention whilst under pressure.

Having presented to all of Year 7,8, 9 and 10, students were full of praise with one saying that, “the hosts were very engaging and the event itself was very inspirational.” Whilst another said, “I enjoyed learning about a career that I would like to do myself.”

Year 10: Griffin Promise

Following their return to school in September, Year 10 have enjoyed a wide range of opportunities that were not available during the lockdown. In turn, they have responded fantastically well to these. Over the last two terms, they have had the chance to participate in sessions run by Think Higher and focusing on Post 16 Pathways and Preparing for the Workplace. In addition they have taken part in both *BBC Share Your Story events*.

In addition, Nicholas Chamberlaine School has, as always, sought to ensure students are supported when it comes to life as a teenager. In this regard, all students have watched a production by Loudmouth Theatre Company and then participated in workshops which examined the issue of coercive and controlling behaviour within relationships.

Lastly, as individuals, Year 10 have been encouraged to look to their futures and to take part in the many opportunities on offer. To date, over 20 students have applied for the Unifest programme. Students in Year 10 have also participated in the residential trip to the Peak District, or applied for virtual work experience. This week, three of our Year 10 cohort will be taking part in virtual work experience at Bentley.

However, the range of opportunities does not end there and next term, events have already been planned to support our students even further. On Monday 25th April, students will have a second workshop by Loudmouth Theatre Company. The theme of this workshop is ‘Calling It Out’ and seeks to address issues such as misogyny and sexual harassment. When it comes to preparing students for the workplace, a careers fair will take place on Tuesday the 26th April and will allow student to find out more about the range of opportunities in the area, such as apprenticeships.



Hello

A quick introduction from me – I am Mrs West the new Head of Psychology and Sociology. I have a degree in both subjects and a passion to teach students how to take the lessons they learn in the classroom and make changes in their world! I look forward to speaking to future students and families in the coming months.

Well done!

A big well done to our year 11 and year 13 students who have just completed their second set of mock assessments, we are proud of the resilience and confidence they have shown when undertaking these examinations. This well done is also extended to our year 10 and year 12 students who have just undergone end of topic assessments and really shown their ability and drive to succeed.

Psychology

This half term our year 12 students took part in a workshop at Chester Zoo. All students made us very proud as they asked some excellent questions and engaged with Leon, the zookeeper, as he taught us all about the attachment and relationships of the Orang-utans and Chimpanzees. Some highlights had to be meeting (via a camera) Dobby the baby Aardvark who recently featured in the



Sociology



Our year 10 students are looking forward to a combined experience with the NCS business students to complete a workshop with the campaign for nuclear disarmament this May. Students will be learning all about pressure groups, even building and presenting their own pressure group to start making some real change in their own societies!

We are also looking forward to planning a trip to the Black Country Museum for both our year 10 and year 12 sociologists where we are going to explore the historical experiences of the family and education. Exploring how has society changed and has it changed for the better.

Introducing the student wall of fame, well done to year 12 students who created some excellent examples of propaganda in feminism and Marxist advertisements of consumerism, great work!

High Achievement

Year 11 Countdown

We were delighted to see so many year 11 families at parents' evening. We hope you found the evening purposeful and we appreciate the overwhelmingly positive feedback we had following the evening.

This half term, we have been working on revision skills and are really proud to see many students taking ownership of this. Students have been making revision 'flippy' cards and have set a target to create a minimum of 80 of these by half term. This has been supported by a focus on revision in tutor time and lessons.

All students have tutoring sessions 3 times per week at lunch time, to support their learning and closing of gaps. After Easter students will focus on Science and English. Additionally, students have been given a blank 2-week exam timetable and topic lists (all available on the Year 11 Google Classroom), and have been asked to populate a revision timetable in preparation for assessment point 3 and summer exams.

Easter revision sessions

A number of Easter revision sessions will take place over the holiday (see table below). Times and dates of all sessions are on their google classroom and have been shared with students. Please encourage your child to attend the sessions relevant to them.

Date	Day	Morning				Afternoon			
		Subject	Staff	Focus	Time	Subject	Staff	Focus	Time
11/4/22	Monday	French	Mrs Hall	Speaking/Revision	10:00 - 12:00	French	Mrs Hall	Speaking/Revision	12:30 - 14:30
		Biology (triple)	Mr Lynch	Units 1 + 2	10:00 - 12:00	Biology (triple)	Mr Lynch	Units 3 + 3	12:30 - 14:30
12/4/22	Tuesday	Art	Mr Marriott	Controlled Assessment	10:00 - 12:00	Art	Mr Marriott	Controlled Assessment	12:30 - 14:30
		Maths	Mrs Cooper	Ratio (F)	10:00 - 12:00	Maths	Mrs Cooper	Clinic (F)	12:30 - 14:30
		PE	Mr Heaton	Unit 1 Master Class	10:00 - 12:00	PE	Mr Heaton	Unit 1 Master Class	13:00 - 14:30
13/4/22	Wednesday	Maths	Mrs Cooper	Compound measure (F)	10:30 - 12:00	Maths	Mrs Cooper	Surds & quads (H)	12:00 - 13:30
		Maths	Mrs Penny	Shape & angles (H)	10:30 - 12:00	Maths	Mrs Penny	Shape & angles (F)	12:00 - 13:30
		Psychology	Miss Mayhew	Command Words	10:30 - 12:00				
		Photography	Mr Marriott	Controlled Assessment	10:00 - 12:00	Photography	Mr Marriott	Controlled Assessment	12:30 - 14:30
14/4/22	Thursday	Combined Sci	Miss Johnson	Physics calcs (F)	10:00 - 12:00	Combined Sci	Miss Johnson	Chemical Calcs (F)	13:00 - 15:00
15/4/22	Friday (Good Friday)								
16/4/22	Saturday								
17/4/22	Sunday								
18/4/22	Monday Bank Holiday								
19/4/22	Tuesday	Geography	Miss Easton	Physical Geography	10:00-12:00	Geography	Miss Easton	Human Geography	12:30-14:30
		English	Miss Walker	Grades 7-9 Invite only	9:00 - 11:00	English	Miss Walker	Aiming for 5 - Literature	11:30 - 13:30
20/4/22	Wednesday	Art	Mr Marriott	Controlled Assessment	10:00 - 12:00	Art	Mr Marriott	Controlled Assessment	12:30 - 14:30
		Maths	Mrs Cooper	Algebra basics (F)	10:00 - 12:00	Maths	Mrs Cooper	Aiming for 5	12:00 - 14:00
21/4/22	Thursday	Photography	Mr Marriott	Controlled Assessment	10:00 - 12:00	Photography	Mr Marriott	Controlled Assessment	12:30 - 14:30
		Physics (triple)	Mr Austin	Units 1 + 2	09:00 - 12:00	Physics (triple)	Mr Austin	Units 3 + 4	12:30 - 15:00
23/4/22	Saturday								
24/4/22	Sunday								

As you will be aware, exam boards have released advanced information to support students with their preparation for GCSE qualifications this summer. The information aims to focus students' revision without providing exact questions that will appear. Advanced sight of the content is one part of the adaptations in place to help mitigate the impact of the pandemic on education, recognising this cohort of students were affected by school closures during periods of lockdown and disruption due to absences. Our colleagues have worked through this information and have been sharing this with students in a way that will support them and not add additional stress. Below is a link to a student friendly version of the advanced information for each subject along with the exam dates:

<https://docs.google.com/spreadsheets/d/1HUW6YSNP9BThx6VPfnN4rOKYrokWqCosru43qcfrH6U/edit?usp=sharing>

Tassomai and Dr Frost

All students have a tassomai account which they use to revise for their Science GCSE: <https://www.tassomai.com/> and a Dr Frost account <https://www.drfrstmths.com/> which they should be using at home to support their revision.

General revision guidance and tips for supporting at home

Students should aim to revise in 30-60 minute blocks with a 5–10 minute break between each section.

- ◆ Each section of 30 minutes should focus on a different subject/topic as this will make revision more effective.
- ◆ Students should have a quiet place to revise that is free from distractions. They should Ideally be sat at a desk or table and ideally this should be the same place each time they revise.
- ◆ It is important that students do not have access to electronic devices that will distract
- ◆ them from revision. Encourage them to place their mobile phone in a separate room
- ◆ whilst they are revising and encourage them to avoid energy drinks as this will make it more challenging to maintain concentration.
- ◆ Establishing a routine now, if students have not already done so, is important. Students should be encouraged to have a healthy balance between working and taking part in hobbies.