



Nicholas Chamberlaine School

NEWSLETTER

Successful Learners | World Citizens

Friday 10th February 2023

Dear NCS Families,

It is so lovely to see the days getting longer and our students being able to get home before nightfall.

As we come to the end of a very busy half term we can reflect on the huge range and variety of activities in which our students have participated. From visits to universities and theatres to in-school speakers and productions and GST competitions; there is never a dull moment! Students are now busily rehearsing for their performance of Matilda, details for which we will share with you later. It is going to be a real treat to watch!

I'm proud to say our students have worked hard and achieved great things in the fields of sport and music this half term and years 11 and 13 have continued to prepare for their exams with maturity.

We have noticed a number of students bringing fizzy, sugary drinks to school. Please remember that these are not allowed in school; there is an article inside explaining this

Once again, thank you for your support. We hope you manage to enjoy some relaxing, fun family time this holiday.

Best wishes,

Executive Head

Proud Traditions

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Key Dates

16th February

Year 9 Options / Tutor Evening
4.30-7.30pm

Monday 20th February – Friday

24th February

Half Term

Monday 27th February

All students return to school
8.40am

Monday 27th February -

Friday 10th March

Year 11 and Upper VI Mock
Exams

Proud Traditions

Sports and Arts Funding (SAF)

The aim of the Sports and Arts Fund (SAF) is to enable students to advance on to the next stage of their investment in an activity in which they are showing a real interest. For example this could include, but is not limited to: supporting a student to buy or hire an instrument whilst studying for their next grade, or get hold of specialist sports equipment for a student who is playing competitively outside of school.



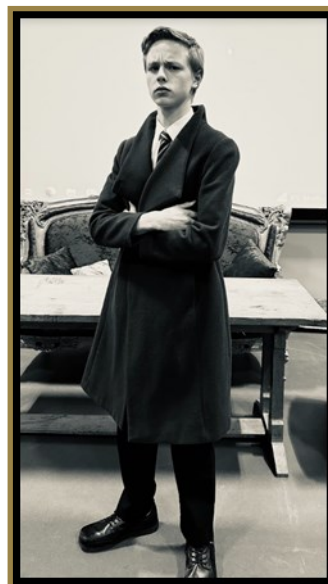
We had a successful first round of applications this year, granting a number of awards.

Congratulations to all successful applicants such as Dawson P (photo left) who was successful in his application for Rugby boots

The next round will be open in April.

Matilda the Musical—12th-14th July

See below our Trunchbulls in rehearsals this half term.



Proud Traditions

House Competition

Performing Arts

This term our Performing Arts house competition will be based on our very much anticipated **Musical Matilda**

Brief

Design a poster and tickets to advertise the Musical Matilda.

Think about how you will communicate the story of the musical through words and images. Ensure you use exciting images and bold text.

Location= Nicholas Chamberlaine Family Hall

Date = 12th-14th July

Entries to Ms T Johnson via email or your PA class teacher (A reminder will be added to your GCR).



Spirited Arts—Religious studies

This is the first year that the RE department have introduced the Spirited Arts competition within school and this year we've offered it to all key stage 3 students. Each year group was given a different theme based on their learning so far this year and were asked to create a piece of art to represent world views based on that theme.



For year 7 their theme was 'God's Green Earth?' and their work so far this year has been focused on creation stories and how we treat our environment. Year 8 were asked to think about 'Sacred Spaces and Holy Places' in relation to their work on pilgrimage and places that religious believers view as special to them. And finally year 9's theme related to their work this year on morality and ethics with their focus being 'All God's Creatures?'.

They were asked to think about the way in which we use animals and whether we treat them fairly.

The turnout of entries was tremendous, with some truly original pieces of artwork that represent our students' hard work and careful thought. Our year 13 judges had a hard time choosing the winners!

Following on from this in school competition, the 10 best entries from year 7 will also be entered into the UK wide competition of Spirited Arts/Art in Heaven delivered National Association for Teacher's of RE, in the summer term.

The winners are:

Year 7

1st place Noah M 2nd place Dawson P 3rd Place Daisy H

Year 8

1st place Coralia A 2nd place Georgina J 3rd place Jake W

Year 9

1st Place Summer C 2nd place Amiee H 3rd place Emily S and Emily-Hope P

Proud Traditions

Founders Day

Founders Day is a time to reflect on our roots, our identity and our journey.

Giving back to our community

At NCS this year our student leadership team will be running a variety of fundraising events to give back to our community.

If you have any unwanted Christmas gift, toys, gloves, socks and toiletries that would be useful to someone, please donate via your tutor groups. We will be creating family care boxes that will be delivered by our students in March to families in need of support.

Tutor will be gathering the collections.

Deadline for collections 24th February.

Music- MiSST

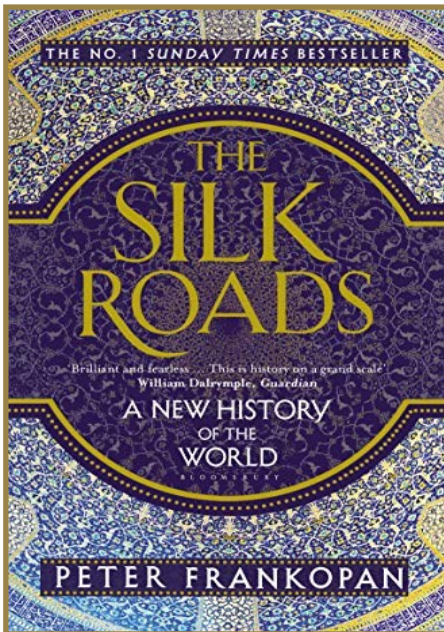


Our NCS choir have started a series of workshops with the Armonico Consort in preparation for a concert with The King's Singers on 16th March 2023. Our choir sounded wonderful and we can't wait to hear them on stage.



History

This academic year has seen the launch of our new ambitious and engaging curriculum, for which year 7 have been at the forefront of our thoughts. At the heart of our curriculum offer is the desire that all students will explore a wide variety of topics that extend to all parts of the world. This approach has been captured by year 7s enquiry of the Silk Roads. Exploring this trading network which operated for over 1500 years, students have learnt about the interconnected nature of the world across many centuries as well as the benefits and problems of this extensive network.



Throughout this enquiry, students have explored the work of Peter Frankopan so as to not just learn about the Silk Roads, but understand how a prominent historian has presented this fascinating area of History and see how historians think and analyse information.

His book is a fantastic read and very accessible for students.

Year 7 have complimented this enquiry by looking at the Islamic golden age and most recently the Norman invasion of England.

We are looking forward to seeing year 7 produce even more fantastic work across the year.

Meanwhile year 8 and 9 have had an overlapping curriculum, which has taken in a variety of enquiries but have centred around empires and the impact that countries can have.

As part of our vision to be ambitious with our curriculum offer, we introduced an enquiry about one of the richest men in history. At the time many of our students knew very little about Mansa Musa, the emperor of Mali, but through our enquiry centred around his legacy, the students learnt all about how he brought Mali to the attention of the world and the impact his Kingdom had.



High Achievement

Year 9/10 Basketball

North Warwickshire 3v3 Basketball Tournament

The Y9/10 Basketball team are **Champions of North Warwickshire** after playing their hearts out in the 3v3 Basketball tournament. They worked hard to beat their opponents to rebounds, played selflessly when setting screens and their shooting was exemplary.

The team will now go through to represent North Warwickshire in the County tournament at the end of the Spring Term.



High Achievement

Year 7/8 Indoor Athletics Competition

We selected 32 year 7 and 8 students for an Indoor Athletics Competition at Higham Lane and they were all amazing! Both the boys and the girls teams won several races, as well as getting some of the highest scores for the long jump and shotput. They showed great teamwork, determination and effort throughout the competition and they should all be very proud of their performance. Attached is a photo of the students who took part.



Year 10 Sports Leaders



Key Stage 2 Change 4 Life Festival

There were 51 pupils from local primary schools in attendance. On arrival most of the pupils quoted feeling scared, nervous and/or excited. For many it was their first ever opportunity to represent their schools.

Our leaders had a variety of different jobs on the day. Firstly, three of them were tasked with greeting schools and chaperoning them to the sports hall. The rest were required to set up the sports hall and then warm up the pupils as and when they arrived.

Once everyone was there, the leaders were required to run the following events.

- Dodgeball – an adapted version for pupils to learn about food and active lifestyles
- Team-building activities
- Personal best challenges – Cup Stacking, Bowls, Archery.

Across all the activities the sports leaders showed incredible empathy, resilience and problem-solving skills in order to adapt to different age groups and number of pupils in their groups.

In addition to that they had to ensure they were encouraging and welcoming at all times. As a group they were a credit to NCS and turned a good event into a great event!

A teacher: “The Sports Leaders are fantastic”

A teacher: “A friendly bunch of pupils, who we look forward to working with again”

A pupil: “I wish the sports leaders were my teachers all the time!”

A pupil: “My favourite part was when the older children cheered me on”

A pupil: “I enjoyed taking part in sport with my friends. I now want to try different sports and see what’s out there!”

Early Help and Targeted Support

6th-12th February 2023 is Children's Mental Health Awareness week.

We would like to highlight some valuable services and resources which are accessible to children and young people in Warwickshire.

Emily Judge (Family support worker) and **Kate Hopkins** (Social worker) are available in school to offer advice, support and signpost you to information should you need this. Please contact school reception to request to speak to them.

Support for children and young people

<https://cwrise.com/dimensions-tool/>

Are you worried about your child?
Are they struggling to cope?

The Dimensions of Health and Wellbeing is a free online tool providing self-care information to support adults, children and young people in Coventry and Warwickshire.

You can use the tool straight away without having to be a registered user. It will ask you to make a series of ratings about a person's wellbeing. You will get a report which summaries the ratings you have made and has links for self-care information. Please see link here which will take you to the Dimensions toolkit.

Dimensions of Health and Wellbeing
is a free, online tool providing self-care information to help professionals support people in Coventry and Warwickshire.

1 Register
dimensions.covwarkpt.nhs.uk
Register for a Dimensions user account in the professionals area on the website. We have to check you are a local professional. It can take up to 48 hours to process your request.
To receive a copy of the Dimensions report by email and occasional service updates, you must consent to receive emails. We do not store any Dimensions reports.

2 Rate the Dimensions
Log in and give the tool some details. We cannot use this information to identify you or the person being rated.
Read the Dimension description and choose the most appropriate level from 1-6 for the person being rated.

3 Dimensions report and self-care flyers
The Dimensions tool produces a report using your answers.
You must save the report to your device to view later.
The Dimensions report has links to self-care flyers which you can use with the people you support.

4 Children and young people's version only
For professionals, the Dimensions tool has links to interventions and assessments.
You must rate ALL the Dimensions in order to see this information and follow the instructions to make any referrals.

For urgent mental health support
Contact the Mental Health Access Hub on Freephone 08081 966798 or call 999.

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Free, safe and anonymous mental health support.
Your local NHS is providing free counselling, community support and self-help tools for young people through kooth.com. It's completely anonymous and you can sign up without any sort of referral.

kooth

<https://www.kooth.com/>

Kooth is a free, safe and anonymous place for young people to find online support and counselling. Children and Young people can sign up to this completely free service where they can access self-help tools and counselling through a chat function with a trained professional.

Chat with a professional
Our friendly team of professionals provide anonymous support through live, online chat. Chat through whatever is on your mind - there's nothing too big or small.

Find support from others
Relate to similar situations and connect with others by sharing experiences and gaining valuable self-care tips through our discussion boards.

Read self-help articles
Helpful articles, personal experiences and tips from both the community and our professional team.

Try a wellbeing activity
Set personal goals, write in your journal, or try a wellbeing activity from our mini-activity hub.

? We don't need to know who you are. ✖ You don't need any sort of referral. ✓ We're BACP accredited.*

scan me to get started
or visit kooth.com

Professional support from 12pm - 10pm (weekdays) and 6pm - 10pm weekends. Everything else is 24/7.

*BACP stands for British Association of Counselling and Psychotherapists. We're an accredited service, and our practitioners are either BACP accredited or working towards it. You're in safe hands.

Updates

<https://www.youngminds.org.uk/>

YoungMinds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.



<https://cwrise.com/>

Rise is a family of NHS-led services providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.

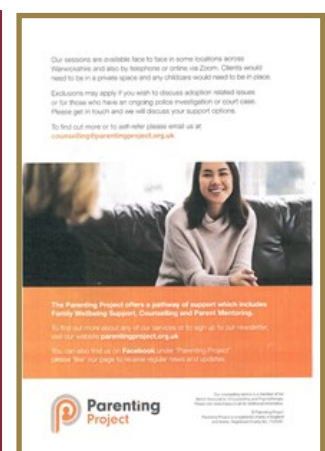
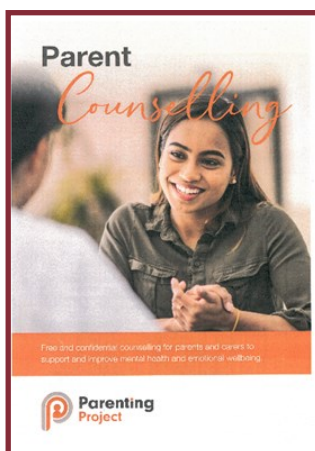


Support for adults

The dimensions toolkit mentioned above can also be accessed by adults.

<https://parentingproject.org.uk/>

The Parenting project offers a pathway of support which includes Family Wellbeing Support, Counselling and Parent Mentoring. The Parenting Project offer up to 18 sessions of weekly therapy for parents/carers of children aged 0-19 years (25 years SEND) across Warwickshire. Sessions are available face to face in some locations across Warwickshire and also by telephone or online via Zoom. Please see link here to find out more:



<https://www.mind.org.uk/>

MIND are a mental health charity, who offer information and support to help people understand their mental health and the choices available to them, the link below gives further information on how to seek help if you are experiencing difficulties with your mental health.

Healthy Lifestyles

Why does NCS have a ban on fizzy soda and energy drinks (such as Coca-Cola and Monster) in school?

As a school, we have a moral responsibility to support our students to make successful choices. Whilst our daily focus may revolve around academic choices, we are also obliged to support students to make informed decisions about healthy lifestyle choices.

The United Kingdom is experiencing an obesity epidemic amongst our children. In 2022 31.3% of Year 6 students were identified as being obese (more than two stone heavier than a healthy weight for their size). This figure rose to 41.2% of Year 11 students. Children living with obesity are more likely to become adults living with obesity and have a higher risk of morbidity, disability and premature mortality in adulthood.

You can find more information here: <https://www.gov.uk/government/publications/childhood-obesity-applying-all-our-health/childhood-obesity-applying-all-our-health#:~:text=Obesity%20is%20associated%20with%20poor,and%20premature%20mortality%20in%20adulthood.>

Increased sugar intake is the leading cause of obesity. The average UK teenager consumes the equivalent of 234 cans of sugary drinks each year:

<https://news.cancerresearchuk.org/2016/11/22/teenagers-drink-a-bathtub-of-sugary-drinks-a-year/>

Therefore, Nicholas Chamberlaine school maintains a ban on sugary drinks and energy drinks on school premises. Such drinks will be confiscated upon sight; students should not bring such drinks to school.

According to the British Heart Association (BHA), the maximum amount of added **sugars** you should eat in a **day** are:

- Men: 150 calories **per day** (37.5 grams or 9 teaspoons).
- Women: 100 calories **per day** (25 grams or 6 teaspoons).
- More than this amount will increase the risk of weight gain and associated health problems.

The two images below illustrate that even one can of sugary soda is more than a healthy amount of sugar for a grown adult:



Each cube represents one spoonful of sugar

Year 11 Newsletter

Please click on the link below to see the Year 11 Newsletter, this is also available to view on the school website.

<https://nicholaschamberlaine-gst.org/bskpdf/year-11-issue-2-27-january-2023/>

Half Term Bargains

EXTREME KIDS EAT OUT FOR LESS COUPONING AND BARGAINS UK FEBRUARY HALF TERM 2023



Morrisons - Kids under 16 eat for free at Morrisons Café when an adult spends £4.99 or more on a meal.



ASDA Kids Free Hot Breakfast Between 8am-12pm every day during Half Term no purchase necessary.



Kids Eat for £1 with no purchase necessary until end of March 2023
Bella Italia - Kids Eat for £1 when an adult purchases a main meal between 4pm-6pm at Bella Italia.



Dunelm - Kids Eat for Free at Dunelm when an adult spends £4 or more at Pausa Cafe.



YO Sushi - Kids Under 10 Eat for Free at YO Sushi Between 13th - 24th Feb when an adult spends £10 or more.



Dobbies - Kids Eat for Free at Dobbies Garden Centre Cafes when an adult purchases a main meal.



Sizzling - Kids Eat for £1 at Sizzling Pub and Grill when an adult meal is purchased.



Hungry Horse - Free Kids Breakfast at Hungry Horse Pubs when an adult spends at least £3.49.



Farmhouse Inns - Kids Eat For £1 when you sign up to receive their email newsletter on their website.



IKEA - Pasta with Tomato Sauce and a soft drink for 95p or any other Kids Meal for £1.50. Available every day from 11am in their restaurants.



Beefeater, Brewer's Fayre & Table Table - Two kids under 16 eat breakfast for FREE with every adult breakfast purchased.

INFORMATION CORRECT AT TIME OF POSTING