



Nicholas Chamberlaine School

NEWSLETTER

Successful Learners | World Citizens

Friday 12th January 2024

Dear NCS families,

Happy new year. We hope you had an enjoyable Christmas break.

Welcome back to Nicholas Chamberlaine School for our short but sweet Spring Term. We look forward to the significant events this term, including our Year 11 and Year 13 trial exams, Year 9 start to choose their options for GCSEs and we have our Griffin Schools Trust Founders Day in March.

We started off the year by welcoming pupils back into school in assembly and reminded them of our expectations for behaviour for learning and the importance of being on-time and in school every day. We took this opportunity to remind pupils about the equipment they need to ensure no learning is lost; our form tutors will be checking on this and supporting pupils daily.

You may have heard from your child that we have taken the measure to remove out of date 'time out' passes and 'toilet passes' and instead have reset our expectations of these to enable teachers to use their professional judgement. We will have some exceptional cases where recommendations have been made from other professionals and will continue to work with our SEND department to support these pupils. If you have any questions or concerns please do contact your child's form tutor in the first instance.

To further assist pupils in regulating their behaviour we have also reminded them that fizzy drinks are banned in school. Pupils are welcome to continue to bring in their own water bottle with either water or squash in and they will be able to fill these up throughout the day. They will also be able to purchase drinks from our cafeteria. If your child is found with a fizzy drink, this will be confiscated and disposed of accordingly. Thank you for your support in this matter.

I look forward to writing to you later in this half-term to celebrate the achievements of your children.

Warmest regards,

Peter Gilbride
Head of School

Alison Ramsay
Executive Head

Key Dates

Tuesday 9th—
Friday 19th January
Upper VI Form Mock Exams

Wednesday 17th January
Year 8 HPV Immunisations

Thursday 1st February
Upper VI Form Parents
Evening

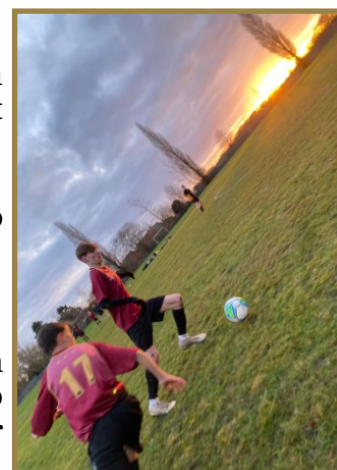
High Achievement

Year 11 County Club Football

After being knocked out of the National cup , the Y11 football team turned their attention to the County cup in a first round tie away at Kingsbury school.

The boys in maroon were fired up from the very start in a bid to move through to the next round by winning every header and beating their opponent to every ball.

Some silky footwork from Raj P-F saw the midfielder brought down on the 10 minute mark. The NCS talisman L Stanley stepped up to the free kick and struck it hard and low into the bottom right corner from 30 yards.



Soon after Stanley doubled the visitors' lead. This time exploiting the right side of his opponents defence, striking the ball well with his left foot to beat the keeper.

Excellent team play and accurate passing allowed Mason F to add a third after cutting in from the left hand side and placing the ball into the net with his right foot.



At 3-0 Lewis D saw his opportunity to get on the score sheet and tried his luck from 30 yards. Fortune was on his side as the goalkeeper fluffed his lines and allowed the ball to slip through his hands.

After half time, Dylan D was able to capitalise from a corner floated in by Josh N, with a bullet header Dylan found the top right corner to make the score 5-0.



The score was soon 6-0 when Josh N cut in from the right hand side of the pitch and struck the ball sweetly with his right foot. The keeper managed to get finger tips on the ball in order to send it onto the post. However, the keepers efforts merely saw the ball end up in the back of their net for the sixth time.

The NCS team were unable to keep a clean sheet as they switched off in the final minutes of the game in order to allow Kingsbury a consolation goal. However it is the boys in maroon that were able to put up their feet over the Christmas break knowing that they are in the quarter final of the county cup! **FINAL SCORE 6-1**

Updates

PE Extra Curricular Activities –Spring Term 1

Day	Time	Activity
Monday	Lunch A	Y11 Badminton KGR Sports Hall
	Lunch B	Y7/9,10 Badminton MBA/SKE/CDY Sports Hall
	PM (3:30 - 4:30pm)	All Years Basketball ATC Sports Hall
Tuesday	Lunch A	Y8 Badminton KGR/LHE Sports Hall Y11 Strength and Conditioning KDO Fitness Suite
	Lunch B	Y10 Strength and Conditioning CWA Fitness Suite
	PM (3:30 - 4:30pm)	Y7/8 Rugby KPO/KDO Field Y10/11 Netball KGR Sports Hall (Week 1) Y8/9 Netball CDY (Week 2) All Years Table Tennis ADV Dance Studio

PE Extra Curricular Activities —Spring Term 1

Wednesday	Lunch A	
	Lunch B	Y7/9,10 Dodgeball MBA/CDY/SKE
	PM (3:30 - 4:30pm)	All Years Dance SKE/CDY Gymnasium All Years Basketball ATC Sports Hall All Years Boxing IED
Thursday	Lunch A	Y11 Badminton KDO/LHE
	Lunch B	Y7/9/10 Badminton CWA Sports Hall Girls Only Fitness MBA Fitness Suite
	PM (3:30 - 4:30pm)	All Years Indoor Cricket CWA Sports Hall (Week 1) All Years Girls Football MBA Sports Hall



Updates

Expectations for Behaviour

Start of Lesson

- Line-up quietly outside of the classroom where appropriate
- Write and underline the date and title
- Promptly begin the starter activity



Punctuality

- Students have 5 minutes between lessons
- Students must leave and go straight to lessons—no laps or waiting for friends
- Minutes late will be logged and monitored this week
- Late for school will be 10 minutes hold back every



How we speak to each other—respect

- In school we insist on inside voices—there is no need to shout!
- Swearing is never acceptable
- Students consider others—if they wouldn't want it said to them—don't say it to others



Mobile phones

- All phones are to be switched off and in bags
- If students are caught with a phone it will be confiscated until the next day and parents can to collect it
- If it confiscated again it will be held in the school safe for a week
- If students need a phone to get home safely we can supply a safeguarding phone



Equipment Reminder

Equipment Please ensure your children have the following for every day at school

- | | |
|----------------|---------------------------------|
| • 2 BLACK pens | • Calculator |
| • 1 GREEN pen | • Reading book (Years 7-9) |
| • Pencil | • Revision material Years 10-11 |
| • Ruler | • Pencil case |
| • Rubber | |



Expectations for Behaviour

Punctuality

We understand that sometimes unexpected circumstances arise that may cause students to be late for lessons. However, persistent lateness can have a negative impact on their learning experience and disrupt the wider classroom environment.

When students arrive late for lessons, they will miss valuable instruction time and may struggle to catch up on the material they have missed. Furthermore, arriving late can disrupt the class and cause a distraction for both the teacher and other students.

We understand that some families may be facing persistent difficulties with punctuality. If this is the case, please do not hesitate to reach out to us. We are here to support you and your child and work together to find a solution that works.

School MyEd App

At Nicholas Chamberlaine School, we want you to feel as much a part of your child's education as possible. With the increased use of smartphone technology, we want to make the best use of it.

MyEd is the **free app** that provides you with a multitude of communication and information features to stay in touch with what is going on at school. The app provides you direct access to your child's attendance, timetable, absence records, achievements, behaviour, and much more.

We are able to send you messages directly to the MyEd App relating to important information about your child's education and to remind you of events that are taking place at school.

You will receive a notification if we send you a message and there is no charge for the messages you send to us.

The MyEd App is available for both iOS and Android devices and can be found using the links below:

- 1. Go to your App Store**
- 2. Search for MyEd**

Download the app for free!

[Apple iOS App](#)

[Google Android App](#)



The banner features the MyEd logo at the top, with the tagline 'Connecting parents, students and schools'. Below this, a smartphone displays the app interface. To the right of the phone, the text 'Download our school app NOW' is displayed. At the bottom, a dark blue bar contains the text 'MY Ed FREE Download'. Below this bar, three steps are listed: 'Step 1: Go to your app store', 'Step 2: Search for My Ed', and 'Step 3: Download the app'. A QR code is positioned to the right of these steps, with the text 'SCAN ME' below it. At the very bottom, the website 'www.myedschoolapp.com' is listed.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy Milk

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2023

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Children & Young People Need to Know about **FREE VS HATE SPEECH**

Everyone in the UK has the right of "freedom of expression". That's the right to voice your opinions and share information and ideas with others. It's *not* the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly: being respectful and inclusive to those around us, rather than making offensive and threatening remarks. That's called 'hate speech' and knowing the difference is incredibly important.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives ...

The Human Rights Act 1988 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Galileo's theories were incredibly offensive to many at the time, while not everyone agrees with Darwin, even today. A frequent exchange of ideas is vitally important for a healthy society.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Freedom of expression includes the right *not* to do something, like not standing up for – or singing – the national anthem. Even though some people would find that offensive, it isn't illegal. By law, nobody can force you to say anything you don't want to.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote, decent working conditions or same-sex marriage – couldn't have been achieved without it.

Hate speech refers to any communication – like talking, texting or posting online – that negatively targets a group or an individual because they are perceived to be different in some way. Demonising and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes...

Targeting people or groups because of a protected characteristic – like race, gender identity, sexuality, nationality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on the same characteristics: referring to them as if they were animals, objects or other non-human entities, for example. Separating the target from other human beings is usually an attempt to justify the speaker's bigotry.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions. Suggesting that a certain group should be removed from society could be seen as a call to arms, for example – potentially putting people from that group in danger.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way. This kind of thinking is always incorrect – but can be incredibly harmful to the group in question.

Spreading damaging misinformation about a person or group that the speaker views as "different" – essentially, trying to turn others against them by lying. Someone might claim that a recent tragedy is the fault of this entire group, when this is simply not possible.

Promoting the segregation of certain groups, or discrimination against them, because of who they are. This has been illegal in the UK for a long time – but some people still try to promote the exclusion of others, which can cause a huge amount of distress.

Meet Our Expert

The Global Equality Collective is an online community for homes, schools and businesses, a collective of hundreds of subject matter experts in diversity, equality and inclusion, and the organisation behind the GEC app, the world's first app for diversity, equality and inclusion.

GLOBAL
EQUALITY
COLLECTIVE

Source: <https://www.legislation.gov.uk/ukpga/2010/15/contents>
<https://www.legislation.gov.uk/ukpga/1998/42/schedule/1B/text/1> Everyone has the right to freedom of expression.



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.01.2023