



Friday 24 April 2020

## Acts of Kindness

Welcome to the summer term! I hope that you and your families are well. We are continuing to keep school open for students of key workers and for small numbers of other families and we've settled well into a new (very quiet!) daily routine for this. I'm very grateful to the members of staff who are coming in each day to make this happen.

Acts of kindness are continuing to bring smiles to our faces. A number of students nominated members of our staff team for the Pearson National Teaching Awards. I received a few nominations on behalf of the whole staff as part of this, with students thanking us for our care, patience and for 'devoting your time to teach us'. Thank you to all students who took the time to nominate a member of staff. As a school, we have also tried to support others and recently donated our disposable aprons and gloves to Ealing Council. This was urgently needed to support Ealing's social care staff who are looking after older and vulnerable residents.

Finally this week, I'd like to bring two resources to your attention which are really useful. This [advice for parents](#) leaflet provides a really clear checklist for parents about what to do if your child is unwell at this time. The NHS has also produced a useful reference for parents and young people to support our mental health. The [Every Mind Matters](#) website provides advice for adults on supporting young people as well as suggestions for how adults can look after their own mental wellbeing whilst staying at home. I hope that you find these resources useful.

Ms Budd - Headteacher

## Featured Fabulous Friday Winners

It is wonderful to be able to feature so many examples of amazing work that has been done by students. Please click on the links below to see some of this week's highlights.

[Geography – Mya \(7RTH\)](#)
[Inter-form – Amatullah \(7CHO\)](#)
[Art – Andreea \(8HLA\)](#)
[Photography – Ali J \(10ZUD\)](#)
[Catering – Ashni \(7CHO\)](#)
[History – Maryam \(9DKA\)](#)
[Catering – Dhruv \(7YEA\)](#)
[Geography – Ismail \(7YEA\)](#)
[Product Design- Jessica \(7YEA\)](#)
[Art – Kaizer \(7SRE\)](#)
[Music – Latifat \(8ROG\)](#)
[Geography – Jack \(8KGA\)](#)
[English Lit – Kemilisa \(8ROG\)](#)
[English – Leila \(10ZUD\)](#)
[French – Marika \(7HVP\)](#)
[Year 7 Inter-form update](#)
[German – Shabnam \(10MBE\)](#)
[French – Zainab \(8HLA\)](#)
[Catering – Gheorge \(7YEA\)](#)
[Easter Inter-form – Mya \(7RTH\)](#)
[Maths – Jumana \(7RTH\)](#)

## Subject Focus: Geography

**Year 7:** Year 7s are currently working through a unit called [The Development Gap](#). This unit is all about why some countries are highly developed and why some are not. We are also doing an in-depth look at the country Ghana, evaluating the situation in Ghana and what could be done to help.

**How can you help?** Discussing where in the world is more developed and less developed, and helping your child to make links as to why this might be (such as climate, distribution of natural resources etc.).

**Year 8:** Year 8s are currently working through a unit called [Energy: a key resource](#). It is an important and pertinent topic for today where we are looking at where energy comes from and how humans use it, what fossil fuels are and the damage they do to the environment and the different types of renewable energies.

**How can you help?** Discussing the impacts of fossil fuels on the planet, current renewable energy alternatives, the positives and negatives of these and what the future of the planet would look like with/without a global shift towards renewables.

**Year 9:** Year 9 are working through a unit called [Ecosystems](#), looking at the different major biomes of the world. They will be exploring the interactions between [abiotic](#) and [biotic](#) components of the ecosystem and the nutrient cycle. They will also be taking an in-depth look at the tropical rainforest and deciduous forests, and the impact of human behaviours on them.

**How can you help?** By watching any documentary such which is looking at the different ecosystems of the world and how plants and animals interact with each other. Here is [one](#).

**Year 10:** The two year 10 classes are studying different topics. 10A (NWI) is working through a unit called [Ecosystems](#), which covers the different biomes of the world, and takes an in-depth look at tropical rainforests and deciduous forests. 10B (AHO) are just about to start a unit called [UK Challenges](#), which looks at a wide range of challenges currently facing the UK, from rising population, to traffic congestions, to the two-speed economy and climate change.

**How can you help?** For 10A, engaging with documentaries that look at the different ecosystems will be hugely beneficial. For 10B engaging with the news or articles for the UK covering these topics will help students to understand the challenges facing the UK and what could be done to help the situation.

**Everybody:** [BBC Bitesize](#) is a really wonderful source for extra revision or materials. Sir David Attenborough has also announced he will be doing geography lessons through [BBC Bitesize](#), and I know I will be checking them out! All resources your child needs are being provided on google classroom, and as always I would encourage all children to be reading, as this is the best way to support success in school,

Ms Williams - Geography Department

We are looking out for students who are doing their best!

If your child is able to complete learning online, the magic of Google Classroom means we can see how often they've logged in to lessons. We'll soon be sending out rewards and congratulations to students in each year group who've been most engaged in their online learning. If they can't learn online, don't worry, we've got other ways of rewarding them - we're always on the lookout for students who are doing their best, however they do it!

"Ramadan Mubarak"

We send our families celebrating the holy month of Ramadan our best wishes!

*seizing opportunity   instilling ambition   realising potential*



## Teacher Feature

Miss Jones is settling into her new routine with a big emphasis on keeping her mind and her body healthy.

I really think it is important that we keep ourselves fit and healthy as we all know, scientifically, exercise raises endorphins which are the chemicals associated with happiness. It is really hard being stuck with the same people and the same 4 walls each and every day so I make myself do an early morning on-line 'wake-up' class, some work, a long walk or run (or a few thousand 'skips'), food and then some more work. I feel getting into different spaces to work and just listen to an instructor telling me what to do really clears my mind and then spending some me time with a walk or run whilst listening to my favourite tunes or interesting podcast keeps my brain sane!

Miss Jones - Subject Leader for Science

## Our Daily Reading Challenge



Reading stories allows our minds to travel to different places and times and to feel and experience a range of emotions in a way which currently we physically are not able to do. To support our students and families with this, the English Department is launching a reading website with students which includes amongst other things, information about how to access over 7000 e-book titles for free. It also includes useful information about the KS3 & 4 daily reading challenge which also launches with students next week. We do encourage as many students as possible to take part in this. To learn more about this and the reading website please watch this short video (linked [here](#)).



## Alumni news

Dr Ghorbanian was really touched this week to receive an email from former student Mithu Rajah, who is graduating as a Paramedic this summer. This is such a challenging time for her to graduate in this critically important profession. Here she is in her Paramedic uniform, ready to save lives and make the world a better place. We are extraordinarily proud of you, Mithu - and we wish you the very best of luck!

## Useful links

- A reminder that [BBC Bitesize](#) is providing daily lesson content in Key stage 3 & 4.
- Following our theme of kindness why not get your child involved by starting a British Red Cross [kindness calendar](#)? If they need ideas for activities around the kindness calendar, here [are some ideas](#).

[help@northolthigh.org.uk](mailto:help@northolthigh.org.uk)

If you or your child are encountering any problems and would like some help in supporting their learning, please email [help@northolthigh.org.uk](mailto:help@northolthigh.org.uk). This can be to address any kind of issue you may be having either with the nature of the work or more technical issues like a lack of internet access, login problems or password problems.

*seizing opportunity instilling ambition realising potential*