



Friday 12 June 2020

Support - for students and parents

We are all looking forward so much to seeing all students in Years 10 next week. Students will be coming into school for 1 : 1 sessions with teachers so that we can support them with their online learning from home. This is tremendously important as they will be starting their external examinations in less than eleven months' time. If your child is in Year 10, please look out for the letters we have sent home in the post. We have also emailed students with details of when they need to come in. Our school has felt very empty in recent months so we're all really looking forward to seeing year 10 students again!

I really do have to say a huge public thank you to our wonderful team of staff who have been working so hard to make sure that our school is safe for students to return in larger numbers. Our cleaners have deep cleaned the entire site. Our facilities team have marked out two metre spacing all over the school, including creating some new one way systems to ensure that we can observe social distancing. They have also rearranged furniture so that we can keep a 2m distance between each person in our classrooms, halls and the canteen. Governors have inspected the site and our risk assessments and are happy that we are ready to open. I am grateful to all of our staff who have been truly superhuman since the end of March. I quite simply don't know what I'd do without them!

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Featured Fabulous Friday Winners

Again our students have demonstrated real pride in their work and have produced some excellent responses to the tasks that have been set for them. It is important that students continue to have the courage to push themselves and complete the tasks that are set to the best of their abilities, whether it be through Google classroom or through the work packs that have been posted home. Please click on the links below to see some of the stand-out examples from this week:

[Catering – Josey \(10SHO\)](#)

[Eton X – Kividi \(12SGA\)](#)

[Eton X – Leshai \(12SGA\)](#)

[French – Shannon \(8HLA\)](#)

[History – Disath \(8HVA\)](#)

[Eton X – Basil \(10TAT\)](#)

[Eton X – Laxsan \(12SGA\)](#)

[French – Saad \(7SRE\)](#)

[German – Awandeep \(10ZUD\)](#)

[History - Hubert \(7YEA\)](#)

Subject Focus: PE

Year 7 and 8

During the extended school closure, for obvious reasons, our students haven't been able to follow the usual range of sports we would normally offer as part of the Y7 & 8 PE scheme of learning. However, it is really important that they are maintaining as active a life as possible to help with both their physical and emotional health. Throughout this period and beyond we have encouraged students to try and perform at least one exercise session a day. In the early part of the lockdown, this was primarily indoors. However, as the lockdown has eased, students have been encouraged to go outside for example, to walk, jog or cycle. The PE department continues to provide students with a variety of fitness sessions, in particular links to the [Joe Wicks daily PE sessions](#) that many students (and some of our staff!) have been using throughout the country. He has a range of excellent fitness videos on youtube that students can access.

Key Stage 4 Games

Students in KS4 core games have been encouraged as with KS3 to complete at least one form of exercise per day. Students have been given fitness sessions to complete as with the [Joe Wicks daily PE sessions](#). Once again, as the lockdown is eased, students are encouraged to get out when possible to exercise outdoors. It is important that they only perform individual activities sticking to social distancing guidelines. Team sports remain forbidden at the moment.

Year 9 GCSE

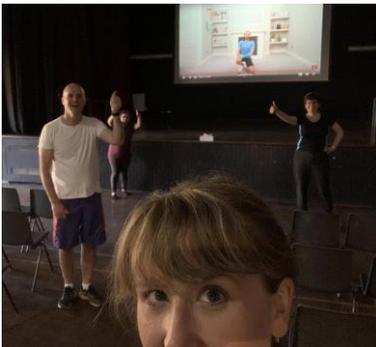
In Year 9, students have been re-visiting the work from Component 2. Students have been working on the following units; [Health and Fitness](#), [Sport Psychology](#) and [Socio-cultural aspects of sport and exercise](#). For the remainder of the summer term, students will be moving onto [Component 1 - Anatomy and Physiology](#). In this, students will be learning about the science of the human body and how you can improve human performance.

Year 10 GCSE

In Year 10, students have been completing component 4. This is the section of coursework in which students have to develop and implement a 6-week [Personal Exercise Programme](#). This makes up 10% of the final mark for GCSE PE. This aspect of the course allows students to implement their understanding of how you can improve human performance. Students identify an area of fitness they want to improve and then perform a 6-week training programme. In this, they need to understand the principles of training, methods of training and SMART target setting. Once this is completed, students are moving back to revisit the units; [Health and Fitness](#) and [Sport Psychology](#) to prepare students for Year 11.

Mr Gadd - Subject Leader for PE

Staff have been exercising too!



A number of members of staff have tried keeping active during the extended school closure. Ms Budd, Ms Gajparia, Ms Weeks and Mr Haresnape were enthusiastic to try Joe Wicks' work-outs – Ms Budd has done well to stick to this. Ms Gajparia and Ms Weeks have more recently been drawn to Zumba. Mr Price has started cycling to school. Ms Jones as you will have seen from a previous newsletter has been doing socially-distanced kick-boxing and skipping. Ms Pott meanwhile has been out running. Exercise is great for mind and body. The school has bought more bicycle racks so both students and staff can cycle to school and avoid taking unnecessary journeys on public transport.

Seizing opportunity

Instilling ambition

Realising potential

Support – for students and parents *continued from the front page*

You as parents have also been superhuman since the school closures started as your children now depend on you to motivate them to complete their learning. We're very proud of how well our students are responding to this challenge but are keenly aware that this has only been possible because of your support. Ealing Council have funded 200 places on an online Triple P Positive Parenting Programme. If you would like some support in developing your child's talents and life skills, you can register for a place [here](#). It's considered to be one of the world's best parenting programmes so is well worth a try!

Ms Budd - Headteacher

Staff Feature



I always thought working from home would be the best thing by far. It's funny when you actually have to work from home, it's not the same and I was itching to get back into work to see colleagues and students. Thankfully, I have the best of both worlds, as I also get a lot of time in the office. I have two (three, if you count my husband) kids - 14 year old daughter and a 10 year old son - both learning from home. I have found this my biggest challenge especially with my son who has additional learning needs and will start Year 7 in September.

To keep us busy, we have been cooking new things - homemade pizza, chilli tofu, flatbreads, cakes and even paella. We have been keeping fit with different exercises and walks. I even celebrated my milestone birthday in April. I had lots of surprises so that was lovely.

This time of year, I would usually be setting up exams for the Year 11s, instead we are getting prepared for results, building the timetable for next year and sending work home to students. Mr Haresnape and I were talking about how things are so different this June compared to last year and what a strange feeling that is - a new experience for me in my 19 years as an exams officer!

Regardless of what's going on, I do hope you all are keeping well and looking after yourselves. If you have worries or concerns, talk about them to someone. Try a new activity each week, you don't know what skills and talents will be uncovered.

It has been 11 weeks since we saw most of you and we look forward to seeing you all soon when the corridors and classrooms are buzzing again with students!

Ms Gajparia – Exams Officer & Data Manager



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. 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.

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