

Northolt High School newsletter



Friday 12th February 2021

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Committed to excellence

Putting our best feet forward!

It's been all smiles this week as we recover from our Race to Paris competition, which made me extremely proud. I am proud of Ms Kaur for galvanising the whole school community into action, of Year 8 for reaching Paris first and of our sixth form for recovering from a poor start and producing an awesome final weekend of results. I'm also proud of the continuing participation and dedication from students in other year groups who persevered despite their year groups being lower down the league table, and who continued to take part in the challenge with real spirit. You can read all about the final scores in the article on page 2 of this newsletter.

Last week, I reported the 'headline' figures of our Parents' Survey to you. We have been working this week to look at how to tweak our provision to take into account your feedback in areas where parents felt we could improve. Thank you to Ms Pott who has produced a very clear document for parents which you can read [here](#). Hopefully you will agree that Ms Pott has provided really useful tips and resources to help you if you raised any concerns and asked for additional support. As ever, please get in touch via our help@northolthigh.org.uk if there is anything else you need which is not mentioned in this leaflet.

As we move into half term, my sights are firmly set on a date, hopefully not too far in the future, when we will be able to welcome all students back into school. We're expecting that the Government will update us about plans for the wider opening of schools on the day we return to school (Monday 22nd February), so I am hopeful that I will be able to report some concrete plans to you by the end of that week. In the meantime, we have been working to improve our provision for students in Years 9, 10, 11, 12 and 13 – the cohorts who are studying for formal examinations. Please look out for the letters we are sending out (by text message) today if your child is in one of these year groups. In these letters, we explain the slight changes we are making to how we monitor student engagement in online learning, which will start after half term.

I hope that you have an opportunity for some rest and relaxation with your children over the coming week – and that we return to at least *slightly* warmer weather next half term!

Ms Budd - Headteacher

Continuing to celebrating our students' wonderful work

This week we would like to give a special mention to the following students, for their wonderful work across a variety of subjects. You can take a closer look at their work linked below:



| | | | |
|----------|--------|-----------|--------|
| Ali | 11 ZUD | David | 8 CHO |
| Jess | 9 DWH | Enusha | 7 IYE |
| Aboudi | 7 IYE | Kavisha | 12 DAD |
| Tashneet | 8 FYU | Henrique | 7 ZBO |
| Delia | 8 FYU | Maksym | 8 FYU |
| Ashni | 8 CHO | Amatullah | 8 CHO |



Seizing opportunity

Instilling ambition

Realising potential

The results are in...



RACE TO PARIS CHALLENGE

Leaderboard (Sunday 7th February 2021) - Total after Day 7

Congratulations Year 12 & Y13 for getting the most miles!

Congratulations Year 8 for being the first team to reach Paris!

Congratulations Year 12 & Y13 for getting the most miles!

| Teams that reached Paris | |
|--------------------------|-----|
| Year 8 | 1st |
| Sixth Form | 2nd |
| Year 11 | 3rd |

| Total Number of Miles | | |
|-----------------------|-----|--------|
| Sixth Form | 1st | 444.89 |
| Year 8 | 2nd | 352.91 |
| Year 11 | 3rd | 292.51 |
| Year 10 | 4th | 233.59 |
| Year 7 | 5th | 213.52 |
| Year 9 | 6th | 117.15 |

Last week, students, parents and teachers from each year group embarked on the challenge to cover the 237 miles it would take to travel from Northolt High School to Paris.

Congratulations to our sixth form students who covered the most miles in a week and Year 8 who were the first team to reach Paris!

As a school we accumulated over 1700 miles, which is a fantastic achievement. This is actually the same distance it would take to travel from Northolt High School to Athens in Greece!

The challenge was a great success, brought us all together in competitive spirit, and gave everyone in our school community the motivation to get physically active during the lockdown. We are all grateful to Ms Kaur for organising and can't wait for the next challenge.

Students in school during lockdown

While of course the aim of the national lockdown is to keep everyone in their homes, a small number of our students are still coming into school each day to learn onsite. We have written to you if we have offered your child a place. Places are open to children of [critical workers](#) and students who are classified as [vulnerable](#). If we have not contacted you and you think that your child should be learning in school, please contact us on help@northolthigh.org.uk

Covid-19 symptoms

For students in school our Covid procedures remain the same. You must keep your child at home if your child or anyone else in your household develops coronavirus symptoms. The main symptoms of coronavirus are: • **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature) • **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual) • **loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

If you are keeping your child at home you must contact Ms McMurdie, our attendance officer, on **02088648544 extension 705**. She will then be able to advise you further.

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Mental Health and Wellbeing

Keeping Physically and Mentally Well

Each week we've been bringing you advice and ideas on how to keep yourself and your family physically and mentally well. Students have taken part in assemblies and PSHCE lessons looking at how to keep themselves fit and feeling well and there is information for everyone on our website.



Each assembly will now also contain two top tips for students, one on being physically fit and one on keeping mentally well. This week students looked at [dancing](#) and [being kind to yourself](#). Please click on the links to see more information so that you can discuss this (and even give it a try yourself!) at home.

There is a lot of advice out there and we have put some of the best onto our website.

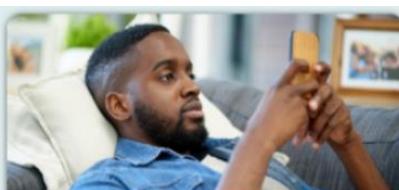
- Advice for parents / carers on how to support your child during the pandemic and some great tips on family activities is [here](#)
- Advice for young people on how to stay fit and well during the pandemic is [here](#)
- More advice for parents / carers and students on supporting good mental health for young people and adults is [here](#)
- You can also find helplines on all of these pages

Today's featured website is the NHS Every Mind Matters website

The website has lots of practical tips and ideas about dealing with everyday issues and well as suggestions on how to talk to children about what is going on right now. Please click [here](#) to go to the website to see information about the issues below and many more.



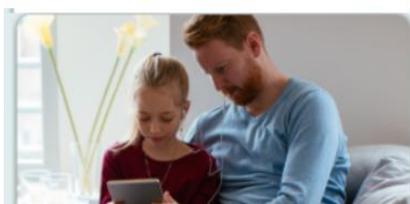
10 tips to deal with change



Worried about coronavirus?



Working from home tips



Staying at home



Job and money worries



Help for parents and carers

Helping parents' raise their children's resilience



Bounce Forward is a charity promoting resilience in children and young people; supporting parents, teachers, professionals and practitioners to teach effective resilience exercises and strategies to young people.

They are providing a [parents' course](#) offering different materials to use at home, to help parents support children through difficult times with lockdown and beyond. For more information and how to book look [here](#).

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