

Northolt High School newsletter



Friday 18th June 2021

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Committed to excellence

Have your say

We've sent you out a number of questionnaires to complete recently. The survey as part of the Family Schools Partnership Award is now closed and we'll share the results with you once we have received them from Ealing Council's team who run the award. Our school survey seeking your views about arrangements for next year is still open. If you haven't already done so, please let us know what you think about our proposals for the timings of the school day, school uniform and parents' evenings by completing the survey [here](#).

The Mobile Testing Unit in school on Wednesday as part of the surge testing in Ealing schools was very efficiently organised. I'd really like to thank Ms Pott, Ms Graovac, Ms Davis, Ms Sullivan and Mrs Hobbs in particular for their hard work on one of the hottest days of the year. Please note that we will not receive the results of these tests as these will be sent to you, so it's very important that you let us know straight away if you receive a positive result.

Year 10 students have been sitting their first formal set of Pre Public Examinations as part of their preparation for GCSEs next year. I am pleased to report students have approached these examinations very seriously indeed. We are all so proud of them. The examinations run until Friday 25th June, so good luck to students for the remaining assessments!

Ms Marion Budd, Headteacher

Windrush Day – June 22nd 2021

On 22nd June, 1948, the Empire Windrush arrived at the Port of Tilbury and marked a key moment in Britain's history. It has come to represent the rich diversity of this nation. Those who arrived on the Empire Windrush, their descendants and those who followed them have made and continue to make an enormous contribution to Britain by enriching our shared social, economic, cultural and religious life.



The Windrush Generation and their descendants had a very difficult experience in Britain, overcoming great sacrifice, hardship, racism and most recently the Windrush Scandal.

The Windrush Scandal began to surface in 2017 after it emerged that hundreds of Commonwealth citizens, many of whom were from the 'Windrush' generation, had been wrongly detained, deported and denied legal rights. [Coverage of these individuals' stories](#) began to break in several newspapers, and Caribbean leaders took the issue up with then-prime minister, Theresa May. There was widespread shock and outrage at the fact that so many Black Britons had had their lives devastated by Britain's deeply flawed and discriminatory immigration system.

Celebrating Windrush Day is so important in recognising the contribution the Windrush Generation and their descendants have made to Britain's history and to make sure that something like the Windrush Scandal doesn't happen again.

In form time next week, students will be asked to research their favourite Windrush story and write about what we can learn from the story as a community. I can't wait to read all of the entries!

Miss Whalley, Subject Leader for History

Seizing opportunity

Instilling ambition

Realising potential

Our wonderful Year 12 students

Our Year 12 students are currently in the middle of their June Pre-Public Examinations (PPEs). We are incredibly proud of the resilience they all showed during the national lockdown and have we have been equally impressed with the mature approach they have taken in their revision and preparation for these end of year assessments. Importantly the PPEs will help identify any gaps in the knowledge and skills they have covered during this academic year. Their teachers will use this information to help inform their planning for next year.



Looking beyond Sixth Form, our Year 12 students have also been involved in workshops to help prepare them for making their UCAS applications next Autumn term. **UCAS** stands for Universities and Colleges Admissions Service. It's the centralised service that students use to apply to university. This is important training for students as everyone who wants to study an undergraduate degree in the UK has to apply through UCAS.

Mrs Gadd, Director of Sixth Form

Riding safely on the road

On Wednesday, we had our first session with The Cycle Coach. We will have 6 sessions which are designed to ensure we feel confident on the roads. In our first session, we learned about how to plan a sensible route, how to take care of our bikes and how to control our bike when cycling to school. This meant lots of balancing, learning where to place our pedals and how to 'tickle' our breaks.



By the end of the session, all of us could stand up on our bikes and hit our coach with our hands and feet whilst cycling past him! We even had a slow race, Mr Price joined in too but couldn't beat us! We are looking forward to the next sessions where we will learn how to navigate junctions and roundabouts on the road.

Ms Bowler, Key Stage 3 leader

Vaccine jab available for people 18 or over without a prior appointment

A poster for the Ealing COVID-19 Vaccination Centre. It features the Ealing logo, the NHS logo, and the text: '18 OR OVER? WALK UP AND GET YOUR JAB FOR TWO DAYS ONLY!'. The location is 'The Dominion Centre, 112 The Green, Southall UB2 4BQ'. The dates are 'Friday 18 June & Saturday 19 June' from '9am - 6pm'. At the bottom, it says 'SAY YES TO THE VACCINE'.

How can young Londoners make more sustainable travel choices?

Fare City is a think tank and social enterprise working in the area of sustainable transport in London. They have been working with a group of sixth form students from [Northolt High School](#) since summer 2020. This research has given us a valuable snapshot of what the needs, priorities and aspirations of young Londoners are for travelling in and around cities, both today and in the future.

This partnership has been eye opening and useful to all of us at Northolt High School and we are delighted that three of our students have had their articles published. You can read them by following [this link](#).



Looking after ourselves and each other

Young people told us that when they are struggling they are usually told to see a professional. They don't often get much advice about how they could help themselves. The [Anna Freud centre](#) spoke to professionals and looked at academic research and drew up a list of strategies young people can use.

We're sharing these strategies with you to help you to manage your child's wellbeing. It's up to you to decide what helps. If it works, keep doing it. If it doesn't, stop and try something else.

Young people may also like to use this [booklet](#) to help create their own self-care plan as part of the national [#SelfcareSummer](#) campaign. Parents and Carers could also find helpful information in this booklet - [Advice for parents and carers on looking after their child's wellbeing](#).

These activities are *not* a substitute for seeing a mental health professional. Sometimes we need outside help and advice. Getting help is good. No-one should feel bad about it. That's what this site is about.



Online Workshops for Parents and Carers

Offering parents and carers support during these challenging times, Ealing Parenting Service is pleased to announce a range of online courses and workshops, tackling all sorts of issues for children of all ages; offering advice and guidance and effective, proven strategies for parents to better manage their relationship with their children and to support their children during any challenges they may have. [For more information or to book your place on any of these online events.](#)

Parenting Programme	Date	Time	Platform/Venue
Domestic Abuse and the Impact on Children and Young People	Friday 9th July	10am-12pm	Via Microsoft Teams
Trusted Spaces	Tuesday 14th September	10am-12pm	Via Microsoft Teams
Somali Father's Discussion Group	Friday 8th October	10am-12pm	Via Microsoft Teams
Understanding Your Teenager	Friday 15th October	10am-12pm	Via Microsoft Teams
Internet Safety	Tuesday 7th December	10am-12pm	Via Microsoft Teams

For any questions, please email parentingserviceadmin@ealing.gov.uk or call the Family Information Service on 020 8825 5588.



Covid-19 Symptoms

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.