



Promoting self-care during the national lockdown

This week in assemblies, we have encouraged students to make sure that they are prioritising looking after their own wellbeing, by taking five easy steps;

1. Get moving – ensure that you do some physical activity every day.
2. Eat well – reduce the proportion of unhealthy snacks and try to eat a balanced diet.
3. Be creative – spend 10 minutes each day engaging in a creative activity to spark off your imagination.
4. Spend time in nature – try to ensure that you take time to relax outdoors in parks.
5. Remember to keep in touch with friends and family – even though we can't physically see each other at the moment we can still interact.

Please encourage your child to take these steps and model them yourselves if you can. With the days still being short and the weather a bit unpredictable, January can seem like 'the longest month' at the best of times. Adding a national lockdown to this scenario means that we have a greater challenge to face than normal. We hope that if our students can follow these five simple steps, they will support themselves to structure their day effectively and remain positive and focused.

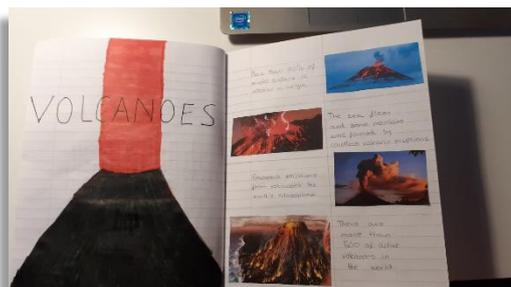


Ms Budd - Headteacher

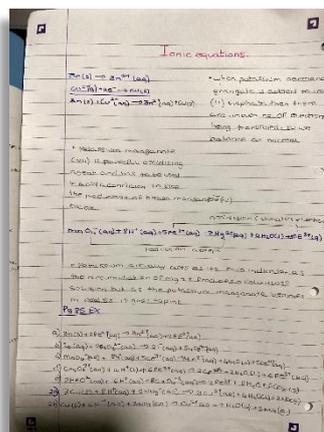
Fabulous Student Work

We have been very impressed with the work students are completing during this period of remote learning. We know that with such positive attitudes and commitment, students will continue to make progress while learning from home and we can't wait to celebrate more examples of student's work here with you each week. Ms Jones has nominated this week's students for commendations and you can read more about their work [here](#).

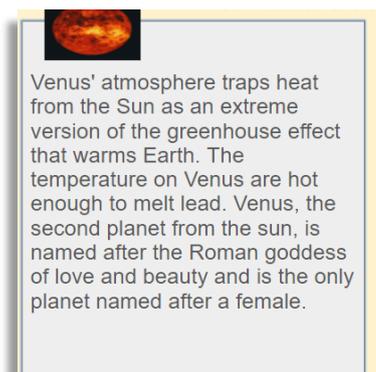
Volcanoes: Sofii – Yr 8



Chemistry: Prusothman – Yr 12



Solar System: Manahil – Yr 7



Northolt High School Reading Website



How can I read while I am working online?

The Reading Challenge



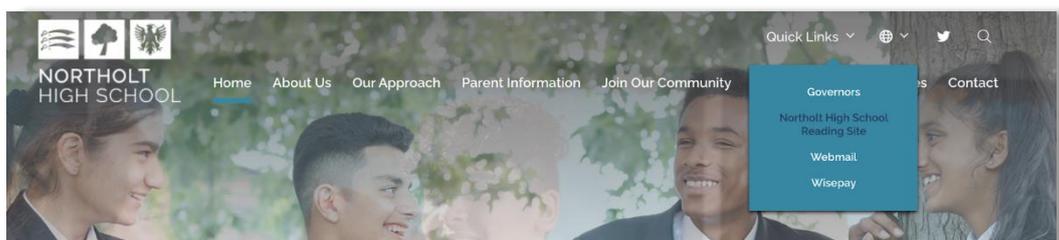
We all know how important reading is when it comes to the emotional and intellectual wellbeing of our children. However, while we are all working online and are unable to visit libraries, it can be a challenge to find a book. We hope that we have made things a little easier (and enjoyable) this year as our school reading website is live and accessible to everyone. This means the whole family can benefit from the resources available.

On our Northolt High School Reading Site, you will find links to a wide variety of online reading materials.

1. **Reading Challenges for Key Stage 3 and 4.** Northolt High School teachers have recorded themselves reading a variety of novels. There are 7 titles to choose from. Students (and parents) can read along for twenty minutes each day via our reading recordings. For each section of reading, there is a short quiz to check understanding. We will be awarding prizes to our most avid readers. The Reading Challenge proved extremely popular during the last school closure, and we will be adding more titles over the coming week. Look out for *The Bone Sparrow* and *Noughts and Crosses*.
2. **Online Libraries.** On the Reading Site you can also find links to fiction and non-fiction libraries (including *VieBooks* and *Issues*) that our students have access to. These include a link to the National Literacy Trust/Oak Academy Library where, each week, different authors are making a book free and available to read online. This week, Jacqueline Wilson has shared *The Story of Tracy Beaker*. This is a great read for primary school age family members too.

Let's get reading - click [here](#) to have a browse and see what is on offer.

Remember, the Reading site is easily accessible via our main website, just click on 'Quick Links'



Mental Health and Wellbeing

This week's Top Tips – Improving Sleep

Last week, we shared the Ealing Nursing Team's Top Tips for wellbeing about planning our days and staying in touch virtually. This week, our focus is on Top Tips for improving our sleep. There is little doubt that feelings of uncertainty and changes to daily life may mean we have more difficulty sleeping. There is a lot we can do to improve our sleep and here are a few tips for developing a healthy sleep pattern:

TIP 1: Limit screens in the bedroom. As much as possible, don't have a mobile, tablet, TV or computer in the bedroom at night or switch these to "night" mode, as the light from the screen interferes with sleep. It also means we are more likely to stay up late interacting with friends on social media. Encourage all the family to have at least 30 minutes of screen-free time before going to sleep.



TIP 2: Exercise for better sleep. It's official, regular exercise helps us sleep more soundly, as well as improving our general health. We should be aiming for at least 60 minutes' exercise every day, including aerobic activities such as fast walking and running. Exercising outside in daylight will help to encourage healthy sleep patterns, too.



TIP 3: Cut out the caffeine. Caffeine is found in drinks such as cola, tea, coffee and energy drink. We should avoid these, particularly in the four hours before bed. Too much caffeine can stop us falling asleep and reduce the amount of deep sleep we have.

TIP 4: Don't eat too close to bedtime. Think about whether we are eating too much, or too little, close to bedtime as this will lead to an overfull or empty stomach. This can be a cause of discomfort during the night and may prevent sleep.

TIP 5: Have a good routine Encourage all the family to get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help us drift off to sleep.



TIP 6: Create a sleep-friendly bedroom. Create a good sleeping environment – ideally a room that is dark, cool, quiet and comfortable. It might be worth investing in thicker curtains or a blackout blind to help block out early summer mornings and light evenings.

TIP 7: Talk through any problems. Talk to each other about anything we're worried about. This will help us put our problems into perspective and sleep better. We could write down any worries or make a to-do list before we go to bed. This should mean we're less likely to lie awake worrying during the night.



TIP 8: Avoid long weekend lie-ins. Encourage each other not sleep in for hours at weekends. Late nights and long lie-ins can disrupt our body clock and leave us with weekend "jet lag" on Monday morning.

Community Sports: Staying Active – Free Sessions



Community
Sports
Trust

Last week we shared the links for the zoom active sessions Brentford Football Club Community Sports Trust are running for gymnastics, football and general fitness. What a great way for children to keep active while staying at home! If you haven't yet signed up, have a look at the links from last week [here](#).

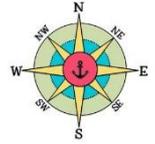
Seizing opportunity

Instilling ambition

Realising potential

Curriculum in Focus - Geography

To date in geography, KS3 students have been focused on securing a solid foundation of knowledge for the subject. Year 7 students have started the school year with a unit called *Map Skills and World Geography* where everything from naming the continents to reading a scale has been covered. It has been wonderful to see how students bring their own knowledge and understanding of the outside world into the classroom and are happy to share their real-world experience with the other learners.



Students in year 8 are currently exploring complex ideas in a unit called *Settlements and Urbanisation*, where we ask the question 'Why do we live where we live, and how is this changing?'

Through exploring the past and present living situations of people around the world, we are able to predict how trends will change in the future and what this might mean for the future of the human race. We have really been impressed with the online learning that has been taking place so far this term, with some excellent engagement from students.

In KS4, students are either starting or continuing their GCSE journey. Our Year 9 students started the academic year with a topic called *Coasts and Rivers*, looking at how the landscapes are constantly changing and shaping the land, and how humans are affected and are affecting these processes. We then spent some time looking into the pressing issue that is coastal and river flooding in the UK, and what can be done about this problem. Currently, Year 9 are completing their unit on *Changing Cities* from home. Students have been looking at the case study for Birmingham, so watch out for any questions they might have about the history of Birmingham!

Year 10 started the year looking at *Global Development*, considering the various reasons why different countries across the globe have developed at different rates, and how disparities in development can be addressed. We complete an in-depth look at India as an example of a developing country, considering some of the positive and negative impacts of rapid development on India's people and environment. We are currently studying a unit called *Weather and Climate Change*. Students have been really engaging with this topic from home. Keep up the good work Year 10!

Finally, year 11 have now finished their final topic, called *UK Challenges*, where we take the time to explore every geographical issue the UK is currently facing, including the two-speed economy, traffic congestion, flooding, climate change and the increasing population. Our Year 11 students are currently completing their online learning from home in preparation for their PPEs when we return. We are really pleased by what we've seen so far and wish everyone the very best of luck for this!



Ms Nicole Williams – Subject Leader for Geography

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.