

Northolt High School newsletter



Committed to excellence

Friday 25 September 2020

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A September to remember!

I can't believe that we're heading towards the end of September already – time really does fly when you're having fun! We've had another good week and I really am impressed at how students and staff are adapting to our new systems and routines. Thank you for your support in making sure that your children come to school with all of their equipment each day. It really makes a difference.

You will have seen the news this week that national restrictions relating to the coronavirus pandemic are being extended. If you'd like to check what the new rules are, please click on [this link](#) for details. This news, along with the increasing infection rates in the country, will be upsetting for some people. Please talk to your children if they are concerned. We have been focusing on how to stay mentally healthy during uncertain times with students in assemblies and in PSHCEE lessons in the last two weeks. I would encourage you to look at this page on our website: <https://www.northolthigh.org.uk/527/supporting-your-childs-mental-health>. We have extended this section so that there is a link to specific resources to support your child if s/he is anxious about the pandemic.

Given that coronavirus infection rates are rising in London, please could you make sure that you provide a face covering for your child to wear when moving between lessons in school. Our key protective factor is keeping students in year group bubbles but there are times when students will be moving with other year groups between lessons. Wearing a face covering in these situations provides additional protection. We're not prescribing any particular colour for face coverings so students can feel free to express themselves with the designs of these!

Thank you for your feedback about extra-curricular activities. We are making arrangements following your input and will shortly publish details of our provision for this term.

Ms Budd - Headteacher

The Daily Mile – supporting student well-being



We are delighted to be the first secondary school in Ealing to take part in the Daily Mile. The idea is that for 15 minutes a day students leave the classroom with their teacher and walk / jog / run a mile. This will give our students the opportunity to improve their fitness both physically and mentally and provide a break in our new longer lessons. Students will do the Daily Mile on most days (weather permitting). It is being organised so that there will be no mixing of year group bubbles and our Daily Mile tracks in our playgrounds have been created with 2 metres spacing between them in order that students are at a safe distance while they participate. A letter will be coming home to all parents shortly explaining the scheme in more detail. For more information on the Daily Mile and its many benefits please click [here](#).

Seizing opportunity

Instilling ambition

Realising potential

Our new staff – Meet Ms Vaja, our new English teacher



Hello, my name is Rohini Vaja! I have joined Northolt High School as a newly qualified English teacher having also completed my teacher training here last academic year. Being able to return to the Northolt community feels great and I am excited to continue my educational journey here with you all. I aim to inspire pupils to take their educational skills beyond the four walls of their classroom and utilise them to their fullest potential.

Welcoming back successful alumni

In September we were thrilled to welcome back two of our distinguished ex-students who kindly came in to speak to our new Sixth form students.

Bariq Babar is a fourth year medical student at Keele University and he spoke eloquently about his time at Northolt, the methods of study he used to be successful and how he has found his university experience. It was fascinating to hear his stories of working in the NHS during the Coronavirus pandemic.

We were also joined by Annahita Moradi, a barrister from Bedford Row, who was a student with us in 2007. Anna spoke about her experience of A Levels and her subsequent journey through higher education and her career in law. Anna also works with victims of crime and it was great to hear about her work in the community. As always it's great to have our ex-students back to share their experiences with our current students.



Translations of Government Guidance

The Department for Education have translated their [guidance](#) for parents and carers into a number of community languages. Please click on the links below to access the various translations:

Arabic	Gujarati	Somali
Bengali	Polish	Turkish
Chinese - traditional	Portuguese	Urdu
Chinese - simplified	Punjabi	
French	Romany	

Parent Governor Opportunity

Are you interested in being part of a dynamic team of people who are all committed to developing and improving our school? We have a vacancy for the role of Parent Governor and would love you to get in touch if you are interested.

Carole Millard, one of our Governors who started her Governor journey as Parent Governor, has written to you all to explain a bit more about the role. Please read her letter which you can find [here](#) to find out more!

Covid-19 symptoms

To reduce community transmission of the coronavirus, 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.

Don't forget to use our google classroom to access all learning if you must stay at home.