

Northolt High School newsletter



Friday 26th February 2021

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Committed to excellence

A return to onsite schooling at last!

We are all very excited that we will soon be able to open our doors to all students following the Government's announcement that schools will be reopening from Monday 8th March.

You should all have received a letter yesterday asking for you to confirm whether you are happy for your child to take part in regular COVID-19 testing as part of the return to school programme. We need your permission before we are able to offer your child a test, so if you haven't done so already, please make sure that you complete [this form](#). Once we have feedback from you about your child's participation in the testing programme, we will schedule appointments for students.

Having planned the COVID-19 testing schedule, we will then write to you all on Monday letting you know which days your children will be able to come into school for a) their pre-school COVID-19 test and b) their first day back to school for onsite learning.

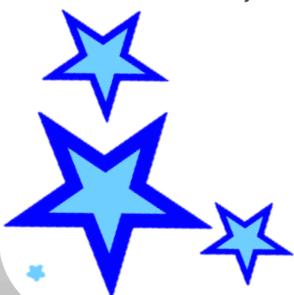
We will be returning to broadly the same arrangements for school that were in place from September 2020. The timetable, times of the day and uniform arrangements are all unchanged. We are still encouraging students to walk or cycle to school if at all possible and are allowing students to wear plain black trainers if this makes it easier for them to do this. On days that students have PE lessons, they will continue to come to school in their PE kit as we are still not using our changing rooms. The onsite protective measures to prevent the spread of the virus also remain, with year groups continuing to be taught in bubbles, separate lunchtimes for each year groups and the staggered dismissal at the end of the day. Our one way systems will still operate.

The major change for students will be that we will be asking them to keep their face coverings on during lessons as well as wearing them in corridors as they move between lessons. The Government is asking that we do this in the first instance until the end of the Easter term. I will provide you with more details about these arrangements in the letter you will receive on Monday, along with information for families with students in Year 11 and 13 about the arrangements for awarding GCSE, A Levels and BTECs.

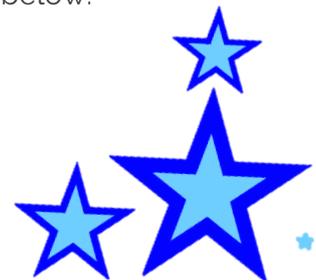
Ms Budd - Headteacher

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:



Amani	8 CHO	Maryam	10 CMA
Denys	10 ABA	Tashneet	8 FYU
Zuzanna	10 WWA	Ali	11 ZUD
Vanessa	7 IYE	Eva	8 HVP
Emilia	10 WWA	Pegi	8 HVP
Tharsika	10 GTA	Ludina	10 CMA



Seizing opportunity

Instilling ambition

Realising potential

GCSE Photography Update

Our GCSE Photography students have been keeping creative during this lockdown and have produced some really interesting work despite the limitations that the situation has inevitably placed upon them. In our normal school environment, Photography students would use Photoshop to edit their images, but most students do not have Photoshop at home and nor would we expect them to. Instead they

have been using mobile apps such as Lightroom, Snapseed and Sketches to get creative.



Annlev yr 9



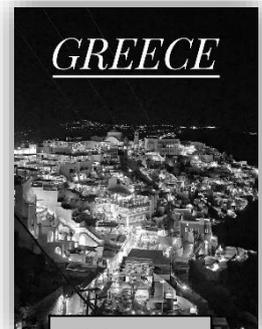
Hussain yr 9

Year 9 students have been looking at the work of American artist, Barbara Kruger, who is best known for her black and white photographs which are overlaid with strong, declarative texts. The students have researched her work and written about it, and have made their own responses with their own images and captions. Here is a small selection:



Ludina yr 10

Year 10 students are currently working on an artist research unit, in which they have selected an artist to write about. They have chosen a diverse selection of artists and will start to create work inspired by their research. Prior to this, they were responding to the work of Gillian Wearing, who had a project in which she photographed people holding signs which revealed something about their inner thoughts and feelings. Many of the results have proved to be particularly poignant at this time of pandemic.



Elvis yr 9

Year 11 students have been researching a range of different artists during lockdown and have been creating work in response using lots of different apps and processes. Year 11 students will be moving onto the next phase of their projects next week, which is development. For this they will be creating original pieces of work based on all of their learning so far. That is always the most exciting part of the project, so we look forward to seeing their work. In the meantime, here is a sample of what they've done over the past few weeks.



Abhi yr 10



Valentina yr 10



Daria yr 11



Kyle yr 11



it's all ok
in the end.
if it's not ok,
it's not
the end

Patrycja yr 11

Government Guidance on Remote Learning



The government have updated their guidance for [parents to support their children's remote education](#) to provide more information for parents and carers as they support their children at home.

They have added top tips for supporting children during remote education, including links to information about the Reading Well booklist that supports mental health. They have also provided information on how to access online resources and services through your local library and online [support for parents and carers to keep children and young people safe from online harm](#).

Community Events Brentford FC



Community
Sports
Trust

Virtual Sport and Fitness Sessions

Brentford Football Club Community Sports Trust are glad to announce that online sessions will continue until the government guidance changes. Please see below a reminder of what is currently on offer. You will need to register on their [website](#) before attending these free sessions.

Monday – Gymnastics

Tuesday – Football/Fitness

Wednesday – Girls Football/Fitness

Thursday – Football/Fitness

Race Europe - Join the Brentford FC Squad

This event will see 14 London Football Clubs virtually race across Europe. Each Club aims to be the fastest to cover the 6,720 miles that separate all of the Euro 2021 Host Cities. Running, cycling, walking or any other form of activity welcome! There is a finishers medal available for participants and matchday tickets when fans are allowed back in the stadium for winners. [Join](#) the Brentford FC squad today.

News and Events on Instagram

BFCCST have a brand new Instagram page which will share updates and new sessions, along with regular competitions and prizes. Follow them at [@bfcstce](#)

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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Travelling Safely

As we get back to some form of normality in the coming months it is important that students think about their personal safety when making journey's in and around the local area. With this in mind, Ealing and Hillingdon police have teamed up to produce a short [video](#) for young people to give them tips and advice on keeping them and their valuables safe.



Online safety: A bespoke event for Polish and Romanian parents

The Ealing Prevent Team have commissioned the East European Resource Centre (EERC), a charity based in London, to deliver a series of free online events to Polish & Romanian parents, teachers, and professionals. The three events will look at ways to support teenagers at risk of misinformation, bullying, hate speech and radicalisation online and are being delivered by Polish and Romanian counsellors, child psychologists and parenting coaches. Find [here](#) further information and instructions for how to book.

GT Scholars Careers Day Saturday 27th February 2021

Careers Guidance

This Saturday, we are delighted to invite all of our students in **years 8 to 13** and their parents to attend an exciting online careers day hosted by GT scholars. There will be a number of webinars hosted by top companies and education providers from across the country giving students information about career opportunities. You can dip in and out and attend only one event if you like but it really is a great opportunity to start thinking about the future. You can sign up to the event [HERE](#). Good luck and have fun.

Mental Health and Wellbeing

As are aware, each of our weekly student assemblies include two top tips for students, one on being physically fit and one on keeping mentally well.

This week students looked at [walking](#) and [telephone support](#). 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.

Top tips to stay physically and mentally healthy

Walking
Walking is a great, easy way we can all keep moving and be physically active. So go for a walk, maybe go with a family member and catch up at the same time.
Find out more [here](#)

Telephone support
There's lots of great help out there just a phone call away including through Childline and the Samaritans.
Find out more [here](#)

More ideas can be found [here](#) and there's lots of advice on the **Quick Links** section of 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](#)