

Northolt High School newsletter



Friday 26th March 2021

Page 1 of 4

Committed to excellence

*Wishing the Northolt High School
Community a safe and happy
Spring Holiday!*



Spring and Summer term arrangements

This will be the last newsletter of the Spring Term as school will finish next week on Wednesday 31st March. We will finish earlier than normal on **Wednesday 31st March** with students being dismissed at the following times:

- Year 9,12 and 13 will be dismissed at 1.20pm;
- Years 7, 8, 10 and 11 will be dismissed at 1.30pm.

Apart from the early finish, this is a normal school day and we are not having a non-school uniform fundraising day so our usual uniform expectations will apply.

During the first week of the holidays (from Tuesday 6th April to Friday 9th April), we will be running catch up sessions for students in Business Studies, English, French and Science. These classes will run for students in Years 10 to 13. If your child has been invited for one or more sessions, you will receive a letter with details early next week. Please encourage your child to attend.

Next term begins on Monday 19th April at 9.20am. We're really pleased that as part of the wider reopening of schools we will be able to begin our extra-curricular club programme again in the Summer Term. We've put a particular emphasis on making sure that we increase the number of sports clubs we run as we know that this area has been particularly affected by the pandemic. It will be lovely to see students once more being able to benefit from this free after school provision which I'm sure will support them in 'getting back to normal' as the pandemic restrictions begin to ease nationally.

Thank you for your support this term and I hope that you all find time to have some quality rest and relaxation over the holiday period.

Ms Budd - Headteacher

Seizing opportunity

Instilling ambition

Realising potential

Food and Hospitality and Catering Update

As we move from online learning back to the classroom, students in Food and Hospitality & Catering have continued to create a range of tasty and exciting dishes, which have gone alongside theoretical studies into the constituents of those recipes.

Year 7 - Students have been learning about the properties of food commodities such as cereals, dairy and meat and have created dishes including carrot cake and vanilla biscuits in which they have learnt about types of flour; fish fingers which taught them about the types and categories of fish; and other dishes and theory lessons where they gained knowledge about the properties of fats and oils.



Year 8 - Students have revisited and reinforced their Year 7 learning around the properties of food commodities and also about where our food comes from. Some of the lovely dishes they have produced include spaghetti, which went alongside theory about nutrients; scones which built on the previous learning about flour types; and Pavlova, which introduced them to learning about eggs.



Year 9 - The big focus has been on nutrients, which builds on some of their learning in Year 8 and involves understanding what nutrients are found in different food types, what they do for our bodies, how much we need and what happens if there are deficiencies or an excess of certain nutrients. Some of the tasty dishes that went with this learning include brownies (yummy!), Pavlova and pretzels.

Year 10 - The focus recently has been on revising for Hospitality and Catering units 1-5. Students have been working hard to perfect dishes such as cinnamon pretzels and lemon meringue pie.



Year 11 - Students in Year 11 have been working towards their assessments which have been taking place this week - this is a nine hour practical which will take place over a number of lessons and will comprise a practical and written element.

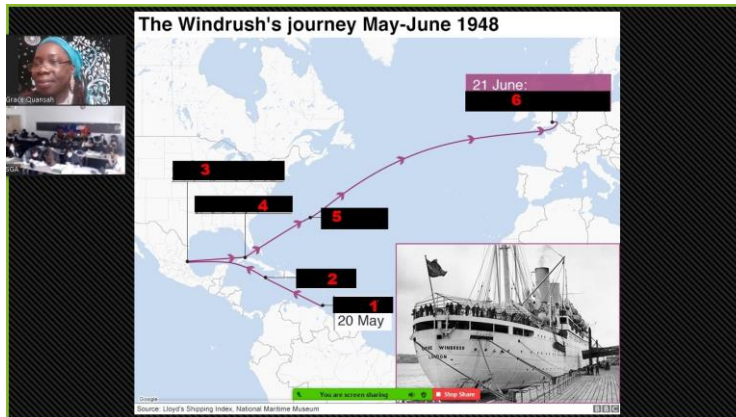
Covid-19 symptoms

We will continue to run our contract tracing and reporting of school cases over the holiday period, so we ask that should your child develop symptoms, or has a positive coronavirus test, you let us know through our help@northolthigh.org.uk email address.

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.

Windrush Generation Workshops

During Humanities lessons this week our Year 7 & 8 students have been enjoying an hour long virtual workshop led by WAPPY (wappy.org.uk) which stands for Writing, Acting & Publish Project for Youngsters.



In the workshop which incorporates music and storytelling, students explored what the term "Windrush Generation" means. They looked at a big map of the Caribbean Islands and the route to England and how successive families made the long three week long voyage over many years. Students were shown photographic visuals of the Windrush boat, passengers and introduced to the story of Evelyn Wauchape – a Windrush stowaway.

One thing that you learnt from the workshop:

It does not matter from where you are and what you are going through, you should never give up because it will get better and you will be happier and feel more confident.

Sofii 8YEA



Students also explored what the experience of hiding on the boat must have been like compared to the fare paying travellers and links were made to experiences of current migrants trying to get to the UK.

They looked at what young people might have done to pass the time as they travelled on the Windrush – exploring the types of games that they played in a time before Wi-Fi and other electronic gadgets.

The workshops continue next week for those Year 7 & 8 students who have yet to experience it.

One thing that you learnt from the workshop:

I learnt that even if you haven't got electronics there is always a way to have fun.

Owen 8YEA

One thing that you learnt from the workshop:

One thing I learnt was that games come from all around the world and they can be enjoyable for everyone. Another thing I learnt was that people felt all kinds of emotions when they travelled on the Windrush.

Asma 7DGA



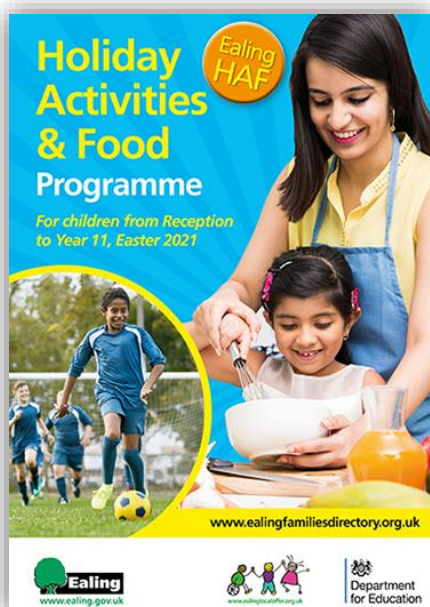
Welcome to the Art and Design team Miss Boon-itt



Hello! My name is Miss Boon-itt, the newest member of the Art and Design Department, teaching Art, Photography and Product Design. I have always loved art and design and achieved a First Class Honours degree in Drawing and Image Making. Having an arsenal of different creative skills and techniques, I sincerely hope that all the pupils I teach will be able to experience, learn about and find something creative that they're passionate about too!

I believe that teaching is an amazing and worthwhile responsibility that lets you shape the next generation. When I moved to London from Liverpool (I am a Northerner!), I was unsure what to expect. In the time I've been here, I have been so impressed with the incredible and confident young people here at Northolt High School. I am very much looking forward to teaching and working with all students and am excited to see them grow and flourish!

Holiday Support for families



Ealing is delivering the Holiday Activity and Food (HAF) programme which is being funded by the Department for Education. Funds have been made available to provide free holiday provision, including healthy food and enriching activities.

The programme will cover the Spring, Summer and Winter holidays in 2021, for a minimum of one week in the Spring, one week in the winter and four weeks in the summer 2021, four hours a day for four days a week.

This programme is aimed at children and young people in school from reception to Y11 who are in receipt of benefits-related free school meals. However, there are also free online workshops, courses and fun sessions available to all students and families.

[This website launches on March 29th](#) which will detail what is available over the Spring holidays. Please take a look on Monday and plan your family's holiday activities

A reminder too, that families in receipt of benefits related free school meals, will have received an email from Ealing Council about financial support available for families over the Spring holidays. For more information please read [this letter](#).



Positive Parenting Program

Do you want to set your child or teen up for success? Are you not sure what to do about toddler tantrums, child behaviour issues or teenage behaviour problems?

Triple P Online is an online parenting course from the world-acclaimed Triple P – Positive Parenting Program®. It can help you raise happy, respectful kids – by giving you the strategies and tools to build stronger relationships, guide child behaviour, and become more confident dealing with teenagers. Triple P Online and Teen Triple P Online are available **free** to all parents and carers of children up to 16 years in the London Borough of Ealing. [Take a closer look or register for this opportunity here](#)



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