

Northolt High School newsletter



Friday 30th January 2021

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Committed to excellence

We'd love your feedback!

We've heard from the Prime Minister this week that schools will not be returning to onsite learning immediately after half term. This makes it even more important that we find out from you how your children are coping with remote learning. I would be very grateful if you could all complete [this questionnaire](#) so that we are able to make any necessary changes to our provision. Thank you in advance for your time.

This week we have also updated our school Covid-19 [risk assessment](#). This document now explains our health and safety procedures, both for when the school is fully operational with all students onsite and also during this national lockdown period. Today two of our Governors, Mike Hulme and Carole Millard, visited the school to as part of their Governance duties. They were satisfied that our processes continue to be robust and we have therefore published the risk assessment on our website. As ever, if you have any concerns about the steps we take at school to reduce the risk of Covid-19 transmission, please let us know. This risk assessment is a 'live' document which is continually under review, so your feedback is always helpful.

I am pleased to report that we are experiencing a much more positive and smooth operation of free school meal vouchers during this national lockdown period compared to the last one. Thank you to Mr Haresnape for leading on this in the school, and to all of our parents who have been very supportive in helping us get the voucher system going again. The Government is not providing free school meal vouchers over the half term period and we will let families know how to apply for support during this time via local councils, which is the route the Government is suggesting this year.

Thank you to all parents of students in Year 8 and also to Ms Bowler and Mr Haresnape for their work this week to launch our GCSE Option choice process. Please look at [this page](#) of our website for details of the subjects we offer and the process itself. Year 8 parents, could you support us by completing the feedback form which is linked [here](#)? Thank you!

Ms Budd - Headteacher

Celebrating our students' wonderful work

Again we are so proud of how students are responding to their remote learning. Teachers are enjoying the engagement from students during the live elements of our learning, and are also continually impressed with students taking such pride in their work. This week we would like to praise and share with you all, the work of the students linked below.



Varsika	7 DGA	Bhavithran	7 ZBO
Sanvi	9 HLA	Leah	11 SHO
Ryan	7AHA	Fatema	10 ABA
Maddie	7 AHA	Ashni	8 CHO
Maahi	8 EAN	Ariana	7 AHO



Seizing opportunity

Instilling ambition

Realising potential

Mental Health and Wellbeing

This week's Top Tips – Keeping Fit



Use your once a day trip outside to exercise (remember social distancing measures).

- > Go for a walk or a run or cycle to get some fresh air.

Stand up and stretch every hour

- > You can use our stretch routine or have a look on YouTube for a stretch sequence.

Get 60 minutes of activity in every day

- > This doesn't have to be all at once, you could do a morning yoga stretch, a lunch time HIIT workout and an evening walk each for 20 minutes!
- > You can even try short 10 minute bursts.
- > Try the Body Coach's PE class, this 30 minute HIIT workout doesn't need much space and is a great way to get the morning started.
- > If you are watching TV, get up during the advert breaks or at the end of each episode and do something active. Star jumps, squats or a whole body stretch work well.
- > There are lots of workouts online, research and find something that works for you. Everyone likes different things, maybe you like a gentle yoga flow but your friend likes a fast paced HIIT workout. If you find something that you enjoy you are more likely to keep it up.
- > Try writing a timetable or a plan each day and schedule in your activity, this way you won't forget or run out of time.
- > Get everyone in your household involved to keep you motivated or call a friend while you both work out in your own homes.

Use objects around the house as weights

- > Cans are great to use as hand weights.

Learn a dance routine

- > Look online for dance routine tutorials or make up your own to music. Try coordinating with your friends over a video call.

Set yourself a fitness challenge

- > Make a goal that is Specific, Measurable, Achievable, Realistic and Timed.
- > For example; by the end of summer I would like to be able to do 20 push ups in a row.
- > To keep on track of your ultimate goal, set smaller goals each week.
- > For example, this week I will practise push ups on 3 days, by the end of the week I will aim to do 3 in a row with good technique.

Join the Northolt Race to Paris!



This week our student assemblies launched a school wide challenge – The first year group to walk/run/cycle the distance between London and the Eiffel Tower in Paris – 384 km.

We want to encourage as many family members and friends to get involved too! All you need to do is use one of the run monitoring apps like Fitbit, Strava, Map My Run or the Health app on iphones, email a screen shot of the distance you travel each time you go out over the next week to dkaur@northolthigh.org.uk and we will add it to the tally for the year group of the student you are supporting. Take a look [here](#) for more information.

Introduction to Black British History for parents/carers



This interactive whistle stop presentation is a potted history of Black Peoples' presence in the United Kingdom starting from the Roman Empire and incorporating the Tudor, Georgian, Victorian eras and the arrival of the Windrush generation up to the present day.

The presentation includes aspects of British race relations and its impact on Black and White communities and covers the race riots in the 1950's and the national uprisings during the 1980's.

This presentation includes an information sheet detailing teaching resources for parents and sources of further information so parents can continue to learn and teach their children

Target audience: Ealing parents/carers of Black Caribbean children and young people (children / young people are welcome to attend alongside their parents).

Date: **Wednesday 17 February 2021 (half-term)**

Time: **4 - 5pm via Zoom**

Parents are required to book on by emailing trainingsupport@ealing.gov.uk. You can read more about this presentation [here](#).

Support for Families

[Family lives](#) are a charitable organisation that provide a wide range of support, advice and guidance for parents and families with some great specific responses to the difficulties families may face as a result of the Covid-19 pandemic.



We encourage parents and carers to look through some of the support offered by family lives [here](#), and also remind families to reach out if there is anything Northolt High School can help with.

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.