

Northolt High School newsletter



Friday 5th February 2021

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Committed to excellence

Paris, here we come!

The smell of competition has been well and truly in the air all week at Northolt High School as year groups compete in our virtual "Race to Paris" challenge. Keen runners on the staff were recruited into teams by our Pastoral Leaders early on. Staff have been walking our Daily Mile tracks at lunchtime to get more steps in and there have been rumours of year groups saving their scores up all week ready to report them all at the end. You can see the latest scores on page 2. You can help us by joining in with this event as well – if you go on a walk, run or cycle and can log your miles, just ask your child to forward a screenshot of the miles covered to Ms Kaur, who will add these onto the relevant year groups. We've really enjoyed this competition this week and I'm sure you'll all join me in giving a huge **thank you** to Ms Kaur for organising this and cheering us all on.

Thank you to everyone who took the time to complete our parents' survey last week (133 responses in total). Here's what you told us:

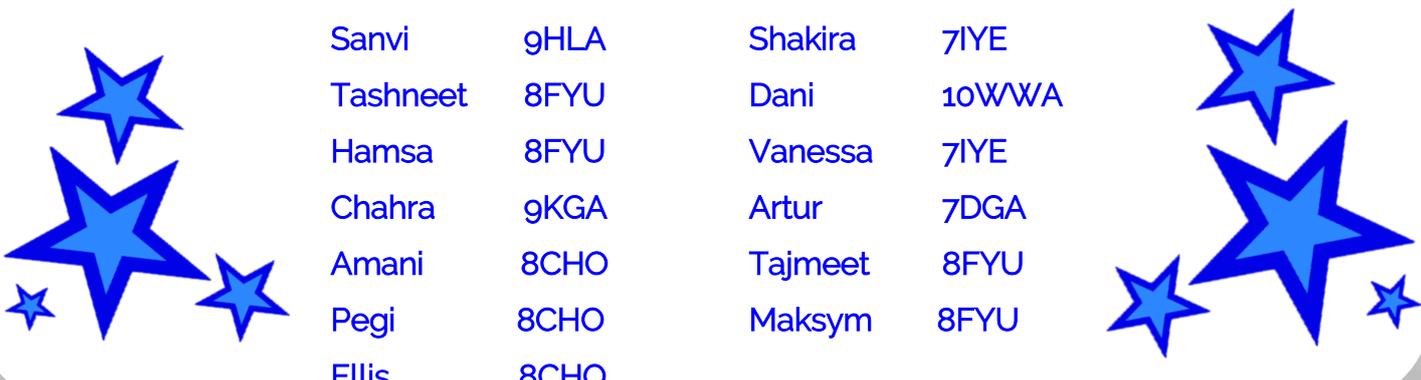
- 94% of parents are happy with the way that we're providing work for your children to complete at home.
- 93% of you feel that your children have developed some positive daily routines.
- 96% of you reported that your children are able to complete the activities we've set.
- 75% of you reported that your children are reading for 20 minutes each day (see our later item on Lockdown Library Lending if you are one of the 30% whose children are not reading).
- 80% of you felt that the amount of work we are setting is just right, with 11% reporting that we're setting too much and 9% responding that we're not setting enough work.

We have collated and shared the results and your comments with staff this week and have begun to plan actions to improve following your suggestions. In the next couple of weeks, I will draw together your responses and our proposed action in a detailed feedback document to share with you. Thank you so much for taking part in the survey. Your opinions matter to us and really help us to improve.

Ms Budd - Headteacher

Celebrating our students' wonderful work

This week we would like to give our special mentions to the following students, for their wonderful work across a variety of subjects. You can take a closer look at their work linked below:



Sanvi	9HLA	Shakira	7IYE
Tashneet	8FYU	Dani	10WWA
Hamsa	8FYU	Vanessa	7IYE
Chahra	9KGA	Artur	7DGA
Amani	8CHO	Tajmeet	8FYU
Pegi	8CHO	Maksym	8FYU
Ellis	8CHO		

Seizing opportunity

Instilling ambition

Realising potential

Modern Foreign Languages – La Chandeleur

Bonjour and Guten Tag to you all, and welcome to this week's update in languages:

This week marked 'Candlemas,' or in French, this is known as 'La Chandeleur' where many people make crêpes to celebrate the presentation of Jesus at the temple. The round crêpes with its golden shade are said to represent the sun, therefore shining light into our daily lives. After Miss Ladjimi's successful Year 8 crêpe making session last February, we were convinced we would make this an annual event, though sadly it has not been possible this year. Nevertheless – the Modern Foreign Languages department always rises to a challenge, and this year, 'La Chandeleur' has been brought to you by Miss Geiller who has created a lesson for all students to take part in at home! Some of your fabulous crêpes have also been shared in the newsletter today, so a huge well done to you all!

In other news – the Memrise leaderboards for all our linguists are looking healthy and we encourage you to persevere with your learning.

On behalf of everyone in the languages department, we hope you are staying well.



Faizan – yr 7



Artur – yr 7



Hamsa and Sama – yr 8 and 10



Enusha – yr 7



Maksym – yr 8



Rebecca – yr 7



Chahra – yr 10



Ariba – yr 7



Mohamedbaqir – yr 10

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.

Mental Health and Wellbeing



This week is Children's Mental Health Week so we'd like to share with you some fantastic resources you can use at home. Place2Be have a brilliant website with great ideas and activities including short videos with creative tasks such as art, writing and dancing. It also has advice for parents and carers, which can be found [here](#). Also, don't forget our website has lots of links to resources from trusted organisations: For resources for parents and carers click [here](#) and for resources for students click [here](#).

This week's top tips – Express yourself!

When children are able to find creative ways to share their feelings, thoughts or ideas it can help them feel good about themselves and who they are. Children can do this through art, music, writing and poetry, dance and drama, photography and film, and doing activities that they enjoy. It's really important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Given that the past year will have left many of us feeling out of control and helpless, supporting children and young people to express themselves is arguably more important than ever. Here are a few simple ways you can encourage your child to express themselves.

Could you build on existing interests or passions? Think about what has helped them get through the past year. A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts. Trying new things can be a great way to find a new creative outlet.

Could you try out something new together? Or perhaps ask someone you know to share their creative hobbies and give them a go. Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.

Listening carefully can help children feel more comfortable and confident when expressing themselves. Try to minimise distractions and give your child your full attention when you're spending time together, being aware of your own body language and eye contact. You might want to try summarising what they've shared and acknowledging their feelings. Children are expressing themselves all the time but not necessarily with words. 'Listen' to everything they are trying to tell you with their behaviour too.

Will the Northolt Community make it to Paris?



This week students, family and friends of Northolt High School have been sending in their distances walked, run or cycled, as we all join together to try and cover the distance from Northolt to the Eiffel Tower.

The leader board has been changing each day as Ms Kaur tallies the daily entries from different year groups. The current standings, with only the weekend left to go, shows that year 11 are on top.

We encourage everyone to get involved over the weekend and we can't wait to see the winner and if with all miles combined, we make it to the Eiffel Tower!

Year 11	1st
Year 8	2nd
Year 10	3rd
Sixth Form	4th
Year 7	5th
Year 9	6th

Seizing opportunity

Instilling ambition

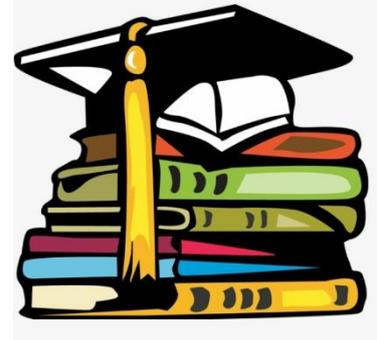
Realising potential

Reading for Pleasure: Lockdown Library Lending

Reading for pleasure is absolutely crucial for us all as it extends and complements learning- whether you are a child or an adult. It is also important because reading can be brilliant for our mental health, which is extremely important, especially at the moment.

Throughout the lockdown, our dedicated [Northolt High School Reading Site](#) has helped to keep our students reading. Via our reading site, students can:

1. Read non-fiction books online.
2. Read fiction books online.
3. Listen to audio books online.
4. Complete Accelerated Reader book quizzes online.



To further support our reading for pleasure, we are DELIGHTED to reintroduce our 'Book-a-Book' facility. We are very aware that students are spending a lot of time on screen, so some of them might prefer to read a physical copy, rather than an electronic one.

HOW DOES BOOK-A-BOOK WORK?

We are trialling the Book-a-Book system with our year 7 students first. From Monday 8th February, Year 7 students can go to our [Northolt High School Reading Site](#) and use the [form](#) to request a book. They can specify a title or ask for a recommendation by answering a few simple questions. Once they submit the form, our Head Librarian, Ms Buck, will send the book home. Oh- and don't worry, all library books will be sanitised using UVC technology before being posted home! Students can bring their book back to school by returning it to our Library Returns Box in reception once school re-opens.

After our year 7 trial, we will offer the same opportunity to other year groups after half-term.

We have emailed all year 7 students to let them know about the reintroduction of Book-a-Book, so please encourage your children to Book-a-Book today!

Ms Vardon, Ms Buck, Mr Mathews.

Year 13 students moving onwards and upwards



We are delighted that 93% of our Year 13 students have applied to study at university this year. Students have applied to a number of universities, including Cambridge and Russell Group Universities. They have already started receiving conditional and unconditional offers and we are looking forward to working with them for their interviews and shortlisting the offers. Our other students have either chosen to defer for a year or to continue their education and training with an apprenticeship.

We wish all our Year 13s the best in this challenging year and look forward to hearing about their successes in the years to come.

The 6th form team

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Realising potential