

# Northolt High School newsletter



Friday 26<sup>th</sup> February 2021

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Committed to excellence

## The Northolt High Testing Centre is in full swing!

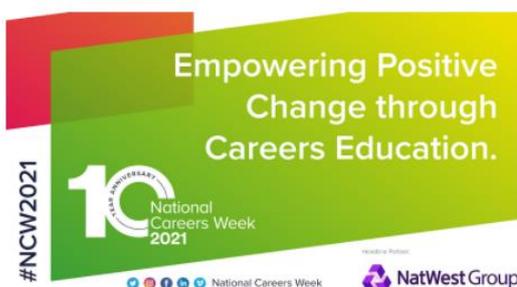
Thank you all for your support this week with giving permission for your children to take part in our lateral flow testing for coronavirus as part of students' return to school. We started our testing process for students yesterday and have been hugely impressed by the numbers of students participating and their punctuality for their appointments. If you haven't had your appointment letter for your child's test yet, please look out for this in the post. A reminder of our testing and 'first day back at school' schedule can be found on page 2 of this newsletter.

Once students have had three lateral flow tests on our school site, they will be provided with home testing kits for them to use twice a week. A new initiative to support this is that all adults in households with school and college age children without symptoms can now access regular rapid COVID testing at home. We will only be able to provide home test kits to students – you are able to either collect your test kits or order them online.

Undertaking regular, rapid coronavirus (COVID-19) testing helps reduce transmission of the virus. Parents and other adults in households with children at school or college, who do not have symptoms, can now access regular, rapid coronavirus (COVID-19) testing. This includes childcare and support bubbles. Tests are fast, easy and completely free. There are [different ways](#) for a household, childcare or support bubble to collect their test to take at home, twice-weekly, for example by collecting a test from a home test site or by ordering home test kits online. To find out more about the home testing, you can call 119, which is free from mobiles and landlines. Lines are open every day from 7am to 11pm.

We are happy to report that we're fully ready to welcome students back from Monday. If you haven't already done so, please check that your child completed the training video we sent out to them today. We will obviously reinforce all of these messages when students return, but know from experience that students are better able to handle change when they have been prepared. Please could you also speak to your child about the fact that face coverings are now to be worn in lessons as well as when moving around the school. If your child is exempt, s/he will be issued with a lanyard to wear – so please let us know if this is the case as well. Thank you in advance, as ever, for your support.

*Ms Budd, Headteacher*



## National Careers Week

This week, we have been celebrating and promoting National Careers Week. This aims to engage and enthuse students of all ages to start actively engaging with their future careers by providing resources and links to a wide range of opportunities. Due to COVID lots of the activities have been remote this year so can be accessed at any time.

More information about National Careers week is [here](#) and a useful parent guide to helping young people plan their careers is [here](#).

*Seizing opportunity*

*Instilling ambition*

*Realising potential*

## Students returning to school

This information has been shared with families and students, but we highlight again below, the days each year group returns to school. Please contact the main school office if you have any questions about your child's testing or return to school. **Please note, our onsite provision for students attending school during lockdown will continue until all students are back in school on Friday 12 March.**

	Students only attend for testing appointment	Students in school for normal lessons	Students learning at home
Monday 8th March	Year 12	Years 11 and 13	Years 7, 8, 9, 10, 12
Tuesday 9th March	Year 9	Years, 11, 12, and 13	Years 7, 8, 9, and 10
Wednesday 10th March	Year 7 and 10	Years 9, 11, 12 and 13	Years 7, 8 and 10
Thursday 11th March	Year 8	Years, 7, 9, 10, 11, 12 and 13	Year 8
Friday 12th March	n/a	All students	<i>Only students who are self-isolating.</i>

## Celebrating World Book Day

World Book Day is more than one day, it is about celebrating books and reading all year round. Something, as you know, Northolt High School support and values. You might find [here](#) a variety of activities and advice to help you enjoy sharing stories together as a family not just on World Book Day but every day of the year.



We hope that your child enjoyed taking part in our World Book Day activities this week. Make sure you ask them about their score in the school wide quiz! Excitingly, we also have World Book Day vouchers to distribute to students as they return to school.

These can be exchanged in supermarkets and bookshops for a World Book Day book or can be used to get £1 off the cost of any book worth more than £2.99. The vouchers will be valid until Sunday 28th March but bookshops that are currently closed may accept the vouchers beyond this date once they re-open.

The organisers of World Book Day have also made a [digital version](#) of the voucher available to us. You can print this at home or show it to booksellers on a phone or tablet screen. Unfortunately, local supermarkets are not accepting the digital voucher but it can be used at W.H.Smith at Westway Cross Retail Park. The voucher is for single-use only per child. (Please note that World Book Day vouchers cannot be used for online purchases)

# WORLD BOOK DAY

Changing lives through a love of books and shared reading.

Margaret Buck  
School Librarian

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## Welcome to our new staff members

We were very fortunate this week to welcome two new members of staff to the Northolt High School Team. Miss Binyusuf and Mr Karia join us as academic mentors from the Teach First Programme. Let's find out a little more about them and what they'll be doing whilst they are with us.



Hello! My name is **Miss Binyusuf** and I am one of the new Academic Mentors at Northolt High School. My role will be to complement students' learning through small group sessions that focus on improving key reading and writing skills.

I have chosen this role because I am passionate about making learning accessible and engaging for all students. Now more than ever, it is important that no child is left behind and can achieve and even excel their own expectations and continue to flourish academically.

I studied History at UCL and graduated in 2019. Since graduating, I have worked in both primary and secondary schools as a HLTA and had fantastic experience seeing what the school environment is like and working with pupils. I hope to start my teacher training as a secondary school History teacher with TeachFirst in September 2021.

Hello! My name is **Mr Karia**. I have joined the school as a TeachFirst Academic Mentor. This is a role working in conjunction with the National Tutoring Programme, aimed at providing pupils some extra support.

The reason for choosing this role is to try and make a difference to the lives of young people who have been affected by school closures and subsequent lost learning. More personally however, it's also a great opportunity to explore life as a secondary school teacher. I've been considering alternate careers and teaching is something I've wanted to find out more about for some time.



I studied medicine at Queen Mary University of London and graduated in 2016. Having worked for the past 4.5 years, I'm currently taking a year out to explore other paths. I'm hoping to make a slight difference to the educational lives of young people along the way!

## 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](mailto: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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## Turn on the subtitles!



We wanted to share this brilliantly simple idea with you – **turning on the subtitles can double the chances of a child becoming good at reading.** Incredible isn't it?

It's so brilliantly simple and can help children's literacy so much that we want to shout it from the rooftops!

So the next time your child is watching TV or the tablet, there could actually be an opportunity to improve their reading skills at the same time! In fact research has shown that it can double the chance of your child leaving school as a proficient reader.

You can turn them on for the whole family or most streaming services will now allow you to do it just for individual children if you like. For more information and to look at the research behind this idea, have a look at this [website](#).

**A brilliantly simple idea that can help your children's reading**

## Mental Health and Wellbeing

### Top tips to stay physically and mentally healthy



Being outside

Get up, get out and get some fresh air! Go somewhere green if you can. Being outside helps clear your head and is great exercise.  
Find out more [here](#)

Listening to music

Listening to music can release tension and improve your mood. So plug in and turn it up!  
Find out more [here](#)

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

This week students looked at [Getting plenty of Fresh Air](#) and [Listening to Music](#). 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.

- 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](#)