



Friday 9 October 2020

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Working together to protect our community

This time last week when I was writing to you all, I did not know that we were about to experience our first positive Coronavirus case with a student who had been attending school. I know that this will have caused you all some concern and thank you all for your cooperation and support.

I am pleased to be able to report that the systems we had planned worked efficiently. Teachers' seating plans enabled us to identify which students may have been within a 2 metre distance of the student who had tested positive. Other potential close contacts within friendship groups were also identified. All of these students are now self-isolating at home. Online learning is being set daily for these students. Thanks to our canteen staff and a small army of staff volunteers, we have delivered food hampers to students who are self-isolating and are in receipt of free school meals. Classrooms have been deep cleaned and further disinfected with our 'fogging machine'. We provided guidance for students who are self-isolating and their parents to explain the action we'd had to take and to advise them on how to access support if needed.

The actions we took last week are 'protective measures', with the aim of preventing further infection in our community. I am grateful to the families of students who are now self-isolating for their support with these measures, despite this being worrying and disruptive to family routines.

What can you do now to support us? I have a few actions for everyone in this regard.

- Firstly, we sent letters out to all families last Friday via our text message alert system. If you did not receive a letter, please contact the office so that we can check that we have your correct contact details and make sure that you receive messages in the future.
- Secondly, please ensure that your child comes to school with a face covering to wear when s/he is moving in between lessons. The virus levels are continuing to rise in the country and this is another protective action we can take to reduce transmission levels in our school.
- Thirdly, I have had some reports from members of the public and local shopkeepers that some students are not wearing face coverings on public transport and in shops. Please reinforce the messages that we are giving in school to your children that this is now a legal requirement to keep us all safe.

Ms Budd - Headteacher

Black History Month

This week all students had an assembly from Ms Whalley about the history of Britain and the changes that have and still need to be made across the world in celebrating Black History. We also launched our competition for students: 'Who deserves a Statue in Britain?'.

To celebrate Black History Month, in History lessons our year 7 students are currently learning about the history of London, including the study of migration and the Windrush generation. Year 8 will shortly be beginning the study topic 'Empire'. Years 9 and 11 will be learning about the Black Tudors as part of their study of Queen Elizabeth I, and Year 10 will be studying the persecution of black people in Hitler's Germany.

B:M

DIG DEEPER, LOOK CLOSER, THINK BIGGER



B:M2020
Inter-form competition!
Who do you think deserves a statue in Britain?
You can pick any figure from Black British history and explain why they deserve to have a statue. You might want to design your statue if you like.

Our new staff – Meet Mr Elton, Computer Science teacher



Hi there, I'm Mr Elton, the new Computer Science teacher. I live and breathe computer science, and learning how modern technology works has been one of my passions for as long as I can remember. Being an avid gamer, as well as a film-nut and F1 fan, I love seeing how computer technologies fit into the world around us and I love sharing that passion with my students!

Let's make our mental health a priority



YOUNGMINDS

All of us have mental as well as physical health to maintain. Just like our bodies, our minds can sometimes become unwell.

1 in 10 young people will experience a mental health problem. These include depression, anxiety disorder, eating disorders, psychosis or bipolar disorder.

It's important to talk about mental health and get help early if things don't feel right, just as we would for our physical health.

Parents and students can access a wide range of support via our website [here](#) or by speaking to our dedicated staff and mentors.

We have also found that the Young Minds Charity offer some great practical advice and help if you need it. Please have a look at their website [here](#) or get in contact if you or someone you know, may need some help or advice.

You should also have a look at these top 10 tips to help look after your Mental from the UK Mental Health Foundation [here](#)

Let's make taking care of and talking about, Mental Health a priority for us all.

Reading – Perhaps the most important thing your child can do to improve attainment.

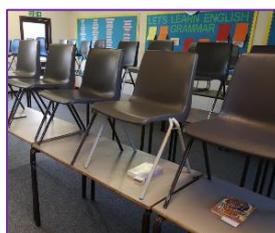


Children learn new words as they read. Subconsciously, they absorb information on how to structure sentences and how to use words and other language features effectively in their writing and speaking.

Reading promotes achievement in all subjects, not just English. Children who are good readers tend to achieve well in subjects across the whole curriculum. At Northolt High School we aim to make every child an avid reader.

This term, to ensure the safety of our students, our library room remains closed. However, reading at Northolt High School is as alive as ever.

Students have been ordering books through the [Northolt High School Reading Site](#). Our new Google Form system allows students to request a specific book or answer a series of questions to allow us to make a recommendation.



Our wonderful librarian, Mrs Buck has been sanitising books (using our exciting new UVC machine) to make sure that it is safe for students to handle them. She then delivers students' orders to their form rooms so that they can continue their reading journeys.

Covid-19 symptoms

To reduce community transmission of the coronavirus, 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.

Don't forget to use our Google Classroom to access all learning if you must stay at home.