



Caroline Brooker  
Headteacher

## New Years Resolutions

Henry Ford once said, “Whether you think you can or you can’t, you’re probably right.”

Before Roger Bannister broke the four minute mile, for example, athletes thought it an impossible feat; but once he did it, many others followed suit.

In assemblies, I have been encouraging students to make new year’s resolutions they will keep. Most of us break them by the end of January, so I have been sharing six tips about how to make successful resolutions.

### Set a target

Have clear datelines for your goals, each with a specific target to achieve, to avoid ‘drift’ in your programme.

### Remind yourself

Keep a visual reminder of your resolution: a picture of a sports idol on your phone, or an inspirational message in your wallet.

### Think what you will gain

Rather than just thinking about the negatives (‘I will give up smoking’), you need to focus on the positive effects (‘I will be healthier, fitter and richer’).

### Manageable goals

Build up to what you want to achieve. You won’t suddenly be able to do an hour’s exercise every day, so start with ten minutes, and gradually increase

this until you get there. Too big a goal, and you will give up, even if you are making small steps towards achieving it.

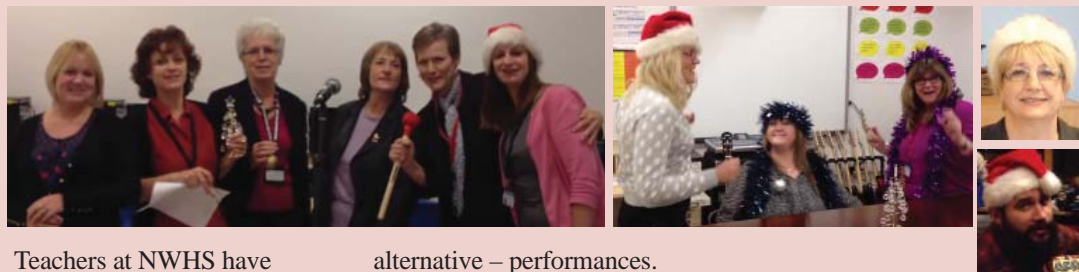
### Prepare

Plan your week in advance, so that you make time for fulfilling your resolution, and are organised to do it (for example, making sure you have clean sports kit).

### Reward yourself

Acknowledge progress on the way to achieving goals as well as when you achieve them. It’s important to allow yourself to tap into your potential and to recognise when you have done well.

## SINGING TEACHERS BECOME INTERNET SENSATION



Teachers at NWHS have become an unlikely internet hit – after they posted a video of themselves singing ‘Do They Know It’s Christmas?’ on YouTube. Head of Music, Lara Gardiner came up with the idea to help raise money for BandAid30, and now more than 4,300 people have viewed the video, which features the teachers giving some individual – and in some cases quite

alternative – performances. Staff re-recorded the song and made the video as a Christmas present to students, but now the YouTube post has become a smash hit. Comments on the site from some of those who have viewed the video include, “This is incredible! I would actually donate for this unlike the Geldof song! Took guts, and I’m proud to be NWHS Alum :)”

Included singing on the video is NWHS head teacher Caroline Brooker, who said, “Although we might not quite have the range of singing talent at our disposal that Bob Geldof had, we certainly had a great deal of enthusiasm, and the result is just over three minutes of gold – although whether it’s musical gold or comedy gold is up for debate.”

## Diary dates

### Important Dates

**Wednesday 14th January**  
Year 11 Subject Consultation Evening  
4 - 7:00pm

**Thursday 15th January**  
Year 7 Road Safety Drama Event pm

**Monday 19th January**  
Parents Forum 6:45 - 7:45pm

### Study

#### Exams

**W/c 12th & 19th January**  
Year 9 Exams All Week

#### Study support and revision sessions

**Art** Art Club/War Hammer  
Tuesdays 3 to 4pm, A5 Mr Winsor  
Year 11 Art Coursework Catch-up  
Wednesdays 3 to 4pm, A5 Mr Winsor

**Design Technology** Thursdays  
3 to 4pm, A1

**Film Club** Thursdays 3 to 4pm,  
Theatre Mr Breeze

**Geography** Year 10 Catch-up  
Tuesdays, Year 11 Catch-up  
Thursdays 3 - 4pm CS2 Miss Walker

**History** History Club Thursday 3 -  
4:30pm, Miss Springall-Coleman

**Maths** FSMQ Tuesdays 3 - 4pm,  
M2 Dr Lee,  
Revision Wednesdays 3 - 4pm, Miss  
Honey/Mrs Clare

**Music** COMING SOON  
Strings group Wednesdays 3 - 4pm,  
Mrs Gardner

**GCSE PE** Fridays 3 - 4pm, Mr  
Bradshaw & Mr Mills

#### Homework Club

Every Tuesday, Wednesday and  
Thursday 3pm to 4pm, Library

### Sports

#### Sports fixtures

Tuesday 13th January 1:15 - 2:50pm  
District Cross Country

Thursday 15th January 3:00pm U16  
Hockey V Cromer (A)

Tuesday 20th January 3:00pm U13 &  
U14 Girls Football Tournament (A)

Wednesday 21st January 3:00pm U14  
Girls Football (A)

Thursday 22nd January 3:00pm U16  
Girls Football (A)

Thursday 27th January 3:00pm U14  
Boys/Girls Badminton V Fakenham (A)

#### After school sports clubs

**Netball Club** Tuesday 9th & 16th  
Dec 3 - 4pm

## FUNDRAISING



Mundesley Inshore Lifeboat were presented with a cheque for £227.11 by Olivia Clare. Blogg house chose to donate their share of the Sponsored Walk 2014 funds to this worthy local cause.

The Christmas Jumper non-uniform day raised £517.73 for Save the Children.



Well done to Megan Shingles in Year 7, who decided she wanted to raise money for Cancer Research by holding a cake sale.

Megan, who made the cakes herself with a few more donated by friends, held her cake sale on Monday 15th December at break and lunch time. The total raised was £66.94, which is fantastic.



## A TRIP OF A LIFETIME!

James Parsons, a Year 8 student at North Walsham High School, had the amazing opportunity to visit Florida in October. James was chosen to take the 10 day trip with children's charity Dreamflight. Dreamflight is a UK charity that changes young lives through taking children with a serious illness or disability, without their parents, on the holiday of a lifetime to Orlando, Florida.

James was taken, along with 191 other children, to Florida where he visited Disney theme parks and had the amazing opportunity to swim with dolphins – which James was a bit scared about but said was great fun.

In September 2012 James was diagnosed with a cancerous brain tumour, he had to have 6 operations, chemotherapy and radiotherapy to treat it.



## CAROL CONCERT SUCCESS

NWHS students entertained a packed Church before Christmas with the annual school Carol Concert. Students sang popular christmas songs and traditional carols, a signing choir performed to Silent Night and Year 7 and 11 dance students demonstrated their skills in the church aisles. Readings were made by Mrs Brooker and members of the senior student body. A lovely evening showing off the many talented students we have at our school.

**New Strings Group** (Violin, Viola, Cello) to be launched, every Wednesday, 3-4pm.

These free sessions will be lead by Viv Cairns, a highly proficient local musician and will give students the opportunity to learn either the violin, viola or cello in a collaborative situation. Instruments can be provided by the school free of charge. Regular attendance and practice outside of sessions is essential. If your child would like to join this group please ask them to speak to our Music Teacher, Mrs Gardner.

## Jack takes over the Fire Service



Year 8 student Jack Cummings had a 'smoking' day recently when he joined the Norfolk Fire Service for the day as part of an initiative to introduce high school students to the work of Norfolk County Council.

After selecting the emergency services as his first choice for Norfolk Takeover Day, Jack found himself at the Fire Service's Bowthorpe training centre in Norwich, where he took part in a number of exercises, including being cut out of a car in a simulated traffic accident, and managing the media during a 'plane crash'. He also found himself plunged into the darkness of the centre's Breathing Apparatus Chamber.

"It taught me what it is like to be in a real situation," said Jack, who is hoping to join the emergency services as a career. "I always thought it wouldn't be that bad to be cut out of a car, but in reality it is very loud and scary. I now tell my mum and dad to drive more slowly.

"The day taught me a lot, and I now have a huge respect for the people who do this every day."

Jack, from Worstead, was the youngest student taking part in Norfolk County Council's Children's Commissioner's Takeover Day.

**North  
Walsham  
High School**

### Stay in touch

Call: 01692 402581

Email: [office@northwalshamhigh.norfolk.sch.uk](mailto:office@northwalshamhigh.norfolk.sch.uk)

Visit: [www.northwalshamhigh.norfolk.sch.uk](http://www.northwalshamhigh.norfolk.sch.uk)

Like us on Facebook:  
[www.facebook.com/northwalshamhighschool](http://www.facebook.com/northwalshamhighschool)

Follow us on Twitter: @NWHS

To report a student absence or email pastoral

Call: 01692 400084

### Pastoral

Year 7: [y7@northwalshamhigh.norfolk.sch.uk](mailto:y7@northwalshamhigh.norfolk.sch.uk)

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Year 11: [y11@northwalshamhigh.norfolk.sch.uk](mailto:y11@northwalshamhigh.norfolk.sch.uk)

### Parents Forum:

[parentsforum@northwalshamhigh.norfolk.sch.uk](mailto:parentsforum@northwalshamhigh.norfolk.sch.uk)