



Neil Powell
Headteacher

“It is impossible for a school to run successfully without the support and input from its parents and carers. This week I want to make a plea to all of you to help me with a number of initiatives.”

Firstly I intend to personally hold a parent forum in the theatre on Wednesday 5th October. This will take the form of an update from me and then a Q&A session to enable me to answer all your concerns and listen to all your ideas. Secondly it is inevitable that as Year 11 exams approach, students get more and more stressed. The inevitability of these exams cannot be avoided and to just want them to arrive means to avoid preparing for them. As such it is my intention to take a couple of steps to help minimise this stress. Firstly, we are going to bring in some meditation/yoga/Pilates and

counselling support. Secondly, the senior team will be running “how to” sessions: How to avoid exam stress; how to pass exams; how to revise for.... These sessions will run after school. Thirdly, we will be running “support your child to success” sessions for parents. My request is simple; please support all of these initiatives and thereby your child and school. Last time the parents forum was run two people turned up. Lets see if we can pack the place - I will put on tea and coffee. Push your children to attend the relaxation classes and “how to” sessions. And finally

please turn up to support your son/daughter in the “how to” and subject specialism classes (these will become available to all parents in due course). Dates will be published for all these next week. Finally, thank you to all students and staff involved in the Year 10 Parliament trip this week. Our coach driver (and a member of the public at MacDonalds) said that they were the most polite and thoughtful school children they had ever seen. Thank you all as ever, until next week,

Neil

Year 10 Students visit the Houses of Parliament

On Wednesday 21st September the Headteacher and our two new Work Based Learning Officers, Mrs Hemp and Mrs Lawn took a group of 26 students to the Houses of Parliament for People’s Parliament tour of Westminster Palace. On arrival the students were split into two groups and were treated to a personal whistlestop tour of the House of Lords and the House of Commons. The tour guides explained to the students how MPs are appointed, what the differences are between the House of Commons and the House of Lords, and they had the opportunity to ask questions. They even got to see Norman Lamb’s pigeon hole and where he sits in the House.



At the end of the tour the students took part in a workshop that was held in an state of the art immersive 360° projection space where a video of the suffragettes movements was shown for them to see how popular protest has led to change. Following the video the students were split into smaller groups and told to plan their own campaign and justify their choice of action, presenting their ideas and evaluating the effectiveness of different protest methods. The students chose a range of campaigns from reducing University Fees to bringing back the Death Penalty.

Izzy Duckmanton said “The tour and workshop were really good. The teachers respected us because we behaved well which made it really enjoyable. It’s honestly been one of the best trips I’ve been on at NWHS.

Diary dates

Not to miss

29 September Year 7 Tutor Evening 4-7pm

30 September Year 7 Cake Sale for Macmillan Cancer Charity

5 October Parent Forum 6:45pm

12 October Year 6 Open Evening 6-8pm

18 October Year 11 Healthy Living & Relationships Day

20 October Year 10 Subject Consultation Evening

Exams

17 October Year 7 Core Exams Week (English, Maths & Science)

31 October to 11 November Year 11 Mock Exams

Study

Study Support/ Revision

GCSE Art & Photography
Mondays 3 - 4pm A1 & A3

GCSE Food & Nutrition
Tuesdays 3 - 4pm Food Suite

GCSE Design & Technology
Tuesdays 3 - 4pm C2

BTEC Sport Fridays 3 - 4pm C2

Homework Club - all welcome

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

Sports

PE Fixtures

Tuesday 27th September, 3 - 6pm U13 & U15 Boys Football v Aylsham (H)

Extra Curricular

After School Clubs

Music Tech Club Mondays 3 - 4pm

Netball Club Mondays 3 - 4pm

Art Club Tuesdays 3 - 4pm, A1

War Hammer Club Tuesdays 3 - 4.30pm, A1

Dance Club Tuesdays 3 - 4pm

Gardening Club Wednesdays 3 - 4.30pm





In our Health and Social Care lessons we have been looking at care values. One of our challenges was to be able to feed and brush each other's teeth. We took it in turns to feed each other first and to be honest it was really difficult. We had to have a lot of trust in the person, if we didn't then it was much harder. It made us feel really vulnerable and even scared. In some aspects it was a breach of our personal space.

Next we had to brush each other's teeth, we had to be really close to the person to do this and had to give really clear instructions for them to be able to follow what we wanted them to do. This was the hardest thing to do. Most of us said it was hard to do this to our friends so it must be so much harder to do it to a stranger.

Written by Year 11, Teagan Burr.



North Norfolk District Council has created a plan with the aim of improving the health and well-being of young people across Norfolk; inspiring those with a talent for a particular sport to excel and reach their full potential. PE teachers were asked to select gifted pupils between the ages of 11-14 to participate in the event, which runs from September 19th-26th. Students from North Walsham High School have been selected to attend trials in the following sports: athletics, cricket and netball. Upon completion of the trials, students will become part of teams involving the most proficient in their sport.

Two girls from Year 9 who are part of the scheme, Megan Higgs and Rhiannon Holt, spoke to us about their experience so far, "We both really enjoyed the day, we played netball with people from all over Norfolk and we were taught new skills and techniques; it was very different from the training we have received at school." "We were mentored by a coach who has previously worked with the England team; I found this very motivating - it has encouraged me to continue playing this sport in the future".

Written by Year 11 Students Lizzie Hickman, Millie Abbs and Harleigh Byers.



Local Charity need Volunteers

Arts North Norfolk charity is looking for young people to volunteer to help with events and the box office.

Its fun, there are perks and it can also be credited for the volunteering part of the Duke of Edinburgh award scheme.

Please contact Ms Sharp if you are interested by calling 01692 400091.

The PE Department run lunch time clubs for all students everyday. This term they are doing Badminton and Table Tennis.



Gardening Club - growing their way to success

North Walsham High School is home to a number of extra-curricular activities – one of the most long-running and active groups is the Gardening Club.

Run by Miss Wright and Mr Weal, the Gardening Club meet every Wednesday after school in the spring, summer and autumn to tend to the gardens around the school and become more educated about the environment. One of the students' favourite tasks is planting vegetables; over the past few years, they have become involved in growing all sorts, including leeks, radishes and potatoes.

Member Lauren Balls said "Gardening Club is really good – all the students can be involved in the planning and I've learned a lot, especially about healthy eating." Keziah Belson agreed – "We get taught a lot of helpful skills, and I didn't have a clue how to use all this equipment before I started!"

Doing all of this every week does come at a price, so the group run a variety of fundraisers including selling candy canes at Christmas and Easter Eggs at Easter. They get a lot of public support, and were kindly donated a greenhouse at the end of last term. Rhia Plumridge admitted, "it really does make the school look like a nicer environment, and we have badges, too, which is always good."

Miss Wright welcomes any new students to join – but remember to bring your gardening gloves!

**North
Walsham
High School**

Stay in touch

Call: 01692 402581

Email: office@northwalshamhigh.norfolk.sch.uk

Visit: www.northwalshamhigh.norfolk.sch.uk

Like us on Facebook:
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

Year 8: y8@northwalshamhigh.norfolk.sch.uk

Year 9: y9@northwalshamhigh.norfolk.sch.uk

Year 10: y10@northwalshamhigh.norfolk.sch.uk

Year 11: y11@northwalshamhigh.norfolk.sch.uk

Parents' Forum:

parentsforum@northwalshamhigh.norfolk.sch.uk