



THE MERLE

NOTTINGHAM HIGH SENIOR SCHOOL NEWSLETTER



16TH JUNE 2023 - ISSUE 35

YEAR 7 RESIDENTIAL TRIP



A MESSAGE FROM THE HEAD

Dear Parents,

All of us in the school community were so sorry to hear of the murders in the City in the past week and we send our condolences and thoughts to all in the university community and also to those at the Huntingdon Academy, as well as thinking of the impact on the families and friends of the three victims. In common with many buildings in Nottingham we have flown our flag at half-mast as a mark of our respect.

We are now entering one of the busiest times in the School year and you can read below of many of the activities that we will pack into the last few weeks of the term. With exams coming to an end it is a chance for us to concentrate on many of the wider aspects of school life that do so much to enrich our educational offering. I hope that you will join us at some of the events and there are links below to book tickets.

Work on the new Well-Being Centre is continuing and I am looking forward to inspecting the progress made at the start of next week. We are also working on a wide range of co-curricular activities with a well-being theme that will be introduced in September. Planning is also well under way with respect to each of the spaces that the new centre will provide.

This weekend sees our annual Founder's Day service. I remind you that for all except Year 13 this is a compulsory school event. In it we remember all those upon whose work the School has its current reputation and all those that support our bursary funds. It is a session that we take into account when working out our total number of school days in the year. Our traditions are an important part of who we are and we want all to come together to respect them. Respect is one of our five core values and actually the one that our students felt was the most important to them so I hope that they will understand the importance of respecting the traditions in this way. There will be much more next year building on our five values so this will be a regular theme in my newsletters.

Please work your way through all of the information below as it contains several items giving early notice of forthcoming events such as the pre-season training in rugby and hockey. I look forward to attending many of these events and hope that I will see many of you there. Have a lovely weekend,

Kevin Fear (Headmaster)

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DATES FOR YOUR DIARY

Monday	Tuesday	Wednesday	Thursday	Friday
				16 TODAY FOUNDERS DAY REHEARSAL 2PM-4PM FOUNDERS DAY 17TH JUNE
19 ART EXHIBITION 150 YEARS OF CRICKET 18TH JUNE	20 LAST GCSE EXAM Y9 AUTHOR VISIT	21 TEATIME CONCERT 5PM CHEMISTRY CAMBRIDGE CHALLENGE	22	23 LEAVERS BBQ/ ART EXHIBITION Y12 CRANEDALE LEAVES
26 LAST A LEVEL EXAM Y12 CRANEDALE RETURNS	27 Y12 PARENT'S EVENING LOWER SCHOOL PRODUCTION 7:15PM	28 LOWER SCHOOL PRODUCTION 7:15PM	29 ACTIVITIES DAY Y11 PROM	30 SPORTS DAY (Y7-10+12) SPORTS DINNER 7PM
3	4	5 HEADMASTER'S PRIZES 3PM Y7 PARENT'S EVENING	6 LOWER SCHOOL MUSIC FESTIVAL	7 TERM ENDS 12:30PM
10	11	12 SUMMER HOLIDAYS SUPPORT STAFF AVAILABLE TO CONTACT	13	14

Please see our School Website for the most up to date information via our online calendar [here](#)

Term Dates 2022/23

The term dates for 2022/2023 are live on our website and you can view them [here](#).

Sports Fixtures and Results

You can access all the latest sports information, including team information, on the [sports website](#)

YEAR GROUP UPDATES

Head of Year 7 - Mrs Hollie Neale

Year 7 had a fantastic time at Mount Cook at the weekend. They engaged with all of the activities, staff and each other very well and showed great teamwork and enthusiasm throughout the weekend. You can have a look at some of the photos on the link below and also on our Twitter account (@NHS_Year7). Thank you to Mrs Andrews, Mrs Manders, Miss Potter, Mr Walsh, Mrs Anderson, Miss Hird, Mrs Smith, Mrs Northedge, Mr Johnson, Mr Shabir, Mr Morgan and Mr Pratten for their help with the trip. Click [here](#) for photos.

We were very impressed by how Year 7 managed exam week and we hope that they are able to learn a lot over the coming weeks about their exam technique, time management and allowing themselves to relax between exams and not get too stressed. It is important that they remember that final grades are not the most important thing but instead look at the progress they have made over this year, the effort that they have put in to their studies and extra activities as well as the friendships they have made. They have a busy few weeks coming up with Activities Day, Sports Day, the Geography/Biology trip, Parents' Evening, Headmaster's Prizes, Lower School Music Festival and the Lower School Drama production to name just a few things! We look forward to seeing them involved in these as well as at Founder's Day on Saturday. We hope that they enjoy their final few weeks of Year 7 and whilst school life will start to feel a bit more relaxed it is important that they still focus and enjoy their lessons as well as reflecting on the past year and setting themselves some targets to work on as they move into Year 8.



Head of Year 8 - Dr Matthew Lakin

The Year 8s have made an excellent return to school this half term. Miss Davis and I were very impressed by the students' behaviour, focus and determination during exam week. After a very busy four days of exams, the week ended with a 'creative day'. The students chose one or two workshops for the day from a list that included; musical theatre, an art trip to the Yorkshire Sculpture park, artisan baking, drumming, robotics and gaming. The students had a great day, and it was good to see them taking the time out from lessons to discover new skills and push themselves 'out of their comfort zones'. Thanks to Miss Davis for running the day.



Head of Year 9 - Mr Simon Barr Smith

On this issue of The Merle, we would like to thank all our students for their behaviour and effort during a very busy and intense week of exams. This week the students have been receiving their exam marks and feedback. It is important that they reflect on their performances and take on board the sound pieces of advice given by their teachers.

On Monday, the students took part in a creative day 'The One Day Film School'. They learned about the art of film-making, which included workshops and seminars on; the history of art, camera work, fight choreography, script writing, editing and production of a film. Though the day is over, we will be watching and celebrating the films and other successes of the year in our very own Oscars ceremony later this month. It promises to be an exciting and enjoyable evening.

Who will be the recipient of Best Picture 2023?



Head of Year 10 - Mr Paul Allison

Year 10 have accrued 340 distinctions this term, since our return after Easter. Congratulations to William O, who has been awarded the most in the year group this term.

We run a form distinctions challenge each term to see which form has accrued the most distinctions between them. Congratulations to 10A so far. The final totals will be calculated before the end of term.

1st - 10A 73 Distinctions, 2nd - 10C 70 Distinctions, 3rd - 10C 60 Distinctions, 4th - 10D 59 Distinctions, 5th - 10E 56 Distinctions

In our PSHE lessons this term, the students have learnt about Islam in Britain and Hate crime, both topics have been well received by the students with some good debates and topical conversation. The year group have also listened to an assembly on 'Computer Misuse Act' This mentioned the dangers of hacking and how we should all protect our computers and devices.



Head of Year 11-13 - Mr David Gillett

Despite the heat, many of our Year 12s recently completed their final Gold Duke of Edinburgh Award expeditions - both walking and canoeing - and it has been excellent to see their hard work and planning pay off. Since the holidays, all students have embarked on our Year 12 Skills Challenge, a competition that encourages them to explore new ideas and careers while developing their skills in communication, problem-solving and teamwork. For the first part of the challenge, students delivered presentations on a topic of their choice. Talks ranged from the style of Les Misérables to the shape of the universe, and the judges (made up of staff, parents and governors) were impressed by students' knowledge, enthusiasm and professionalism. This week, the focus is on mock interviews for a range of potential careers, and the challenge will culminate with a group task next week - we're looking forward to seeing the results! Following a series of talks about the UCAS process, all students are currently working on their UCAS personal statements, and undertaking preparation to support their next steps after A-level. Many have booked university open days over the coming weeks, and we hope that they enjoy these and gain further insights to aid their decision making.



FEATURE ARTICLE

YEAR 8 CREATIVE DAY

On Friday 9th June, we welcomed visitors into the school for Creative Day, organised by Mr Spedding. What an amazing way to have some time out of academic study after the intensity of exams. The Year 8 team who how hard they have been working! 51 students went off-site to the Yorkshire Sculpture Park and the remaining students had the opportunity of taking part in a new experience for the day; Artisan Baking, Photography, Drumming, Robotics and a Musicals workshop. What followed was a day of fun, laughter, and in some cases some baked treats to take home! Miss Davis enjoyed talking to some Year 8s at lunchtime and we're delighted to include some of their blogs here:



Year 8 Creative Day

At first, I was very hesitant about creative day as I was not sure if I would like robotics, as I did not have a lot of experience in this. However, I decided to give my 100% effort to learn about this. My group were looking at microbit which is developed by the BBC and it is a tiny computer which can do lots of various functions, and use other extensions like the kitronic. The kitronic allows the BBC microbit to move and also travel in lines, with also many more functions. Our main aim for creative day was to create a toxic waste disposal which can go through a cave and retrieve a toxic waste can. I thought that this idea was really cool and could not wait to get started! First of all, we all learned to move the robot. We did this by adding a few block code commands which did not take a lot of effort, and I found quite fun. We also set our bias for each wheel, to make sure the motor went forward at the same speed and not turning left or right. This is because both of the motors were not alike, and

therefore had different resistance causing the unstraightness of the car. Adding a bias adds resistance to one wheel, which therefore makes it straighter. Our next task was to make the car, go through a track and stop at the end. This was quite hard, in my opinion. This is because we had to go through each turn, and tailor each of the turning time so it did not overturn and hit the cones. I did not think that this would be that fun, but however it actually turned out to be pretty good and me and my team finished it in second place! This goes to show if you put your mind to something, you can do anything! Our final task, was to make the car follow the line sensor. The coding for this was very hard as we had to figure out how to use the line sensor in the coding, and also make it move according to that. Luckily as this was quite hard the teachers guided us and instructed us with this, and then I really started to get the jist of it. However, when they verified that we had the right code, it still wasn't sensing the black line. This is because of the light reflecting onto the paint, so therefore the line sensor did not actually recognize the colour of the light. Therefore, we closed the light and it worked! I was really happy with this and also amazed at what robots can do. Overall, I think that this day was really good. I really think that this was also a good refresher, after all of the exams too! I would definitely do this again because I think that I was decent at this, and overall, I had lots of fun!



Year 8 Creative Day

Creative day was amazing! I did artisan baking, and we made so many fun things! We made Chelsea Buns, a loaf of bread and also some chocolate truffles! It was incredible and I would love to do it again.

FEATURE ARTICLE



Year 8 Creative Day

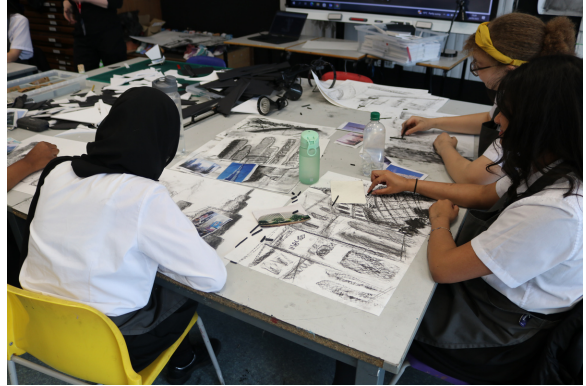
I kickstarted the day with photography. We were first taught how to use Adobe Photoshop and remove backgrounds. Then we were off. We were set with the task of creating an impossible photo using photoshop, each one of us given a professional camera! I was on the lawns and ready to take some spectacular photos. I took close-up photos of plants, grass, and non-living organisms such as statues and rocks. Then we had to come back inside and edit our photos for the final product! Overall, an amazing experience and a bit of fun as well! After Lunch I had my drumming session which I thoroughly enjoyed. We started off by learning several ways to clap and shape it up into a rhythm. Next, we learned simple rhythms on a drum called the Djembe, Boom ba boom cha! Then we moved onto slightly more complex drums called the Dunun and learned simple rhythms. Finally, we split into two groups: one on the Djembes and the others on the Dununs. We recorded our performance and watched it at the end of the day! A superb learning experience for me, whilst also enjoying myself! Highly Recommended!

SCHOOL NEWS

Journalism Club

Y9 Art Day

The artist: Jeanette Barnes goes around the world to famous cities and then sketches out the cities usually in charcoal. Jeanette Barnes was born in Lancashire in 1961. She studied for BA Hons Fine Art Liverpool Polytechnic 1980-83, post-graduate painting Royal Academy Schools 1984-87 and MA printmaking Royal College of Art 1987-89. She goes around to schools and performs workshops. Click [here](#) to access her website.



On the day, an artist named Jeanette Barnes came in to demonstrate the art of foam cutting. She got the year nines to draw some buildings based on photos of buildings, and then to draw an imaginary foreground, middleground, and background. She then cut out pieces of foam to make shapes, they had to make towers from these shapes but they had to balance so they had to think carefully of the shape and size of these cutouts. This activity gets you thinking about buildings and how they are structured as well as the shapes involved.

Summer Sports Kit and Pre-Loved Sales

During the Summer break, we are offering the following dates for parents and students to come in to Nottingham High School to try on and purchase new and pre-loved sports kit items. Pre-loved uniform items will also be available to try on and purchase. Payments will be accepted on the day in cash or, preferably by card. This year we will be in the Player Hall.

- **Week 1** – Monday 10th to Friday 14th July from 9:30am to 3:30pm.
- **Week 2** – Tuesday 29th and Wednesday 30th August from 9:30am to 3:30pm.

Pre-booking is essential. Please book via [this link](#).

Schoolwear Solutions (Morleys), our school uniform supplier will join us on Wednesday 12th July 2023 from 9.40am to 3.40pm. Please book an appointment for Morleys via [this link](#).

Donations for the pre-loved stocks are accepted all year round through the Student Services Office. All proceeds go towards our School Bursary scheme.

For queries, please contact studentservices@nottinghamhigh.co.uk or 0115 845 2235.

SCHOOL NEWS

Warwick group Biology essay competition

Year 12 students have been involved in this competition across all 10 Warwick Group schools. A big thanks to all who entered essays on such topics as: increasing longevity through calorie restricted diets, the effects of vaping on teenagers, and gigantism in marine environments. The secret judging is now over and the results can be revealed.

The two qualifiers for the final from NHS were:

Alex T – To what extent is Highly Pathogenic Avian Influenza a threat to humanity and the planet?

Adam C- Could we create life from scratch?

Congratulations to both but especially to Alex, who managed to come 3rd in the overall competition, winning a prize of £50.

2023 Summer Music Festival

This is an informal event with a relaxed, festival vibe to showcase many of our junior and senior music ensembles in an end of year musical celebration. You are welcome to attend the festival and enjoy the music or food is available to purchase but must be pre-booked.

Please click [here](#) to reserve your tickets on Trybooking.



News from the Development Office

This weekend the School community will celebrate 150 Years of Cricket at Nottingham High School.

Whilst the official anniversary took place in lockdown, we are delighted to have an opportunity to recognise the role cricket has played in the life of the School and of the children who have studied here.

Our event is taking place at Valley Road where there will be various matches taking place, refreshments served and an opportunity to take a look at our exhibition, featuring some interesting material from the Archive.



Photograph taken in 1898

SCHOOL NEWS

The Waverley

Keep up to date with The Waverley (Infant and Junior School Newsletter) [here](#).

Year 10 Biology Perlethorpe Field Trip

In May we took the Year 10 biologists to the Perlethorpe Environmental Education Centre to develop their ecology skills and complete some required practical work for their GCSE course. The students investigated: the different plant species present in two areas (grassland and woodland); the effect of trampling and mowing on species distribution in a meadow; and the effect of pollution on aquatic invertebrates. The students particularly enjoyed this last activity, which involved entering a stream either upstream or downstream of a bridge, clad in their wellies, and then kicking up the sediment so they could use their nets to catch a sample of the species living there. The students also became proficient in using quadrats to sample plant species in various areas, comparing their findings as part of their study of the diversity of species living in different parts of the site. Gaining experience of gathering and analysing ecological data is invaluable in aiding student progress through this part of the course. This cohort were the most focused group we have ever taken to Perlethorpe, completing their work diligently and efficiently, and their exemplary conduct on the field trip was noted by the Centre staff.

Mr Duckett

Year 8 Drumming

Y8 students recently had the opportunity to choose an activity during Y8 Creative Day. I, enjoying drums and the thought of an afternoon playing them, chose the African drumming workshop organized by a company called Unbeatable Energy. The workshop was led by a very enthusiastic instructor named Steve.

Throughout the workshop, Steve focused on teaching us the art of playing the djembe (and later, the dundun), some traditional African drums. We started off by doing a lot of clapping and I found out that I have been clapping incorrectly for the 13 years that I have been alive! Then, we started playing the djembe. We started off with some relatively simple rhythms and then slowly developed them into a multitude of rhythms. In this part, Steve taught us "The most important rhythm that you will ever learn" (his words not mine). Steve showed his real passion for drumming when he showed us some of his YouTube videos, including one where he tried to drum with cereal boxes.

We eventually created a piece which was filmed and showcased to the year at the end of the day. Overall, I really enjoyed this workshop and would recommend it to people next year.

Finlay B

Year 7 Residential photos

Click [here](#) for the pictures of the Year 7 residential trip!

SCHOOL NEWS

CastAway

Year 7 and Year 8 thoroughly enjoyed 'CastAway' by [@HighlySprung](#) physical theatre company. The message was about throwaway culture and the importance of recycling to preserve our natural world.



Fight workshop

[@1DayFilmSchool](#) taught our Y9 students about fight choreography and creating a short film, leading up to the afternoon's 10 Shot Challenge. Winners to be announced...



News from the Development Office

Members of the Class of 2005 are attempting the National 3 Peaks to raise money for Mind, in memory of James Gelsthorpe (ON 1998-2005) [Click here](#) to donate.



Community Action

Last Monday I had the pleasure of taking five Year 10 Community Action students to the Sri Guru Tegh Bahadur Gurdwara in Lenton to support the Guru Nanak's Mission in feeding the homeless. Mrs Stafford's Year 10 Food and Nutrition group did a fantastic job of preparing a vegetable chilli during their lesson that day, so we were simply left to take the food offerings to the temple and eventually into the city. Community Action students did an excellent job at the temple of preparing the individual portions, making dessert and ensuring each person who accessed the service that night received a healthy and hearty meal. We then headed into the city centre where we offered the food to those in need of a good meal. Students certainly had a good lesson in teamwork and working under pressure but most importantly, the importance of not judging someone based on first impressions.

SCHOOL NEWS



Wonderdome Planetarium

It was great to make the most of the day visit from 'Wonder Dome' where they brought in an inflatable planetarium. This was initially the idea Hannah B (Year 13) as she wanted to take the Year 8 Astronomy Club out to Birmingham to see a planetarium show as a reward for their commitment over the past two years. Hannah assisted with the club last year while the students were Year 7 when it was started by Mr. Theodorakis, and has taken over running it this year for the students who have been very grateful. Hannah says "It's been a pleasure running Astronomy club following on from Mr Theodorakis' lead. The best activities we ran stemmed from the students' ideas - and I thank them for their creativity and dedication! Particular highlights have been the planetarium experience, designing and making a miniature Mars colony, and launching model rockets across the front lawn."

Instead of going to Birmingham, Hannah decided why not bring the planetarium to us instead?

We were then able to make the most of it by inviting in some local primary schools to enjoy a session in the dome, as well as students from our own infant and junior school.

Dr. Jowsey and I enjoyed joining the Astronomy Club for their lunchtime session where we were given a 3D tour of the universe, zooming out from Earth all the way to the edge of the observable Universe, where we were given a careful explanation of each point on the way. This ended with some information from astronauts Chris Hadfield and Tim Peake about some of the routine challenges of living on the International Space Station.

I would finally like to thank Hannah, on behalf of the Physics Department, for the commitment and enthusiasm that she has shown to Astronomy Club. The enthusiasm that the Year 8 students have displayed is a reflection on their enjoyment of the session she planned and delivered.

Mr. Pinkett

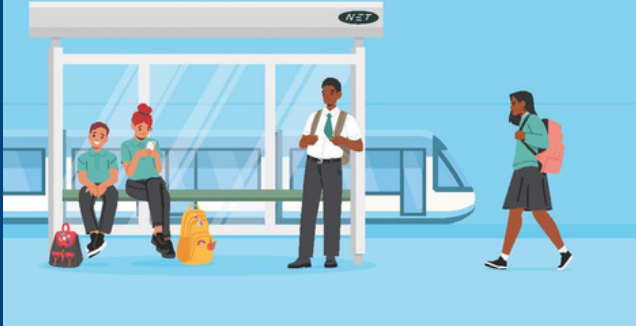
www.wonderdome.co.uk

"The planetarium was a great experience! It was extremely fascinating to learn about and it felt surreal. I really enjoyed how we were able to look at the different areas of space and hear about interesting facts." - Zoe Q

"I think the planetarium was really fun and was filled with facts. The 3D shape made viewing everything really enjoyable" - Patrick R

"The planetarium was a unique experience, and it felt a lot like we were flying through space when we zoomed in and out. The ice cracks in Europa felt like we were really falling through them. It was also interesting to learn about life on the space station." - Tom C

SCHOOL NEWS



Pay less for the school express!

Get *unlimited tram travel* for your child from September to July for just **54p* a day!**

We've teamed up with your school to make tram travel even more affordable for families.

With a **Discounted U19 Academic Pass**, your child can ride and save on any tram, on school days and during evenings, weekends and holidays. Giving them a fast, safe, reliable, and more affordable way to get to school.


Get out and about around Nottingham seven days a week, all for only 54p* a day!

- Save £100 off the standard price of an **U19 Academic Pass** with a special discount code from your school - giving your child 11 months of unlimited tram travel for £180. All they need is a smartphone and the NetGo! App.
- Support your child to use the tram responsibly - with a **U19 Academic Pass** they can enjoy unlimited tram travel at any time, with no fares or fines to worry about.
- Help your school to make travel cleaner and greener for everyone - all our trams are powered by renewable energy.
- Trams run from every 7 minutes Monday-Saturday (and from every 10 minutes on Sunday).
- We serve all major locations across the city, including your child's school, and are proud of our fast, efficient, safe and green service.

Interested? Find out more from your school and make sure you don't miss out on your special discount code.

For a smarter way to travel, take the tram.

Pass valid from 1 September 2023 to 31 July 2024.
 *U19 academic ticket is £280, with discount the saving is £100, making the pass £180.
 £180 over 335 days (1 September 2023 to 31 July 2024) is 54p.

[thetram.net](https://www.thetram.net)
[@nettram](https://www.facebook.com/nettram)
[/thetram.net](https://www.instagram.com/nettram)
[@nottinghamtram](https://www.tiktok.com/@nottinghamtram)


Student Services Lost Property

In order to reduce the amount of lost property within school here are ways that you/your child can help...

- Store personal items in lockers. Please provide a suitable padlock to secure belongings
- Storage for sports kits on the racks is limited. Please remind your child to only bring sports kits on the day it is needed and take it home at night. Kits left overnight will be moved to the cage. Please note the cage will regularly be cleared and remaining kits treated as lost property.
- Affix an identity label to valuable items such as tablets/laptops/smart watches and activate electronic tracking methods for example 'findmyiphone'
- In line with our dress code, jewelry is not permitted within school
- Name labels for water bottles

Our lost property point of contact is Student Reception. If your child has lost an item, please ask them to check with us or phone us on 0115 845 2235.

SCHOOL NEWS GALLERY



Community Action



Scouts sailing



Year 7 Residential

See more photos at the link [here](#)



Year 10 Biology Perlethorpe Trip



Y8 Creative Day



Will M (Y12) at the Great Manchester Run



Y10 and Y12 DofE Expedition



Scouts Canoeing



Chemistry Lego in Chemistry Club



Y7 playing UNO on their residential trip



U12A Cricket Team after their win against Trent!



Alex B and Ben C

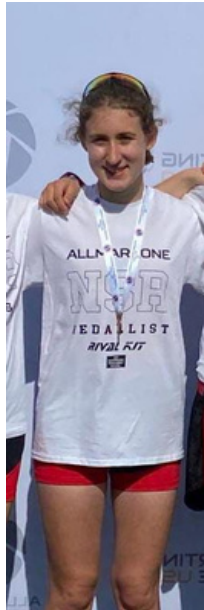
SPORTS HIGHLIGHTS

National School's Regatta

Anja won a Bronze medal at the National Schools' Regatta held on Dorney Lake, site of the 2012 Olympic Regatta. In the largest field of the whole regatta, 54 crews, Anja's crew (racing in a coxed quad) won the morning time trial by just 1 second from the previously unbeaten quad from Henley Rowing Club, which qualified the crew for the 'A final'.

This in itself was a magnificent achievement as Anja's crew had gone into the Regatta ranked outside the top 3 crews in the event.

The final was a classic and very exciting: 3 of the 6 boats went into the last 500m side-by-side, racing for the line. The favourites, Henley, managed to get their noses in front and held on for first place. Anja's crew was pipped on the line for the silver medal, but winning the Bronze medal in such a competitive event was an amazing achievement and testament to her crew's excellent teamwork and determination.



Forest Mascot!

Maisie Y8 had the opportunity to be Forest Mascot for the game Vs Arsenal, what a great experience!



Mr Read - Men's O45 Four Nations Success

I am the Head Coach of the England O45 Men and competed at the 4 Nations in Southgate this weekend. We played Wales in our first game and ran out 10-1 winners. We then faced an experienced Scotland side on day 2 which saw us come out 4-0 winners. With 2 wins under our belts, we then faced a strong Irish team who also had 2 wins to their name. At the end of a well fought match, we came out on top with a 4-0 win and ultimately meaning we claim the title of 4 Nations 2023 Champions! We now head into the European Championships on 30th June at Nottingham Hockey Centre. We will face the likes of Netherlands, Germany, and France along with the other 4 Nations sides where we will be aiming to secure the double.

U15 Girls first T20 hard ball fixture and a win!

A great outing on Saturday 20th May for the U15 Girls Cricket who played their first hardball T20 Game, the win was a huge team effort with excellent bowling and fearless batting leading to the girls beating Princethorpe College by 10 wickets! A fantastic opportunity for all involved and extremely exciting to see the strength in girls' cricket at the High School



SPORTS HIGHLIGHTS

Athletics roundup - Summer Term Highlights

Senior Boys

The senior boys athletics team have had three fixtures this half term. Twenty two boys have represented the school so far. The team opened with a fixture against Loughborough GS and won with a score of 122pts. The next fixture was against KES Birmingham, Mount St Mary's and Worksop College at Harvey Hadden. The boys won this event by over 20 points. The final fixture on Saturday 13th May was against Bromsgrove, Kings Worcester and KES Birmingham. The boys won again with a fantastic team performance to make it three wins out of three.

Senior Girls

The senior girls have had two fixtures this half term against Mount St Mary's and Loughborough GS. Many of the girls set seasons bests and will look forward to the fixtures after half term.

Year 10 Boys and Girls Athletics

Year 10 have had a busy start to the season. Both boys and girls won the city championships at Harvey Hadden. Twelve students have qualified for the county schools in June.

Year 10 boys won the English Schools cup round one at Newark and have qualified for the regional final. The boys team have also won fixtures against Loughborough GS, Bromsgrove, Kings Worcester, KES Birmingham and Ratcliffe College.

Year 8 Boys and Girls Athletics

Both these teams have qualified for the regional final of the English Schools Cup after qualifying from the county round in Newark. Year 8 boys finished second against KES Birmingham and Kings Worcester in early May and won against Loughborough GS in April.

In summary, over fifty students have represented the school this half term in Athletics fixtures, both mid - week and weekends. Equally impressive are the number of year 7 and 8 students who are attending after school athletics training on Monday evenings. After half term, there are another ten fixtures for these students to focus on and to improve their season or personal bests.

Thank you to Mr Hamilton, Miss Hird and Mr Drummond for their team manager and coaching roles.



Showjumping

Clea won the 1m and 1m 10 schools showjumping qualifiers on her horses, Confetti and Honeycoat. She rode as an individual for the school and will now ride in the finals at the British Showjumping Nationals in August. Best of luck Clea!



HOCKEY PRESEASON

at Nottingham Hockey Centre (High School Pitches)

Autumn Term Preseason Camps

Date

Time

Year Group



9am - 11am
9am - 11am
11:30pm - 1:30pm

3 & 4 (mixed)
5 & 6 (mixed)
Senior Girls



11am - 1pm
1:30pm - 3:30pm

Year 7 Girls
Year 8 Girls



11am - 1pm
1:30pm - 3:30pm

Year 9 Girls
Year 10 Girls



PLEASE BRING:
HOCKEY STICK
GUMSHIELD
SHINPADS



Hockey Tournament



8am - 7pm

U19 Tournament



8am - 7pm

U19 Tournament



RUGBY PRESEASON



at Valley Road Rugby Pitches

Autumn Term Preseason Camps

Date

Time

Year Group



11am - 1pm
1:30pm-3:30pm
1:30pm-3:30pm

Year 7 Boys
Year 8 Boys
Seniors Boys



11am - 1pm
1:30pm-3:30pm
1:30pm-3:30pm

Year 9 Boys
Year 10 Boys
Seniors Boys

**PLEASE BRING
YOUR
GUMSHIELD**



Careers Update - June 2023

Year 12 have been busy with their Skills Challenge over the past 2 weeks; all the students have delivered a 5 minute presentation on a topic of their choice and also attended a mock-interview for one of 7 jobs. A huge thank you to all the parents, governors and staff who got involved!

A small group of students also enjoyed the hospitality of Bootham School in York at the Education Conference exploring how education can create a better world. I was delighted with one of the ideas - to increase the number of careers advisers in schools!

Rebecca Auterson, Head of Careers



Year 12 Skills Challenge

Participating in the skills challenge my school conducted has helped me explore and practice new soft skills. This also allowed me to maintain and re-enforce the skills that I had already acquired. The first challenge in which I took part in was preparing a presentation that I then presented on a topic that I was interested in. The presentation process helped me to build on my time-management skills as I had to balance this project alongside my academic interests, co-curricular activities while also creating time to take care of my well-being. By delivering the presentation itself, it allowed me to work on communicating information in a concise and effective manner, but also my vocal skills and confidence. I then participated in a mock interview, pertaining to a particular profession, and through this, I was able to learn more regarding to what constituted to a good interview which will be useful for my future endeavours in the world of work. Overall, this challenge has helped me feel more confident as I have gained knowledge, advice, and experience through doing this challenge.

Lottie W (Y12)

How can education create a better world?

Last Saturday (10th June) Jacob, Will, Saahat and I set out for a conference in the picturesque town of York in order to attend a conference at the Bootham School in York to tackle one question: How can education create a better world?

Coupled with the lovely weather we were treated to some amazing talks given by people from a wide range of backgrounds including speeches about setting up schools in more developing nations in Africa as well as setting up schools which further gave opportunities to the more disadvantaged in society with a huge focus on mental health betterment and living a healthy life in school. What stuck with me the most and the question I pose to the rest is, At the end of the line, what is the true end purpose of education?

Rayan M (Y12)



Congratulations!

As a result of the work we've been doing with the Junior School through STEAM club and various STEM workshops, we've won the TT Education Community Collaboration Award for 2023 and been Highly Commended by Muddy Stilletoes' for our Dynamic Junior School STEM programme

Economist at Google <ul style="list-style-type: none"> Analytical Interest in business and commerce 	Engineering Intern <ul style="list-style-type: none"> Technical/analytical skills Good communicator Desire to work on useful products
Sports Reporter <ul style="list-style-type: none"> Good communicator Passion for all sports 	7 Jobs
Legal Intern <ul style="list-style-type: none"> Wants to use law to improve the world Interested in sustainability and renewables Work for a global firm 	Medical Intern <ul style="list-style-type: none"> Aspiring medic seeking practical experience Interested in a global opportunity
Lego Intern <ul style="list-style-type: none"> Interested in business and retail Good at multi-tasking Genuine desire to sell more Lego! 	Music Marketing Intern <ul style="list-style-type: none"> Keen interest in music Good at multitasking Great organisational and communication skills

RECIPE



IDEAS

Gazpacho

Ingredients

- 250g passata
- 1 red pepper, deseeded and chopped
- 1 red chilli, deseeded and chopped
- 1 garlic clove, crushed
- 1 tsp sherry vinegar
- juice ½ lime
- 1 peeled cucumber & deseeded
- Drizzle olive oil
- Fresh basil

Method

STEP 1

In a blender (or with a stick blender), whizz together the passata, red pepper, chilli, half a cucumber, garlic, sherry vinegar and lime juice until smooth. Season to taste, then put in the fridge to chill for an hour

STEP 2

• Cut the other half of your deseeded cucumber, chop 2 to 3 leaves of basil, then sprinkle your basil diced cucumber on top of your gazpacho. Drizzle olive oil on top then serve.

Tiramisu

Ingredients

- 3 tsp instant coffee granules
- 3 tbsp coffee liqueur
- 250g tub mascarpone
- 85g condensed milk
- 1 tsp vanilla extract
- 4-6 sponge fingers
- 1 tbsp cocoa powder

Method

STEP 1

Mix the coffee granules with 2 tbsp boiling water in a large jug and stir to combine. Add the coffee liqueur and 75ml cold water. Pour into a shallow dish and set aside.

STEP 2

Make the cream layer by beating the mascarpone, condensed milk and vanilla extract with an electric whisk until thick and smooth.

STEP 3

Break the sponge fingers into two or three pieces and soak in the coffee mixture for a few secs. Put a few bits of the sponge in the bottom of two wine or sundae glasses and top with the cream. Sift over the cocoa and chill for at least 1 hr before serving.



Hummus

Ingredients

- 400g can chickpeas
- 100ml lemon juice
- 150ml olive oil
- 125g tahini
- 5 cardamom pods
- toasted pine nuts
- 1 ½ tsp ground coriander

Method

Drain the can of chickpeas, keeping the water. Gently warm in a microwave, then tip into a food processor with the lemon juice, olive oil, tahini, ground coriander and crushed seeds from the cardamom pods. Blend until smooth – add a splash of chickpea water if it's looking a little dry. Check the seasoning and add more oil and lemon juice to taste. Serve sprinkled with toasted pine nuts.

SUPPORT AND ADVICE

It is important that you feel able to talk about things that are troubling you. Be kind to your fellow students always.

Child Bereavement UK

Child Bereavement UK provides support to families grieving the loss of a child, and advice for professionals working with bereaved families.

01494 568900

childbereavement.org.uk

ChildLine

When you lose someone, there's no right or wrong way to feel. Everyone experiences loss or bereavement differently. But you don't have to cope on your own. ChildLine are always here for you.

0800 1111

childline.org.uk

Cruse Bereavement Care

Cruse promotes the wellbeing of bereaved people and enables anyone bereaved by death to understand their grief and cope with their loss. Cruse provides support and offers information, advice, education and training services.

cruse.org.uk

Samaritans

Samaritans provides support day or night, 365 days a year.

Whatever you're facing, samaritans are there to listen.

116 123

samaritans.org

Young Minds

Whether you want to understand more about how you're feeling or you want to support someone who's struggling, Young Minds can help.

0808 8025544

youngminds.org.uk

Winston's Wish

Winston's Wish has specialist teams available to provide emotional and practical bereavement support services to children and young people up to the age of 25, their families and those who care for them.

08452 030405

winstonswish.org.uk



PARENT NOTICES

Raise donations for Nottingham High School whenever you shop online

Turn your everyday online shopping into FREE donations

Over £32m raised for good causes through easyfundraising

Easy Fundraising - Help us raise money

EasyFundraising is a brilliant platform which allows you to do your online shopping and raise money for your favourite cause at the same time. We currently have 74 registered users who have raised over £1,803.70 for the Nottingham High School Bursary Fund without it costing them a penny. The retailer makes the donation as a 'thank you' to you! Please sign up today!

Sponsor a Stone

Since its launch in 2017, our Sponsor a Stone campaign has raised almost £35,000 for the School's Bursary Fund plus another £8,000 in Gift Aid!

Waverley Walkway is lined with personalised stones - a permanent feature of the School, one which will be enjoyed by our community for many years to come. This is a great opportunity to celebrate links with Nottingham High Society as well as supporting our work to create opportunities for children who, without financial assistance, would be denied their opportunity to attend the School.



To order your stone please visit our website.

Prayer Meetings

The prayer support group meets regularly, and all are welcome. Please contact Helen Bromley (Helen.bromley@sky.com or 07816164550) for details or to join our mailing list.

Social Media

Don't forget that you can follow us on social media to keep up-to-date with what's happening at the school. Please do feel free to follow us on Facebook, Twitter, Instagram and Flickr. A full list of all Nottingham High School departmental social media accounts is available on our website.

Attendance in School

If you know in advance that your child is going to be absent from School, please apply for an Exeat by emailing exeat@nottinghamhigh.co.uk. If your child is ill or unexpectedly absent, please telephone the School Reception on 0115 978 6056 before 8.40am on every day they will not be attending and we will update our registers.

iParent and iStudent

iParent and iStudent are extensions from iSams and will give you access to important information anytime, anyplace, anywhere. Download the iParent app from your mobile phone app store for free!

Pick Up and Drop Off

Parents, please be considerate to our neighbours during collection and drop off at Valley Road.

Update your Information

Should you need to update any of your information that we hold on record, please email our Data Manager at brearley.za@nottinghamhigh.co.uk.

**If you would like to contribute a story to our newsletter, we'd love to hear from you!
Please get in touch at marketing@nottinghamhigh.co.uk**