



THE MERLE

NOTTINGHAM HIGH SENIOR SCHOOL NEWSLETTER



20TH OCTOBER 2023 - ISSUE 39

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YEAR 7 DIVA LAMP MAKING

A MESSAGE FROM THE HEAD

Dear Parents,

We have packed a great deal in since we started back at the School in September so it is an opportune time over the half-term to recharge the batteries, to rest and to reflect, ready for the long run into Christmas. I am delighted to report that our new Wellbeing Centre will open after the half-term break and whilst there will be plenty more news in the coming weeks on all that we have planned for that space it is great that it has been finished both on time and on budget. Huge thanks must go to our Estates Manager, John Willis, for overseeing the project so expertly. I had the great pleasure of walking around it earlier this week and it is looking stunning and we have now finalised the long list of co-curricular activities which will run from the centre as well as appointing some new staff to work over there. This will be a brilliant addition to our offering as a school and I look forward to sharing more with you in the coming weeks.

Since I last wrote we have had the whole school photograph. This brought together all of our staff, teaching and support and all of our pupils from age 4-18. It was a fantastic example of the spirit in the School and the co-operation of the students was exemplary. The photographer was full of praise for the way it was all organised and how respectfully the students behaved and with around 1400 people on the photo it will make for an impressive sight.

I hope that all in the school community enjoy the half-term break, albeit I am aware that many of our staff are away taking trips or still working over the break. Many of our support staff will be helping to move things into the Wellbeing Centre. Thank you to you for all for your support again this half-term and we can look forward to a great deal in the second half of term.

Best Wishes,

Kevin Fear (Headmaster)

DATES FOR YOUR DIARY

Monday	Tuesday	Wednesday	Thursday	Friday
23 Spanish trip to Catalonia leaves	24	25 U13 Hockey tour returns	26 Explore Scouts - Yorkshire Dales returns	27 CCF Camp returns (28th OCT) Spanish trip to Catalonia returns (28th OCT)
30	31	1	2	3
6 Year 11 Mocks	7 Year 9 Options Info Q & A (IPS/KEL) - 6.00pm	8 Year 9 - Parents' Evening - options discussions MDV Interview Prep (P1-3)	9 Teatime concert - voice (4.45pm)	10 Remembrance Day Assembly Physics - BPhO Round 1 RI Masterclass (10 - 12.30) (Saturday 11th) CCF Remembrance Parade (Sunday 12th)
13 RI Masterclass (10 - 12.30) Trombone	14 MMI Evening - (6.30pm-9.00pm) - Remote	15 Bridge Cup Prizes Winner's Concert (7pm) Maths - BM01	16 Netball - U19 County Champs (3.20pm) Music - Year 8 percussion workshop	17 Drama - Physical Theatre workshop (Yr 9) Senior House Chess
20 History - Year 10 - WWI day	21 Year 13 Reports to Parents Chess - National schools (4 - 7pm)	22 Year 11 - Mocks end	23	24 Middle School House Chess (4 - 6.30pm)

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

7

Head of Year 7 - Mrs Hollie Neale

Well done to Year 7 for completing their first half-term in the Senior School. We hope that they are proud of all they have achieved this half-term and can look back and see how much they have learnt. By now they are hopefully feeling that they know their way around most of the school, have made good friends and feel settled into the daily routine. Please do encourage them to speak to their tutor, Mr Shabir or myself if they need help with anything as it is ok to not have everything figured out yet. It has been great to see so many of them going for their first distinction appointments for achieving over 20 distinctions. Well done to Victoria, James W, Katherine and Tomisin, Chen and Kunarathan for achieving the most distinctions in their forms.

Well done to all of those who attended all of the rehearsals for the Verse Speaking and Singing Choirs and took part in the final performances this week. Year 7 also had House Cross Country this week and it is great to see so many of them getting involved with House Activities.

We hope that they all enjoy the 2 week break over half-term. They have certainly earned a good rest and we hope they have time to relax, catch up on some sleep and have fun with friends and family.

8

Head of Year 8 - Dr Matthew Lakin

As part of Year 8 form time this term, we have been working on a programme to help students develop their reading skills and enjoyment. The programme is developed from research about how to improve students' comprehension by allowing them to read for longer and by using a variety of different reading methods; teacher, student, individual and pair. Students are then able to discuss the text, plot and characters in more detail because they understand the whole story, rather than just a small part of it. We have been reading 'Look both ways' by Jason Reynolds, a collection of stories about the journey home from school. The programme has been a great success with students and teachers enjoying the extra reading time in the morning and the chance to read aloud to the rest of the class. Year 8 also continue to participate in a full range of clubs and activities, and I congratulate them for this, and their efforts this first half of the Autumn Term. We wish Year 8 a restful and enjoyable half-term break.

9

Head of Year 9 - Ms Marquez-Godoy

This week Year 9 enjoyed a visit from PC Anna and PC Susan as part of their PSHE programme. The assembly was fantastically informative and offered the students a great deal of information about drugs, grooming and gangs. Year 9 had a huge number of questions and it was brilliant to see how engaged they were with the topics we have studied so far. Our students have also been busy with Bridge Cup rehearsals and House Cross Country this week – so well done to those who have been taking part!

Congratulations are due, this week, to Anvita, Pavisha and Maisie for their fantastic finish of third place out of seventeen teams in their netball tournament on Tuesday evening.

We hope you have a restful half term break. When you return to school, please remind students that they should only be wearing PE kit in school if they have a Games or PE lesson on that day.

10

Head of Year 10 - Mr Paul Allison

Year 10 students have had another fantastic couple of weeks in lessons and their participation in the co – curricular programme. The year group have been awarded 783 distinctions between them for excellent academic work. Now we have reached the end of half term, I can disclose which form will be awarded prizes for their total accumulated distinctions. Congratulations to 10A.

1st – 10A	192
2nd – 10D	184
3rd – 10B	145
4th – 10 A	134
5th – 10C	128

I would also like to congratulate the following students who have been nominated by their teachers for a mention for their excellent work this term.

French - Ben N, Alex G, Finley R, Maya S, Lucy M, Anja K, Michelle X, Zain A, Max M. **Geography** - Lucas B, Emily B.

Spanish – Treya. **Drama** – Sophie F. **PE** – Ben N, Daniel G, Isaac P, Jay G, King Z

Mr Batchelor has also reported that the U15 B team have played well as a team and there is a real sense of camaraderie amongst the players.

In PSHE lessons, the students have finished their first rotation and have taken part in an end of topic quiz. After half term, the students will be looking at Financial Decision Making.

I wish every students a restful and enjoyable half term break.

11
to
13

Head of Year 11-13 - Mr David Gillett

It has been another very busy two weeks for Years 11 to 13. Years 12 and 13 received their progress test marks on Monday, and have shown great focus throughout the whole period. Furthermore, a number of Year 13 students have also sat their AS Level Geography and university admissions tests, and we have been so impressed by their resilience and work ethic. The early applicant (medics, dentists and vets, and Oxbridge) deadline for UCAS passed on Monday, and over 80 applications have now been processed by the school, with a significant number of university offers already coming through for students. Year 11 students should now be very much focusing on their preparations for mock exams, following their return to school after October half-term. It has also been great to hear about the really successful residential trip to Slapton run by the Geography department for Year 12, apparently 3 tors were tackled and 18km of coastline was covered! Those participating in Young Enterprise this week presented their initial business pitches to a team of 'Dragons' (including Mr Fear), who gave them some very frank feedback, and also praised their preparation and commitment to their ideas.

Marathon Success

Congratulations to Sofia C who won her age group in the Robin Hood mini marathon road race. Sofia is a dedicated club athlete competing for Rushcliffe AC on a regular basis.

Congratulations also to Miss Hammond who successfully completed her first Marathon on Sunday 15th October. Miss Hammond completed the Budapest marathon in a time of 3hrs and 38.

Quality Assurance Student Panels

As a new component of our quality assurance programme this year, we will be holding student panels for each subject where we ask a representative group of six students for their thoughts on the structure of their work in that subject, and their engagement with it. We have held four of these so far and they have been really insightful. Students have spoken thoughtfully on a range of topics, including: ways of setting out their notes; linking of prior knowledge to current work; how they are stretched and challenged in their work; how they handle complex terminology; the perceptions they have of explanations and worked examples; the variety of tasks they participate in; and how and when they respond to teacher feedback. Their responses are shared with departments and so we will be able to use this outlet for student voice to inform our practice, so that students are supported to be as productive as possible and to get the most from their work. The students involved so far seem to have enjoyed having the opportunity to share their views and to be able to influence the academic life of the school. The students are overwhelmingly positive about their experiences in and around lessons but they have also already given us some useful points to consider moving forwards. Watch this space for further updates as we conduct more panels throughout the year.



News from the Fitness Suite

We have had a very busy first half-term in the Fitness Suite with over 1100 visits from students outside of PE and Games lessons. It's been great to see every year group training session at full capacity, as it shows the enthusiasm and commitment our students have towards bettering themselves physically. Many are also aware of the positive effects exercise can have on mental health and we will often discuss this topic within Health-Related Fitness PE lessons.

Over the summer, the Estates team worked hard to improve the look and layout of the Fitness Suite. This has created some more floor space that is extremely useful for a variety of things such as floor-based core exercises, stretches, foam rolling, and other warm-up/cool-down methods. We also have four brand new Concept2 Rowing Machines which look fantastic!

The majority of students across Years 7-9 have completed their first round of fitness testing in PE and the data is currently being analysed and made ready to feedback to groups and individuals. The tests cover swimming standards, cardiovascular fitness, speed, and muscular endurance. There is no pass or fail for these tests, rather we are looking at trends across groups and providing students with an insight as to where they are currently at physically. Overall, it has been a positive experience and has helped shape some interesting discussions and conversations within lessons. We will look to retest at some point in the new year.

Live Vacancies

We currently have the following opportunities to join our team

Physical Wellbeing Lead
Trainee School Counsellor
Head of Rugby and Teacher of PE & Games
Head of Cricket
Head of Drama
Teacher of Drama

[Click here for more details](#)

NHS Swimming

Friday 13th October was a busy evening for our swimming teams.

Our U18, 15 and 13 teams all competed in the East Midlands Schools Gala which was hosted at the school. This was a 50m relay gala with teams swimming against the clock to try to qualify for the National finals which will be held at the Olympic Pool in London later in the year.

Our Under 18 boys and girls teams, along with our U13 boys and girls and U15 girls worked very hard in both Medley and Freestyle events. Star performers for us on the day however were our U15 boys team, of Eddie B, Finlay B, Zack H and King Z, who swam 2.07.31 in the medley (despite King slipping off the block) and 01:53.14 in the freestyle event, which will hopefully see them qualify for the Nationals.

Congratulations to everyone who represented the school in the first fixture of the year.

On the subject of swimming, I read an article recently written for swimmers, by Oliver Leroy a former international swimmer which has more wide ranging applications for all students about decision making. It is worth a minute of your time.

When it comes to doing the right thing for your swimming, there will often be times where we need to make a decision:

- Go to bed early so that you get a full night rest before morning practice... or not.
- Attend practice when you are feeling slow and unmotivated... or not.
- Decide to approach a surprise setback with the attitude that you can learn something from it... or not.

In these moments, we pretend to negotiate the trade-offs with ourselves, presenting the easy option as the right option:

- Staying up late and watching Reels on your smartphone “feels” better than going to sleep early.
- Skipping practice and watching Netflix feels better than the thought of trying to slog through a swim practice.
- Blaming others and external factors is easier than absorbing responsibility for a setback.

The problem is that during these negotiations, our brain is hyper-focused on alleviating how we are feeling in the moment.

And this makes total sense...

After all, the decisions represented above are more likely to make us feel good.



But the problem is that these decisions don't rationally weight the long-term trade-offs of the solution provided...

- Sure, staying up late and watching Reels till 1am scratches that dopamine fix... but leaves you feeling exhausted tomorrow.
- Missing practice tonight means you don't have to go through the agony of a hard workout... but it also means you forever lose an opportunity to improve.
- Outsourcing responsibility for your performance is easy... but it also means you are never in control of your swimming.

In the end, the trade-offs skew hard against you and your goals in the water.

Exercising some smart decision-making and delaying gratification may not feel good right now, but it will feel great in the long run. See you in the water!

Senior Maths Challenge Success

“The mathematicians of the high school have once again distinguished themselves in the Senior Maths Challenge. With a total of 16 Gold, 32 Silver and 31 Bronze awards all that took part can be proud of what they have achieved. Special congratulations go to William H (Yr12) and Josh Z (Yr11) who have qualified for the British Mathematical Olympiad and Ives L who, while being only in Year 8, achieved a Gold award in a contest intended for students in years 11-13.”

Music Dates for your diary

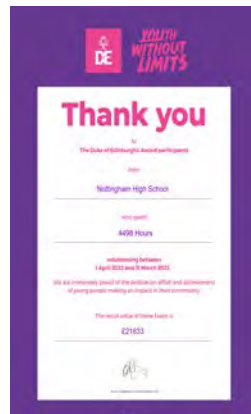
Young Musician of the Year (formerly Bridge Cup Prizewinners' Concert) – Wednesday 15th November, 7pm: This is one of the highlights of the year, where the finalists from each of the three age categories perform for the coveted top position.

Autumn Concert – Tuesday 28th November, St. Mary's Church, Lacemarket, 7pm. This is the first of our large-scale events and will feature all our Senior ensembles. No tickets are required and refreshments will be served prior to the start of the concert.

DofE Volunteering

Students at Nottingham high school working at all three levels of the DofE award have been recognised for their hard work with two certificates. The volunteering certificate shows the total hours our students have volunteered for the community, charities, voluntary organisations, and individuals who need extra help with everyday life. Over the period of 12 months between 1st April 2022 and 31st March 2023 they all managed to accumulate 4498 hours of volunteering which equates to £21,633.00.

The Skills certificate shows that for the 12 months between 1st April 2022 and 31st March 2023 they have spent 4563 hours learning new or improving existing skills. They have all been working exceptionally well to achieve these results very well done to all the students on the DofE award scheme.



Cross Country Success

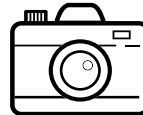
On Tuesday 3rd October four teams competed in the first round of the National Cross-Country Cup held at Ratcliffe College. Huge congratulations to Helena C who won the Junior Girls race and Sofia Chesterfield who finished 3rd in the Intermediate Girls race.

The Junior Girls team also won and now qualify for the Regional Final in November. Helena was supported by Chloe C, Sophie B, Cora FD, Charlotte S and Ayda M. This is a great performance in a national cup competition.



Whole School Photo Time-lapse

The whole School came together last week for the School photograph. You can watch the time-lapse here



[CLICK HERE](#)

Please help spread the word on our upcoming Taster Days. Your support in recommending the School to your friends, family and colleagues is much appreciated. Parents can register online or email admissions@nottinghamhigh.co.uk

EYFS TASTER DAYS

Thursday 9th November
Thursday 16th November
Tuesday 21st November
Wednesday 29th November

YEAR 3 TASTER DAY

Friday 10th November

For external children currently in Year 2 looking to start Year 3 in September 2024

YEAR 7 TASTER DAY

Thursday 9th November

For external children currently in Year 6 looking to start Year 7 in September 2024

SIXTH FORM TASTER DAYS

Monday 6th November
Thursday 9th November
Monday 13th November
Tuesday 21st November

For external students only

PHSE Visiting Speakers

Our programme of visiting speakers began this year with two visits from our School Early Intervention Police Officers. This term they have spoken to Year 7 about roles within the Police and personal safety and to Year 9 about drugs, gangs and grooming. Later in the Year they will be speaking to Year 8 about hate crime, and Year 10 about drugs, county lines, and about radicalisation and extremism.

Look out for our PSHE Autumn Term newsletter, which is due to be published this week, where you can find out more about our local Police SEIOs, PC Anna Taylor and PC Susan Kang.

Slapton Trip

The Year 12 Geography students have recently completed their fieldvisit to South Devon. Once again we stayed at the FSC centre at Slapton and focused on the physical geography of the area. The first day involved a study of the River Harborne, our hypothesis to see if the river conformed to the Bradshaw Model. The second day we studied the coastline of South Devon, looking for evidence of weathering and erosional processes and looking for evidence of changing sea levels in the area. The afternoon was spent looking at the coastal management of Start Bay. There was plenty of 'score avoidance' before the England rugby match could be watched on catch up later in the evening. The third day of data collection involved looking at weathering and slope process on Dartmoor before we considered the formation of tors. The students enjoyed a great time together. Working as teams to learn new skills and developing their friendships further. Fortunately we were blessed with great weather throughout our days in the field.

Thank you from the Development Office

A huge thank you to the parents of the Class of 2023 who donated their child's Leavers Deposit.

Their generosity has raised an additional **£4,530** for the Nottingham High School Bursary Fund.



Loughborough Lightning success!

Well done to Helena, Hattie, Cora and Sophie on being successful in getting into the U14 Loughborough Lightning Hub. An amazing opportunity to develop their Netball skills.

U14 County Netball Tournament - The girls came 3rd!

A great effort and brilliant attitude by all, they even drew with the team that came 1st!



Term Dates

Term Dates for the 2024/25 Academic Year are now live on our [website](#).

The Waverley

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

Black History Month

This October students in Year 7-10 Tutor Sets have been celebrating this year's Black History Month. This year's theme is 'Saluting our Sisters', emphasising the vital role that black women have played in shaping history, inspiring change and building communities. Students in years 7-10 have been researching a wide variety of trailblazing black women who have made incredible contributions to literature, music, fashion, sport, business, politics, academia, social and health care and more, to share with our wider school community through a poster competition to be judged by Mr Fear during half term. Please see below for some of the amazing entries so far!

BLACK HISTORY MONTH

SUBJECT:
LILIAN BADER



Facts

- She died on 14th march 2015 aged 97
- From age 9 she lived in the Roman Catholic girl's home in Middlesbrough

How does she link with the school values

- Individuality**-She became the first black woman to work in the RAF
- Excellence**-she exceeded her training and she was promoted to leading aircraft woman
- Curiosity**- Because of Lilian Bader's curiosity she won the MBE for her pioneering roles in the armed forces
- Empathy**- Lilian became a teacher and helped students progress through school showing empathy
- Respect**- Lilian displayed respect throughout her life especially when she joined the WAAF to her superior officers

By Senudi, Halder and the AJP tutor set



Black History Month 2023 'Saluting Our Sisters' Baroness Floella Benjamin

Floella Karen Yunies Benjamin is a Trinidadian-British actress, singer, presenter, author and politician.



She is best known as presenter of children's TV programmes such as Play School, Play Away, Jamboree and Fast Forward.

In 2001, Floella was appointed Officer of The British Empire (OBE) for services to Broadcasting and in 2020 she was appointed Dame Commander of the British Empire (DBE) for services to charity.



Benjamin's 20th book, a memoir, *Coming to England*, about moving from Trinidad, was published in 1997, and is now used to teach modern history to young people.

On 28 June 2010, Lady Benjamin was introduced to the House of Lords as a life peer, nominated by the Liberal Democrats. She is now known as Baroness Benjamin, of Beckenham in the County of Kent. She is the first actress to become a peer in the House of Lords.



As chair of the Windrush Commemoration Committee, she was responsible for advising the government on how best to memorialise the Windrush generation - unveiling a permanent monument with the Prince and Princess of Wales at London's Waterloo station.



Floella Benjamin carried the King's sceptre, traditionally known as the Rod Of Equity and Mercy, which represents his spiritual role during the ceremony.
"To be selected to carry the Sovereign's Sceptre With Doves, which represents spirituality, equality and mercy, is for me very symbolic as it's everything I stand for and sends out a clear message that diversity and inclusion is being embraced"

TESSA SANDERSON



Theresa Iona Sanderson CBE (born 14 March 1929) is a British former javelin thrower.

Tessa Sanderson, a retired British javelin thrower and heptathlete, is known for her remarkable achievements in athletics. Great Britain's leading female javelin thrower from 1984-1990, she became the first British black woman to win an Olympic medal.



Sanderson remains the only British person to have won a gold medal in a throwing event at the Olympic Games. The moment she realised she had won was surreal: "I couldn't believe it, I was in seventh heaven. Everyone started clapping and I fell down on my knees and put both hands in the air," Sanderson says. "I thought, 'This is for my mum and dad. It's for all my family and here it is for the Black people in the community, for my friends, and for Great Britain'."

- She was the second track and field athlete to compete in 6 Olympics.
- She appeared in every Summer Olympics from 1976 to 1996, winning the gold medal in the javelin throw at the 1984.
- She achieved the historic feat in the javelin throw at the 1984 Summer Olympics in Los Angeles, becoming the first black woman to win an Olympic medal.



- She founded the Tessa Sanderson foundation and academy. The foundation supports and inspires young children from struggling areas to engage in physical and healthy activities.
- Back in the 1990s she was a vice-chair of Sport England, the then sports minister.
- Tessa won a gold medal at the Olympics and three gold medals at the Commonwealth games.
- Tessa represented Great Britain for 26 years. Awarded an MBE, OBE and a CBE she was recognised by the Sunday Times with its Life Achievement Award for her dedication to sport and charitable work.



House Cross Country 2023

Congratulations to the medal winners in the Year 8 house cross country at Wollaton Park

Boys –

- 1st Oliver B
- 2nd – Alex B
- 3rd – Ewan G

Girls -

- 1st - Helena C
- 2nd – Cora FD
- 3rd – Ayda M



Sunday 15th October: Nottingham Philharmonic Orchestra + High School Students: Mahler Symphony no. 3

Huge congratulations to the following students, who all performed with the Nottingham Philharmonic Orchestra and Mirabile Ladies Choir on Sunday afternoon, at the Albert Hall: -

Kian F-B, Aniket M, Sebby C, Jinchen L, Emi D, Shreya K, Henry L, Evan A, Abiwaren P, Kunarathan P, Alex B, Oliver A, Johann S, Lewis H, Ebubechi N, Bluebelle C-R, Tomisin F, Niamh F, Victoria O, Virginia F, Lavanya J, Cho Yan L, Katharine Z, India G-S, Manuela A, Chen Q.

They took part in a massed performance of Mahler's epic 3rd Symphony, which has six movements in total. Mahler composed for children's choir, ladies choir and orchestra in the 5th movement and our students sang their hearts out. They were fantastic ambassadors for the school and did incredibly well. I was extremely proud of them!



[Click the image to watch the video](#)



Bridge Cup: Wednesday 18th & Thursday 19th October

Good luck to all the musicians who have reached the finals of the Bridge Cup House Music competition, which takes place this week. The top 5 performances from the Junior (Y7 & 8). Intermediate (Y9 & 10) and Senior categories (Y11 – 13) will go through to the Prizewinners' Concert on November 22nd. Our adjudicator is Greg Treloar, Director of Music at Nottingham Cathedral.



Isobel Daws Masterclass

On Monday we were delighted to host international trombone star Isobel Daws for masterclasses and a recital. Brass students thoroughly enjoyed some inspirational sessions as well as being treated to a sublime recital performance at lunch.



Nottinghamshire County League Cross Country – Saturday 14th October

Thirty students represented the school cross country teams at Berry Hill Park Mansfield in the first race of the county league series. There was a fine win for Sofia C who led from start to finish in the 8&9 Girls race. For many of the Year 7 runners, this was their first taste of competitive running and they should be proud of themselves for their efforts. Overall, the teams did very well and we look forward to the next race on 18th November.

Team results:

- Year 7 Boys – 2nd**
- Year 7 Girls – p 1st**
- Year 8/9 Boys – 1st**
- Year 8/9 Girls – 2nd**

OCTOBER 2023

LIGHTNING NETBALL

NEWSLETTER



IMPORTANT DATES



LITTLE BOLTZ (6-9 YRS)

16TH OCTOBER 10AM-2PM
23RD OCTOBER 10AM-2PM

COMMUNITY CAMP (10+ YRS)

16TH OCTOBER 10AM-4PM*
23RD OCTOBER 10AM-4PM

DEVELOPMENT CAMPS (12+ YRS)

30TH OCTOBER 10AM-4PM
31ST OCTOBER 12PM-4PM*

PERFORMANCE EXPERIENCE CAMP (U15/U17)

24TH OCTOBER 12PM-4PM

***INCLUDES A STRENGTH AND CONDITIONING SESSION**

WORK ON YOUR WARM UPS, COOL DOWNS AND LANDING SKILLS!!

Little Boltz Camp (6-9yrs)

In these camps you will Learn from our very own 2023 NSL Winning players Mary Cholhock and Alex Johnson or our Boltz Head Coach, Harriet Kelly! It is a fun filled day of netball with lots of games and training! The Boltz camps are aimed at athletes who are 9 years and under.

Community Camps (10+ yrs)

Imagine learning netball from an NSL player like Ella Clarke, Georgie Brock Taylor, Beth Coben or Jade Popoola? Well now you can! The Community Camp is for individuals who play at both school and club aged 10 years and up who want to work on their tactical and technical skills. It's not a session you want to miss!

OCTOBER HALF TERM CAMPS

OUR OCTOBER HALF TERM CAMPS ARE BACK!

DO YOU KNOW A YOUNG ASPIRING NETBALLER?
WHY NOT SIGN THEM UP TO SPEND THE HALF TERM
THE RIGHT WAY AND TRAIN WITH LIGHTNING!

Book Here



Development Camps (12+ yrs)

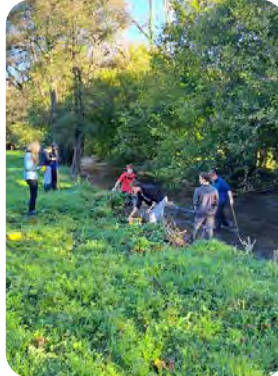
Would you like to learn from our very own 2023 NSL winning players Nat Panagarry, Georgie Brock Taylor, Mary Cholhock or Alex Johnson? Our development camp is for individuals who play in any County Pathway or Lightning Experience Hub who want to further their tactical and technical skills. It's a session you wouldn't want to miss out on!

Performance Experience Camp (U15/U17)

Are you aspiring to reach our NPL or Academy programme? This camp is for you! Train for the day with our very own Franchise Pathway Lead, Josie Pointon!

[HTTPS://WWW.LBORO.AC.UK/SPORT/PERFORMANCE/LIGHTNING/NETBALL/LEARN/CAMPS/](https://www.lboro.ac.uk/sport/performance/lightning/netball/learn/camps/)

SCHOOL NEWS GALLERY



YEAR 12 GEOGRAPHY SLAPTON TRIP



7B DEMONSTRATING HOW TO PUT AN 'UNCONSCIOUS' PERSON IN THE RECOVERY POSITION



YEAR 7 MAKING CLAY DIVA LAMPS



Y11 MAKING THE BIGGEST ALKANE THAT THE MOLYMODS WOULD ALLOW... TETRAHEXACONTANE (C₆₄H₁₃₀)



CULTURE CLUB MUSHROOM GROWING PROGRESS



BLACK HISTORY MONTH STUDENT DISPLAYS



CHARLIE EASON TALK

Careers News - October 2023

Ada Lovelace Day 2023

"Ada Lovelace Day 2023 at Nottingham Medicity was an inspiring and eye-opening experience for me. The event was a celebration of women in science, technology, engineering, and mathematics, lighting the arena with a vibrant hub of innovation and empowerment. As a student, I was privileged to attend various talks and inspiring speeches led by prominent women in STEM fields, where they shared their journeys, insights, and challenges they had overcome. The energy in all of the rooms were palpable, and it was truly motivational to see so many accomplished women in one place, breaking barriers and shattering stereotypes. Additionally, the engaging and immersive activities we participated in stimulated further my passion for STEM subjects. From treating amniotic membrane to be suitable in eye treatment, to purifying contaminated water, curiosity and mentally provoking challenges were to be found around every corner, which is what made the day so special. It was an unforgettable experience that left me with a mightier sense of purpose and determination in my academic and career pursuits. Ada Lovelace Day at Nottingham Medicity served as a reminder that gender should never be a barrier to achieving one's dreams in the world of science and technology, and instead, a domineering reason to be the change that many are yearning for. I hope to someday reflect that in the career I choose in the future." Samia Al Sadi (8E)




Apprenticeships

Please check out this comprehensive listing of apprenticeships [CLICK HERE](#)



Careers News - October 2023

6-10 November is both **GREEN CAREERS WEEK** and **TOMORROW'S ENGINEERS' WEEK**. You can get ready for both over half term by exploring these amazing online work experience programmes to learn more about careers in these sectors. Click on the images below to sign up!



Sustainability Work Experience
SPRINGPOD

VIRTUAL ON DEMAND

Comprehensive introduction to sustainability! Explore ins and outs, interactive activities, self-assessments &...

Start



Mechanical Engineering
IMechE INSTITUTION OF MECHANICAL ENGINEERS

VIRTUAL

Introducing the world of mechanical engineering. Discover new innovations, career opportunities, and tips on how to...

Apply



Viasat Beyond: Space
VIASAT

VIRTUAL

Develop ideas to address sustainability in space in this unique competition.

Apply



Software Development Work Experience
SPRINGPOD

VIRTUAL ON DEMAND

Discover software development industry: game dev, website dev, systems dev. Deepen knowledge with quizzes, activities &...

Start

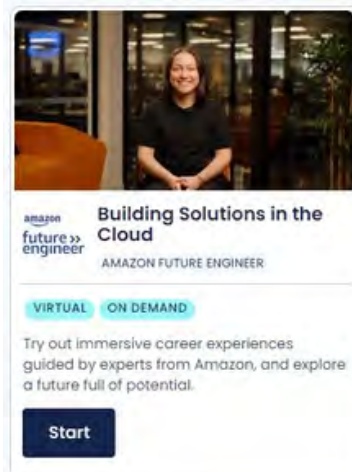


Siemens Energy
SIEMENS ENERGY

VIRTUAL

Discover Siemens Energy: sustainability, power sources, energy transmission, employability & more in this programme.

Apply



Building Solutions in the Cloud
AMAZON FUTURE ENGINEER

VIRTUAL ON DEMAND

Try out immersive career experiences guided by experts from Amazon, and explore a future full of potential.

Start



Sustainability, Support and STEM with Severn Trent
SEVERN TRENT

VIRTUAL

Eligibility criteria

Discover Severn Trent & water world in this exciting Virtual Work Experience. Water cycle, treatment, innovation, sustainability & STEM...

Apply



Civil Engineers: Shaping the World
INSTITUTION OF CIVIL ENGINEERS

VIRTUAL ON DEMAND

Eligibility criteria

Be a part of building a better world through civil engineering!

Start



Vodafone Innovators
VODAFONE

VIRTUAL

In this programme, you'll join Vodafone to learn about their product development process, design your own Internet of Things...

Apply



Acoustics with the Institute of Acoustics
INSTITUTE OF ACOUSTICS

VIRTUAL ON DEMAND

Discover acoustics careers. Engage in interactive activities & hear from pros. Unlock your potential in this programme.

Start

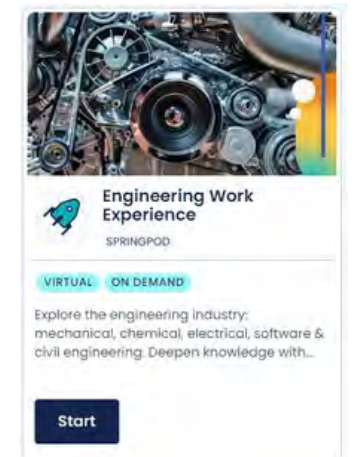


Siemens Innovation
SIEMENS

VIRTUAL

Join Siemens Virtual Work Experience: Explore company functions, employability skills, interactive quizzes & activities.

Apply



Engineering Work Experience
SPRINGPOD

VIRTUAL ON DEMAND

Explore the engineering industry: mechanical, chemical, electrical, software & civil engineering. Deepen knowledge with...

Start

And there are plenty of other programmes for those interested in other sectors! Just go to www.springpod.com to explore.

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 over £50,000 for the School's Bursary Fund.

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 xeat@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