



# THE MERLE

NOTTINGHAM HIGH SENIOR SCHOOL NEWSLETTER



17TH NOVEMBER 2023 - ISSUE 40

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U16 GIRLS HOCKEY T3 NATIONAL FINALISTS

## A MESSAGE FROM THE HEAD

Dear Parents,

The second half of term saw us open our new Wellbeing Centre, and I was thrilled to hear the reaction of so many students when they first saw our new facility. The new staff who started their roles at the same time have made an instant impact, and some of the new co-curricular activities have also gotten underway. We are looking forward to the many new aspects of our well-being provision that will get underway in the coming weeks. The work on the centre continues outside with the creation of a garden area which should be completed before Christmas.

It has been good to hear of much sporting success in recent weeks with our Under 16 girls hockey team reaching the national finals and the First Team rugby reaching the Northern final in their competition. There has been a lot of success in cross-country, which you can also read about below.

I was so proud to lead our moving Remembrance Service last week and I know that many in our CCF represented the School so well in other Remembrance events elsewhere over that weekend. We gathered the whole school around our War Memorial and laid wreaths to remember all those from the School who have given their lives in conflicts. The silence was beautifully observed and the address spoke of the role that women had in the First World War.

We are currently awaiting our next school inspection which will be at some point this academic year. Preparations for this are complete but we will only get a day's notice of the actual date. As part of this parents and students will be sent questionnaires by the inspection team asking for your feedback on all that we do.

Finally, take a good look at all the career information below. Mrs Auterson is doing an excellent job in presenting so many excellent opportunities in front of our students and I hope that many of them will make the most of these in terms of thinking about their future.

I hope that you all have an enjoyable weekend. I have recently taken up Ceroc Dancing and this weekend have a workshop to further my skills. It is great to be a 'learner' again and take on a whole new set of skills!

Best Wishes,  
Kevin Fear (Headmaster)

# DATES FOR YOUR DIARY

Monday	Tuesday	Wednesday	Thursday	Friday
20	21 Year 13 Reports to Parents Chess - National schools (4 - 7pm)	22	23 History - Year 10 - WWI day	24 Middle School House Chess (4 - 6.30pm) RI Masterclass (10 - 12.30) <b>25th Nov</b> Drama - School production rehearsal <b>26th Nov</b> Food Trip to the Good Food Show - Yr 10 <b>26th Nov</b>
27 Careers Week	28 Autumn Concert Rehearsals - all day Autumn Concert (7.00pm) - St Mary's Church Year 11 Results Breakfast (8.30 - 9.15) Year 11 Mock Results to Parents	29 Year 9 Theatre Trip (1 - 4.30pm)	30 Drama - Musical Act 2 (4-7pm) Year 11 Parents' Evening	1 Brain Day Drama - Fix Ups (4 - 6.30pm)
4 Year 9 to 10: Options Deadline Drama - Fix Ups (4 - 6.00pm) Year 11 - Taster Lessons in New Subjects	5 Drama - Fix Ups (4 - 6.00pm)	6 RS - Yr 13 Trip to Oxford	7 Drama: Main School Production (7.00pm)	8 Drama: Main School Production (7.00pm) Drama: Main School Production (6.30pm) <b>9th Nov</b> RI Masterclass (10 - 12.30) <b>9th Nov</b>
11 ABRSM Exams Year 11 to 12: Options Deadline	12 Year 8 Parents' Evening (Finalise Options) ABRSM Exams Year 10 Art Workshop Drama - OAP Christmas Performance	13 ABRSM Exams Year 7 Reports to Parents	14 Year 8 to 9: Options Deadline	15
18 Year 11 Art Exam (P4/5) Year 12 Physics - Cern Trip Leaves Music - McGegan (Trombone)	19 Christmas Lunch for Year 7 - 13 Christmas Jumper/Shirt/Tie Day Carol Concert Rehearsal (8.45 - 1.00pm) Carol Concert (7pm) Year 11 Art Exam All Day	20 End of Term (Half Day) Year 12 Physics - Cern Trip rtn	21 School Holiday Support Staff In 	22 School Closed until 3rd January Support Staff in Term Starts 9th January 

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

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## Head of Year 7 - Mrs Hollie Neale

Year 7 have made a good start back after the half-term break. There was a lot of excitement last week with the opening of the wellbeing centre and many have been over to use the facilities during the school day. The Year 7 students have also enjoyed talking to our Year 12 prefects who started their roles last week. The prefects will be around at break and lunchtimes to chat to the students, help them with homework or play games or football with them.

In form time yesterday the forms discussed the school council agenda items for this half-term which focus mainly on the school library. The form reps will then meet for the year council next week before taking the feedback and ideas to the whole school council.

Year 7 will have a busy half-term with end of topic tests for the first time in many of their subjects, music concerts, sports fixtures and more. We hope they continue to make use of the vast range of clubs and activities available to them at lunchtimes. They have had their first set of effort interim grades and can look forward to their first set of full reports and attainment and effort grades at the end of this half-term.

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## 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. Y8s receive assemblies on the impact and importance of the forthcoming American election on Britain and the world, and they heard about options in Year 9.

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## Head of Year 9 - Ms Marquez-Godoy

This week marked the beginning of Year 9's new PSHE unit, focusing on setting goals. Mrs Auterson launched the unit on Monday, encouraging much excitement by placing generous cheques on the students' chairs and asking the year group to consider the value of wealth and the importance of altruism.

On Monday, to mark World Kindness Day, the year group were also invited to partake in a number of activities focused on being kind to others, and noticing when others are kind to us. It has been wonderful to see how enthusiastic the students are to fill our year group 'Compliments jar'. We would like to invite parents and guardians to join in too, by sending details of your child's acts of kindness at home to Mrs Marquez-Godoy or Mrs Turney ([marquez-godoy.c@nottinghamhigh.co.uk](mailto:marquez-godoy.c@nottinghamhigh.co.uk) and [turney.h@nottinghamhigh.co.uk](mailto:turney.h@nottinghamhigh.co.uk)).

This week, congratulations must go to the Year 9 girls who competed in Monday's hockey tournament, placing third.

Finally, please do continue to remind your child that they should only be wearing PE kit in school on the days where they have either PE or Games.

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## Head of Year 10 - Mr Paul Allison

Year 10 have returned from their half term break refreshed and ready for another busy half term, already, students have been involved with many co-curricular activities. The year 10 CCF cadets turned out on Sunday 12th November at St Mary's Church to take part in the annual Remembrance Service and Parade in the city centre. Rugby, Hockey and Cross Country fixtures have already taken place and there continues to be an excellent presence at after school training sessions and Saturday events.

I would like to congratulate the following students for their continued contribution to the 'Year 10 Ambassador Programme' running clubs for the younger members of the school. Jack A, Anjali A, Alfie A, Henry B, Charles D, Olivia G, Agatha H, Om Kamath, Elodie M. James S, Sienna W, Isaac Poyser, Nihal S. I would also like to congratulate the Year 10 Sports Leaders for their contribution to the year 6 taster day which the school hosted.

In PSHE, year 10 have started a new topic 'Managing Finance' where they have looked at managing debt, financial risk & security and money and work. I know these topics have been very well received by the year 10 students.

Finally, I would like to thank the year 10 form representatives who have chaired meetings with their forms to gain feedback from a series of strategic questions posed by SMT. This is a great way for the student voice to be heard. One of our form representatives, Hukam S, did a fantastic job last term by presenting a video to the school on the discussion points raised last half term.

11  
to  
13

## Head of Year 11-13 - Mr David Gillett

Y11 are more than mid-way through their mock exams period and have engaged really well with this. They have worked hard and impressed us with their approach to exams; we look forward to them joining lessons again next week as they finalise their decisions around A level options.

Y12 have settled into their prefect roles over the last few weeks. Their roles are varied, helping out in academic departments and year group areas, running clubs and working with our younger students. The peer mentoring scheme was one area that several of our Y12s elected to support and this has been very successful with students in Y7-9 who feel they need extra support or a friendly face being given a 'buddy' in Y12 who meet them on a regular basis.

Y13 were given an interesting and emotive talk from the Anthony Nolan trust about the National Stem cell and blood register as part of their guest speaker programme. Following this, 67 of our students signed up to volunteer themselves as stem cell donors – a fantastic effort!

### Curiosity Cabinets – in school, and online

Following its launch before half-term, this month's Curiosity Cabinet has been curated by the History Department, focusing on Black History Month. You'll find a selection of posters as well as recommended reading to inspire you to delve deeper into this topic!

Inspired by the physical cabinet in school, the Economics and Politics Department decided to create a curiosity cabinet on their website - Polyphony - and you can click on the link below to see it:

### [Click Here](#)

Click on an object you're curious about and you'll be directed to some fantastic podcasts or documentaries that will tell you more. We've chosen objects that range from a 2 million year old Olduvai stone chopping tool from the Rift Valley to a humble shipping container from the 2000s. We'll be updating the list every month to show how everyday objects have a link to Politics and Economics.



### Young Enterprise news

Look out for our 3 Young Enterprise teams selling at upcoming school events.

•**Fleurish** are selling 'The Gift that keeps on growing' – cards, labels and bookmarks made from recycled paper and embedded with wild flower seeds so that you can plant them once you have used them.

•**CorKraft** are selling decorative items as well as coasters and trivets made out of upcycled corks that they have sourced from restaurants and pubs.

•**Screen Savers** are producing educational colouring in activity packs aimed at 3-7 year olds – a educational alternative to get children away from their iPads and other screens

Please do support them if you come across them at local Christmas markets as well as at school events such as the Christmas music concert and Cabaret.



### Brew Monday

At break time on Monday 13th November, Years 7-9 were invited to the first Brew Monday of the Year. A big thanks to Gauri, Akhil and Mariam, our PSHE Sixth Form team, who helped to serve, tidy up and generally made everyone feel welcome and looked after.

'Brew Monday' is an opportunity to take time out and catch-up with friends over a cup of tea or squash. Some people also brought biscuits to share with friends too. Coinciding with World Kindness Day, it was lovely to see and hear people expressing their friendship with each other, and staying out of storm Debbie at the same time!

Next week, on Monday 20th November, Year 10 and 11 will be invited to join us for KS4 Brew Monday. Don't forget your biscuits!



### Live Vacancies

We currently have the following opportunities to join our team

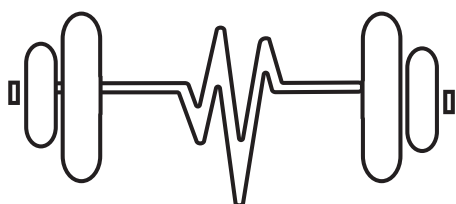
**Trainee School Counsellor**

[Click here for more details](#)

### Fitness Suite update

We are currently going through the process of upgrading some of our older cardiovascular equipment, and have had the Nottingham-based company Wattbike come in to install two AtomX smart bikes. These bikes are very user-friendly, with an Android touchscreen system and easy-to-adjust seat and handlebars, which are perfect for all of our students to use.

Eddie H, our 1st XV rugby player, is already a big fan of the new bikes and over the past few weeks has been having a try of some of the built-in rugby-specific training programmes, which are designed to mimic the demands players will face in a game.



### Card Competition

The journalism club has launched its annual Christmas card competition for students in junior and senior school. I have had some great entries so far. If students would like to enter then email me a copy or bring the design to Mr Kelsey in the Geography office by the 15th December.



### Climbing Club

The High school climbing team has now started meeting at the Nottingham Climbing centre after school every Wednesday during term time. There are 12 male pupils in the team and range from Y7 to Y12.

I am assisted by two yr12 students Oliver Hustwayte and Seth Dineen, who both hold the Climbing Wall Assistants award.

The team has been chosen from the students who have been attending the lunchtime climbing clubs held on Monday, Tuesday, and Thursday on the school climbing wall.

The plan is that in 2024 we will be entering into all relevant climbing competitions.

Also to start a female climbing team in the new year.

Please let me know if you require any more information, or in a different format.

I won't be able to take any photographs until this Wednesday evening.



### Valley Road News

Hello to you all, I just wanted to keep you updated on a couple of things. Firstly you may have seen heavy plants on the field, this is to clean out the Daybrook which has been causing a lot of issues with flooding. I can now say that this has been completed and hope that along with the drainage scheme that we have installed, we will see an end to waterlogging to the extent that it makes areas unplayable. Secondly, I would like to thank both parents and pupils for the way are when either at Valley Road or Highfields. I come into contact with many schools during fixtures and I can honestly say you are a credit to yourselves and the school. I continue looking for ways to improve the facilities and the service we provide so that we continue to improve on what we offer. Many thanks again and I know it's a bit early but I wish you all and your families a happy xmas and New Year regards  
 Ian Jones  
 Head groundsman for 36 years and counting

### News from the Development Office

Throughout the year we run an extensive events programme which is open to every member of the Old Nottinghamian community.

Our events play a multifaceted role in cultivating and maintaining strong alumni relations, fostering connections, promoting engagement and contributing to the overall success and reputation of the School.

We are excited to be launching the 2024 programme by returning to The Lansdown Club on Friday 26th January for the Nottingham High School London Dinner.

To book your place, please [click on the link](#) or contact [development@nottinghamhigh.co.uk](mailto:development@nottinghamhigh.co.uk)

We hope to see you there!  
 Sam and Deborah



(l-r) Deborah Penney, Kevin Fear Headmaster, Sam Ellis



### Cross Country

Result from the City Cross Country Championships at Wollaton Park on Wednesday 15th November. Congratulations to all!

**Year 7 Girls Team – 1st**  
**Year 8/9 Girls team – 1st**  
**Year 8/9 Boys team – 1st**



### New Sports Twitter

Make sure you are following our brand new Sports X (Twitter) feed for all our sporting news [Click Here](#)

### The Waverley

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

## Barcelona Trip

By Charles D

From Monday 23rd-Saturday 28th October 2023, Year 9, 10 and 11 Spanish and Art students were given the fantastic opportunity to stay in the coastal town of Tossa De Mar on the Costa Brava, located in the province of Girona. During this trip, the students visited multiple cultural landmarks of Spain and put their language skills to test with the locals!

Monday was spent in transit. We flew from Manchester Airport to Barcelona and from Barcelona had a 2-hour journey to the Costa Brava. Luckily, we arrived for dinnertime, with everyone being impressed by the hotel buffet!

On Tuesday morning, the group visited central Girona, and, in the afternoon, we were given the chance to visit the Salvador Dali Theatre Museum in Figueres. We were all amazed by Dali's surrealist style and bizarre images. After the museum tour, we returned to Tossa de Mar, and spent the end of the day at the beach, playing volleyball or just chilling on the sand before dinner.

Wednesday was also spent in the Costa Brava. We went on a glass-bottomed boat ride, and the group walked the mountain trail of Tossa de Mar - the views of the sea and coastal town below were incredible and the old town was full of traditional restaurants in which to eat! Then, we returned to the hotel to participate in a flamenco dancing class. The class was thoroughly enjoyed by students and teachers alike and everyone had a great time.

On Thursday morning, we were woken up early due to the lengthy journey ahead of us to Montserrat. We visited the famous Benedictine monastery which nestles below the 'serrated' mountains and learnt about Sant Benet - this proved useful, as we then visited Sant Benet's monastery in Mont Sant Benet. Here we also took part in a Mediterranean cookery lesson/competition. Although not all the dishes made by us looked appetising, we had great fun making them and tasting our friends' creations too! When we returned to the hotel, we had the opportunity to dance (some of the evening) away at the disco night, some students have commented that this was the best bit of the trip!

Friday was the day everyone had been looking forward to the most- the day we visited Barcelona. The morning was spent in Park Guell and at the Sagrada Familia. Later in the afternoon we were given the opportunity to explore the port area of Barcelona ourselves. My friends and I ate in a coastal restaurant, where we consumed an abundance of freshly caught seafood - it was incredible! We then retired to the hotel early, as we were going to be woken up at 2am the next morning. When we arrived at our hotel, we were surprised to see that the hotel had organised a Halloween themed night, with actors to spook us! With the comforting thought of knowing that the aforementioned could enter our rooms at any time, we tried to get as much sleep as we could before the next morning, when we would travel to Barcelona airport to catch our flight back.

Everybody was shattered when we were woken up extremely early, and most of the travelling on Saturday was spent with us all asleep! It had been a long, but amazing week and we were all sad to leave sunny Spain and return to England.

Personally, my favourite part of the trip was the visit to Sagrada Familia - to learn about the symbolism of different aspects of it was fascinating, and our tour guide was enthusiastic and eager to answer any questions on our minds. However, having said this, all of the trip was brilliant, and I would recommend it to everyone should this opportunity be offered again. I would like to thank the Spanish and Art departments for organising this trip - it was an incredible experience, and we are all grateful for the amazing opportunity you gave us!



### Holland Tour for U13 Hockey Boys & Girls - October 2023

The U13 boys' and girls' hockey team travelled out to Holland for 5 days over the October half term break to develop their hockey skills and put them to the test against some strong Dutch opposition. With a mixture of students ranging from A to C team, it would be their first experience as a team at 11 a-side hockey and playing on a full-sized pitch. They started the tour with an early start in Nottingham setting off at 5am for Dover. after an 8-hour bus ride and 2-hour ferry, we arrived. Fair to say the travel on day 1 took it out of us all and it was food followed by lights out on arrival. Day 2 started with our first set of games in which both the boys' and girls' teams would get their first taste of Dutch hockey. Both teams competed in a local Tournament with both teams securing wins and losses throughout. The teams would have 2 more scheduled fixtures each, with the girls having an extra last-minute game thrown in against Kings Chester who were also on tour in Rotterdam. Overall, both teams performed brilliantly and can be proud of their efforts in every fixture. Hockey wasn't the only thing on the menu whilst in Rotterdam. The students had a number of excursions during their time abroad including an all you can eat pancake cruise where Mr Read currently holds the record for most pancakes consumed in one sitting. As well as the cruise, the students also spent the day at a Theme Park which included an indoor water park with plenty of weird and wacky slides. Our final excursion took us bowling where Miss Wilson, Mrs Manders and Mr Prentice could show off their bowling skills. Unfortunately, they were no match for Mr Reads 174 top score of the day. The students were also incredibly fortunate to have been able to train twice in the HC Rotterdam Stadium where some of the greatest hockey players of all time once battled, with some still currently playing and training their daily. Overall, it was a brilliant trip and one I hope the students will cherish for the remainder of their school journey and beyond. A huge thank you must go to Mrs Manders, Miss Wilson and Mr Prentice for accompanying myself and the students on the trip.

#### NHS Cup Run

U16 Girls Hockey - Qualified for Midlands Finals

U18 Girls Hockey - Qualified for Midlands Finals

U16 Boys Indoor Hockey - Competing at Midlands Qualifiers on 17th Nov

U18 Boys Indoor Hockey - Qualified for Midlands Finals



#### Young chess player on ITV News

Year 8 student Senith appeared on ITV Central recently alongside ON Ankush Kandelwah at a prestigious Chess tournament in Nottingham. A fantastic opportunity to learn from grandmasters. You can [read more about it here](#).





### Music Department News

#### Teatime Concert – Vocal

Our first Teatime Concert of the year took place on Thursday 9th November; this was for vocalists. There was a whole range of repertoire and genres for the audience to listen to – it was a real treat. The following students all sang a solo, Abi C, Charlotte T, JinChen L, Bryony P, Martha D, Haris Q, Evan L, Johann S, Henry W, Charlotte S, Charles D, Maya S, Maxwell C, Jayeola I, Otto W, Esther W, Phoebe F, William H, Isla S, Bea H, Matthew G, Ria J. There were also superb performances from the Year 9 Barbershop (Evan L, Henry W, Khushi G) and the Year 10 Barbershop (Maya S, Chloe F, Mya P, Charles D, Maxwell C, Finley R), as well as some stunning duet performances from Bea H & Esther W, Charles D & Maxwell C, Isla S & Phoebe F, and Otto W & William H. Huge congratulations to all the performers and to Mr Lole and Mrs Keys; it was a lovely concert.



#### Remembrance

The school marked Remembrance Day by holding an assembly outside, by the War Memorial. A big thank you to Seth D in Y12 who performed the Last Post and the Reveille, not an easy task under so much pressure. Seth also represented the school and performed the Last Post at the service organised by Nottingham Council, which took place at the Civic Hall on Saturday 11th. There was also an Armistice Dinner on the evening of Friday 10th, attended by many ONs and the community. Thank you and congratulations to Charles D, who performed a piano recital for the guests.



Poppies created by our students

## Music Department News

### Bridge Cup Prizewinners' Concert

The concert took place on Wednesday 15th November and was a very special event. Five performers from each category (Junior – Y7 & 8; Intermediate – Y9 & 10; Senior – Y11 – 13) were chosen by our adjudicator Greg Treloar, Director of Music at Nottingham Cathedral, to progress from the Finals, which took place before half-term. Every student performed superbly, and it was a real privilege to hear them all perform.

Congratulations to everyone – Abi C, Hattie J, Izzi K, Katharine Z, Yilin W, Ben N, Evan A-Y, Evan L, Khushi G, Nathan C, Muskan G, Otto W, Ria J, Stanley H and Tom H. The adjudicators had the tough job of deciding which student would receive the overall cup for their age category. The Junior winner was Abi C, Intermediate winner was Ben N, and the Senior winner was Stanley H. In addition, the overall accolade of Nottingham High School Young Musician of the Year 2023 was awarded to Stanley H. **You can watch the bridge cup events singing here and verse speaking here**



### Autumn Concert: Tuesday 28th November, 7pm

Our Autumn Concert, the first large-scale concert of the musical calendar, takes place at St. Mary's Church on Tuesday 28th November, starting at 7pm. The following ensembles will be performing on the night: - Concert Band, Big Band, Senior Orchestra, Sinfonia, Senior Percussion Ensemble, Senior Saxophones, The Jet Quintet, Y7 Quintet, Senior Strings, Chamber Choir, Lower School Pop Choir, Upper School Pop Choir, Flute Choir, Lower Brass Ensemble, Lower School Big Band, Lower School Concert Band. This event is non-ticketed due to it being a large venue, and all friends and family of the performers are invited to come and listen. Refreshments will be served prior to the concert.

### Evan Au Yong

Evan in Year 9 joined his sister Matilda in the Prelude concert at The Royal Concert Hall on Saturday in support of The Ukrainian National Orchestra. There was a huge appreciative crowd and they also secured another booking on the back of it.



### Nottingham Young Musician of the Year

Congratulations to the following students who have progressed through to the final of the annual Nottingham Young Musician of the Year competition this Sunday, which takes place at the University: - Otto W, Ria J, Seb H, Stanley H, Hattie J  
They competed against students from schools across the region to win their heat – good luck to you all!



### Tickets Now Available



The Drama and Music Departments at Nottingham High School present 'Chicago' - In the roaring twenties Chicago, Roxie Hart murders her faithless lover and convinces her hapless husband, Amos, to take the rap, until he finds out he's been duped and turns on Roxie. Convicted and sent to death row, Roxie and another "Merry Murderess", Velma Kelly, vie for the spotlight and the headlines, ultimately joining forces in search of the "American Dream": fame, fortune and acquittal. Performances at 7pm on Thursday 7th December, 7pm on Friday 8th December and 6:30pm on Saturday 9th December. To book tickets [please click here](#)

### 1st XV Rugby Win

After a good start on the front foot and a pick-and-go drive from Shivam got us over in the corner to kick us off to a 5-0 lead. Upon receiving the next kick-off, a knock-on and a turnover saw them break the line and score under the posts. A series of penalties and mounting pressure from Bolton left us looking worse for wear down 5-14. Coming up to halftime a try from VC and a second try from Shivam ended the half 19-14. A few penalties and a try conceded later left us at 19-27 deficit. A quick set of 2 yellow cards caused the team spirit to rally and a try from Sam brought us back into the game at 26-27. In the final play of the game, we won a penalty in front of the posts before Sam converted the winning penalty to finish the score 29-26.



### U16 Girls Hockey T3 National Finalists

U16 are Midlands Champions and Heading to their very first National Finals!!!!

The girls went unbeaten in the group with 3-0 against Moreton Hall, 2-0 King Henry VIII School and 4-0 against Welland Park. They then went into a tough semi final against Leicester Grammar but came through as 4-1 winners. Into the final against the only team to have not conceded all tournament. The game finished 2-2 and came down to shuffles. Emma Tao in goal was outstanding making 2 saves to take us through.

Not to mention the two year 8s who stepped up and were incredible all day long! Every single girl played outstandingly, and they should all be incredibly proud.

National Finals will take place at Nottingham Hockey Centre on Monday 5th February.



## Wellbeing Centre News

The end of October half-term brought the opening of our brand-new Wellbeing Centre on the former site of the White House. After the unveiling of the Centre on Monday 6th November, students have toured the building with members of the Wellbeing Centre team to see the fantastic new facilities for themselves. The Centre has opened to huge interest from both staff and students alike and is quickly becoming a useful resource for the physical and mental wellbeing of members of the school community.

The Centre aims to provide students with a toolkit they can use independently to anticipate and address the wide-ranging issues that affect us throughout our lives. To that end, we have launched a wider Cocurricular Wellbeing Programme, with workshops and classes such as 'Knit & Natter', 'Well-Being Warrior Yoga' and other mindfulness activities already beginning to take place around the building. This programme will continue to expand as the academic year continues – watch this space!

As well as a new building, we've also recruited a number of new members of staff now based in the Centre:

Mr Scott is the Wellbeing Centre Administrator. He will assist in the day-to-day running of the Centre, as well as being on hand to answer any questions regarding activities or services that take place there. You can get in touch with any queries you have regarding the Wellbeing Centre by emailing [scott.d@nottinghamhigh.co.uk](mailto:scott.d@nottinghamhigh.co.uk).



Miss Coles is the Mental Health Lead Practitioner. She will work with individuals, as well as groups of students and families to help with any aspect of their mental health and wellbeing; whether that is low mood, anxiety, difficulties with sleep, friendships or anything else. Her support is 'pro-active' and aims to build up toolkits of coping strategies and mechanisms for students to manage their emotions, before they reach crisis.

Miss Coles will also work with students to identify whether they need specialist external support, such as CAMHS, and support them with this within school. To book a meeting with Miss Coles, students can request an initial conversation through [the Wellbeing Centre booking form](#).

We are also looking forward to welcoming a Physical Health Lead Practitioner in the coming weeks - with the Mental and Physical Health Lead Practitioners working together to encourage wellbeing for the whole person. We look forward to welcoming more students in the coming weeks and months – if you have any questions or suggestions regarding the Wellbeing Centre, or would just like to find out more about what's on, please email [scott.d@nottinghamhigh.co.uk](mailto:scott.d@nottinghamhigh.co.uk).

## PHYSIO SESSIONS

Following the opening of the Wellbeing Centre, we're happy to announce the start of Physio sessions as part of the wider range of services the Centre offers to both students and parents.

Run by experienced physiotherapist Alex Lamb from [Coach House Physio](#), sessions will take place between 1pm and 5pm on Wednesdays. Students will be able to attend sessions during lesson time or after school, with parental permission. Please note that parents must be able to attend these sessions in person alongside their child (including those over the age of 18).

Each 40-minute session, which will include assessment and treatment, costs £45. Mr Lamb also works with private health insurance providers.

Parents and staff are also welcome to use this service at the same rate of £45 per 40-minute session. If these sessions take place after 4pm, parents are welcome to keep children in our wrap-around care until the end of your appointment. All appointments can be booked in [advance via this form](#). If you have any questions about this service, please contact the Wellbeing Centre Administrator, Dan Scott, at [scott.d@nottinghamhigh.co.uk](mailto:scott.d@nottinghamhigh.co.uk).

# SCHOOL NEWS GALLERY



FOOD CLUB CELEBRATING DIWALI



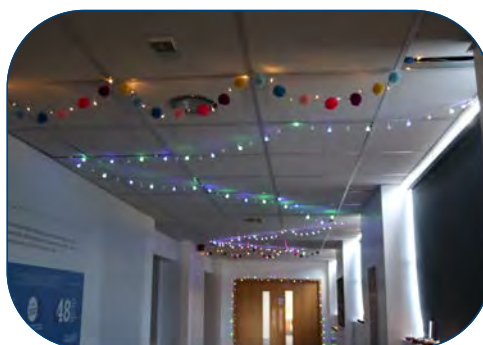
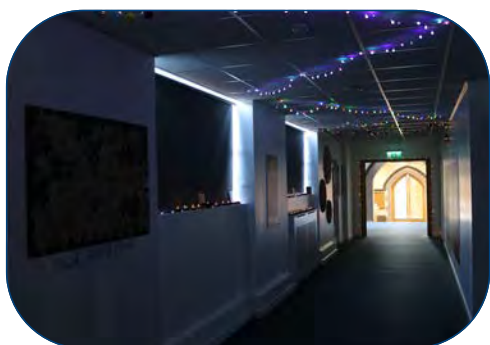
YEAR 7 SCOUTS



CURIOSITY CABINET NOVEMBER



CAREERS TALK  
COMPOSING MUSIC FOR  
GAMING APPS



PHILOSOPHY RELIGION AND ETHICS DIWALI CORRIDOR



[CLICK TO SEE THE REMEMBRANCE SERVICE IMAGES](#)



VALLEY ROAD SPORT



WELLBEING CENTRE LAUNCH

# Careers News - November 2023

Planning is underway for Careers Week at the end of November (27 Nov - 4 Dec) and we are hugely grateful to everyone who has offered to come in and speak to students about their career.

In addition to various talks and networking breakfast events, we are again hosting a **Universities and Careers Fair**, to which parents are welcome. If you'd like to join us on **Monday 4 December, from 12:45 - 1:45pm** to meet with the 25+ exhibitors then please **sign up** using this link on the right.

Parents: Uni & Careers Fair  
Attendance (4 Dec 2023)

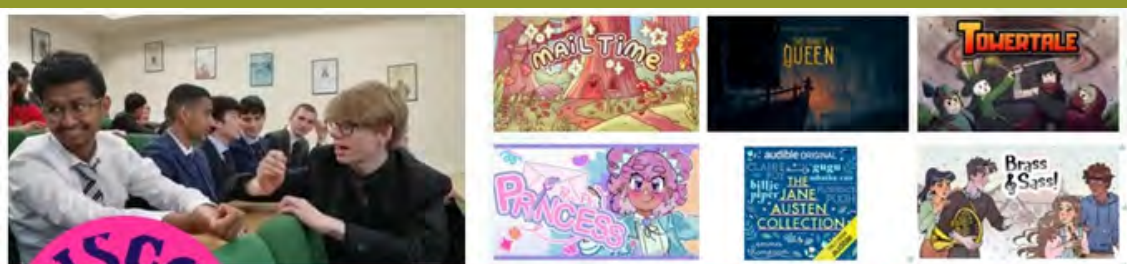


I was lucky enough to do work experience for 1.5 days at Sygnature Discovery - a drug discovery company. We saw the chemistry labs, bioscience lab, DMPK (Drug metabolism and pharmacokinetics), computational chemistry, formulation, NMR and Sepsci teams. We have learnt the whole process of how a new drug is discovered, from creating around or over 10,000 compounds in the chemistry lab, and the process of selecting the safest and most effective compound that can be used in the new drug. It was a whole new experience for me, as I didn't expect that so much work and time was needed to develop a new drug; and it is so amazing to see how each department works together to contribute a small part to the process of developing a new drug.

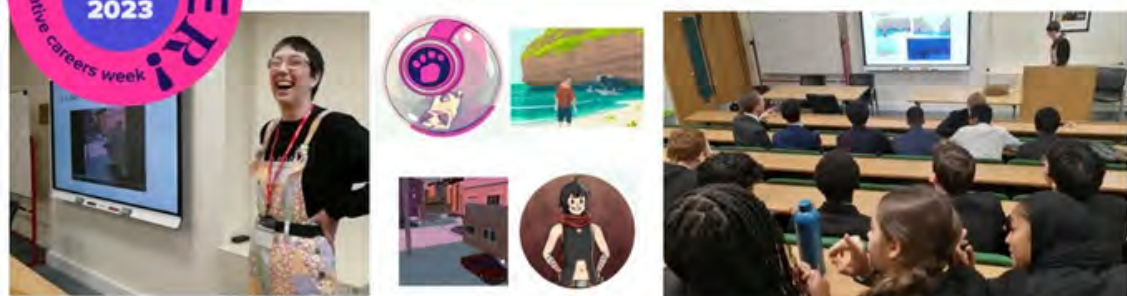
*Chloe, Year 13*



On Tuesday we had the pleasure of attending a talk by Gina Loughlin, who spoke to us about her career as a composer in the gaming industry, as part of 'Creative Career's Week'. This is definitely something that interested me as that had always been my dream job as a child. I and I'm sure quite a few others in the room found her insights and tips on how to navigate work as a freelance composer, specifically landing work and experience in game development, useful. One of the problems with a career in creative industries is that they often aren't talked about in some schools, even advised against, so it was refreshing to hear about her journey. To round off the session, we did an activity matching concept art to pieces that she had composed which was great fun.



## Gina Loughlin – Music for Video Games



Thank you, Gina, for the inspiring talk and also Mrs Auterson for arranging this as part of 'Creative Career's Week'!

*Otto, Year 12*

You can find out more about opportunities in the Games Industry at [www.intogames.org](http://www.intogames.org)



# Careers Week 2023

27 November - 4 December



## Monday 27 Nov P3

Emily Chappell, Endurance Sports

Player Hall: Years 12, 13

## Monday 1pm

Tanvi Tambe, ON 2016-18

Biomedical Engineering

SLT, all years welcome



## Tuesday 7pm

Autumn Concert

St Mary's Church, Lace Market

All Lunchtimes  
this week

Year 11 Subject Taster Talks

## Thursday 1pm

Faisal Ahmed, ON 2016-18

From Geography to a Career at Samsung

SLT, all years welcome



Networking Breakfasts: Dining Hall, Years 11-13

# Uni & Careers Fair

Monday 4 December 2023 in the Player Hall



## Apprenticeships and World of Work

Armed Forces  
Morrisby  
Nelson's Law  
ASK Apprenticeships



## UK Universities

Cardiff Metropolitan University  
Cardiff University  
Lancaster University  
Loughborough University  
Nottingham Trent University  
Newcastle University  
Oxford Brookes University  
University of Bath  
University of Birmingham  
University of Derby  
University of Leeds  
University of Leicester  
University of Nottingham  
University of Sheffield  
University of Warwick



## Overseas Opportunities

Aspire USA  
The University Guys

## Holiday Courses, Work Experience and Gap Years

Blue Stamp Travel  
Investin Education  
Springpod  
Travelteer  
Yipiyap



Parents: Uni & Careers Fair  
Attendance (4 Dec 2023)



Parents please sign up to attend  
using the linked QR code:



# 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

Easy Fundraising 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 106 registered users who have raised over £3,500 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 click on the [link](#) and 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 [exeat@nottinghamhigh.co.uk](mailto: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](mailto: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](mailto:marketing@nottinghamhigh.co.uk)**