



THE MERLE

NOTTINGHAM HIGH SENIOR SCHOOL NEWSLETTER



27TH MARCH 2024 - ISSUE 47

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A MESSAGE FROM THE HEAD

Dear Parents,

I am writing this ahead of the last few days of term because I will be in Singapore from Monday to Friday attending an interview with respect to the School we hope to open there. We are delighted to have this opportunity and should hear by April whether our application to run the School has been successful.

There have been many highlights since I last wrote. It was brilliant to see our Under 14 Boys Hockey Team become Tier 2 National Champions winning through a tough group to go on to a final which they won 1-0. A few years back we took a strategic decision to focus on hockey as a major sport in the School and have invested both in the facilities at Highfields but also in the coaching and so to see this all culminate in a national title was particularly pleasing. I was also though so impressed with how well the team represented the School's values, they were very respectful both of the officials and of our opponents Radley College and in their celebrations at the end both respected and empathised with the other team. Our values are important to us and I am as proud of them for upholding these as I am of them winning the trophy.

We also had a superb Spring Concert which was just stunning in the quality of the performances. It was good to see so many students involved, clearly enjoying every moment of it. Each item was introduced by a student leaving this year and they spoke very movingly of all they had gained from their involvement in school music and dispensed some great advice to Year 7 who were also all performing. It really was a treat to be there.

I hope that you all have an excellent Easter Break. I know that many of our students will be revising for this summer's public exams and I wish them well with their revision. With the lighter days and warmer weather there is much to look forward to in the Summer Term.

Kevin Fear (Headmaster)

DATES FOR YOUR DIARY

Monday

Tuesday

Wednesday

Thursday

Friday

		27 END OF TERM (4.00pm)	28 Ski Trip departs - Canada Gold DofE Training residential Languages - Year 7 trip departs	29 Good Friday Bank Holiday Gold DofE Training residential
1 Bank Holiday	2	3 SCHOOL HOLIDAY Support Staff in Tuesday - Friday	4	5
8 SCHOOL HOLIDAY	9	10 Support Staff in Monday - Friday	11	12
15 Inset Day	16 Term Begins Year 10/12 exams start GCSE Language Oral Exams	17 Year 8 Parents' Evening (Remote) GCSE Language Oral Exams	18 Year 5 - Maths outreach day GCSE Language Oral Exams	19 GCSE Language Oral Exams
22 GCSE Language Oral Exams - REAL Drama - A-Level Preparation Day	23 St George's Day GCSE Art Exam U12 County Netball (3pm leave)	24 Year 10/12 exams end Teatime concerts - Strings - 4.45pm GCSE Art Exam A-Level Language Orals (PM)	25 Maths - Junior Maths Challenge Drama - Year 10 Monologue performances (1- 4pm)	26 Non uniform Day 1513 - Yr 8/9

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

Term Dates 2023/24

The term dates for 2023/2024 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

Year 7 have had a busy end to the term with lots of exciting events such as the Spring Concert last week and the annual Easter Egg Hunt on the front lawns. They have been brilliant this half-term in our lessons within our Health and Puberty topic in PSHE and we ended the term with a session on Revision techniques from Mr Glarvey. Next half-term we look forward to lessons in the Relationships topic.

Well done to those who won the Classics Project in their forms and were chosen to have a workshop with the Classics Author, Caroline Lawrence. The winning groups were Izzi and Sara (7A), Henry, Alexander and Joe (7B), Neha, Rosie, Bluebelle and Lavanya (7C), Chloe, Ishani, Charlotte and Issika (7D) and Rose, Ellen, Neha, Abi and Oore (7E).

Also well done to the following students for ending this term as the top person in their form for their number of distinctions: Harry (7A), Harald (7B), Lavanya (7C), Niamh (7D) and Abi (7E).

We know that a number of the students are on the Ski Trip and Languages Trip over the Easter break and we hope they have a wonderful time. We hope that all of the Year 7s enjoy their break and come back relaxed, refreshed and ready for their last term of Year 7.

8

Head of Year 8 - Dr Matthew Lakin

As we approach Easter, it is time to reflect on what has been a long but nonetheless fruitful term for Year 8. In the life of a UK secondary school, Year 8 is an anomalous and amorphous staging post, an asterisk between Year 7 - critical induction to navigate the highways and byways of secondary school life (Year 7) – and Year 9 - a year of GCSE choices. Therefore, Year 8 is too often defined by its uncertainties and occasional confusions of what the year is for, but this crop of Year 8s embraces this challenge. It has been a term therefore of accomplishment, achievement, and old-fashioned hard work (Y8 racked up a combined 1471 distinctions this term). Those students receiving the highest number of distinctions are: Mahd J on 28 distinctions (8E), Dimithi B on 26 distinctions (8C), Phoebe J on 26 distinctions (8A), Hattie J on 26 distinctions (8E), Ives L on 26 distinctions (8E), Lily R on 26 distinctions (8C), Charlotte S on 26 distinctions (8C) Well done Year 8, and we look forward to seeing you return in the Summer Term.

9

Head of Year 9 - Ms Marquez-Godoy

The past fortnight has been notably positive for our Year 9 students, despite the fatigue they may feel from their efforts in both academic pursuits and co-curricular activities.

Undoubtedly, the most significant highlight was the remarkable victory of the U14A Hockey team in the Tier 2 National Final. Their exceptional performance, from reaching the final to securing the win, was truly thrilling. During last week's Thursday assembly, the boys were honoured with the Cup by Mr. Fear, marking a momentous achievement. A huge congratulations to: Henry W, Antoine B, Ben C-B, Giles D-B, George F, Thomas F, Gautham L, Roland L, Jaikar L, Rhys N, Daniel R, Rohan S, Will F, Hugo B B and Eddie B.

Additionally, our Spring Concert, held last week, showcased the impressive musical talents of many Year 9 students. It was an evening filled with memorable performances and delightful music. Well done also to Andrew M, Beate R and Oliver W for getting through to the finals of the Greater Sheffield Climbing Competition.

Finally, we extend congratulations to the students who have achieved the highest number of distinctions this half-term: Arvind, Daisy H, Zoe, Devam, Tegan, Ara, Tanish, Eleanor, Ben J, Beate, and Jasper D. Mrs. Turney and I wish you all a restful break ahead.

10

Head of Year 10 - Mr Paul Allison

It has been another busy few weeks for the year 10 students, both inside the classroom and through a plethora of activities outside. Year 10 continue to be involved with many co-curricular clubs at lunchtimes and after school, we are also pleased that the year 10 ambassadors continue to lead clubs as part of their leadership development. This term, clubs have been run for the younger members in years 7 and 8 with Drama, Food, Table Tennis, Netball, Computer Science, Maths and Culture Club with Mr Hipkiss. I look forward to seeing some new clubs introduced in the summer term.

Year 10 continue to impress in the class room with a total of 716 distinctions awarded this term alone. In the inter form competition the totals are as follows:

1st – 10E 205, 2nd – 10D 192, 3rd – 10A 185, 4th – 10C 170, 5th - 10B 169

Congratulations to the top three individuals for their totals this term, Haider M, Finley R and Chloe F

The year 10 PSHE programme also changes in the summer term. The students will learn about British Values and Community Cohesion and Addressing Extremism and Radicalisation.

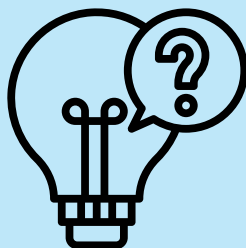
Finally, a mention to all the year 10 students that were involved in the Spring Concert at the Albert Hall last week. A truly talented group of musicians.

11
to
13

Head of Year 11-13 - Mr David Gillett

It was great to see the students perform at the Easter concert last week and the leavers choir and speeches were exceptional. Last Monday the sixth form students enjoyed a highly engaging PSHE talk from John Hoskinson – an ex pro golfer who took the risk with drink driving with horrendous consequences and ended up serving 3 years in HMP Wandsworth. As we break up for Easter, we wish all year 11-13 students the best as they get into their revision ready for the summer exams. It is important that students get the right balance over the holidays between revision and getting a break before the summer exam period starts.

**Biology, Chemistry and Physics Department
Curiosity Cabinet**



In March, the Curiosity Cabinet has been taken over by the three science departments for a celebration of 'weird' science. Our exhibit focuses on some of the more unusual, surprising or simply ground-breaking experiments and research from the scientific world.

Highlights to look out for in the Biology portion include: a consideration of the radioactivity of a banana (a display which incorporates an actual banana decaying in real time), a selection of our carnivorous plants, an exploration of some historic hoaxes, an ethical view on experiments that have taken advantage of different groups of people and a fascinating study on animal counting and whether they have an understanding of zero. So if you've ever wondered if any government agencies have ever researched the use of drugs as truth serums and mind control tools, look no further! Answers for the curious lie in wait within the cabinet...

In the chemistry section we posed the question "What would you say is the worst invention of all time?" Our suggestion was that of two molecules (chlorofluorocarbons and tetraethyllead) which have the dubious honour of both being developed by the same chemist! Another molecule that appears in the cabinet is that of ibuprofen, first synthesised here in Nottingham. Pupils could discover the story of one of the most used drugs in the world and how it was developed on our doorstep.

Over time pupils can watch a crystal garden grow in the cabinet, as well as a single copper sulphate crystal. Both are activities that were completed at the lower school Chemistry Club.

Finally, we couldn't resist putting Marie Curie in the Curiosity Cabinet! With this month also being Women's History Month, pupils can learn about the amazing story of the first woman to be awarded a Nobel Prize, first person to win it twice and the only person to win it twice in two different scientific fields!

On the physics side, we have thought provoking artefacts such as Crooke's Radiometer and the Galilean Thermometer, in addition to the 'floating paperclip' that has been a crowd pleaser. The Geiger Counter placed in the cupboard will also pick up the radioactive decay of the potassium isotope K-40 in the decomposing banana provided by the Biology Department.

In addition to this you will also see a Wimshurst Machine – these were used in the 19th century for physics research into x-rays and also in military medicine. We are also proud to display a leaf from the apple tree at the house of Sir Isaac Newton in Woolsthorpe, the place where he first thought of his Universal Law of Gravitation.

Update From Marketing

After Easter, our Marketing team will be undertaking some general day to day filming of short video clips to capture life at Nottingham High School. This content, which spans all years from EYFS to Sixth Form, will be featured in admissions recruitment videos promoted on our website and social media accounts.

You should have received an email from Mrs Sneddon regarding this. If you do not want your child to be filmed please reply to that email as soon as possible.

Follow Us on Social Media



Click the links above the follow our social channels for all the latest news and updates

Update from RS

Chinese New Year

I was born in the Year of the Tiger – what about you?

The 10th February marked the start of Chinese New Year; one of the most important and widely celebrated festivals in Chinese culture. Pupils across the school have been talking to me about how they will be marking it this year.

2024 is the Year of the Dragon 🐲 according to the Chinese zodiac. The Dragon is considered a symbol of strength, courage and good fortune.

The years of The Dragon have recently included 1964, 1976, 1988, 2000, and 2012.

It is a time to embrace Chinese traditions, enjoy good food, and wish for prosperity and happiness in the year ahead. Year 7 had great fun naming our new handmade mascot when we came back after Half Term.



Ramadan

The fasting month of Ramadan begins on Sunday evening 10th March, with the first full day of fasting beginning on the Monday, which affects a lot of our student community and also some staff.

Fasting includes the restrictions of taking in food and drink during daylight hours. This can be a big challenge balancing with daily life – Muslims still have to go about their daily lives and jobs, perhaps playing sport, sitting examinations. It has its tough moments though, including fatigue which you might notice amongst some in our school community.

Muslim pupils put together an online assembly for us all, discussing what Ramadan and Eid al-Fitr are.

Mr Shabir has got a group of students working on ideas for our Curiosity Corridor for after the Easter break.

There will be a chance after Easter for some pupils to make some treats in the Food Room too.

Miss Davis also interviewed Head of Cricket Mr Muhammad about his recent experience of Umrah and how he copes with fasting for Ramadan.

Last call for Munich trip deposits

For the academic year 2024-25, the Philosophy, Religion and Ethics department are pleased to be able to offer an exciting opportunity to students of Years 9-13, the chance to visit Munich. This trip directly links to both the GCSE and A-Level Religious Studies specifications but also encourages curiosity of politics, history, culture, and art, showcasing the versatility of our subject.

The trip costs £675 per person, this includes transport to London Heathrow Airport from and back to school, all flights (current operator is British Airways), 4 days away on a half-board basis, all excursions, and travel between these excursions. You will need to bring a small amount of money for additional spends on meals and drinks.

Planned excursions include a visit to Dachau Concentration Camp, Marienplatz, Residenz and Neuschwanstein Castle. Within Munich city, there will be a chance for exploration and attend the Hitler and Third Reich guided tour, view the Munich Holocaust Memorial plaques, and see St Michael's church.

Final deposits are due at the end of term please.



Easter

This is always a super time of year for us to crank up our creativity. The recent Year 7 Activities Day coincided with Women's History Month, International Women's Day on the horizon and the festival of Easter. The focus for this year was particularly on the role of women at the time of the crucifixion; Mary, Salome, Joanna and more. These women are often overlooked so this year the watercolour paints were put to a different use. There was also the chance to learn more about Eostre, the pagan goddess where more modern-day ideas of Easter came from.

Some Year 7s share their pictures of Spring and women who mean a lot to them:

Kaplana Chawla is an inspirational woman for me as she was the first Indian woman to go to space. She went in 1997 and defied many expectations in order to get there, she also faced many challenges such as being underestimated and seen as doing something unwomanly. The way she persevered and proved everyone who doubted her wrong makes her one of the most inspiring women to me. NB 7E

An inspirational woman to me is my mum. This is because she is kind, hardworking and helps me when I am sad. She has cared for me throughout my life and sets a good example to me. These are the reasons I find her inspiring. EB 7B

A woman who is an inspiration to me is my aunt in Iran, because of the work she has done, such as:

- Releasing a book which is very well-known in Persian Architecture
- Work in top Persian Universities
- Kind
- Intellectual

She has done lots for our family. Her work is not only inspirational to me, but also many others. KM 7E

In-keeping with our theme of women for this month, Year 11 used an audio programme to record short excerpts of the significance of women at the cross, and this led to our alternative Stations of the Cross display, also to be found down Curiosity Corridor. I was particularly pleased to see references to this work in some Year 11 Progress Test answers.

The annual Year 7 Easter Egg hunt is to be held on Tuesday 27th March with an added upgrade to cause even more chaos and competitiveness.



Physical Wellbeing in Co-curricular

The school has a proud history of supporting physical wellbeing with our range of clubs and lunchtime activities. Building on this tradition, below are some of our newer Senior School co-curricular clubs coming to you from our Wellbeing Centre and beyond:

Life Coaching (Mondays 13:20)

Discuss and develop in areas from lifestyle balance, time management, changing habits and much more. With guidance from Mr Glarvey and Mr Samra.

Calisthenics Club (Tuesdays 12:45)

Build bodyweight strength and learn fun physical skills with calisthenics. Here you'll develop an understanding of what your body has the potential to do through controlled movement.

Physical Wellbeing Drop-in (Tuesdays 13:15)

Chat to Mr Samra about all things physical wellbeing. Just drop-in during lunch to ask any questions, from topics related to food, fitness, sleep and more.

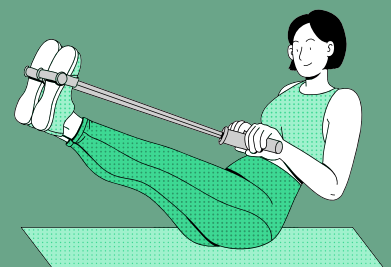
Fitness For Life Workshop (Thursdays 12:45)

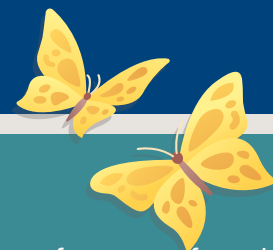
Each week as a group, we'll explore a new topic to learn about and discuss. Examples might include goal-setting, building healthy habits with your phone, or the relationship between exercise and food.

Social Basketball (Fridays 12:45 and 13:15)

Open to all abilities and experience levels, mixed Social Basketball meets in the Sports Hall for some fun games and a social run-around. All the while, we'll learn and evolve knowledge and skills within the sport, from shooting, passing, dribbling, rebounding and defending.

Get in touch with Mr Samra if you want to know more and get involved – samra.bs@nottinghamhigh.co.uk





Spring Concert 2024

The Concert took place in the Albert Hall on 21st March. It was a very special event, with outstanding performances from the Concert Band, Senior Orchestra, Big Band, Chamber Choir and Upper School Pop Choir. The Year 7's performed a medley from Shrek with great character; they were brilliant. As is the tradition, Y13 students created their own groups in the form of the Leavers' Band and Leavers' Choir. The Choir performed Kiss from a Rose, ably conducted by Muskan G. The students who sang were (pls see names below...Ria J, Jane A etc.). The Leavers' Band performed Skyfall, arranged by Otto W in Year 12. The students performing were (see names below). In-between items some of the Year 13's spoke candidly about their time at the High School and what they are planning to study at university next year. It was very emotional hearing them all speak, and they also managed to give our Year 7's some valuable words of wisdom! At the end of the concert all students took part in the Finale performance of Raise You Up/Just Be, either singing or playing an instrumental part. It was an energetic end to a lovely evening.

Year 13 Choir

Ria J, Jane A, Lottie W, Hannah P, Feni I, Anna B, William M, Jayeola I, Christopher M, Tom H, Muskan G.

Year 13 Band:

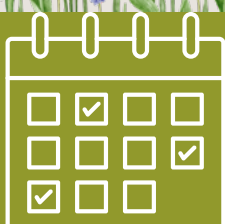
Anna B, Jayeola I, Adam C, Jacob C, Krystal M, Deborah C R, Hannah P, Lucy W, Ria J, Tom H, Orlando B, William M, Preeti T, Arnav S, Muskan G, Patrick D.



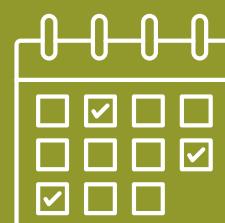
View all Spring Concert Photos [here!](#)



Dates for your Diary



Wednesday 24 April: Teatime Concert (Strings) – 4.45pm, Recital Hall
 ABRSM examinations – rescheduled from 25th March to 29th April tbc
 Founders Day – Saturday 15th June, 11am, St. Mary's Church, Lacemarket
 Tuesday 25th & Wednesday 26th June – Lower School Production, Founder Hall
 Summer Festival – Thursday 4th July, 5pm



Chess Success

Our school A team of Senith G, Richard L, Alexandra A, James B, Dean S, and William W, we're successful in yesterday's Regional Final against Bourne Grammar School. The game was a draw 3-3 and still level on the first tie break. The High School won, however, on the implementation of a second tie break.

We are now in the National Finals held fortunately again at Nottingham University.

Results can be viewed [here](#).



Nottingham High School U19s and U11 Girls teams have qualified for the ECF National Girls School team championship finals. Congratulations! The finals take place at St Catherine's School, Bramley, Guildford, Surrey on the 6th and 7th April.

You can follow the tournament during the event using [this link for U19s](#) and [this link for U11s](#).

We have a chess tournament at School called the UK Chess Challenge Nottinghamshire MegaFinals on Saturday 18th May. All interested secondary school pupils are eligible to take part.

[Click here to sign up!](#)



Update from Maths

Two teams of four Year 10 mathematicians recently took part in the Advanced Mathematics Support Programme's Maths Feast challenge which was held at the University of Nottingham. The event is an educational team challenge which tests their Maths skills, problem solving skills and teamwork skills over a series of rounds. It introduced our students to some new areas of Maths such as logic and the symmetries of concave 3 dimensional shapes. Both

teams performed really well over the four rounds displaying strong and effective teamwork as well as impressive mathematical skills. Although not a competition, both teams were commended for the solutions they produced.



Ecuadorian Music in MFL

My fellow pupils and I were very grateful for the opportunity to listen to some authentic Ecuadorian music, performed live to us by Señor Edwin and Señor Luis. It was a wonderful opportunity to learn more about styles of music in different countries and for me, it really helped to develop my Spanish knowledge. They told us all about the wide variety of instruments that they use and the history behind them. Overall, I believe that it was a wonderful experience and I hope that future pupils of our school have such a wonderful opportunity. - Year 7 Pupil



News from Food Club

It was Year 7's turn this half term to make the Bolognese for the Guru Nanak Mission. It was very exciting and brought new people to the club to help the community. We made 4 large pots of Bolognese and had over 10 students cooking up over 75 portions to help provide a nutritional meal for the homeless and less fortunate in Nottingham. The Bolognese was made with very healthy ingredients, including tomatoes, onions, peppers, and plant-based mincemeat. It was a process that took around an hour, but was very enjoyable. We all worked safely and hygienically, making sure, through stirring, that we were making the dish to the best of our abilities. We look forward to supporting the Guru Nanak again in our Food Club at Nottingham High! (Rhys H Year 7 Food Club)



News from the Development Office

We were delighted to hear from Ellie Molloson (ON 2019-2021) recently.

Ellie has been nominated for the Community Champion award as part of Three's WeSeeYou Network. This award is for women who work and volunteer to grow women's football.

This was her nomination:

"Ellie deserves to be seen because she has a huge passion for equality and social justice. From a young age, Ellie initiated fundraisers at Nottingham High School to raise money to send young girls to school in Ghana. Alongside this, she introduced a long standing partnership with The Rosie May Foundation in sixth form which raises money to pay for safe transport to school for girls in Sri Lanka. Ellie also helped initiate diversity campaigns in her school for LGBTQIA+ and ethnic minorities, she made 150 essentials bags for the homeless, took part in toy collections for inner city schools & voluntarily spent a day serving underprivileged kids a Christmas meal.

On top of all of this, Ellie volunteered as a coach in her spare time for Nottingham Forest in the Community.

Ellie is the Her Game Too Ambassador for Nottingham Forest, where she is working with the club to create a women's supporters' club.

Despite only being 20 years old, Ellie has achieved so much and made such a positive impact on the community already. She is such an amazing human and worthy of this nomination!"

Since being nominated, she has focused on Garibaldi Girls and, as part of that, was invited to speak on the panel of Nottingham Forest's, Harvard University's and Lilian Thuram Foundation's Racism and Gender Inequality in Football 2 day conference. UEFA and UN delegates were in attendance as well as much of Forest's first team, women's team, Thierry Henry, Viv Anderson, John McGovern, Lilian Thuram, Lewis Grabban, Wes Morgan and many many more.

She's also Nottingham Forest's Her Game Too ambassador. Her Game Too are an international organisation focused on tackling sexism in sport. They have won the Gold award at the FCAs for two consecutive years in the Women in Football section and this year also the EDI award as well as being nominated at the National Diversity award for EDI alongside huge campaigns such as SkyxWomen in Football.

The images show Ellie doing an event and also the logo for Garibaldi Girls- the Nottingham Forest women's supporters group which she is founding.

With Ellie's permission we are sharing her contact details as she 'appreciates the fabulous contacts amongst the School network' and 'so that people may enquire about Garibaldi Girls': elliemolloson@gmail.com or garibaldigirls.nffc@gmail.com

Good luck Ellie!



Football Success



On Wednesday 20th March we played two matches vs Tettenhall College at Valley Road. The First XI came out 8-2 winners, but the game was much closer than the score suggests. We raced into a 3-0 lead before half time with goals from Tom R (2, 1 penalty) and Robbie S. Two quick goals from Tettenhall after the break got the game back to 3-2, but goals from Manraaj B (penalty), Oliver B (2), Zail G and Jack F-D flattered us a little in the end. Man of the match was Shay P on his debut.

The Second XI game was played in excellent spirits and it was nice to see our former Director of Rugby, Mr Hamilton, referee the game. Goals from Eddie H (5), Harrison S, Noah B and Rocco C gave them a 9-2 victory. Quite a few Year 13 players made their debuts in this game, and for some it was their last chance to represent the school before their A Level exams. Man of the match was Eddie H.

Gabriel O – Indoor Athletics Success

Gabriel recently ran in the Sports City Manchester arena in an Indoor Athletics Championships. Gabriel had very little experience of running indoors, particularly over the shorter distance of 60m. Gabriel won his race and set an amazing time of 7.38 seconds. He later realised this time ranked him 7th in the country. Gabriel then competed in the longer distance of 300m and to his surprise, he won this as well and again his time was good enough to rank him 5th in the country this year. Gabriel is looking forward to the upcoming athletics season and competing for school and his club.



Mr Allison – England Team Manager

Mr Allison was fortunate enough to be selected as the U16 England Cross Country Team Manager in the recent Home Countries International in Dublin, Ireland. He has served as an international team manager for over ten years and is fortunate to travel the country with the team each year. He has also been selected to be England team manager for the Track & Field team this summer, travelling to Carmarthen, Wales in July for the Home Countries International.



U13 County Netball Champions!! High School History Made!!



Update from the Fitness Suite

The Fitness Suite has once again been very busy this term, with around 200 visits on average per week, which shows that many students are still fully committed to working on their strength and fitness during a busy term. We've had fantastic numbers for after-school Netball Strength and Conditioning and Year 9 and Year 10 are tied for the year group with the best lunchtime attendance!

A special shout-out must go to the Boys U14 Hockey team who came away with the glory at the National Championships. They have been a fantastic group for staff to coach not only on the pitch but also in the Fitness Suite and it's extremely rewarding to have seen them develop into great young athletes from Year 7 through to Year 9.



James A (Year 9) with his Hockey winner's medal in the Fitness Suite.



1

Dear Headteacher, parents or guardians,
This letter contains important health information

I am writing to inform you that the UK Health Security Agency (UKHSA East Midlands Health Protection team) has identified an increase in confirmed or suspected cases of whooping cough (pertussis) in school age children in the Nottingham and Nottinghamshire areas.

Individual cases have been provided with advice, but we would like to take this opportunity to raise awareness regarding vaccination and symptoms of whooping cough to be aware of.

Symptoms

Whooping cough is caused by infection with pertussis bacteria. For most school-age patients, symptoms will resolve over a number of weeks, while for some, coughing can persist for a few months.

The symptoms of pertussis include:

- a cough lasting several weeks following initial cold-like symptoms
- prolonged bouts of coughing ('paroxysms')
- post-coughing retching or vomiting
- a 'whoop' sound on breathing in
- rib pain

Find more information about pertussis on the NHS website:

<https://www.nhs.uk/conditions/whooping-cough/>

Untreated pertussis is no longer infectious after 21 days but with appropriate antibiotic treatment this reduces to 48 hours.

Advice for parents or guardians

If your child has any of the symptoms described above, we advise you seek medical advice from a GP and take along this letter.

Your GP may then arrange testing for whooping cough.

Your GP can also prescribe antibiotics without waiting for test results. Antibiotics are not required if there has been more than 21 days of coughing. Whooping cough is no longer infectious from 48 hours of starting appropriate antibiotics, but your child should stay isolated at home until they have had 48 hours of antibiotic treatment.

Whooping cough is spread through respiratory droplets: coughing into tissues and washing hands with soap and water can reduce spread.

If your child missed any of their infant or pre-school vaccines, we recommend that you arrange catch-up vaccination through your GP practice as soon as possible. If your child is up to date with their pertussis vaccination, we do not advise any further boosters.

It is still possible for fully vaccinated children to develop whooping cough (although the illness is generally milder) so if your child develops symptoms they should be taken to the GP for advice.

At-risk groups

Whooping cough is of most concern in unimmunised infants when it can be life threatening. Vaccinations to prevent whooping cough are routinely given to infants, pre-school children, and pregnant women.

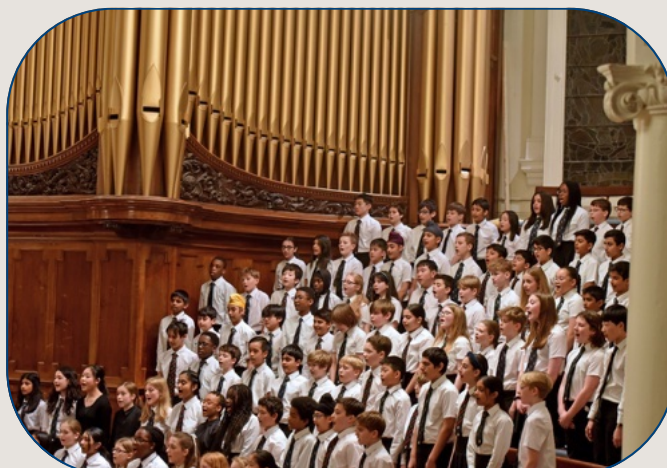
We recommend all pregnant women get their routine vaccination against pertussis ideally between weeks 20 and 32 of pregnancy (but can be given from 16 weeks and up until labour if needed) in order to protect their baby.

Those in risk groups or with regular contact with persons in a risk group should consider avoiding events where they may come into contact with those unwell with pertussis.

Yours sincerely

Dr Vanessa MacGregor
Consultant in Communicable Disease Control (CCDC)
UKHSA East Midlands Health Protection team

SCHOOL NEWS GALLERY



Spring Concert 2024



Mr Scott spotted some ducks misbehaving!



Y7 visit from author Caroline Lawrence



Last training session before Netball season ends for Y9&10 girls



Y8 Girls putting in the effort at the gym



Easter eggs in RS

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 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.