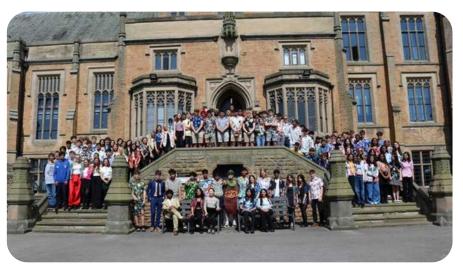


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NOTTINGHAM HIGH SENIOR SCHOOL NEWSLETTER

MONDAY 13TH MAY 2024 - ISSUE 49



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### A MESSAGE FROM THE HEAD

Dear Parents,

Exam season is now in full swing and I wish all of our Year 11 and Year 13 students all the very best over the coming weeks. I did my final assembly for Year 13 last week and it was good to share with them their last day before their exam leave. The year group have given so much to the School over their years here, some have been with us since their early days at Lovell House and so we will always have fond memories of them. I look forward to seeing them in more relaxed mode once their exams are over at the Leavers' barbecue.

It has been lovely to see the sun finally come out and we have today announced summer dress. In short this means that ties do not need to be worn for the rest of the term but also that the outer layer of clothing must be either a jacket or a shirt but not a jumper. We will revert this decision if we feel that these simple guidelines are not being followed as we are determined to maintain the dress standards we lay down.

I would also like to remind you all that a full term's notice must be given if your child is leaving us or else we have to charge a term's fees in lieu of notice. Every year this seems to catch out some parents so hence this reminder. Thus, if you were to give us notice now you would have to pay fees through until January. Notice can be given provisionally if your plans are not certain but we have to insist on the term's notice because we plan our budgets around the number of children we are expecting each term.

Please do take a good look at the rest of this newsletter below. I want in particular to congratulate William H. on his performance in the Balkan Mathematical Olympiad and also to all those who were successful in the Chemistry Olympiad. Such competitions show just how talented many of our students are and also reflect so well on our teaching departments.

Finally we are still waiting for our final inspection report but we will share this with you as soon as we receive it. It contains so much positive comment on the School. We have now had a draft but we have to wait for the final report before we can forward it on to you.

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Kevin Fear (Headmaster)



Please see our School Website for the most up to date information via our online calendar <u>here</u>

### Term Dates 2023/24

The term dates for 2023/2024 are live on our website and you can view them  $\underline{\text{here.}}$ 

### **Sports Fixtures and Results**

You can access all the latest sports information, including team information, on the <u>sports website</u>

### YEAR GROUP UPDATES

### Head of Year 7 - Mrs Hollie Neale



Year 7 have continued to work well in lessons over the past couple of weeks and we have been impressed by their dedication to getting ready for some of their end of year assessments. We have enjoyed hearing about their kebabs for their food exam and they sounded very yummy!

Year 7 enjoyed the talk by Jeffrey Boakye last Monday and you can read more about this in the PSHE section and they also have had an assembly this week from Mr Spedding and Dr Linton about their end of year exams. They were given top tips for revision and the key message was that these exams are an opportunity for them to learn about how they best revise and to not stress or worry about them. More information around the exams has been sent out this week and students should come and ask us or their tutors if they have any questions or need any help. Over the next couple of weeks we have a couple of assemblies and form periods where we will look at managing stress around exams and ways students' can look after themselves during their revision and exam week so we hope that they all feel as relaxed as possible for their first set of end of year exams.

### Head of Year 8 - Dr Matthew Lakin

The Year 8s are beginning their preparations for their end-of-year exams which begin on Monday 3rd and finish on Thursday 6th June. Teachers are talking to students in lessons about how to prepare, and they have been given clear guidance on:

- How the exams work
- How to revise
- Exam rules

The Year 8s have also received an email from school which covers these points, and we'll be working with them in form and tutor time to help them plan their revision timetables. The key messages we'll be talking about are to think about what revision techniques work best for them and to plan a balanced revision timetable that allows them to enjoy the holidays and doesn't leave everything until the last minute. The last day of exam week will be an activities day where the students will get to take part in creative workshops around the school.

### Head of Year 9 - Ms Marquez-Godoy



On Monday 29th of April, Year 9 enjoyed a visit from Jeffrey Boakye, who spoke to the year group about identity, individuality and what makes us who we are. The year group were tasked with considering which ten words they would use to describe themselves, and Jeffrey asked them to consider the idea that we all have common threads that connect us as human beings. It has been fantastic to see how well the year group responded to the talk, and how much self-reflection it has encouraged in them. For further detail about the talk, please refer to the PSHE section.

Many students in Year 9 also participated in their practice expedition for the Duke of Edinburgh's Bronze Award on the weekend of the 27th of May. Although the weather was awful, it was lovely to hear from members of staff that the year group maintained a positive attitude throughout, and that they approached the difficulty of the conditions with good humour. We can only hope that the year group are rewarded with better weather on their final expedition!

As the end of the half term approaches, so does the examination period for Year 9. All students should ensure that they are spending some time checking their books, revision notes and folders, making certain that they have everything necessary to prepare for the examinations. Revision materials have been provided on Google Classrooms, and students should check with their teachers if they are missing any information.

### Head of Year 10 - Mr Paul Allison



Year 10 have had a very busy couple of weeks since the last newsletter. Many of the year group took part in their Silver DofE expedition over the bank holiday weekend. Some very tired students on their return, but they should all be warmly congratulated for completing the walks and camping over the three days. Many also returned to a busy week of sports fixtures with two athletics fixtures and the usual cricket and tennis fixtures, both home and away. Twenty year 10 sports leaders were involved in the recent year 5 taster day, organising and coaching during games sessions at valley road. This enabled them to get valuable experience for their leaders qualification which they will now gain credit towards their qualification.



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

Good bye and good luck to all of our Year 11 and 13 students as they go on exam study leave. GCSE's have started and we hope that English, Biology and RS have gone well so far. It was great to celebrate with Year 13 in their Hawaiian shirts on their last day at school and then at the leavers' Ball at Colwick Hall – we were blessed with a lovely, sunny evening. Year 12 have all now enrolled on Unifrog and are making use of the platform in their research into universities, subject areas and apprenticeships. Congratulations go to Year 12 Will H on his achievement representing England/GB in a high level Maths competition.

Good Bye and Good Luck to our Year 13 Leavers!



### Year 13 Leavers BBQ

Invitation to the Class of 2024 Leavers' BBQ The Class of 2024 Leavers' BBQ will take place on Friday, 21st June 2024. It is a lovely opportunity to say goodbye to the Year 13s and their parents. Venue: Front Lawn (Senior Dining Hall – wet weather location). Time: 5:00pm – 7:00pm Food and drink: BBQ food will be served in the dining hall and drinks will be available on the front lawn. Please let us know you are attending by completing the Booking Form. We look forward to seeing you there.



### Sports Kit Sale

Taking place on the **21st**, **22nd** and **23rd May 4:15pm - 6pm** in the **Dining Hall Pre-loved and nearly new Samurai sports kit sales** 

Parking available on the yard



### **Chemistry Olympiad Success**

In January, 25 High School Chemists from Years 12 and 13 took part in the UK Chemistry Olympiad organised by the Royal Society of Chemistry, taking a two-hour paper aimed to stretch the very best A-Level students across the country. The exam is best described as 'really hard Chemistry' and this year we are delighted to say that our students have attained exceptional results.

A very special mention should go to the Gold Award winners, as they gained scores inside the top 8.3% of students from of a total of 14915 nationally who took the paper – an absolutely fantastic achievement.

Congratulations to those gaining the prestigious Gold, Silver and Bronze Awards:

Gold Award winners: Zayan B, Isaac B, Adam C, Shlok Sahu B, Hannah P

Silver Award Winners: Sai K, William M, Esther W, Akhil B, Ewan H, Kaavya V, James B, Cassius G, Mariam M, Rujula A, Noha N, Ivy Z

Bronze Award Winners: Sarah L, Cholan S, Susan X, Shayaan K, Namit B, Ayesha A, Sienna B-L

The certificates arrived in School in late April and were presented to the students in a small awards ceremony to celebrate their achievement. A big 'well done' to all who took part.





**Will H Mathematical Success** 

Last week, Will H (Year 12) represented the UK in the Balkan Mathematical Olympiad (BMO) in Varna, Bulgaria. Will was one of a team of six students selected to compete at this exceptionally high level. The team spent the week with 22 other teams from South-Eastern Europe, before sitting a single 4.5 hour exam. The UK team were awarded 2 silver medals, 1 bronze medal and 2 Honourable Mentions.

Will was selected for this team following a training and selection camp over the Easter holidays at Trinity College, Cambridge, alongside 23 other mathematicians; the week involved sitting two exams. In addition to choosing the BMO team of 6, the 11 highest scorers were selected for the International Mathematical Olympiad (IMO) squad, from which a team of 6 will be chosen to represent the UK again in July. The IMO is the most prestigious mathematics competition in the world for pre-university students. This selection step, consisting of a further two exams, takes place at the Jane Street offices in London over May half-term.

Being chosen for both the BMO team and the IMO squad is an incredible achievement, and we wish Will the best of luck in London.







This week is Mental Health Awareness Week (13-19th May 2024), where we'll be seeing a lot of engagement from students getting involved in the theme of this year: Movement.

In addition to our usual Co-Curricular activities such as Yoga with Lisa, Cheer Club with Miss Coles Calisthenics Club, and Social Basketball, we have some new, fun, active and awareness-building activities going on around school related to wellbeing through movement.

Starting off the week, we have a Writing For Wellbeing Workshop organised by Mr Scott, which ties-in nicely with national Writing For Health and Healing Day (Monday 13th May). On Tuesday, Mr Hill will run a Try It Climbing session at lunchtime for students wanting to give climbing a go. The following day, Mr Drummond will facilitate a new Gym Workshop for Years 9 and 10 in the Fitness Suite, while on Thursday 16th, students have been invited to a lunchtime walk around the Arboretum with Mr Barr-Smith.

Throughout the week, select foods will be highlighted by our Catering Team which promote good energy for healthy movement. At breaktimes in the Yard and surrounding areas, we'll have some pop-up sports like table tennis, frisbee, 1v1 basketball and gaga ball for a boost of energy between Periods 2 and 3. And we hope to see many students getting involved in our Movement Bingo challenges: four simple tasks to get moving this week. Send your screenshots and photos of you doing these to tick them off to Mr Samra to work towards earning an Excellence Award.

Thanks in advance to all the students and staff who will get involved and bring more awareness to their movement and its links to their mental wellbeing. Read more information about Movement and Mental Health <u>here</u>, we have another podcast episode being released in the coming days on the topic too by Mr Samra and Mr Drummond, and come and speak to us in the Wellbeing Centre if you'd like to know more about the activities this week.

Mr Samra Physical Wellbeing Lead

### Congratulations to Reuben, Shivam, William and Jamie from the 1st XV who all represented NLD Rugby Under 17 this season.



### **Athletics Success**

On Thursday 9th May, four teams, Junior Boys and Girls and Intermediate Boys and Girls competed in the English Schools Athletics Cup Competition at the Newark arena. All four teams finished a creditable second on the day which means they will go through to the next round of the Regional Finals of this national competition. There were many highlights with a number of the athletes setting personal best performances at this early stage of the season. The Regional finals will take place after half term.

### SENIOR SCHOOL NEWS - PSHE

### Visit from Jeffrey Boakye

On Monday 29th Jeffrey Boakye came to speak to the Year 7 & 9 students about racism, identity and empathy. Below is a short selection of Y7 and Y9 students' reflections on the talk. I have also attached 'ME' boards of various Y9 students; these boards represent who they are in their own terms.

### Below is a summary of the talk by Adam C (Y9):

Jeffrey's talk was very moving and empowering to many people in the audience. He talked about his childhood growing up, the books he has written and his passions. His point of view was that everyone is different and special in their own way and not everyone's the same. He touched on racism in schools and how social media was dangerous and overpowering, acting as a platform for racist and other types of abuse. He talked about the upsetting story of Stephen Lawrence a black British boy killed in a racially motivated attack, linking this to safe spaces. Everybody has a safe place whether it's home, school or the streets. And for Stephen the streets were his safe and happy place but yet such things had to destroy and ruin that.

Overall the assembly had powerful meanings and was well presented and structured.



I really enjoyed the talk. I believe he addressed important issues and went at them in the best way possible. He also gave some helpful tips for being an author. I plan on reading some of his books, especially 'Black, Listed', 'I heard what you said' and 'Kofi'. - Oore (Y7)

I thought that it made me think more about how long racism has been around and he very clearly said that we should think about what we are saying and how it could affect someone. He said that we should think about what we say before we say it which is a very important thing to think about. James W (Y7)

The talk by Jeffrey Boakye was a truly wonderful experience, giving us a deeper understanding of what life is like for others. It shows the troubles people face based on stereotypes and prejudiced ideas. It gave us more detail on what it takes to be the best version of yourself, and how to find your greatest strengths. I enjoyed this talk a lot and found it extremely informative and interesting. Gurshaan, (Y7)

# CLASSICS

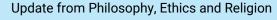
### Year 7 & 9 Reflections

Jeffrey's talk introduced me to what 'me' meant. It made me want to understand myself better and find my passions in life. As well as this it showed me that I should speak out for things I believe in, just as Jeffery has. I was inspired by his

books and especially how he brainstormed the ideas to make them. I thought he was very good speaker and maybe the best I've seen in school thus far. – Ben N (Y9)

Jeffrey's talk last week was very motivational and it inspired me to take pride in my identity and to be proud of who I am. His talk made me think about the labels I use to describe myself and how some labels are given to you and others and labels that you choose yourself. After listening to his talk, I reflected on the ways in which I chose to act. – Chinnu (Y9)

Jeffrey Boakye's talk last week made me reflect on what makes me who I am and why I shouldn't be ashamed of that. I realised that all of the little things that I like affect who I am as a person and that if I try to 'fit in' then I wouldn't really differentiate from others. His talk makes me thankful for who I am and opens up more opportunities for who I can be. I also thought about how everyone has one or two interests in common, and that is what connects us in a way that we still keep our individuality.- Eva (Y9)





**Omar's Diary Entry** 

In Islam, performing Hajj is one of the 5 pillars of Islam and it is an obligatory, major pilgrimage with many rituals that all Muslims are expected to perform at least once within their lifetime. It takes around 5 days to complete and can only be done at a certain time during the year. Because I had no real experience performing a major pilgrimage like this, my family thought it would be a good and useful experience to perform a lesser pilgrimage to Mecca known as Umrah which is a much quicker, noncompulsory pilgrimage that only took me around 2 hours to complete and I was even able to do multiple of them on the trip. Because you are able to do Umrah at any time of the year we decided to go to Mecca during Eid after Ramadan had ended and as a result it was incredibly packed. Umrah essentially consists of walking around the kaaba (the black box) 7 times and afterwards walking in between two mountains called Safa and Marwa 7 times however it isn't only doing these two things as there are a number of smaller actions that you have to be taking during the time that you are performing Umrah. Firstly upon entering Masjid Al-Haram which is the name of the Mosque where the Kaaba resides, you should being to recite a dua (which are essentially prayers or supplications that you make towards God) that demonstrates your intention to perform Umrah and you should continue to recite this until you reach the Kaaba. When I reached the Kaaba and even before that the first thing I noticed was the amount of people there and just how densely packed they were. Because of the size and majesty of the Kaaba itself and what it represents in Islam it wasn't an uncommon sight to see people crying or getting emotional as this is a place considered to be the house of God. Once in the actual area of the Kaaba I then began to perform something called the Tawaf which is just walking around the Kaaba 7 times. In this time people perform Duas and ask God for whatever they please and in a way try and have a personal conversation with him and to develop a far closer connection with God. Because I had no experience in the Tawaf, as soon as I began to walk around the Kaaba I immediately realised just how many people there actually were and you need to be extremely careful so that you don't get separated from your family just because of the sheer number of people there. Unfortunately another thing I observed was a fair amount of people inconsiderately shoving and pushing others out of the way and trying to push you forward in an attempt to try and touch the Kaaba which isn't even a necessary action to perform and causes problems for everyone else normally so it was a challenge not to get annoyed especially in 35 degree heat. However, walking alongside many other Muslims who were deep in prayer and thought was something I found myself greatly appreciating and I enjoyed taking my time to walk around the Kaaba as it really felt like a once in a lifetime experience. After I had walked around 7 times I left that area and went to do prayers as many others did and it was then time to walk between the two mountains. I was genuinely surprised to find out that the 'mountains' were actually one floor down and were barely even hills, just a layer of rocks on the surface of the ground enclosed in a large stretch of walkway. After just having spent around an hour in the midday sun walking around the Kaaba I was already somewhat exhausted by this point but still curious as to how this part of the Umrah would actually work. Before beginning this you recite another dua and begin walking. It took around 5-10 minutes to walk from one end to the other and during this time and in fact for most of Umrah you should be talking and praying to God as you walk. The walkways themselves were far less crowded than the area around the Kaaba which made it easier and at a certain point along the walkway there is a stretch of green lights along the ceiling where the men are supposed to run until they reach the end of the section. Once you reach the other end and you see the other mountain you will perform another dua at the top of it before doing it again 6 more times. The top of the mountains were again extremely crowded and guite difficult to get through at times. Once you have done that you will have completed the Umrah pilgrimage. For my first time I absolutely enjoyed it and I was also able to take important experience from my first time doing it that made the other times I did it on my trip less stressful and allowed me to focus on the spiritual aspect of the pilgrimage far more. For example the second time we did it we decided to go at midnight when it was far less hot and there were less people although still a huge amount. During the Tawaf I decided to walk further along the outskirts where it was less chaotic and crowded and I could more deeply concentrate without being pushed around and it absolutely was the second time I performed Umrah where I enjoyed it the most as I could act more independently as I now knew the process of everything and the less stressful nature of it meant my state of mind was far more relaxed and reflective which is an important factor for me when it comes to making prayers such as these.



### A message from the Kitchen

Mental Health Awareness Week is taking place between the 13th - 17th May. We will be promoting positive mental health by incorporating 'mind' foods into our menu throughout the week ie. beans, wholegrains, fish and vegetables.

please ask a member of staff if you would like to know more.



+ +	Undata from Musia
	Update from Music

### Mark your calendar!

The music department would like to invite you to perform as part of the massed choir in our annual Founders Day Service on Saturday 15th June. This takes place in St. Mary's Church, Lace Market, starting at 11am.

As always, enthusiasm trumps experience, and if you fancy having a go but haven't sung in a choir for a while (or ever), do come along and give it a try. The parents and staff who sing regularly in the Community Choir are very friendly and we would be delighted for you to join us.

The main anthem this year is Stanford's Magnificat in G, with Bea H in Y12 taking the mighty soprano solo. It's a beautiful piece. There are other congregational hymns and the community choir will also perform a couple of the verses of the school hymn in harmony, accompanied by a small student orchestra. We will be running rehearsals as follows:

No need to attend all - just choose one to suit you: Wednesday 5th June: 4.30 – 5.30pm in the Recital Hall (for ONs, staff, parents) Thursday 6th June: 5 – 6pm in the Recital Hall (ONs, staff, parents - this will be a repeat of the Wednesday rehearsal) Thursday 6th June: 8 – 8.40am (staff only) – Recital Hall Thursday 6th June: 1.15 – 1.45pm (staff only) – Recital Hall

Again, one rehearsal is fine: Wednesday 12th June: 4.30 – 5.30pm in the Recital Hall (for ONs, staff, parents) Saturday 15th June: 9am rehearsal/run-through at St. Mary's Church before the 11am service

Scores provided at the rehearsals – please just come to whatever you can/feel you need to. The rehearsal on the day itself will purely be a run-through. If you already sing and know the music, just come along on the day. Please complete this form if you would like to sing If you have any questions, do ask. We would love to see lots of you get involved.



Music Notes: -

### **Strings Teatime Concert**

This took place in the Recital Hall on 24th April for all string players across the school. It was a lovely concert, with a high standard of performance from the following students: - Jasper D, Bluebelle C, Evan A, William L, Isabel K, Tegan D, Laura M, William H and Katherine Z.

Congratulations to everyone who performed. The next Teatime Concert is for piano and takes place on Tuesday 21st April, at 4.30pm in the Recital Hall. There is a sign-up sheet on the noticeboard in the foyer of the music school where Senior School students can write their performance details.

### ABRSM Exams

On 29th April, we hosted ABRSM exams for various instruments and disciplines with 22 of our own students entering it. All of them did very well with special congratulations to Finley R, Otto W, Beatrice H, Hannah P, Abi C and Charlotte S for achieving distinctions.

### Summer Festival

This concert takes place on Thursday 4th July starting at 5pm, and is an outdoor event, with staging provided for the musicians. Junior school and Senior school ensembles take part, and it is always a lovely end to the school year. Senior groups performing are the Y7 – 10 Rock Bands, Lower School Concert Band, Lower School Big Band, Lower School Pop Choir, Lower School Chamber Choir, Percussion Ensemble, String Quintets and other chamber groups. Details about booking food will be sent out shortly. Do bring blankets, garden chairs etc. - I'm hoping for a beautifully sunny day with clear, blue skies!

**The Waverley** 

Keep up to date with The Waverley (Infant and Junior School Newsletter) <u>here.</u>





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

### **News from the Development Office**

Throughout its long history Nottingham High School has welcomed generations of families from Nottinghamshire and the surrounding counties.

Between 1929 & 1953, Arthur Cotterill (ON 1901- 1905) lived in one of the properties which has recently been converted into the School's Wellbeing Centre.

His diary documents his life, at Balmoral Rd, during WW11.

The images show the diary, Arthur Cotterill sat outside his home and a new bench, generously donated to the School, by his grandson Tony Walker (ON 1967-1973).





## **SCHOOL NEWS GALLERY**



Year 5's in for our year 7 Taster Day



Year 7 Summer BBQ Food project





Year 10 DofE



Tom's (Y9) masterclass on creating the perfect Bao Buns



# **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!

### **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 <u>Facebook</u>, <u>Twitter</u>, <u>Instagram</u> and <u>Flickr</u>. A full list of all Nottingham High School departmental social media accounts is available on our website.

### Attendance in School

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

### Pick Up and Drop Off

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

### 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!

### Update your Information

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