



THE WAVERLEY

NOTTINGHAM HIGH INFANT AND JUNIOR SCHOOL NEWSLETTER

FEBRUARY 2024

Issue No: 19



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**After School Club
Contact Numbers**

**Infant School : 07500 887 982
Junior School : 07810 502 693**

The Merle

Keep up to date with The Merle (Senior School Newsletter) [here](#)

Please see attached for :

- Infant School menu w/c 19.02.24
- Junior School menus are [here](#)

Abbreviations used throughout:

EYFS = Reception classes IS = Infant School JS = Junior School IJS = Infant & Junior School

MRS BRUCE'S NEWSLETTER

Dear Parents and Friends of the School

As you may be aware, this week was the national focus week for children's mental health. Our Google classrooms have a poster attached this week from our colleagues in the Wellbeing Centre which gives some guidance and ideas for parents on areas of importance in childhood mental health, how to talk to children about mental health as well as notification of our Parents' Fitness Class on Monday evenings at the Wellbeing Centre.


Recently, I was discussing with colleagues, the concerns that we as educators have on the impact that social media has on the lives of young people. Parents feel increased pressure to allow their children access to social media and the internet, and it takes strength to resist demand. However, I advise that before doing so, parents think through the pros and cons of allowing young children free access (or indeed buying a phone for a primary child) and also make sure that there are very robust, adult-governed rules around use, as well as safeguards and controls to limit access on-line.

The World Health Organisation recently advised parents to limit screen time to just one hour a day for children under five to a maximum of two hours for those 5+. Many experts also advise screen-free days and some studies noted a correlation between childhood depression and screen time use. It is somewhat telling that in an interview in 2020, Bill Gates revealed that he did not allow his daughter a phone until she was 14 and then put strict caps on screen time. Snapchat CEO, Evan Spiegel told the Financial Times that he limits his children to 90 minutes per week on-line. Apple CEO, Tim Cook and Microsoft CEO, Satya Nadella have spoken out against tech overuse among children.

Social media and the online world can be a crucial source of information and connection with others, but are also increasingly referenced as a key cause of stress or worry for children. Online can be a space that invites comparison and when children are still developing their own identity and sense of self-worth, they can be vulnerable to unregulated advertising and opinions.


There is much research into the relationship between dopamine and social media and so, over half-term, I am determined to limit my own screen time, increase my 'out of doors' time and time with my family. I know from experience that doing this almost immediately improves my outlook and gives me a renewed energy. I hope that you are also able to spend some quality time with your fabulous children and enjoy some rest and relaxation.

With all best wishes,


Clare Bruce



FEBRUARY/MARCH SNAPSHOT

MON	TUE	WED	THU	FRI
12	13	24  ← HALF TERM →	25	26
<p>Support staff will be in school during half term on: 0115 845 2235</p>				
19	20	21	22	23
<ul style="list-style-type: none"> • Y1 Great Fire of London Workshop • 5A Outdoor Education Day • U10 & U11 Netball v. Twycross House School @ Valley Road • U10 & U11 Football away @ Twycross House 	<ul style="list-style-type: none"> • Strings Masterclass 	<ul style="list-style-type: none"> • Young Voices Concert @ Sheffield Utilta 	<ul style="list-style-type: none"> • Y6 Chester Residential Online Parents' meeting @ 7pm 	<ul style="list-style-type: none"> • Y2 Victorian visit to Beaumanor Hall
26	27	28	29	01 March
<ul style="list-style-type: none"> • 5B Outdoor Education Day 	<ul style="list-style-type: none"> • U10 & U11 Swim Gala v. Ratcliffe College 	<ul style="list-style-type: none"> • U10 Netball Festival @ Fairfield Prep 	<ul style="list-style-type: none"> • IS Cricket Festival @ Harvey Hadden 1 – 3.30pm • U9 Netball Festival @ Fairfield Prep • Y3 & Y4 Sports Hall Athletics 	<ul style="list-style-type: none"> • IJS U11 Boys Hockey Independent Festival • U11 A, B, C Hockey v. Ranby away @ Worksop 2:30pm • U11 Netball v. Ranby @ Valley Road from 2:30pm
04	05	06	07	08
<p>IS Book Week</p> <ul style="list-style-type: none"> • 5D Outdoor Education Day 	<ul style="list-style-type: none"> • U11 Chess match away @ The Elms 	<ul style="list-style-type: none"> • Choral Music Festival • U9 & U11 Swim Gala @ home to Ranby from 4pm 	<ul style="list-style-type: none"> • World Book Day • Y1 & Y3 Greg Link 'Evergreen' Music Workshops 	<ul style="list-style-type: none"> • U10 Hockey v. Hill House @ Highfields from 2:30pm • U10 Netball v. Hill House @ Valley Road from 2:45pm • U11 Hockey & Netball v. Hill House away from 2pm
11	12	13	14	15
<ul style="list-style-type: none"> • IS Agility Festival - three teams • Y3 Outdoor Education @ Perlethorpe • U11 Cross Country away @ Twycross Primary from 2pm 	<ul style="list-style-type: none"> • Y3 Taster • Y4 Lincoln Mosque & Cathedral Trip (tbc) • Y6 Trip to St Peter's Church & Nottingham Contemporary • U9 Cross Country away @ Twycross Primary from 2pm 	<ul style="list-style-type: none"> • U11 Netball Festival away from 2pm • 	<ul style="list-style-type: none"> • EYFS White Post Farm visit 	<ul style="list-style-type: none"> • Y3 Hindu Temple visit (tbc) • Y6 Humanist talk • U8 Netball away at Fairfield from 1:30pm

WEEK AHEAD - W/C 19TH FEBRUARY

MONDAY

- Y1 Great Fire of London Workshop
- RB Computing Club, RA Superhero Club, 1P Collage Club (3.45 - 4.30pm)
- Y2 Speech & Drama (3.45 - 4.30pm)
- 5A Outdoor Education
- U10 & U11 Netball v. Twycross House School @ Valley Road
- U10 & U11 Football v. Twycross House School away

TUESDAY

- Y1 & Y2 Choir (3.45 - 4.15pm)
- Y5 & Y6 Swim Club. Please bring a packed lunch for afterwards.
- Strings Masterclass

WEDNESDAY

- 2M Construction Club, 2B Dance Club, 2W Art Club (3.45 - 4.30pm)
- 2M Dance Club (3.45 - 4.25pm)
- JS Young Voices Concert @ Sheffield Utilita

THURSDAY

- 1S Little Wickets Cricket (3.45 - 4.25pm)
- Y6 Chester Residential Parents' Online meeting @ 7pm
-

FRIDAY

- Y2 Victorian visit to Beaumanor Hall



Infant School Extra-Curricular Clubs

New class clubs start at the Infant School week beginning 19th February, please see your year group sign up form below and the club attachment for more details and to choose your club(s) - we want to ensure every pupil signs up for at least one activity.

EYFS: <https://forms.office.com/e/4WYyEv28Zr>

Y1: <https://forms.office.com/e/EVFdjYL6jW>

Y2 : <https://forms.office.com/e/q37PaWDD3R>



EYFS & KS1 Winners of Science Weather Photography Competition:



Rupert W-R. (RA)



Sajanpreet L. (1S).

Certificates for entering the Science competition on weather photography are presented to:

Noah S. (1P), Alex C., William D., Eva L. (2B), Emma R-R., Valentina Z. (2M) and Harry S. (2W).



Sainsbury's Car Park, Waverley Mount

Parents, please be aware Sainsbury's are currently ticketing anyone seen parking their car in their car park and walking down to school regardless of whether or not they purchase goods from Sainsbury's at the same time.



Would you like to have a fun start to the day whilst keeping fit with your friends? Come along to DanceFit club which will be starting after February Half term! **(First session will be on Thursday 29th Feb).**

Year groups 3-6 are invited to attend on Thursdays before school (7.45-8.15) in the Junior School Hall **(Maximum 30 children).**

As this club starts before 8am, please enter by the Main Junior School Entrance, not the Pupil Entrance.

If you do wish to attend, please click the link below:
<https://forms.office.com/e/VixmPtz5SK>

JS INGRAM CUP

This year we will be holding, our annual house music competition, the Ingram Cup, in the Summer term. I would like to encourage ALL pupils who learn a musical instrument, whether they learn in or out of school, to participate in this competition. Everyone who participates will earn valuable merits for their house, regardless of their level or ability.

During the 'Preliminary Heats', which will take place during the week beginning 22nd April, pupils will be adjudicated and ten pupils from each year will go through to the final, which will be held on Thursday 2nd May. Please encourage your child to talk to their teacher about what they might play for the Ingram Cup this year. I would stress that they should play something that they know well and that shows musicality rather than something that they are currently working on. Pupils who perform on anything other piano (including voice) need to provide named piano accompaniments/backing tracks to Mrs Kawalec as soon as possible and no later than Friday 12th April.

Prior to the heats, which will begin during the week beginning 22nd April 2024, sign-up sheets will be put up in the pupil entrances.

The final will take place on Friday 10th March. Pupils will be notified if they have been successful in gaining a place in the final by the end of the week beginning 22nd April 2024.

Please see further information by clicking on the link:

<https://nottinghamhigh.co.uk/wp-content/uploads/2024/02/Ingram-Cup-information-2024.pdf>

EASTER HOLIDAY CLUB

(Available Places Update)

£180.00 - Bookings via Wisepay

Tuesday 2nd to Friday 5th April



	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Places Available	3	7	8**	6	7	8**	9

more places opened today for year 2 and year 5

On Friday 2nd February, the Junior School held their Cross Country Festival at Wollaton Park where over 700 children representing 32 schools raced around the course. It was a very successful afternoon of sport with lots of lovely comments from staff and children from the schools who attended - see link below.

Special mentions should go to Darcey T. (3G) who finished 4th in her race (against Year 4 children) and the U11 girls team (photo attached) who retained their trophy!



Well done to everyone who took part!

<https://youtu.be/pB7PU72s09Q>

INFANT AND JUNIOR SCHOOL
INFANT SCHOOL STAR OF THE WEEK

RA

George H. for coming to school with a super work ethic, ready to try his best.

RB

Tia K. for independently using phase 3 tricky words in her writing.

RJ

Shivraj P. for his amazing instruction writing on how to make a sandwich!

1P

Charlie W. for confidently being able to create a maths story when completing his 'Dive Deeper' activity in Maths.

1S

Erikka S. for imaginative ideas for how the Queen found her lost knickers!

2B

Ajai S. for challenging himself to answer some really tricky word problems in Maths!

2M

Neel P. for making good progress in Maths with using different strategies to solve word problems.

2W

Preetam L. for her lovely descriptive poetry work and for working hard to create rhyming pairs.

INFANT AND JUNIOR SCHOOL

INFANT SCHOOL SQUIRREL OF THE WEEK



Sophie H. (RA) for always being compassionate and kind to her peers and friends.

Kartar J. (RB) for always thinking of others before himself.

Aria L. (1S) for listening to her team and being considerate of their ideas during our spaghetti tower building challenge.



Isaiah H. (RJ) for always listening attentively to his teachers and friends and confidently sharing his knowledge and ideas.

Indi Y. (1P) for now being self-motivated to complete her independent tasks.

Isaac F. (2M) for using fantastic similes in his winter poem



Isabelle S M. (2B) for always being ready to help others and share her understanding with those around her.



Isla W. (2W) for always being ready to try new activities and sharing her ideas, well done.

3G

Khush M. for his outstanding setting description of Asgard.

Amaal M., Zac K. and Aurelia S. for their excellent investigation into equivalent fractions, using excellent bar modelling to show their thought process.

Kalyan R. for his outstanding vocabulary choices in his writing across the curriculum.

Rayaan J., Kitty A. and Ni Ni Y. for their outstanding recounts of the Judeo-Christian creation story.

3M

Ayman E-S. for outstanding improvement with the content of his English work and with his hand-writing.

Samuel G. for taking feedback and using it in order to improve his writing to include a variety of descriptive techniques which would rival any accomplished author!

4W

Sophie S. for consistent effort in her work.

5A

Sienna L. for her excellent effort on completing extra homework, for working hard to make progress.

Abhayan B. for his amazingly detailed knowledge of the build up to World War One and Two which he shared with other pupils in class.

Esher S., Aishani G., Shaheer K., Aryaman G. and Burhanuddin G. for completing extra homework extension tasks regularly.

Aniket M., Dominic S., Henry A., Kailash R. and Grace J. for always having an individual twist in their writing and making it so entertaining.

5D

Herbie F. for an excellent piece of PSHE work which celebrated the goals and dreams of children from backgrounds different to him.

Yash V. and Milan A. for a super self-portrait in our art lesson this week. It was detailed and well-presented which excellent attention to detail.

6H

Ryan L. for his excellent attitude in English lessons. He works hard and always tries to push himself further.

6S

Hawah R. for her continued hard work in English lessons. She always asks the right questions so she knows exactly what she's doing.



Jude A. (5B) for always thinking about the needs of others – he noticed a friend was unwell and comforted him whilst seeking help.

Enzo L. (5B) (nominated by a pupil) for always thinking about the needs of others, offering his support and sharing his expertise.

Danesh B. (5D) for being emotionally mature this week and for always being a positive influence and role model in the classroom.

Aarav K. (6S) for always being kind and thoughtful towards his classmates. He is willing to share and is also a great talk partner too.



Zac K. (3G) for striving in writing, rising to every challenge with his fantastic sense of humour.

Mia S. (3M) for being active in the learning process and not only working on things within the classroom, but also, actively seeking challenges to consolidate her understanding.

Thomas S. and Alex W. (3M) for always using the resources available to up-level their work or to overcome problems.

Benjamin R., Ibraheem S., Edward H. and Ethan Ze. (4W) for exemplary active listening in every Art & DT lesson.

Sienna L. (5A) for showing great curiosity and independence to create a fantastic philosophy poster for Mr Cordy.

Jia S. (5B) for great participation and supporting others in lesson.

Erin S. (6C) for showing great curiosity and independence to create a fantastic philosophy poster for Mr Cordy.



Shreya K. (6H) for always displaying excellent manners. She's a delight to have in class.

Freddie M. and Max G. (6H) for their great collaborative effort during their 'Super Mario Bros' spotlight.

Ben S. (6S) for stepping in to nurture a friend's confidence during a cross country fixture.



Benedict C. (3M) for constantly looking to improve his work across the whole curriculum. His hunger to constantly improve and grow his understanding is absolutely brilliant!

Janice W. (4W) for making better decisions towards the end of the week.

Sienna L. (5A) for always having a sunny and positive attitude in lessons.

Thomas R. (5B) for always being the first person in 5B to thank and praise his peers for their contributions and achievements.

Phoebe W. (6S) is a delight to have in ASC. She is friendly and helpful to other children, and polite and respectful to staff.

Ben S. (6S) for taking the time to offer help to a member of staff. His generosity and kindness were very much appreciated.



Garvit S., Rohan K. and Edward B. (3M) for always bringing a happy energy into the 3M classroom (which has really helped Mr Moss at this point in the term.)

Hadeed S. (3M) for always keeping a positive attitude and smile which is infectious to all those around!

Cole H-R. (5B) for being an absolute superstar! Cole approaches every task with enthusiasm and a determination to succeed – what a fabulous role model for 5B!



Ibrahim L. and Ben S. (6S) for their lovely sense of humour which raises morale within the class.

4C

Annabel C. for producing extra work on the digestive system at home.

4W

Rex C. for completing an extra piece of research on nutritional information to complement our work on Teeth and Eating.

5B

Hamish J-R. for a fabulous self-inspired project fuelled by his interest in our World War II topic. Hamish worked hard over the weekend to create a scale model of a Spitfire, a fact sheet and a pilot's account of aerial warfare. Hamish researched fully using a variety of sources and 5B have loved sharing his knowledge and creations in class this week.



Mrs Kawalec would like to congratulate all of the pupils who took part in the Spring concert last week. All 61 did so exceptionally well!

INFANT AND JUNIOR SCHOOL OTHER ACHIEVEMENTS TO CELEBRATE



Music Star Awards presented to:

Sanjay K. (3G), Benedict C., Subhadra G. (3M), Nikhil B. (4C), Edward H., Ethan Z. (4W), Kailash R., Seher S., Henry A. (5A), Jia S. (5B), Nicole C. (6H), Sebby C. (6C), Shreya K. (6H), Phoebe W., Ben S., Emi D. (6S)



Henry H. (2W) has participated in the winter tennis season of the Nottinghamshire LTA mini red league winning 4 matches for his club.



Nicholas H. (4W) has passed Piano Grade 1 with Distinction.



Janice W. (4W) has passed ABRSM Grade 2 Piano exam with Distinction and also achieved distinction in her Musical Theatre Performance exam.



Milan A. (5D) helped his team, West Bridgford Colts Atletico, win the under-10 YEL Premier League for the third time in a row.



Shrey S-B (6C) has secured 1st or 2nd place in all the races and received several club trophies from Northern Swimming Club for the highest club points in his category.

GENERAL NEWS

Bandwise 2024

WORKSHOP AND PERFORMANCE DAY OPEN TO ALL YOUNG PLAYERS AGED 8 – 21

BIG YOUTH MUSIC EXPERIENCE



Playing workshop: Saturday 20th April
South Nottinghamshire Academy, Radcliffe on Trent
Concert: Sunday 28th April – Albert Hall, Nottingham



Music
for everyone

www.music-for-everyone.org
Registered Charity No. 1153412

Supported by:  

Stringwise 2024

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PHYSIO SESSIONS

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.

FIRST NIGHT FREE

Electric Jive



Every Thursday

Want a great night out?
More fun than the gym!

For more information
07730 269 969

BEGINNERS WELCOME
NO PARTNER REQUIRED!
EASY TO PICK UP
FOR ALL AGES 18-80

www.electricjive.co.uk

FIRST SESSION - THURSDAY 7TH MARCH
Player Hall - Nottingham High School - NG1 4HH



NOTTINGHAM HIGH SCHOOL

SAVE THE DATE

Wellbeing Centre Launch

You are invited to celebrate the official launch of our brand new Wellbeing Centre

26TH FEBRUARY

Event starts at 6pm in the Player Hall with our guest speaker Dick Moore. Followed by the official opening of the Centre & drinks reception. Finish time approx 8pm. Booking link will be emailed out next week.



To find out more about Dick Moore's work

A FUN WORKSHOP AND CONCERT OPEN TO CHILDREN
AGED 5 - 14

Vocals

Singing workshop: Saturday 9 March
Nottingham Trent University, Clifton NG11 8NS
Concert: Sunday 10 March
Albert Hall, Nottingham NG1 5AA

AT THE MOVIES

www.music-for-everyone.org
Registered Charity No. 1153412
Supported by:



Music for everyone

MMR

MEASLES MUMPS RUBELLA

Measles is circulating, it is serious, very infectious and can cause complications.

Especially for those with a weakened immune system, babies under one year and pregnant women.

You need two doses of MMR vaccine to protect you, see your GP practice to make an appointment.

It is never too late to have your MMR.

immunisation
the safest way to protect your child



The UK Health Security Agency (UKHSA) has declared a national measles incident

Measles is an infection that spreads very easily and can cause serious problems in some people.

Cold-like symptoms

The first symptoms of measles include:

- a high temperature
- a runny or blocked nose
- sneezing
- a cough
- red, sore, watery eyes

More info here

<https://www.nhs.uk/conditions/measles/>

[National Measles Guidelines](#)

[MMR Vaccine Info](#)

GENERAL NEWS

HOCKEY CAMP

at Nottingham Hockey Centre (High School Pitches)

February Half-term Hockey Camps 2024

Date	Time	Years Groups
 12th Feb	Session 1: 10am-12pm Lunch: 12pm-1.00pm Session 2: 1.00pm-3.00pm	5, 6 & 7 Boys & Girls Both Sessions
 13th Feb	Session 1: 10am-12pm Lunch: 12pm-1.00pm Session 2: 1.00pm-3.00pm	8, 9 & 10 Boys & Girls Both Sessions

SCAN THE CODE TO BOOK YOUR PLACE




MONDAY
YEARS 6 & 7
YEAR 8

SESSION ENDS

5.15PM
6PM

TUESDAY
YEARS 9 & 10

SESSION ENDS

6PM

THURSDAY
SENIORS

SESSION ENDS

5.45PM



NOTTINGHAM
HIGH SCHOOL

Please arrive 15 mins before the start of the session. Please bring your own hockey stick, mouthguard and shinpads. A stick can be provided if you dont have one.



GENERAL NEWS

Next Thing Education Camps are excited to announce that they will be running a Technology and STEM Camp at Nottingham High School during the February half term on 12-15th February.

The aim is to inspire, engage and empower the next generation of creators, coders and inventors and put together an action-packed activity schedule with something for every child, to not only excite and engage, but to extend their learning in a fun and unique way using the latest and greatest tech.

Activities include:

- 🤖 **ROCKING ROBOTS** - Build, program and debug; bring robots to life!
- 🧱 **LEGO GEARS, MOTORS AND CONTRAPTIONS** - Power up Lego creations with movement, light and sound
- 💡 **INGENIOUS CIRCUITRY** - Create electronic wonders, while exploring the world of circuits and invention with so many imaginative possibilities
- 🎨 **3D PEN CREATIONS** – Embrace your inner artist and experiment with the magic of 3D pens
- 🎬 **MEDIA MADNESS**- Aspiring directors and actors will learn all about the art of film-making and bring your own creations to life on screen!
- 🌟 **VIRTUAL REALITY** - With the magic of VR, you can explore breathtaking virtual worlds, design your own adventures, and unleash your imagination like never before
- 🛠️ **MINECRAFT ENGINEERING** - As a Minecraft engineer, you can build incredible structures, create ingenious Redstone contraptions, and bring your wildest dreams to life

All staff are DBS Checked and Qualified to run the best sessions in the safest environment.

For more information check out flyer attached, visit the website below or watch our video to see what to expect at camp : <https://youtu.be/VWqFyudd9oU>

Our camps cater to ages 5-11 at a cost of £49 per day, per child. Spaces are limited, so don't miss out and book online today at :

<https://www.nextthing.education/product/nottingham-highschool-february-camp/>

We look forward to welcoming you at our February camp!

Next thing Education Camps Ltd

