

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

Iunior 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

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
		ff will be in some on: 0115 8	_	
 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 	20 • Strings Masterclass	21 • Young Voices Concert @ Sheffield Utilta	• Y6 Chester Residential Online Parents' meeting @ 7pm	• Y2 Victorian visit to Beaumanor Hall
26 • 5B Outdoor Education Day	• U10 & U11 Swim Gala v. Ratcliffe College	28 • U10 Netball Festival @ Fairfield Prep	 IS Cricket Festival @ Harvey Hadden 1 – 3.30pmU9 Netball Festival @ Fairfield Prep Y3 & Y4 Sports Hall Athletics 	 O1 March IJS U11 Boys Hockey Indpendent Festival U11 A, B, C Hockey v. Ranby away @ Worksop 2:30pm U11 Netball v. Ranby @ Valley Road from 2:30pm
04 IS Book Week • 5D Outdoor Education Day	• U11 Chess match away @ The Elms	 Ohoral Music Festival U9 & U11 Swim Gala @ home to Ranby from 4pm 	 World Book Day Y1 & Y3 Greg Link 'Evergreen' Music Workshops 	 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
 IS Agility Festival - three teams Y3 Outdoor Education @ Perlethorpe U11 Cross Country away @ Twycross Primary from 2pm 	 Y3 Taster Y4 Lincoln Mosque & Cathedral Trip (tbc) Y6 Trip to St Peter's Church & Nottingham Contemporary U9 Cross Country 	• U11 Netball Festival away from 2pm	14EYFS White Post Farm visit	 Y3 Hindu Temple visit (tbc) Y6 Humanist talk U8 Netball away at Fairfield from 1:30pm

Primary from 2pm

• U9 Cross Country away @ Twycross Primary from 2pm

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 AND JUNIOR NEWS AND REMINDERS





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:

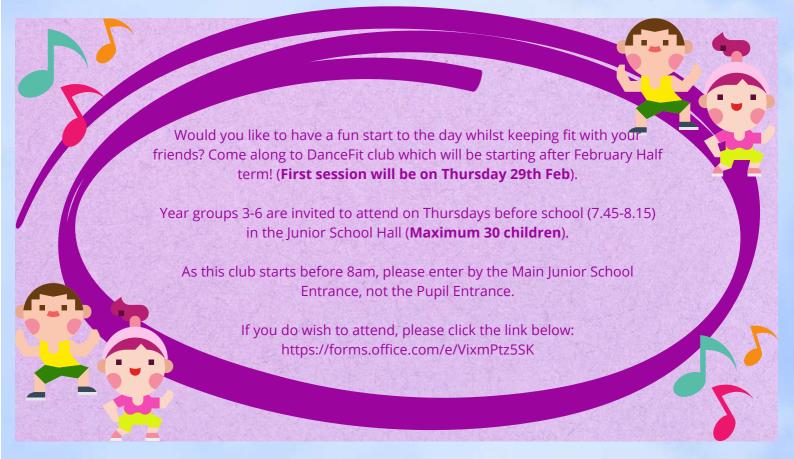
Noah S. (1P), Alex C., William D., Eva L. (2B), Emma R-R., Valentina Z. (2M) and Harry S. (2W).

INFANT AND JUNIOR NEWS AND REMINDERS



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.



INFANT AND JUNIOR NEWS AND REMINDERS

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	Y 3	Y4	Y5	Y6
Places Available	3	7	8**	6	7	8**	9

more places opened today for year 2 and year 5

INFANT & JUNIOR NEWS AND REMINDERS

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

A T	TOTAL SCHOOL STAR OF THE WEEK
RA	George H. for coming to school with a super work ethic, ready to try his best.
19	
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.
15	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.
7	THE AND AND ADDRESS OF THE PARTY OF THE PART

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.





INFANT AND JUNIOR SCHOOL JUNIOR SCHOOL GOLDEN PENCIL AWARDS FOR ACADEMIC ACHIEVEMENT

3 G		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	1	Sophie S. for consistent effort in her work.					
EΛ	4	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.					
JA	ı	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.					
50		Herbie F. for an excellent piece of PSHE work which celebrated the goals and dreams of children from backgrounds different to him.					
5D		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. f or his excellent attitude in English lessons. He works hard and always tries to push himself further.					
6 S		Hawah R. for her continued hard work in English lessons. She always asks the right questions so she knows exactly what she's doing.					

INFANT AND JUNIOR SCHOOL

JUNIOR SCHOOL RAINBOW AWARDS FOR PASTORAL EFFORT AND ACHIEVEMENT

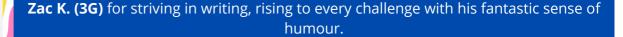


Jude A. (5B) for always thinking about the needs of others – he noticed a friend was unwell and comforted him whilst seeking help.

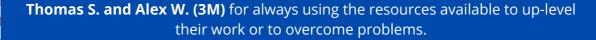
Enzo L. (5B) (nominated by a pupil) for always thinking about the needs of others, offering his support and sharing his expertise.

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.



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.



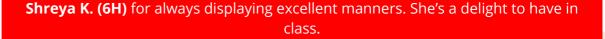
Benjamin R., Ibraheem S., Edward H. and Ethan Ze. (4W) for exemplary active listening in every Art & DT lesson.

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.





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.



INFANT AND JUNIOR SCHOOL

JUNIOR SCHOOL RAINBOW AWARDS FOR PASTORAL EFFORT AND ACHIEVEMENT



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.









INFANT AND JUNIOR SCHOOL JUNIOR SCHOOL SHARPENER FOR SUCCESS AWARD

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.







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 <u>Coach House Physio</u>, 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 <u>advance via this form</u>. If you have any questions about this service, please contact the Wellbeing Centre Administrator, Dan Scott, at <u>scott.d@nottinghamhigh.co.uk</u>.











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







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 CAMI

at Nottingham Hockey Centre (High School Pitches)

February Half-term Hockey Camps 2024

Date Time

حاصات 12th

Session 1: 10am-12pm Lunch: 12pm-1.00pm

Session 2: 1.00pm-3.00pm

Session 1: 10am-12pm

Lunch: 12pm-1.00pm

Years Groups

Both Sessions

5.6&7 Boys & Girls

8, 9 & 10 Boys & Girls **Both Sessions**

Session 2: 1.00pm-3.00pm

SCAN THE CODE TO BOOK YOUR PLACE







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.



AFTER-SCHOOL NETBALL TRAINING

IN THE MAIN SCHOOL SPORTS CENTRE





YEARS 6 & 7 YEAR 8

SESSION ENDS

5.15PM 6PM



YEARS 9 & 10

SESSION ENDS

6PM

THURSDAY

SENIORS

SESSION ENDS

5.45PM







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

