



10/02/23

**Dear Parents, Carers, Students,
Staff and Friends of the School**



Preparing for Lent

For over 2 billion Christians around the world Ash Wednesday marks the start of an important festival called Lent. We will have a special service on Wed. 22nd for the whole school. It will help us to reflect on the need to give and receive forgiveness.

It is a truly inclusive service as anyone can receive the ashes. They remind us that we are mortal and have been given one life to live to the full.



In this year's service we will pray in particular for anyone affected by the Turkey-Syria Earthquake.

Turkey-Syria Earthquake

In the early hours of Monday 6 February 2023, a powerful 7.8 magnitude earthquake struck near Turkey's border with northern Syria.

The earthquake has already killed more than 21,000 people, injured thousands more and destroyed homes, buildings and lives.

The Disaster Emergency Committee (DEC) has launched an appeal for the earthquake. CAFOD is one of their partners.

To donate to the appeal click on the image.



National Apprenticeships Week

This week in school we have been celebrating National Apprenticeships Week. Form tutors are using form-time activities and quizzes to help students think about apprenticeships. Students will also be shown videos in lessons which highlight apprenticeship opportunities related to their subjects.

The theme for this year is 'Skills for Life'. National Apprenticeship Week brings together the entire apprenticeship community to celebrate everything that is amazing about apprenticeships.

Here are our latest Careers Blog posts

- [5 reasons to kick-start your career with an apprenticeship](#)
- [The first 100 days film- NAW](#)
- [12 school subjects and the many apprenticeship roles they link with](#)

For further advice on Apprenticeships at all levels visit our [Apprenticeships](#) page.

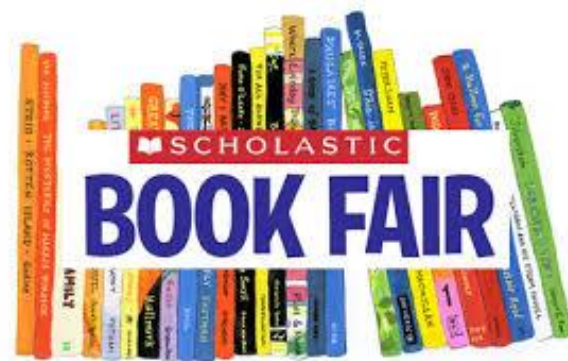


The Careers Team

Scholastic Book Fair

A Scholastic Book Fair will be running from Thursday 23rd February to Wednesday 1st March to help us celebrate World Book Day!

Research shows that children are five times more likely to finish a book if they have chosen it themselves, making a Scholastic Book Fair the perfect opportunity to get your child excited about reading.



Books will range from £2.99+ covering a wide array of genres. The school will gain back a percentage on the books sold at the fair, which will help us continue to expand the range quality of books in our library.

The fair is entirely optional and will run in the library before school, lunch time, and after school.

Payment Methods:

- Your child can browse the Book Fair and pay in person
- Your child can reserve a book via a 'Wish List'. You can then pay via the [Scholastic Website](#). Then forward your payment reference details to Miss Pattinson ipattinson@ndhs.org.uk and she'll ensure your child receives your purchase.

50%

Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am



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*Survey of 2,000 adults by OnePoll, Aug 2021

Does your child suffer with sleep issues?

Do you struggle with your child's bedtime?

Will your child not sleep in their own bed?

WE CAN HELP

03303 530 541

Sunday - Tuesday & Thursday 7pm - 9pm
Wednesday 9am - 11am



When is a good time to check in with a young person about their mental health?

- Over a meal or a snack
- When they are visibly enthusiastic and happy
- When they are withdrawing, bored or visibly upset
- When you notice a change in behaviour
- During an activity like playing sport
- When they want to chat
- On the way to/from somewhere

Top tip: Before checking in with a young person, check in with yourself - are you ready to have this conversation?

YOUNGMINDS

NORWICH SCIENCE FESTIVAL

11-18 FEBRUARY 2023

Presented by:
the
forum



Inspiring talks

Science after hours

Deep dives and debates

Intriguing discoveries

Cutting-edge research

Lots of free events

Family fun

norwichsciencefestival.co.uk   NorwichSciFest   Norwich Science Festival