



**03/03/23**

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

For the first time in 4 years we have been able to come together as a community and begin the period of lent together. Over 1000 students and 200 staff entered the sports hall in respectful silence as Fr Sean led us through the **Ash Wednesday liturgy**. It was a humbling experience. Fr Sean reminded pupils and staff that lent is a period of reflection, self-sacrifice but crucially, giving to others. We held the people of Syria and Turkey in our prayers. As ever, I was very proud of the students and the manner in which they conducted themselves.

A number of students suggested ways that we could raise money to support the earthquake relief efforts in Syria and Turkey. Our Y11 Prefects did a bucket collection during a registration and **raised £745** in only 15 mins! We are also looking forward to the cake sale being organised by a group of year 10 pupils with the support of the RE Dept.

Later in the term, all students will be offered the opportunity to receive the **Sacrament of Reconciliation** in the Chapel with Fr Sean.

This is a wonderful opportunity for our young people to reflect on those aspects of their life that they would like to improve.

We pray that lent will provide some peace during these turbulent times that we are living through.

Best wishes,

Tom Pinnington



*"Lent is the 'favourable time' to return to what is essential, to divest ourselves of all that weighs us down, to be reconciled with God, and to rekindle the fire of the Holy Spirit hidden beneath the ashes of our frail humanity" – Pope Francis*



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## National Careers Week 6<sup>th</sup> - 12<sup>th</sup> March

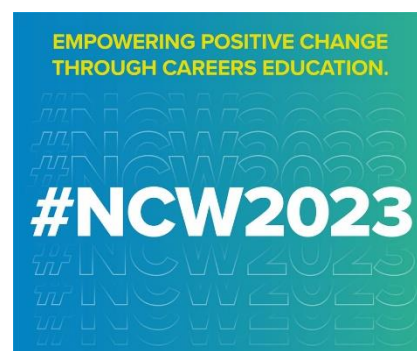
National Careers Week (NCW) is a one-week celebration of careers guidance across the UK. The aim is to provide a focus for careers guidance activity at an important stage in the academic calendar to help support young people develop awareness and excitement about their future pathways. NCW is a dedicated week every year offering a range of webinars, resources, and videos.



We will be celebrating NCW in school by discussing in lessons about career paths in subject, sharing career histories and looking at our hopes for the future. Y10 will be attending the Norfolk Skills and Careers Festival on 8<sup>th</sup> March.

To find out more and to sign up to online live events visit:

- [Welcome - National Careers Week](#)
- [Countdown - NCW 2023 Virtual Careers Fair](#)
- [BBC Bitesize Online Workshops](#)



## Bronze Industrial Cadets project

Six year 9 students have been working on a Bronze Industrial Cadets project in conjunction with and sponsored by Mott MacDonald Civil Engineers, based in Norwich. Students have been learning how to project manage and carry out research which will culminate in a project presentation and assessment in front of a panel of engineers and an award ceremony in the summer. The students recently went out on a company visit where they met four engineers who talked about their route into engineering and subsequent involvement in the company.



We have also been sponsored by Illumina to run a Silver Industrial Cadets awards project, which will start shortly.

## PTFA Meeting

# PTFA

Our next meeting will be on **Thursday 4th May, at 7pm in the Staffroom.**

If you would like to join us, and become a member, you will be made very welcome. Please contact Niki Kaiser directly by email who will be pleased to provide you with any further details you require. Niki can be contacted by email: [nkaiser@ndhs.org.uk](mailto:nkaiser@ndhs.org.uk)

We look forward to meeting in person again and welcoming new members.

## Shrek The Musical

We are thrilled that whole school productions are back with a bang after a 3-year hiatus; and this year the Drama and Music Departments are proud to present 'Shrek the Musical'.

NDHS has always held a strong reputation for its school productions, displaying our phenomenally talented students.

A cast of 48 students ranging years 7-13, our school orchestra and 5 members of staff have been working incredibly hard to produce the show.

We therefore warmly welcome all our community to support them by purchasing tickets (see poster for details and visit the home page of the school website).

Bring along your families and your friends, even if your child is not participating, it is a lovely opportunity to engage with and support our school community!

Tickets are available at [Ticket Source](https://www.ticketsource.co.uk)

Wednesday 29th March at 7pm  
Thursday 30th March at 7pm  
Friday 31st March at 7pm  
📍 NDHS Sports Hall - St Pauls

QR Code

Ticket Prices: Adults £10 | Students & Concessions £8  
For tickets visit 'Ticket Source' or scan the QR code

Notre Dame High School  
Proudly Presents

  
**SHREK**  
The  
MUSICAL

NDHS

Based on the Dreamworks Animation Motion Picture and the book by William Steig  
Book and Lyrics by David Lindsay-Abaire; Music by Jeanine Tesori  
Originally produced on Broadway by Dreamworks Theatricals and Neal Street Productions  
This amateur production is presented by arrangement with Music Theatre International. All authorised performance materials are also supplied by MTI.  
www.mtishows.co.uk  
Original Production Directed by Jason Moore and Rob Ashford. "I'm A Believer" by Neil Diamond



RUN BY SIXTH FORM  
STUDENTS

# THE PAGE TURNERS BOOK CLUB

Discussing books we love and reading the Carnegie short list. All years welcome, join us!

**THURSDAY LUNCHTIMES  
SISTER MARY'S LIBRARY**



## PAGE TURNERS

ANY QUESTIONS? EMAIL :

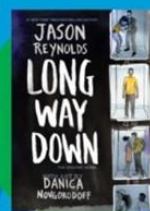
[16MECRUMPT@NDHS.ORG.UK](mailto:16MECRUMPT@NDHS.ORG.UK) 😊

**CONGRATULATIONS TO OUR  
#CKG22 WINNERS!**

yoto  
CARNEGIE  
GREENAWAY  
AWARDS



YOTO CARNEGIE  
MEDAL



YOTO KATE  
GREENAWAY MEDAL



SHADOWERS' CHOICE  
CARNEGIE



SHADOWERS' CHOICE  
KATE GREENAWAY



**FEMALE ONLY  
FITNESS ROOM  
SESSIONS**

**Thursday  
Lunchtimes &  
After School**



## **NDHS CULTURE CARNIVAL**

**Thursday 9th March 5 pm-7.30pm**

**Performances, music, dance  
exhibition, workshops, food,  
cultural attire & presentations!  
Come let us celebrate together!**





	WEEK 1					
	AMERICAN Diner	MEZZE	Home	CARIBBEAN fusion	John Dory	
	MON	TUES	WED	THURS	FRI	
STREET	Classic American Cheeseburger	Classic Beef Lasagna	Glazed Sausages with Gravy	Jerk Chicken Curry with Pineapple Salsa	Hand Battered Fish	
VEGGIE	Sweet Potato Gumbo Curry with Turmeric Rice	Smoked Aubergine and Apricot Tagine	Veggie Sausage & Summer Veg. Tray Bake	Curried Jackfruit Rundown	Beetroot & Feta Burger	
SIDES	Garlic & Herb Wedges Smoky BBQ Beans	Garlic Bread House Salad or Fresh Vegetables	Roasties Fresh Veggies	Whole Grain Rice & Peas Spinach & Coconut Slaw	Chips Peas	

20.2 13.3 3.4 24.4 15.5 5.6 26.6 17.7

Some dishes may vary and are subject to availability.



# WEEK 2



MON



TUES



WED



THURS



FRI

## STREET

HoiSin Chicken  
Stir Fry

Jalapeno Loaded  
Mac & Cheese

Roast Pork with  
Stuffing & Gravy

Butter Chicken  
Curry

Hand Battered  
Fish

## VEGGIE

Veggie Thai  
Green Curry

Veg Chilli  
Nachos with  
Homemade Salsa

Butterbean &  
Root Veg. Stew

Roast Cauliflower  
& Chickpea Korma

KFC Cauliflower  
Wings with Chilli  
Hummus

## SIDES

Chow Mein  
Noodles Coconut  
Green Beans

Parsley Crushed  
Potatoes  
House Salad

Roasties  
Fresh Vegetables

Lime & Coriander  
Rice Soy  
Mushrooms

Chips  
Peas

27.2 20.3 10.4 1.5 22.5 12.6 3.7

Some dishes may vary and are subject to availability.

# WEEK 3



MON



TUES



WED



THURS



FRI

## STREET

American Hotdog  
with Cajun  
Wedges

Pan Asian  
Chicken Katsu

Glazed Roast  
Gammon & Gravy

Chicken Tikka  
Masala

Hand Battered  
Fish

## VEGGIE

Cajun Bean  
Burger

Vegetable Chow  
Mein

Healthy Egg &  
Spinach  
Brunch Pot

Butternut Squash  
& Chickpea  
Passanda

Homemade  
Fishless Cake  
with Lemon  
Yoghurt

## SIDES

Potato Wedges  
Sweet Corn

Sticky Coconut  
Rice Sweet Chilli  
Broccoli

Roasties Fresh  
Vegetables

5 Spice Rice  
Bombay Potato

Chips  
Peas

6.3 27.3 17.4 8.5 29.5 19.6 10.7

Some dishes may vary and are subject to availability.