



19/05/23

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



On our third attempt for a whole school photograph we have been blessed with fair weather and finally been successful. The last whole school photo was taken in 2014. This permanent record of your child's time at NDHS will be available shortly. An email will be sent detailing how to make a purchase. Prices start from £28.50.

As ever the pupils were excellent... smart, patient and good humoured. I was proud of them all. A big thank you to Mrs Ashton and Mr McKay for organising the photo.

Both Year 11 and Year 13 appear to have made a very strong start to the exam season. It is clear that motivation is high and that their study skills have matured. Year 11 were very positive about the first Biology paper and the first English paper. There will be highs and lows for each of them on their journeys, the mantra from the school is simply to do their best. We keep them all in our prayers and we look forward to celebrating their efforts at their respective proms.

Best wishes,

Tom Pinnington - Headteacher

Courage, strength, and above all, simplicity in order not to allow yourself to be troubled. – St Julie Billiart

School Council Success

Our current Head Student Team are about to retire as they begin their A Level exams.

Led by BZ and Elijah they have had a very significant positive impact on many aspects of our school community.

In particular they took the lead in chairing and minuting our Key Stage Council Meetings.

FAREWELL TO OUR HEAD STUDENT TEAM

A huge thank you to the Team for everything that they have achieved this year.



BZ



Elijah



Noah



Carys



Poppy

Working in collaboration with the School Council and Mr Pinnington the Head Student Team they have:

- Updated the Planner for Sept. 2023
- Added extra fountains to fill water bottles
- Raised £17,500 via the Sponsored Walk and £1,000 for the Syria/Turkey Earthquake appeal
- Raised awareness of how to address issues in society such as sexual harassment and sexism through assemblies and PSHEE lessons
- Established a 'Be You' group to discuss diversity and equality issues
- Requested and promoted a wide range of clubs
- Requested revision and wellbeing resources to support Y10 and Y11 through their mocks and exams
- Established a summer uniform
- Established Duke of Edinburgh Award for Y10
- Organised a Y13 Leavers Ball



Mental Health Awareness Week

Anxiety is the focus of this year's theme. Anxiety is a normal emotion in us all. Lots of things can lead to feeling anxious, including exam pressures, relationships, making important decisions or other big life events. However, anxiety can be made easier to manage.

There are things that we can all do to protect our mental health and manage anxiety. What works will be different from person to person. Things that might be helpful include being active, getting out in nature, practising breathing techniques. Talking to a friend, or spending time with loved ones, is often a good first step.

As part of our weekly theme students in Form Time are given an 'Action for Happiness' to help them maintain their mental wellbeing.

You can access each week's theme and action via the links at the bottom of our [home page](#) or via the [latest news section](#). You can even receive it as a weekly notification through our [Notre Dame App](#).

For more ideas visit our [Student Welfare page](#). Students can also talk to our Social, Emotional, Mental Health Leads.

GREAT DREAM: 10 Keys to Happier Living

 GIVING Do things for others	 DIRECTION Have goals to look forward to
 RELATING Connect with people	 RESILIENCE Find ways to bounce back
 EXERCISING Take care of your body	 EMOTION Look for what's good
 AWARENESS Live life mindfully	 ACCEPTANCE Be comfortable with who you are
 TRYING OUT Keep learning new things	 MEANING Be part of something bigger

BE KIND TO YOUR MIND

Y7-11 Social, Emotional, Mental Health Support

We all have times in our lives when we feel stressed, anxious, or have questions about an aspect of our personal lives.

We have a full-time Social and emotional mental health lead, called Ellie Johnston to support students in Year 7-11

You can self refer by going to a drop-in session at lunchtime in Ellie's office.

You can email Ellie ejohnston@ndhs.org.uk

Referrals can be also be made via your Head of Year and/or parents/carers.



Y12-13 Social, Emotional, Mental Health Support

Emma Clough is our Social, Emotional and Mental Health Lead for 6th Form.

Emma offers a lunch-time drop-in session in room M34C, Mon. – Fri. 12:30 – 1pm. You can contact her by email eclough@ndhs.org.uk

Referrals can be also be made via your Head of Year following consultation with parents/carers.



Second Hand Uniform

Our school has a second-hand uniform facility – available to all parents in Year 7 – 11 this can be accessed via the link below and via WisePay.

All items of uniform have been donated and therefore no charge is requested. However, parents/carers are welcome to make donations to the school via WisePay should you wish to or swap/donate any items you no longer require, thus ensuring the sustainability of second-hand uniform supplies.

To request any items of second-hand uniform, simply complete this [google form](#) and we'll get back in touch with you.

If you have any uniform items that you wish to donate, please give them to main school reception or student reception via your child.



Young people have a say in Norwich

Norwich Youth Advisory Board (YAB) encourages young people to make changes in their local areas by working with officers, politicians, schools, colleges, industries and other interested parties.

YAB are holding a lunchtime meeting on Tuesday 23rd May in M23 speak to students. This is a fantastic opportunity for young people to make changes in their local community, campaign and challenge changes. This also gives young people a chance to build independence skills that they can show on their CV.

Please encourage your child to come along.



Sm;)e

Check out our new E-Zine for Notre Dame students. Enjoy photos and school news. It is created by a group of our Y10 students who are doing Media and Journalism for their Duke of Edinburgh Award skill.

All students have been sent an email this week with a link. You can also access it by clicking below.



Sm;)e

NDHS Student E-Zine | May 2023

[Go to this Sway](#)

You can help to shape Scouting in your Community



Week by week, across the UK, our volunteers empower thousands of young people to try new things, make new friends and stand on their own two feet.

We want to know if we are currently doing things right in Eastern Norwich.

You can help us...

You are the experts in your community and you can shape what we do there.

All it takes is a few minutes of your time to tell us your thoughts via your smartphone. Just use the QR code and answer our questions and you will be supporting your community by telling us what is needed and wanted.

Thanks

Gwen

Eastern Norwich District Commissioner

scouts.org.uk/join

[#SkillsForLife](https://twitter.com/SkillsForLife)

