



26/06/23

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



A huge congratulations to all Y11 pupils who have now finished their exams. They have broached them with courage, determination and maturity. We are **incredibly proud** of you, and we hope and pray that you obtain the grades that you need and deserve.

The last A level exam is on Monday, and the same message applies. The A level cohort haven't had the usual experience due to their GCSE exams being replaced with Teacher Assessed Grades. We know that this has created an additional hurdle for them to overcome, but we are proud of you all for getting through one of life's tricky challenges. Each and every one of you has earned a fantastic summer and we look forward to seeing you at your proms!

With the warm weather, summer uniform is in operation. Ties and blazers no longer need to be worn, and pupils are allowed to wear tailored shorts (see [uniform page](#) of our website). Thank you to all students for continuing to take pride in their appearance.

A special mention goes out to all pupils that competed within the 'City Sports' event. Notre Dame placed first overall and for the first time ever won every cup at the event, i.e., the year 7 boys, year 7 girls right the way through – a clean sweep! Well done to all involved and a big thank you to Mr Clitheroe and the PE Dept for their inspirational teaching, coaching and the organisation involved in taking large numbers of pupils to such an event.

As we begin to draw to the end of another academic year, we look forward to welcoming new parents to the school, inductions days, Year 6 transition, sports day and our end of year Mass. As ever, the end of year Mass is an opportunity to thank teachers and staff that have served the community so well and are leaving us. Please see our [online calendar](#) for dates relating to all school events.

Finally, please can I urge all parents and carers to read the attached factsheet '10 tips to stay safe online'. We try to drip feed this information and this is a great set of tips to go through with your child.

Best Wishes,

Tom Pinnington

***There is no fear in love. But perfect love
drives out fear.***

1 John 4:18

Notre Dame Schools Sow the Seeds

ND Students from Glasgow, Liverpool, Sheffield, London, Plymouth and Norwich travelled to spend time together in Walsingham. The theme of our conference was inspired by a quote by St Julie, the foundress of the Sisters of Notre Dame *'Let us always go on sowing the good seed'*.

We started by focussing on how Mary felt when she found out as a teenager that she was going to give birth to the Son of God. Her faith gave her the inner courage to say 'yes'. St Julie was so inspired by Mary's example, that she decided to say 'yes' to devoting her life to ensuring that all young people have access to quality education.

Over the three days we made new friends, shared our opinions on global issues and prayed together. When asked the students said that the conference had sowed lots of seeds of inspiration, in particular helping them to find the confidence to say 'yes' to opportunities in their own lives that will help them to flourish.



SJB Cathedral First Holy Communion and Confirmation

St John's First Holy Communion and Confirmation programmes for 2023-24 are open for registrations. Please follow [this link](#) for the e-registration form on the Cathedral Website. You will need your child's baptism details to complete the form.

Please note that there are limited spaces which will be allocated on a first come first served basis. Registrations close on 31st August 2023, so please register early to avoid disappointment.

Also, there is an "end of the year" retreat day for youth - from Yr 6 and above on 16th July with Fr Gladson Dabre from Clare Priory from 10am - 8pm at the cathedral - if anyone is interested please contact Jo Graham stjohnfhc@gmail.com



Bronze Industrial Cadets

'Many congratulations go to our six Year 9 students who have been working towards their Bronze Industrial Cadets Award, sponsored and mentored by Mott MacDonald Engineering, in conjunction with the EDT (Engineering Development Trust).

This week, the students had a tour round the Engineering Department of Cambridge University, as part of their graduation ceremony, and listened to keynote speakers, before receiving the Peoples' Choice Award for their project on a 'Themepark for the Future', sited on Hayling Island. They also achieved runners-up for the Teamwork Award.

Next week, two teams of Year 9 and 10 students, who have been working on Biodiversity projects, sponsored and mentored by Illumina Agrigenomics will be going to the company headquarters in Cambridge for their assessment and graduation. We wish them every success.'



Music News:

Norfolk Show Wednesday 28th June

If you are at the Norfolk show next Wednesday, please do come along and say hello and stop to listen to our Wind, Brass and Jazz Band who

are playing on the Band Stand from 10-11am and our Choir and Strings group on the Schools' Stage at 3:30-4pm. All these groups, plus many more will be performing again at the NDHS Festival of Arts and Technology on Thursday 13th July. Details on the poster below.

Music tuition from September

All parents and carers of students receiving instrumental and vocal lessons in school were sent a letter last week outlining changes to our music lesson subsidies from September. We very much hope that your child will continue to receive music tuition and will continue to contribute to the music life of the school. However, if you do wish to cancel your child's music lessons for next term, please could you inform Katie Selwood by email by Friday 7th July 2023 on kselwood@ndhs.org.uk





10 tips to stay safe online

Not sure what advice to give your child? Follow these 10 simple ideas:

1. Be careful about talking to people you don't know and trust in real life – anyone can pretend to be a child online. If you do talk to people you don't know, don't give away personal information – such as what street you live on or where you go to school, or share your location with them. Say no to any requests they send you for images or videos of yourself, and stop talking to them.
2. Set your profiles to private, to limit what others can see.
3. Think carefully about what you share and with who. Once you've shared an image, you've no control over what the other person does with it. Remember, it's illegal to take, share or view sexual images of under-18s, full stop.
4. Be mindful of your digital footprint. What you post online now could come back to bite you later, like when applying for jobs, college or university.
5. If you see something upsetting, or someone bullies you, tell an adult you trust. Report it too.
6. When reading news online, ask yourself what the source is, when it was published, and whether it could be a hoax or made up. Read beyond the headline too.
7. Remember, people try to make their lives look more exciting and interesting online. There's a lot people can do with photo editing to make their photos look better. So don't assume everything you see is a true-to-life representation.
8. Watch out for hoaxes and scams, like messages you're meant to forward on or that ask you for payment details or your password.
9. Take any content that seems to glamourise gang lifestyles with a very large pinch of salt – it's not as glamorous as it looks. Be wary of schemes promising easy cash for receiving and transferring money too, they're almost definitely criminal activity
10. Watch out for loot boxes or other parts of games where you pay money to take a chance on getting a reward – you can get sucked into spending lots of money on them.



Don't feel confident starting a conversation with your child about what they're up to online? [Read this advice from the NSPCC:](#)



Iceland 2023

The land of fire and ice never fails to disappoint and this year's Iceland trip was one of the best we've ever run!

There were so many highlights: From walking up to a still steaming lava flow from 2021, to donning crampons and hard hats to hike over the crevasses and flowing streams on the Solheimajokull glacier: rapidly melting as a result of climate change. Getting soaked over and over again as the Strokkur geyser erupted high into the sky and sailing to the island of Heimaey – a stunning natural amphitheatre where we observed puffins returning to their nesting grounds and hiked up the black and rust coloured Eldfell volcano, which last erupted suddenly in 1973, sending people fleeing from their beds!

As amazing as all that was, it was the people that made the trip. The hospitality of both our guide and lovely hosts (who arrange a fermented shark tasting for us) and our amazing students. They were polite, responsible, supportive and great fun to spend time with and most importantly caring and empathetic of each other. I and the rest of the staff felt immensely proud and blessed!

Here's to Iceland 2025!

Mrs Fullam





The Notre Dame Geographical Society are a group of passionate geographers keen to share their love of the subject with the wider school community. We firmly believe that geography should be fun, interesting, relevant and engaging and that it is a subject that provides us all with the knowledge and skills needed to tackle the issues facing our world.

Our key aims are to spread our love of geography by raising awareness of issues going on around us every day (that you may not realise are part of the geography curriculum!) and to get more people interested and involved in the subject. Be it promoting cultural diversity and empathy to environmental sustainability – our mission is to get involved in a full spectrum of activities both in and out of school to genuinely make a difference.

From humble beginnings in the Spring Term we've already produced resources to complement the curriculum, prepared a presentation for World Oceans week and set up our own webpage. This term we participated in a workshop run by Norfolk Wildlife Trust which involved placemaking with planners, architects, conservation and community groups developing ideas for the design of their newest reserve, NWT Sweet Briar Marshes, here in Norwich.

This term we are launching the Royal Geographical Society Young Geographer of the Year competition to encourage all the school's geographers to create their own "blueprint for the future", so you may see us in lessons and on Today so watch this space...

To find solutions to the world's problems, we first need to understand them. That's why the World needs Geographers!



Young Geographer of the Year Competition 2023

**Royal
Geographical
Society**
with IBG

Advancing geography
and geographical learning

Kindly supported by

Geographical

www.geographical.co.uk MAGAZINE OF THE ROYAL GEOGRAPHICAL SOCIETY (FOUNDED 1830)

The theme for the Young Geographer of the Year competition 2023 is:

A blueprint for the future



In the coming weeks the Notre Dame Geographical Society will be launching the RGS Young Geographer of the Year Competition.

What is your plan for our planet?

Our World is changing. The big geographical issues of today need to be addressed now to protect the future of our planet and the people who live on it. The Society invites you to create your own blueprint for the future. We are looking for innovative ideas to address problems in areas such as food production and supply, energy and sustainability, water security, resources, population growth, economic crisis, transport, travel, urbanisation, risk management, trade, environmental management, biodiversity and more.

We invite entries from all year groups. They will be judged internally with prizes given and the winning entries will be submitted to the RGS for entry into the national competition.

Your ideas and recommendations should be forward-thinking, taking into consideration the depth of the problems and the reasons behind them, as well as what can be done to mitigate them. Your blueprint for the future could be a design for an eco-city, or a plan to produce and distribute enough food to feed the world. It could be a look at the future of energy and how we can produce enough energy sustainably without harming the environment, or a plan to revolutionise travel and transport in your country or beyond. Your plan must be realistic, but we welcome ideas for futuristic strategies and new technologies. Using your blueprint for the future, we want to see the problems of today solved by the geographers of tomorrow.

Details of entry will be given in Geography lessons prior to the summer holidays.

FINAL DEADLINE for entries: Monday 18th September 2023

**Notre Dame High
School Invites you to**

A showcase of The Arts and Technology

**Thursday 13th
July
5-8 pm**

**GCSE & A-Level
Art
Room 39&40
5-8pm**

**GCSE & A-Level
DT
St Johns Hall
5-8pm**

**Musical
Performances
Year 11 Garden
5-8pm**

**Indian Dance
Group
Sports Hall
6pm**