



04.05.26

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



The Spring sunshine has allowed us to fully open the school site to all students, and it has been a pleasure to watch Tennis on the astro and games of catch and volleyball popping up on the fields and playground. We hope to continue to make the most of the clement weather provided by this summer term.

The photo above captures an awards presentation made to our Y11 and Y12 students who have been involved in **teaching first aid** to their fellow students. This has largely occurred during PSHEE lessons, and I was privy to this experience as two brave Y11's taught a class of 27 peers the essentials of CPR. They did an incredible job, showing maturity and ability well beyond their years. The East Anglian Air Ambulance has supported the endeavour as part of a programme they are hoping to roll out to many more schools. Such actions can be lifesaving and life-changing. Please see the student write up below.



In sporting news...after their fantastic City Cup Final victory against Taverham before Easter, Notre Dame U12 boys' went into the County Cup final with high hopes against a strong Thorpe St Andrew team.

In a fast paced, back and forth game Notre Dame finished with the runners up medal after a 3-2 loss. They were by no means out skilled, and although disappointed, the year 7's should be extremely proud of their achievements. We look forward to seeing their development in the years to follow.

On a more sombre note, the GMB union have been working with prominent **knife safety charities** to compile information and guidance based on their learning. They

have urged headteachers to share their findings with the communities that they serve. Please do take the time to read their summary at the end of the newsletter.

Finally, I would like to commend the students involved in the **Youth Advisory Board**. This week, they have been presenting to their peers in assembly. Once again, an example of our young people displaying leadership over the issues that are important to them. This newsletter provides multiple reasons to be hopeful regarding the future leadership within the UK!

Best Wishes,

Tom Pinnington – Headteacher

Prayer

We pray for the leaders in our lives. Help them to put the needs of the vulnerable first. Help us to become compassionate leaders that others can follow.

Amen





On Wednesday 25th to Thursday 26th March, our STEM Racing students successfully competed in the STEM Racing professional National Finals, where they faced competition from 37 teams.

We are incredibly proud of the HorsePWR team, whose work was of an exceptionally high and professional standard. They represented the school superbly, delivering an outstanding verbal presentation alongside a phenomenal pit display and impressive portfolios. Their attitude, teamwork, and commitment were evident throughout the event.

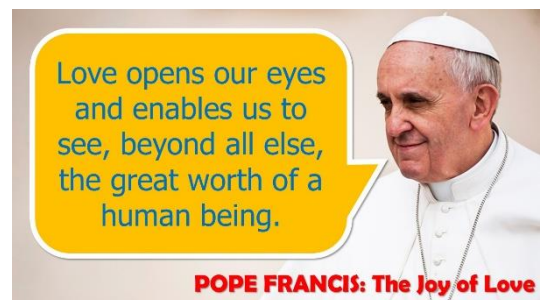
While they did not take home an award this year, their achievements particularly their innovative car design and excellent fundraising and sponsorship efforts are a true testament to their dedication and skill. We would also like to extend our sincere thanks to our technician, Mr Stimpson, for driving the team and supporting them in creating such a tremendous pit display.

Finally, we thank Howes Percival, Waveney Precision, Hexatomic, Castle Street, L&G, IGUS, KLM, and all other supporters for helping make this opportunity possible.

Mrs Holden and Mr Lound

Relationships and Sex Education Policy Consultation

The Department for Education has updated their statutory guidance for all schools on Relationships and Sex Education (RSE) and Health. Our existing RSE curriculum which was reviewed in our recent Catholic Schools Inspection is already in line with the new requirements. We have updated our RSE policy using a model provided by the Catholic Education Service. We would like to consult with parents/carers on the updated policy before it is reviewed and ratified by Governors.



To view the draft version of the updated policy [click here](#). If you wish to provide any feedback on the policy [click here](#) to complete a short online survey by Friday 15th May.



WORK EXPERIENCE PLACEMENTS NEEDED

Do you own a business or work for a company that could host a Year 10 student for work experience?



6–10 July (5 days)

We have many Year 10 students still looking for placements and would love to hear from businesses willing to support our students.

————— Please contact: —————

Mrs Holden



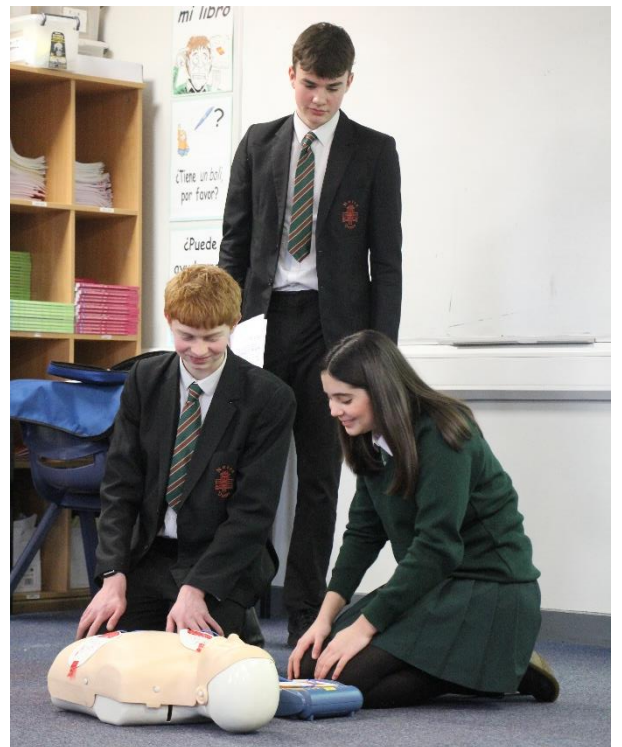
rholden@ndhs.org.uk

Our Students Lead the Way on First Aid Training

A representative of the East Anglian Air Ambulance came into school just after Easter to present certificates to four Year 11s and four Year 12s who have been trained to deliver lessons in CPR. The school has been lucky enough to be one of the first in the region to take part in such a project. Hopefully, our experiences and feedback will allow the EAAA to deliver the same project in many other local schools.



The EAAA provides lifesaving critical care in Norfolk, Suffolk, Bedfordshire and Cambridgeshire and the helicopters bring hospital-level care to wherever it is needed. In 2025 their CPR team trained about 30,000 people in CPR and AED use. It's great that students in our school are now able to teach these vital lifesaving skills in PSHE lessons. Here are some thoughts from our Year 11s: *'This project was an amazing opportunity that our school was lucky enough to be picked out for. This was a once in a lifetime opportunity and we thoroughly enjoyed teaching younger years.'*



'Being taught by students only a few years older than then gave a different perspective on the relevance of First Aid training. The students we taught were very engaged and curious.'

'Overall, this has been an amazing experience that we have thoroughly enjoyed. The classes who have not yet had the training are constantly asking Mr Savage when it will be their turn. We feel proud of what we have achieved and look forward to delivering the training to other PSHE classes later this term.'





A better world needs all of us

CAFOD Cake Stall

Run by the NDHS CAFOD Club

When?

Breaktime Thursday 7th May (maybe lunch too if we have some left!)

Where?

Outside St Paul's under the canopy

How much?

50p a cake – please bring cash!

All proceeds will go towards CAFOD's Sudan Crisis Appeal.



YOUNG CARERS BREAKFAST CLUB

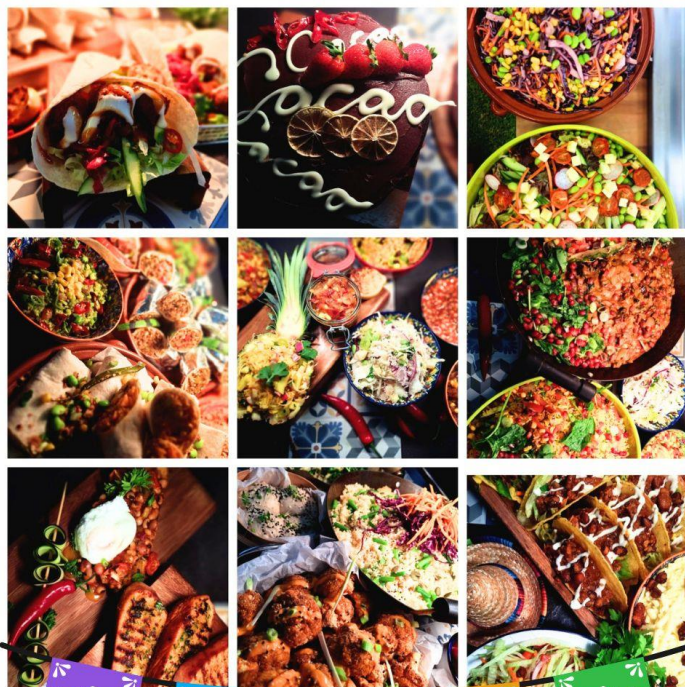


Come along to room 50B
Every first Wednesday
of the month
8.30am till 9.00am



A young carer is a child or young person who provides regular care, support, or assistance to a family member who has a physical illness, mental health condition, disability, or substance misuse issue.

Does the above describe you? If so come along and have a chat.
Next one is 6th May



Tuesday the 5th of May, Cinco de Mayo

Grab and Go

Chicken Mole with spiced rice & cornbread

Lunch

Barbacoa Chicken Burrito with pink pickled onions & guacamole

Flautas

(cheesy potato with rice & corn)

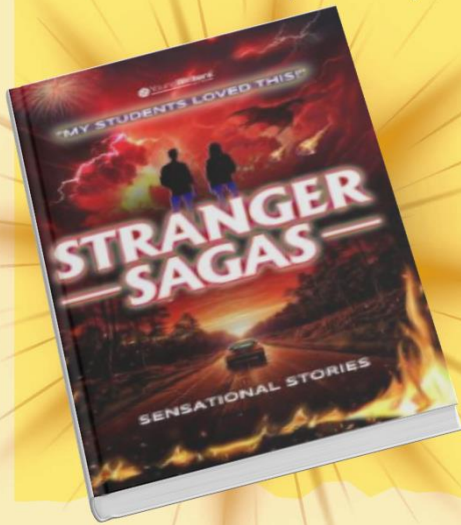
Dessert

Mexican Chocolate Cake



Library Notices

It's May, which means we are 5 months in to the National Year of Reading 2026 (and only 2 months away from the end of term!)



Stranger Sagas books have landed!

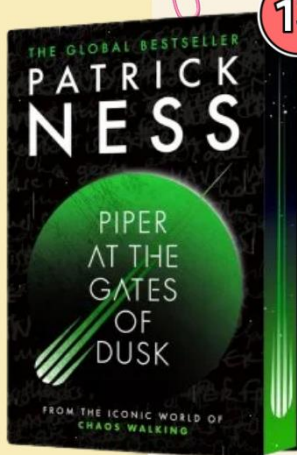
We have a few copies in the library that you can come and read.

Congratulations again to all those who were selected to be published!

Keep an eye out for upcoming competitions, they are always advertised on the Library door.

Calling All Adventurers

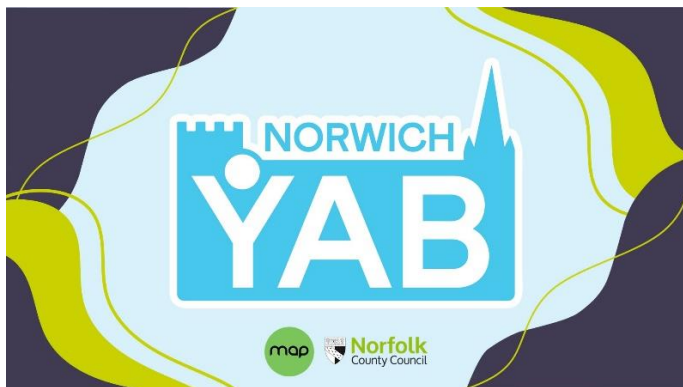
If you have signed up for TTRPG club, our first meeting will be afterschool on Wednesday 6th of May come along and make new friends as you navigate Campaigns! discuss plans, negotiate decisions, and roleplay conversations!



13+

I recently went on a librarian side quest and listened to Patrick Ness talk about his new trilogy *Piper at the Gates of Dusk* at Waterstones. He was passionate about young people and story telling, insisting that everybody should have a go at writing. He believes that nobody tells an author what to write and that everyone should write what they want to be reading. He signed a print for us, which you can see up in the library!





WHAT DO WE DO AT A YOUTH ACTION GROUP?

- Work together to come up with ideas for our current projects
- Share your opinions, have your voice heard!
- Meet new people, build friendships, skills and confidence

And much more!

WHAT WE'RE WORKING ON:

- Mental health & emotional wellbeing
- Future ready skills
- Local environment and outdoor spaces
- Free clubs and activities



WHAT HAS NORWICH YAB BEEN DOING? HERE'S A FLAVOUR...

- CLIMATE EVENT**
Helping the climate crisis
- Raising awareness of hidden disabilities with an animation
- POSITIVE MINDS**
Supporting mental health
- PLUS...**
 - Norwich PRIDE
 - Residentials
 - First Aid Training
 - Fun activities
 - And more...

Working towards creating accessible play parks in Norfolk 

Creating Wellbeing Bags for young people



YAB has really helped me build the fundamental life skills that you don't get taught in many other places and has definitely changed my life for the better

I can be myself and make new friends

I love being in a group where I can build my confidence and socialise with other people

WHAT BEING PART OF NORWICH YAB MEANS TO OUR YOUNG COMMISSIONERS

MONDAY LUNCHTIMES IN C10

Scan me to visit our website and learn more about what the Cuppa Care Project does!



Cuppa care
Bringing us together



Supporting people with hearing loss and related conditions

Originally initiated by the Rotary Club of Norwich, the Cuppa Care Project has been developed and led by Hear for Norfolk, and is delivered by a partnership of local organisations working jointly towards bringing people together and tackling loneliness that may be caused through poverty, disability, age, gender, lack of accessible local support and information services, geographical remoteness, poor transport or other issues.

Loneliness is a problem that goes beyond a painful emotional experience. Research shows that loneliness and social isolation are harmful to our health. As well as being harmful, loneliness is also very common.

The Cuppa Care Project visits towns and villages across Norfolk on a rotational and regular basis.

We are here for you!

Whether you just want to get out of the house, meet new people, chat about something that's worrying you or get information, advice or practical support – we have friendly people on board our Cuppa Care bus who can help.

Contact Us:

Telephone - 01603 404440

Email - nda@hearforfolk.org.uk

Visit us - 14 Meridian Way, Norwich, Norfolk, NR7 0TA

Hear for Norfolk is the operating name of the Norfolk Deaf Association (NDA), a Charitable Company Limited by Guarantee registered in England and Wales No. 07966408. Registered Charity in England and Wales No.1146883.

The Cuppa Care project is a county wide support service that is aimed at preventing and reducing loneliness and social isolation across Norfolk communities.



Location	Address	Day	Time	April	May	June	July	August	September
Acle	Car Park by Acle Recreation Centre, Bridewell Lane, Acle, NR13 3RA	Monday	10am - 12pm	20th	18th	15th	20th	17th	21st
Aldborough	Aldbrough Community Centre, The Green, Aldborough, NR11 7AA	Tuesday	10am - 12pm	28th	26th	23rd	28th	25th	22nd
Attleborough	Connaught Hall, Station Road, Attleborough, NR17 2AS	Thursday	10am - 12pm	23rd	21st	18th	16th	20th	17th
Aylsham	Outside Aylsham Town Hall, NR11 6EL	Wednesday	1pm - 3pm	8th	13th	10th	8th	12th	9th
Aylsham	Bure Valley House, Station Road, Norwich, NR11 6HU	Monday	1pm - 3pm	13th		8th	13th	10th	14th
Cromer	Ashdown Court, Cliff Avenue, Cromer, NR27 0AE	Tuesday	1pm - 3pm	28th		23rd		25th	
Cromer	Barkers Herne, Summerhouse Close, Cromer, NR27 9JE	Tuesday	1pm - 3pm		26th		28th		22nd
Dereham	Dereham Shopping Centre, Wright's Walk, Dereham, NR19 1TR	Wednesday	1pm - 3pm	15th	20th	17th	15th	19th	16th
Diss	Market Square, Outside the Post Office, IP22 4AN	Monday	10am - 12pm		11th	1st	6th	3rd	7th
Eringham	Eringham with Calthorpe Village Hall, The Street, Erpingham NR11 7QB	Wednesday	10am - 12pm		27th		22nd		23rd
Fakenham	War Memorial, Market Place, Fakenham	Tuesday	10am - 12pm	21st	19th	16th	21st	18th	15th
Great Yarmouth	The Market Place, Great Yarmouth, NR30 2BA	Monday	1pm - 3pm	20th	18th	15th	20th	17th	21st
Hickling	Methodist Church Car Park, NR12 0YD	Thursday	1pm - 3pm	16th		4th		13th	
Hingham	Marketplace, Hingham, NR9 4AF	Wednesday	10am - 12pm		6th		1st		2nd
Holt	The Venue, Kerridge Way, Holt NR25 6DW	Monday	10am - 12pm	13th		8th	13th	10th	14th
Kings Lynn	Purfleet Health and Wellbeing Centre, Pathway House, Austin Fields, Kings Lynn, PE30 1PH	Thursday	1pm - 3pm		28th		23rd		3rd
Loddon	Church Plain Car Park, NR14 6LX	Tuesday	10am - 12pm	7th	5th	2nd	7th	4th	1st
Long Stratton	Long Stratton Leisure Centre, Swan Lane, NR15 2UY	Tuesday	1pm - 3pm	7th		2nd	4th		
Ludham	Ludham Village Hall Car Park, Norwich Road, Ludham, Great Yarmouth, NR29 5PB	Thursday	1pm - 3pm		7th		9th		10th
Mundford	Mundford Village Hall, St Leonards Street, IP26 5DW	Thursday	10am - 12pm		28th		23rd		3rd
Necton	Necton Community Centre, 13 Tun's Road, Necton PE37 8EH	Tuesday	1pm - 3pm	21st		16th		18th	
Northrepps	Northrepps Village Hall, 4 School Close, Northrepps, Cromer, NR27 0LB	Wednesday	10am - 12pm	8th	13th	10th	8th	12th	9th
Norwich	The Forum, Millenium Plain, Norwich, NR2 1TF	Thursday	10am - 3pm	9th	14th	11th	2nd	6th	24th
Poringland	Poringland Community Centre, Overtons Way, Poringland, NR14 7WB	Tuesday	1pm - 3pm		5th		7th		1st
Reepham	Stimpsons Piece Pavillion, Bartle Court, Reepham, NR10 4LL	Wednesday	10am - 12pm	22nd		24th		26th	
Sheringham	Station Approach Car Park, Station Road, Sheringham, NR26 8RG	Tuesday	1pm - 3pm	14th	12th	9th	14th	11th	8th
Spixworth	Village Hall Car Park, Spixworth, NR10 3NQ	Friday	10am - 12pm	17th	15th	19th	17th	21st	18th
Stalham	Staithe Surgery Car Park, NR12 9BU	Thursday	10am - 12pm	16th	7th	4th	9th	13th	10th
Swaffham	Swaffham War Memorial, Lynn Street, Swaffham	Friday	1pm - 3pm	10th	8th	12th	10th	14th	11th
Taverham	Taverham Village Hall Car Park, Taverham, Norwich, NR8 6JR	Friday	1pm - 3pm	17th	15th	19th	17th	21st	18th
Thetford	Market Place, Thetford, IP24 2DS	Friday	10am - 12pm	10th	8th	12th	10th	14th	11th
Watton	Queens Hall, Norwich Road, Watton, IP25 6DA	Wednesday	10am - 12pm	15th	20th	17th	15th	19th	16th

GMB Union Knife Safety Summary

ADVICE

The single most important thing I've learnt is to change my language from knife crime to knife safety and that is because knife safety involves everyone, not just those carrying knives with malicious intent.

Knives can injure and kill anybody, even by mistake. One of the key initiatives many of these charities are driving is for rounded tipped knives (below is an image of Viners rounded tipped knives, the pack of 4 is less than £10, plenty of other brands are available). One of the common concerns raised is "I use the pointed end for..." when most people finish this sentence its usually for a simple task that could be completed with a fork or a much less deadly implement. The vast majority of knife related injuries come from stabbing rather than cutting or slicing and the vast majority of injuries received from stabbing are more serious.



(Round tipped Safety Knives)

Whilst the media focuses heavily on "fashionable" knives, such as zombie knives, from March 2024 – March 2025 there were 112 knife related homicides, only 2 were from zombie knives, 15 were from machetes and **95 were from kitchen knives.**

These charities are begging people to think about the knives we have in our home's day to day. It was only in the 70's that medicine started to use child safety caps, many people felt seat belts were too uncomfortable to be used regularly and there have been countless other day to day items that we have made safer over the years, however, knives haven't fundamentally changed. If anything, they have become sharper and stronger.

There are also calls for knife blocks and magnetic wall mounted knife holders to not be used, there has been research done that suggests (especially at home) that perpetrators of stabbings in homes chose a knife because it was there. Many had no intention of stabbing their victim, but when the situation escalated a knife was within arms reach or within their eyesight. The majority of knife related incidents happen in the home, and this is for both deliberate and accidental injuries.

Lock them away, have them out of sight and/or rounded tips.

What causes someone to carry a knife?

One really important message that young people need to understand is the simple answer to this question... Not many people carry a weapon or knife. It's believed that young people feel far more people carry weapons than actually do, this creates a feeling that they are the only ones that aren't protected and any fight or argument could result in a weapon being used. This simply isn't the case and weapons being carried are still a relatively rare occurrence. For example, 3-5% of 10-15 years olds admitted to carrying a weapon at least once a year, this includes sticks, knives and other objects that could be used as a weapon. Whilst these numbers are still far too high, its far lower than children their age believe is true.

There are no single root causes for carrying weapons. The rise in far right, masculine energy, alpha male influencers is one cause. 8-16 year olds form a large portion of a lot of these influencers

demographics and they often encourage “strong alpha males” the theory is that those unable to become physically strong feel they can achieve this goal by carrying a weapon. However, on the flip side, if you are being bullied or picked on by one of these people, you may carry a weapon to “defend yourself”.

Ultimately as with guns, you are far more likely to become a victim of knife crime if you carry a knife, 2-5 times more likely.

Warning signs

Whilst the majority of safeguarding signs are key indicators, focusing on paranoid behaviours, aggression to women, isolating themselves, drugs, money or other gang related attributes and fear are key signs to look out for.

Children should also feel empowered and encouraged to speak up, letting them know they will be protected and their concern will be kept anonymous can really help. Many young people that carry weapons want other young people to know they carry them, so making young people aware that speaking up could save their lives, the child carrying a knife's life, friend or adults' life is important.

Driving home the message that no knife is carried to protect, only harm. If they feel in danger, talk to an adult, explain why they are worried and feel they needed a knife and get support.

Knife safety Vs Knife crime

It is very easy to switch off when the words “knife crime” are used, if you aren't in a gang, don't carry a weapon or just feel it will not happen to you, then it's easy to ignore. However, knife safety involves everyone. I almost guarantee the vast majority of you will either use a sharp knife today or over the next few days and it's easy to become blind to its danger. Whilst speaking to a forensic scientist, her research has shown accidents with knives are incredibly common, from innocently turning around whilst chopping to tripping with a knife in your hand, these are dangerous utensils and should be respected in the same way seatbelts are for cars or electrical safety is in homes and businesses.

Myths

There are no “safe” lengths for knives, even the smallest knife can have life changing injuries.

Aggressive people are the only ones carrying weapons in schools. Not true, those targeted by aggression are also at high risk of carrying weapons for “defence”.

Summary

Rounded tipped knives at home and in the school or at very least, out of reach and or locked away.

Parents reminded that their kitchen knives are far more likely to be used as a weapon than a zombie knife or other “decorative” knives.

Looking out for and encouraging others to speak up if they become aware of someone becoming a risk or has brought in a knife or other weapon.

Busting myths about protection and defence.