

NDHS GAZETTE

Issue 18
July 2019
NEWS

Dear Parents, Carers, Students and Friends

We await news of results in August for our A Level and GCSE students. They have worked very hard and showed excellent commitment and attitude in the run up to, and during, the exam period. We extend our best wishes to all students who are leaving us to move onto further or higher education, jobs or training and thank them for all they have given our community whilst with us. This year we have 8 Yr 13 students who have received provisional offers from Oxbridge and a further 8 who are hoping to be given places to study medicine, dentistry or veterinary science.

In June the PE department hosted a new Sports Awards Evening at Blackfriars Hall. Feedback from the students, parents and staff who attended was excellent and the PE department are talking enthusiastically about organising a similar event next year. Details of award winners can be found in "The Back Page", published by the department.

Also in June we took a group of chaplaincy ambassadors to Liverpool to participate in the celebration mass for the 50th anniversary of the canonisation of St Julie Billiart, founder of the Sisters of Notre Dame De Namur. We joined students and staff from the other eight Notre Dame schools that still exist in England and Scotland. We were delighted to speak with Sister Mary Cluderay who was headmistress here between 1968 and 1996. She was very interested to hear about our school today.

Last week the Technology and Art departments ran an after-school show to display the work both GCSE and A Level students had submitted this year as coursework. The quality was once again exceptionally high. On the same evening a large number of our musical students performed in an open air gig in front of the John Lewis store as part of a programme of events run by the Norwich Business Improvement District (BID). Over 60 members of the public stayed to listen. We received many complements about the quality of their performances. This event followed a lovely summer concert of music and singing that was held at St George's RC Church at the end of June.

Feedback from the Yr 6 students who came in for their transition day last Thursday was very positive. We look forward to their arrival in September as new members of our community. It was then lovely that a good number of parents and students attended the annual PTFA barbecue last Saturday.

We have just enjoyed another very successful Sports Day on Tuesday. The level of participation was very high and the support and encouragement from the students watching the events was terrific. The number of school records broken was itself, I think, a record. Walsingham were again winners on the day but we won't know who has won the house cup for this year until Friday. The PE staff, in particular, deserve our thanks for their hard work in organising the events so well.

At the end of the mass we will be saying goodbye to a number of staff who are leaving us. They are: Ms Baker (History teacher), Mr Beard (minibus driver), Ms Burdett (Progress Tutor), Mr Goodman (Science

teacher), Mr Hill (Science technician, who becomes a teacher with us), Ms Mankopf (MFL teacher), Mr Mears (Economics teacher), and Ms Ward (cover supervisor). Mr Arnander will be away on a one-year sabbatical and Ms Block will be away on a one-year secondment. Mrs Stevenson came back this year to cover for our Student & Family Support Worker post and is retiring for a second and final time. We thank all of them for what they have done and want to wish them good luck in the next stage of their life and career.

This is of course is my last letter to all of you. I have enjoyed working at Notre Dame hugely for these last thirty-six years and I am going to miss seeing all the students and staff on a daily basis. Nevertheless I am ready to retire and looking forward to developing new interests outside education.

On behalf of all my colleagues, I want to thank you for your continued support for the school and hope you will have a relaxing and enjoyable summer break.

Neil Cully
Head of School

Dates for Parent Evenings and Parent Surgery meetings

19 Sep	Prospective Yr 7 (2020 intake) Parents Evening
24 Sep	Welcome to Yr 12 Evening
26 Sep	Welcome to Yr 10 Evening
17 Oct	Yr 7 checkpoint meeting with form tutors

2019-20 Yr 13 Students

The first day of term for Yr 13 students will be Thursday 5th September and not with the rest of the school on the 4th September.

Mr Fullam (Head of Year)

School uniform

Our school uniform is compulsory for all students in Years 7 - 11

As the end of this academic year fast approaches we would like to take the opportunity to remind you that uniform is compulsory for all pupils in Years 7-11. Therefore, should you need to purchase any new uniform over the summer please ensure it complies with the guidance in your child's planner and on our website under uniform. In form time of the first week in September 2019 we will be checking uniform, so please take the opportunity of the summer break to ensure your child's uniform meets with the school's requirements, failure to do so could result in removal from lessons until the situation is resolved.

Thank you in advance for your co-operation in this matter and for your continued support in maintaining the uniform standards of the school.

Uniform can be purchased from: -

BIRDS of Dereham have been commissioned to supply our full school uniform, including the PE kit. Parents have the flexibility to purchase on-line via the BIRDS of Dereham website or in store.

BIRDS of Dereham, Unit D, 13 Yaxham Road, Dereham Norfolk, NR19 1HB

Tel:- +44 (0) 1362 692941 - +44 (0) 1362 699130.

(Dr Stevenson, Deputy Head teacher)

New Mobile Device Policy - September 2019

Please ensure you have read the letter sent to all parents during the summer term via email advising the change to the schools mobile device policy. (Dr Stevenson, Deputy Head teacher)

Learning I - a note

Our aim with learning is that:

- our students **learn** rather than perform!
- genuine learning is a '**change to long-term memory.**'
- it can be **applied to new contexts and unfamiliar settings.**

So learning is:

- more than just attending and participating in lessons;
- also about going back over that material;
- also about calling information back to mind, mentally or written.

It could be summarised as: learning is shown when students '**know their stuff!**'

Learning II – a note for parents

As parents we often wonder how best we can support our children.

Firstly, there are the basics to support:

- good habits of work, rest and play e.g. diet, exercise and sleep; study with phones away etc.
- spaces to study where they can concentrate;
- organisation, stationery, equipment and folders etc.

There is a good 2 minute clip by Professor Elizabeth Bjork, called, 'How Parents Can Facilitate Learning.' See <https://www.youtube.com/watch?v=bdf9-Uq2V8c>.

Secondly, having a conversation ... for example, what was learnt in Geography today?

- this helps children call back to mind their knowledge – known as '**retrieval**' and helps memory;
- this also helps children briefly explain stuff – which helps with memory.

Learning III – a note for students – 30mins a night

Your aim at school, with your subjects, is to 'know your stuff!' That means going back over your lesson notes.

At school, students:

- attend lessons, and learn.
- do homeworks or assignments, and learn.
- do assessments and tests, and learn.
- But, knowing your material is key; and going back over it, out of class, matters!

There are two main methods shown to have the greatest benefit to learning as 'knowing your stuff!'

1st - 'spaced practice'

Whilst teachers set revision homeworks for tests, in truth students need to revise their notes, week by week, month by month. So 'spacing' **out** study or 'continuous low-stakes revision' is key. No last minute cramming!

2nd - 'retrieval practice'

This describes the habit of calling back to your mind, preferably in written form, the key points of material.

Can you recall the key points or facts of who was Mary Queen of Scots? Why was she a threat? etc.

See: <http://www.learningscientists.org/powerpoint-slides>

Year	Study time - if no homework to do – per night	<i>low-key revision and/or going over the material from the day's lessons</i>
7 – 9	30 mins	
10	45 mins	
11	60 mins	

(Mr Short, Assistant Head teacher: pshort@ndhs.org.uk)

VPN Technology for 'Child Safe' Internet

How does VPN technology work and how can it protect young people?

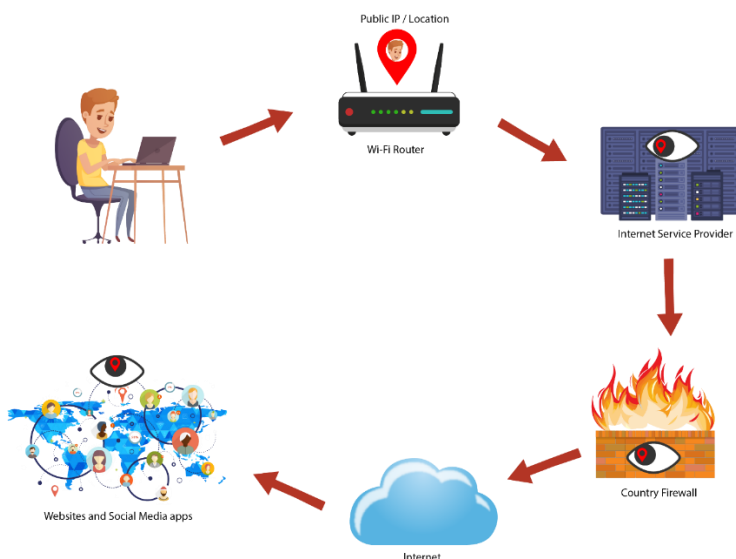
VPN technology is a configuration available in all new mobile phones, laptops, PCs and even wi-fi routers that enables forwarding all Internet traffic first to a remote server called 'VPN Server'.

This technology is usually used by enterprises to let their employees connect to their corporate servers securely and also enables a way for them to monitor everything from a single VPN server.

Most of today's children have the ability via their device to access any network which provides free access to the worldwide web. This presents a whole host of risks and demonstrates how vulnerable today's children can actually be when given the opportunity to open many different doors to the internet without any protection.



How it works; Normal Internet Access



Problems accessing the Internet without a VPN

The first problem is that it is the wi-fi router which assigns you the public IP address or in other Words publishes your 'location'. Every single entity in the path of communications knows your almost exact location. You can check this by navigating to any site like <http://ipstack.com> and see the amount of detail available to all third party websites and all networks in between. Secondly, at every stage, the entities know which websites and applications you are accessing. If communications are unencrypted, they can also read it, watch it, listen to it, whatever the case may be. They can also keep a log of the activity and apply 'policies' as well. Common policies are to block some applications like some games or torrents or WhatsApp / Skype calling etc.

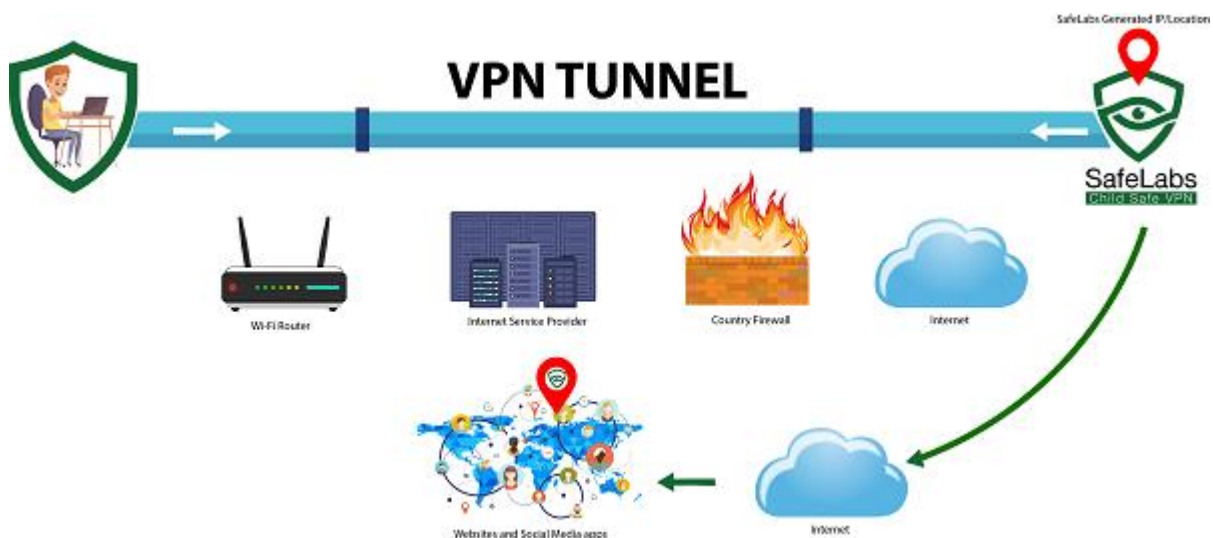
Internet access with VPN

When you connect VPN, it establishes a secure tunnel between you and the VPN servers. Nobody in between sees which websites or applications are being accessed. You are issued your public IP address by the VPN server instead of your wi-fi router.

Benefits of Internet access via a VPN include:

- Hiding your location
- Protection from snooping or un-trustworthy wi-fi hotspots
- Stopping false alarms in online banking and other applications
- Protection from eavesdroppers
- Child protection features

If you are interested in finding out more about VPN, Friendly WiFi Partners 'SafeLabs' have created a 'Child Safe' simple to use method allowing families to connect safely to the internet. They have launched a 'Child Safe' VPN service, which is easily applied to any device (PC, Laptop, mobile or tablet) giving parents and their children peace of mind that when browsing the internet they are protected from accessing inappropriate material.



Students with severe allergies

Some of our students have severe allergies which can be harmful to their health if they are exposed to the allergen. Some of these allergens are foods like peanuts. Our catering provider (Caterlink) does not produce any items of food that contain peanuts. We want to make all parents and students aware of such potential risks and ask that students be mindful if bringing food items to school that may contain ingredients which might cause allergic reactions to others.

From 20/7 to 12/8 the Art Exhibition
will be held at
St John the Baptist Cathedral



St John the Baptist
Catholic Multi Academy Trust



We're working
towards Artsmark
Awarded by Arts
Council England



Walsingham Wins the Sports Day Cup!





DramActive Academy - Notre Dame

DramActive Academy specialises in teaching children of all ages and abilities in drama, theatre and film and television training. The company currently operates from a number of different venues in and around Norwich and Norfolk and is a well-established company of over 20 years.

DramActive Academy aims to coach and mentor students to the highest levels in the subjects that it covers. Utilising a structured but creative approach to training and teaching in the following areas:

1. A mixture of drama, singing, confidence building, role-play, dressing up, dance and movement/mime/poetry/speech.
2. Television and film technique
3. Preparation for a future in the acting world, drama school preparation.

DramActive Academy offers all students the opportunity to enter into The London Academy of Music and Dramatic Art's (L.A.M.D.A) examination syllabus for many of the listed subjects. LAMDA is the oldest Drama School in the United Kingdom, and is well respected across the board in the field. The Curriculum Authority has accredited the LAMDA Examinations. In conjunction to their accreditation by the Curriculum Authority, the higher grades have UCAS points attached to them, aiding those applying to University and beyond. These exams are at an extra cost and arranged by Jane Ashdown.

We are also able to offer students of DramActive Academy to experience and work within film and television through its established relationships with various companies. DramActive Academy offers students opportunities in extra work through its own casting agency, Luvvie's Casting Further details on how to join will be given to students at their class or requested.

DramActive Academy's Principle, Jane Ashdown (LLAM (Hons) and ALAM (Hons)) is a fully qualified teacher of Dramatic Art and has been teaching for almost 30 years. Jane is also member of the Society of Teachers of Speech and Drama, which is a body that monitors and maintains high standards of drama teaching through the provision of only *qualified* teaching professionals. Having experience film, television, and theatre throughout her career, she is able to offer a unique training that is only gained from experience within the field. Jane is also qualified in Mencap training, which supports learning disabilities and is a member of the S.A.F.E organisation. Every member of staff, including Jane holds a DBS (Disclosure Barring Service) and an advanced disclosure. Insurance Liability is also held within DramActive Academy. Further details may be found on www.dramactive.co.uk. We are also able to offer private lessons in speech and drama/musical theatre, which are available by arrangement. These can be arranged during lunch time, after school or before school.

We ask that students bring a file to class in order to keep their papers organised.

Commencing Friday 13th September 2019- Drama Studio- 12.20-1.10

You may bring your lunch with you

11 weeks £55.00 pounds

BACS details:

Name: Jane Ashdown

Account number: 11139907

Sort code: 162630

(Please put a name and form - as a reference)

For more information please email jane@dramactive.co.uk

Please do not hesitate to contact me on 07768830668

Jane Ashdown ALAM.LLAM

Principal

Student

DOB

FORM

I enclose a cheque/cash/BACS transfer payable to Jane Ashdown