



# Dereham Neatherd High School

*Traditional · Inclusive · Supportive*



2022-23 | Summer Term

# Dereham Neatherd High School Newsletter

April - May 2023

## Message from the Headteacher



At Neatherd, we strive to live our school values at all times. Each day starts with our Daily Briefing – a key message for every pupil, read aloud to them by their form tutor. These messages include words of congratulations to pupils for their recent achievements, reminders of our expectations, information about clubs and events, and lots more besides. At the heart of every message, however, are our core values: **compassion, hard work, respect, integrity and fairness**. When we remind pupils about standing up to bullying, or being kind with their words, it is with **compassion** in mind. When we urge pupils to try their hardest in class, even when learning seems difficult, it is because we know that **hard work** leads to success. We place a great emphasis on encouraging pupils to show excellent manners, to keep our site tidy and to be polite when out in the community. This is because we want them to show **respect** for themselves and for others. School is a community and, like any community, it can only work well when its members show **integrity**, doing the right thing and being trustworthy. Finally, our community needs to work for everyone in it. This is why we remind pupils to demonstrate **fairness** to each other, such as in respecting everyone’s right to disruption-free learning in the classroom. In this edition, you will see some great examples of Neatherd values in practice!

Mr J Mallett  
Headteacher

## Neatherd Values

<b>COMPASSION</b>	We are kind. We support each other when things are difficult. We treat others as we would wish to be treated.
<b>HARD WORK</b>	We do our best at all times. We show resilience when things are tough. We don’t give up.
<b>RESPECT</b>	We are polite to others, and we show impeccable manners. We treat our environment with care. We take pride in our appearance and in our achievements.
<b>INTEGRITY</b>	We are honest. We do the right thing. We trust each other. We are upstanders, not bystanders.
<b>FAIRNESS</b>	We treat each other equally regardless of difference. We play by the rules.

**COMPASSION**

**HARD WORK**

**RESPECT**

**INTEGRITY**

**FAIRNESS**



### Dates for your diary

26 <sup>th</sup> May	School closes for half term
5 <sup>th</sup> June	School re-opens to all pupils
19 <sup>th</sup> - 30 <sup>th</sup> June	Yr10 Mock GCSEs
21 <sup>st</sup> June	Yr8 Geography trip to Wroxham
23 <sup>rd</sup> June	Yr10 Summer Reports issued
29 <sup>th</sup> June	Yr7 Geography trip to Cromer
30 <sup>th</sup> June	Science Fair
30 <sup>th</sup> June	Yr11 Leavers Celebration



### House Points Update

<b>CARTER</b>	146,601
<b>CAVELL</b>	141,045
<b>FRY</b>	149,856
<b>KETT</b>	139,677

### Most House Points: year to date

<b>7</b>	Violet P.	1515
<b>8</b>	Amber W.	983
<b>9</b>	Chloe C.	944
<b>10</b>	Connie E.	933
<b>11</b>	Siena C.	946

### Top form groups: year to date

<b>7</b>	07/WBE
<b>8</b>	08/SEA
<b>9</b>	09/SHD
<b>10</b>	10/JGO
<b>11</b>	11/EPO

A grand total of **577,179** House Points awarded so far this academic year. Well done everyone!

### Race for Life

In May, Year 11 pupil Madi Allan ran the Race for Life, raising over £100 for cancer research in memory of her grandad and of her friend's mum.



Well done Madi – we are all very proud of you!

Miss D. Thornton  
Teacher of English

### Year 10 hotel school visit

On 10<sup>th</sup> May, our Year 10 Food and Hospitality pupils took part in a trip to City College Norwich Hotel School where they had a tour of the nine production kitchens and two restaurants, a talk about the courses available post-GCSE and an amazing AA rosette lunch in their fine dining restaurant, The Debut.

Pupils loved the experience and, as always, their conduct was exemplary. It has certainly given them some inspiration for the dishes they create themselves in Food Preparation & Nutrition and in Hospitality & Catering.

Mr P Taylor  
Head of Food Technology

## Brilliant Club Graduation Ceremony

Our fantastic Brilliant Club pupils recently had a great day out at the University of Essex where they attended their graduation ceremony.



When we arrived, we were taken to a lecture theatre in the Essex

Business School, made to feel welcome and then had a tour of the University grounds conducted by a current undergraduate student of Economics and Business.

Our pupils gained an insight into university life, alongside the more serious side of studying. On arrival back into the lecture theatre, Anne-Marie Canning MBE (CEO of the Brilliant Club), gave a keynote speech and we celebrated all pupils as they collected their certificates!



Their tutor has told us that they are the best Brilliant Club scholars she's taught, and all grasped the subject matter better than her second-year undergraduate students!

Mr D Humphreys  
Acting Deputy Head

## Amazing mathematicians!

This year has seen some remarkable successes for Neatherd pupils in the UKMT Maths Challenges.

Back in February, Year 11 pupils Sam G-M, Ben W and Jake G did so well on the UKMT Intermediate Challenge that they were put through to the next round; the Pink Kangaroo! All three of them came together once again to see how they would fare in this even more difficult challenge and they did not disappoint. A huge congratulations to Sam and Ben, who did so well they both achieved Merit in this challenge, and well done to Jake for coming very close – a great achievement!

More recently, in mid-May, younger year groups took part in the Junior UKMT Challenge. Team Neatherd had some fantastic results with 37 Bronze, 11 Silver and three Gold awards. Pictured below are our Gold award winners Flint T (Year 8), Arthur S (Year 7) and Louis B (Year 7).



Well done to all participants for their hard work and good luck to Arthur and Flint who have made it through to the next round in June.

Miss A Clarke  
Second in Maths





## SPORTS NEWS

A great sporting year is coming to a close here at Neatherd High School, and what a year it has been! We have entered a record number of fixtures and competitions through sports such as Netball, Hockey, Football, Rugby, Basketball, Dodgeball, Handball, Sports Leaders, Cricket, Rounders, Athletics and Dance. Often these events have led to a tremendous amount of success too, meaning our sports awards at the end of the year will once again be filled to the brim! Among the most successful stories comes our Year 7 girls Netball team whose members have blazed through all competition put before them, crowning themselves league champions and winning competitions galore! Throughout the whole season they have not lost a single match. Led by Miss Hardman and Mrs Fitt, they have been a model team and replicate some of the deep values that we hold as a school.

Equally the Year 8 Basketball team, led by Mr Lyons, have had a successful year managing to secure their place in the Junior NBA finals day in June. This is a massive achievement as they are now one of just four teams left in the Eastern region competing for this title. In order to get to the finals, they had had to endure a league phase where they finished second with only one loss across eight games. Not only this, they then had to contend in the playoffs first round against Sheringham, who happened to be the team they lost to in the league phase. They overcame this, winning the game 16 – 13 and showing the Neatherd core value of hard work. After this they travelled to Sir John Leman who were unbeaten in an away game for a place at the finals. They managed to win this game 27-21 in a close encounter with great teamwork and togetherness. They boys have done exceptionally well to get this far and should be extremely proud of themselves.



Lastly, we cannot leave out the fact that we have again secured some Football League championships this year with the Year 8s and Year 11s winning their leagues. We are so proud of the fact that the Year 11s have finally won their league after five years of being 'so close but so far', coming runners up when in Years 7, 8 and 10 and then effectively winning the league in Year 9 only for the disruptive year to declare the league null and void. As we hope to happen with all our year groups, the Year 11s have demonstrated good teamwork, fairness and group cohesion to put in some memorable performances. The team contains pupils of the highest calibre to whom we wish every success with their new adventures.

Here's to many more fixtures, opportunities and successes in the 23/24 season!

Neatherd PE Department

# Sporting Achievements



## Ersa Schools Ski Race

On Sunday 30<sup>th</sup> April a group of five Neatherd pupils took part in the Eastern Region School Ski Race in Ipswich.

Lucy, Jacob, Sonny and Isla competed as a team of 4 in the U19 mixed category and came in 1<sup>st</sup> place! Kyle raced as an individual.



Lucy came 3rd in the U19 girls category. Sonny came 2nd in the U16 boys and 3rd overall. Jacob came 6th in the U14 boys (in a very competitive group).



Well done to all involved and especially to Isla and Kyle for doing amazingly well considering it was their first time at a ski race!

## Gymnastics

Congratulations to Chloe H. in Year 8 for her success in her recent gymnastics competition. Chloe received Gold medals for Beam, Bar and Floor, and a Silver medal for Vault. It has taken Chloe years of hard work and dedication to get this far and we wish her the best of luck for future competitions.

## Year 7 Business Breakfast

76 volunteers from our youngest year group took part in a Business Breakfast recently in the school canteen. We were delighted to welcome 16 business professionals from a wide range of job sectors who were happy to give up their time to be quizzed by our pupils. Many thanks to NR Health & Fitness, MCP Ltd, GCB Recruitment, Persimmon Homes, Barnham Broom Hotel, The Grove Vets, Norfolk Constabulary, Wellington Dental Practice, Larking & Gowen, Norfolk & Norwich University Hospital, Swank Interiors, Leathes Prior Solicitors and South Holland District Council for supporting our careers provision in this way. Pupils and professionals enjoyed an excellent breakfast, provided by Neatherd's wonderful canteen staff, and then operated on a 'speed dating' basis.



"The pupils conducted themselves very professionally and asked a lot of interesting and challenging questions", said Shaun Taylor from Leathes Prior Solicitors.



Neatherd's Careers team are delighted to be able to put on a variety of different work-related learning events for pupils from all year groups. The next event will be the Work Experience Week for our Year 10 pupils during w/c 3<sup>rd</sup> July.

Mrs M Broughton  
Careers coordinator

## The teenage brain...

### Part 1 of a series on how your child's brain develops during their time at high school.



The teenage years are the biggest period of brain development for your child since babyhood.

The brain has to become more efficient and begin its journey to adult functioning. The well used brain connections become stronger, the ones that are not needed are pruned away.

The changes begin during puberty and continue until mid 20's. As with all body changes and stages of development - the pace is different for everyone.

Whilst these changes are happening you are likely to see changes in behaviour. Teenagers tend to challenge boundaries, sleep more, and have the mood changes we expect at this age. It is often not an easy time and it can be hard for parents and carers to know what support to offer.

Understanding the changes in teenage brains during adolescence can help you – and them – understand their sometimes challenging behaviour.

#### What's happening in the teenage brain?

During the teenage and young adult years, the brain starts the sorting and tidying of its connections.

It starts from the back of the brain working to the front.

- The front of the brain is the last to develop. It is the bit that helps us think things through, plan, and control impulses. This explains why teens can tend to be forgetful and make decisions in the moment – sometimes leading to risky choices.
- The front part of the brain also helps us make sense of the emotions we see in others. So, teenagers often misread what people are thinking and feeling. This makes relationships tricky for them and they are easily hurt and offended, or can accidentally hurt the feelings of others.

Teenagers have to rely more on the middle bit of their brain, called the amygdala, more than adults do. This bit of the brain relies a lot on 'gut feeling' and on instinct. The fight or flight response is in here.

Fight or flight causes young people to be more reactive, meaning they act first and think later and are likely to make mistakes. Parents and carers can help young people slow things down and think actions through. If they have made a mistake, getting them to rewind what happened and see where they could have made a different decision can help them make a better choice next time.

#### Who can Help?

You can contact Just One Norfolk's Healthy Child Programme by calling **0300 300 0123** or texting **Parentline** on **07520 631590**. Opening hours are 8am-6pm Monday-Friday (excluding bank holidays) and 9am-1pm on Saturdays.

If you are 11-19 you can text **ChatHealth** on **07480 635060** for confidential advice from the Just One Norfolk team.

Courtesy of the Just One Norfolk website:

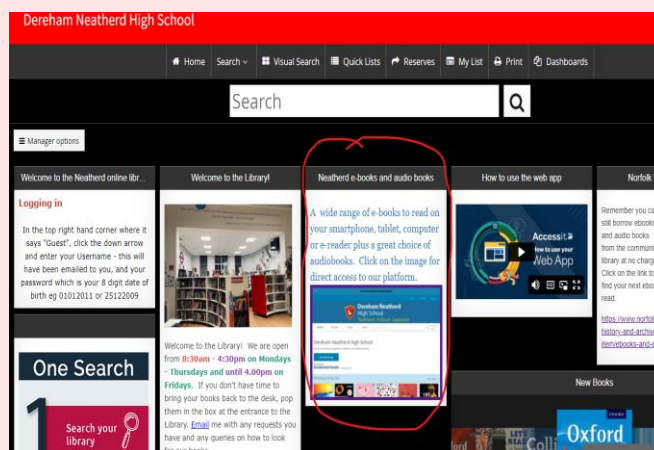
<https://www.justonenorfolk.nhs.uk/child-development-additional-needs/supporting-development/teenage-brain/>

## Audio and eBooks available for all!

Did you know your school library doesn't only provide physical books for you to borrow? We offer audio and eBooks too.

Listening to stories isn't just for the very young. We all like being read to, and it's a great way to absorb literature if you are travelling, or find physical books a chore. eBooks are also good if you're on the go. The colour of your reading screen can be changed to suit your preferences or needs, and you can adjust the font in terms of size, colour, and type. You can also adjust letter and line spacing to make your reading experience the best it can be for you.

To find out more, go to the library webpage, click on the image circled in red below and sign in with your Neatherd login details. You are then taken to the online eBook and audio book website where you can browse and start reading and listening.



If you prefer to use a tablet or phone, you can download the app in the usual way – just type in 'Dereham Neatherd High School' when prompted and search for your next book.



**Ms S Holmes**  
Senior Librarian and Trust Library Co-Ordinator





## Dereham Neatherd High School Eco Committee News

### Earth Day



On Friday the 21<sup>st</sup> of April the Eco Committee gathered as a group to promote the reduction of plastic on the Earth.

As a school we came together to reduce the use of waste in the products to make our daily food in the canteen.

On this day we had vegan and vegetarian options for lunch. This was because we thought it would be better for the Earth because in our daily food we produce a lot of greenhouse gasses, so when you have a vegan or vegetarian option you are producing fewer greenhouse gasses.



So, I advise trying the vegan or vegetarian option at school because it will reduce the amount of greenhouse gasses emitted and it is very tasty!

If you bring a packed lunch then try and use less plastic and more reusable products.

**By Sofia, Year 7 & The Eco Committee**

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## Do you want to reduce Neatherd's impact on climate change?

**This is your chance to make a change and help the future by becoming a member of the Neatherd Eco Committee.**

By being part of the eco committee you will:

- Be involved in conservation and environmental projects
- Promote sustainability in all areas of the school
- Work with the community, teachers and families to help them to reduce their impacts on climate change

### **Are you up for the challenge?!**

Please see any of the staff/pupils below for more information on signing up:

Head Girls: Amber and Sophie

Teachers: Miss Clarke or Miss Straffon-Lawrence (GG2)



COMPASSION

HARD WORK

RESPECT

INTEGRITY

FAIRNESS



## **CyberFirst Girls Awareness Day**

On Wednesday 10<sup>th</sup> May Mr Gibson and Miss Skipper took eight Year 7 girls to BT's Aadastral Park near Ipswich. The event is an awareness day to inform girls about the cyber security industry and related careers. Next year it is hoped that the girls who attended, and others, will choose to enter the National Cyber Security Centre's CyberFirst Girls Competition (open to Y8/9).



The competition is part of a larger (government-funded) programme, CyberFirst, which is a long-term project providing opportunities to help young people explore their passion for tech by introducing them to the fast-paced world of cyber security. There is support available for young people from Year 7 all the way to under and post-graduate bursaries where students are awarded financial assistance (currently £4000 per year) as part of an apprenticeship.



After an introduction from a government cyber security expert, the girls completed a series of security-related problems involving computational thinking and logic. These were "Robot Race", "Cypher Hunt", "Logic Maze" and "Capture Flag". The final session of the day was a look at BT's "showcases" which are rooms designed to show different real-world situations with the latest technology in place such as a hospital operating theatre, a government defence office, the security in place at 10 Downing Street and a bank.

Throughout the day the girls' performance was recorded in the challenges and there was a prize for the highest scoring pair. There were over 20 schools from England over the two days, and almost 100 teams of two. Emily and Imogen were the highest scoring pair out of the whole competition and were presented with a trophy which is now in pride of place in the computer science department. Huge congratulations to the winning pair.



All the girls who came were exemplary ambassadors for the school and enjoyed a really interesting and worthwhile day.

**Mr A Gibson**  
**NCCE Norfolk Hub Lead**  
**Head of Computer Science**



## Supporting Children's Mental Health Just One Norfolk



Mental health is the way children think and feel about themselves and the world around them. Your child's mental health is just as important as their physical health, particularly when it comes to dealing with stress, behaviour, and their school life.

Not all mental health issues can be prevented, but you can take steps to help keep your child as mentally healthy as possible. The video session on the link below explores some of the potential worries that children may have and looks at how these could be managed. During the video you can pause at any time to take part in activities or watch a video clip in the tabs.

<https://www.iustonenorfolk.nhs.uk/emotional-health/children-young-peoples-emotional-health/supporting-children-s-mental-health/>

### Year 10 Geography Trip to Holkham

On Tuesday 25th April, 80 Year 10 geographers ventured out to the Holkham sand dunes to carry out compulsory fieldwork for their GCSE Unit 3 exam. Millie writes:



It was really interesting to see what we have been learning about in person! Especially when Holkham is so close to Neatherd, it was the perfect place to go for sand dunes and to complete our fieldwork for our GCSE. We completed two sets of work in two sites along the coast collecting data for various things: the angle of slope, soil colour, height of vegetation and percentage of vegetation cover across both the natural and human influenced sand dunes.

It was also good to have the opportunity to be able to use the equipment ourselves, such as the ranging poles, clinometers and quadrats. Working in small groups, we were each able to have a role to ensure we completed the work as efficiently and productively as we could in the weather that was fortunate to us for the majority of the day. All in all, I really enjoyed the trip as I have never been to Holkham sand dunes before, and getting back within school hours ended the day well.

**Millie-Paige - Miss Clarke's geography group**



# Mid Norfolk Foodbank collection

## June 2023



Dear pupils and families,

At Christmas with your help and support we collected an amazing **240kg** of food for the Mid Norfolk Foodbank. This provided 480 meals for children and families over Christmas.

Due to our success we have been asked by the Foodbank if we would hold another collection to support families over the school summer holidays.

If you would like to donate, please bring your donation into school from the 5<sup>th</sup> - 9<sup>th</sup> June. There will be collection points in each form room and at Reception.

Thank you for your support!

### List of items needed:

Cereal, soup, pasta, rice, tinned tomatoes / pasta sauce, lentils, beans and pulses, tinned meat, tinned vegetables, tea / coffee, tinned fruit, biscuits, UHT milk & fruit juice





## “The Space”

### New lunchtime club!

“The Space” lunchtime club is held on a Thursday lunchtime (week A) in S&E2. It is run by Reverend Laura Purnell and Mr Critten and is a space for pupils to chat, play games, eat lunch and cakes, and sometimes have a bit of a discussion.



We’ve had a few sessions so far and it’s always a lovely atmosphere. It’s open to all pupils (not just Christians) – So far we’ve had over 20 pupils at each session from all year groups.

**Mr P Critten**  
Head of Society and Ethics

*We have many library books which are feeling a bit lost at the moment so please have a look for your overdue books and return them to the library! Many thanks.*



*Reminder to all year 11 pupils: please return your library books before you leave. Wishing you all the best for the future!*



**to all of our Year 11 pupils for their GCSE exams!**



**Dereham Neatherd High School**  
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**01362 697981**



**office@neatherd.org**



**neatherd.org**

**Stand up to bullying! To report a concern, visit:**  
[neatherd.org/Contact-Us/Report-Bullying-Form](https://neatherd.org/Contact-Us/Report-Bullying-Form)