



**Dereham Neatherd
High School**
Traditional · Inclusive · Supportive



Dereham Neatherd High School Newsletter

2023-24 | Spring Term

January / February 2024

Message from the Headteacher



Welcome to the latest edition of our school newsletter. As ever, the past half-term has been packed full of events, trips, clubs, sporting fixtures and opportunities for pupils to thrive and achieve. We hope that you will enjoy reading about the life of our school in these pages.

Neatherd pupils continue to shine and to exemplify our core values of **compassion, hard work, respect, integrity** and **fairness** – all of the things that make our school proudly traditional (in the best sense of the word!), inclusive and supportive. Through our assemblies, collective worship and daily briefings, we remind pupils of why these values provide the bedrock of their education and will allow them to excel academically, as well as to live a full and positive life as active members of our community. Groups such as our School Council, Eco Committee, Prefects, Nutrition Action Group and many more besides play such a vital role in this and we are pleased that so many of our pupils choose to participate in school life in these ways. There is always a real sense of belonging and community for those who take part in our annual production too, and this year was no different. Those of you who were able to see our pupils perform in *Peter Pan* at Dereham Memorial Hall earlier this month will doubtless wish to join me in congratulating pupils on their hard work, efforts and commitment to working as part of a bigger team. Once again, they have showcased the best of our school.

Like all schools and large institutions, however, we know that we are far from perfect and that there is always more we can do to improve, which is why it is so important that we take opportunities to listen to constructive feedback from our pupils and parents. Recently, in response to what pupils have told us, we have:

- taken steps to ensure greater staff presence in corridors so that pupils feel safer during lesson transitions;
- improved our cleaning and standards checks in pupil toilets (and are actively working with our Trust on a longer-term plan for providing more toilets for pupils);
- introduced the *Tootoot* app to provide another way for pupils to let us know about their concerns around bullying, mental health and anything else that is worrying them.

By now, parents will hopefully have received a letter inviting you to take part in our annual Parent Survey and I would urge everyone to complete this. We know how valuable your time is and we are grateful to you for taking a few minutes to tell us about what is working well and what we could do better.

I wish everyone a happy and relaxing half-term break. We return to school on Monday 26th February (week B).

Mr J Mallett
Headteacher

COMPASSION

HARD WORK

RESPECT

INTEGRITY

FAIRNESS



Dates for your diary

February

19th to 23rd Half-term break

March

w/c 11th Year 11 GCSE PE moderation
 12th Year 10 apprenticeship afternoon
 13th Year 7 parents evening
 w/c 18th Rewards assemblies
 w/c 18th Year 11 spring mock GCSE exams
 26th Year 8 parents evening
 27th School closes for Easter break

April

15th School re-opens to all pupils



House Points Update

| | |
|------------------|---------|
| CAVELL | 142,080 |
| COWPER | 142,761 |
| FRY | 150,963 |
| WOLLASTON | 130,396 |

Most house points: year to date

| | | |
|-----------|-----------|------|
| 7 | Wren K. | 1246 |
| 8 | Violet P. | 1771 |
| 9 | Faith W. | 872 |
| 10 | Bea G. | 998 |
| 11 | Callum H. | 679 |

A grand total of **196,014** house points have been awarded since the start of this term. That's an average of **167** per pupil. Well done everyone!



Neatherd Values

| | |
|-------------------|---|
| COMPASSION | We are kind. We support each other when things are difficult. We treat others as we would wish to be treated. |
| HARD WORK | We do our best at all times. We show resilience when things are tough. We don't give up. |
| RESPECT | 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. |
| INTEGRITY | We are honest. We do the right thing. We trust each other. We are upstanders, not bystanders. |
| FAIRNESS | We treat each other equally regardless of difference. We play by the rules. |

Artist of the month - January

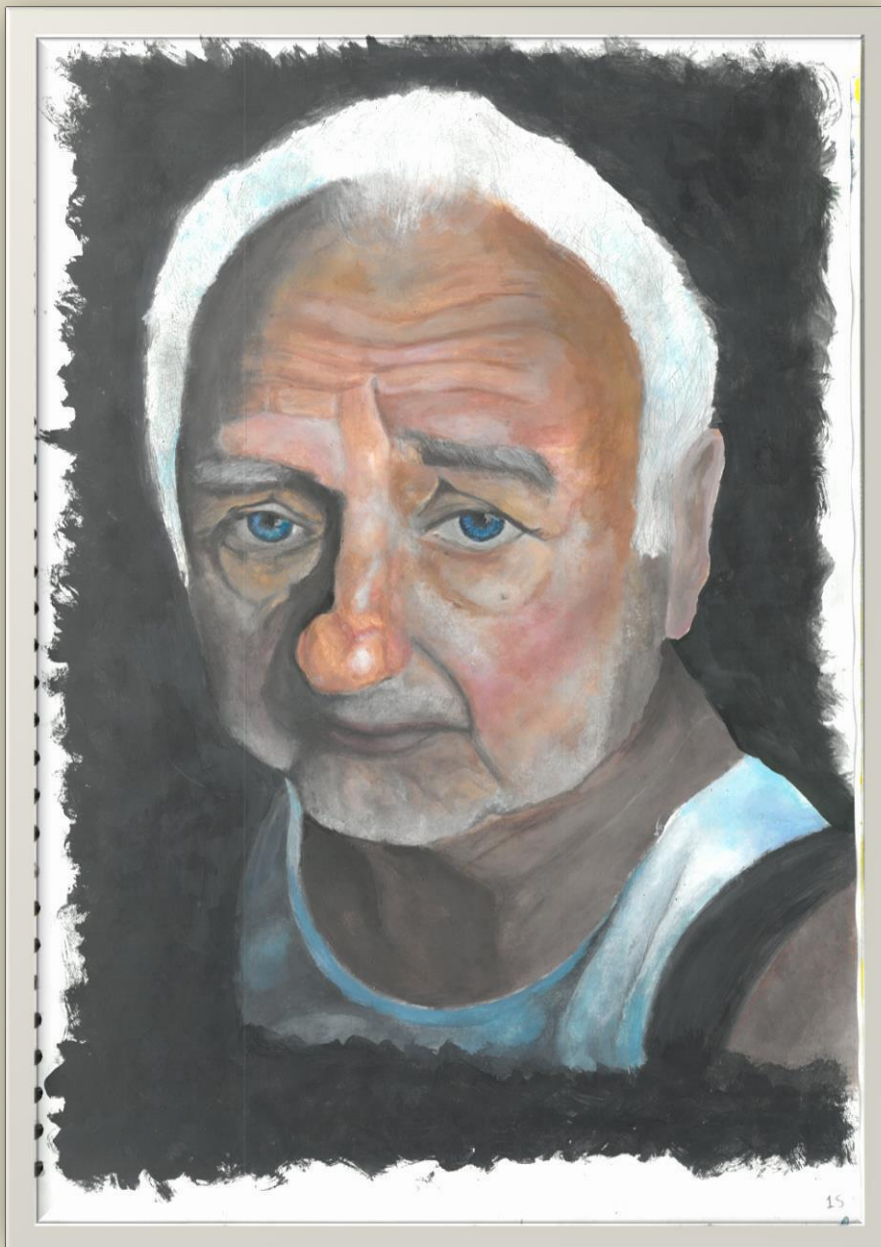
The Art Department are pleased to announce their first winner of artist of the month.

Congratulations to Natalie in year 10. Natalie was chosen by the department because of her amazing transcription of Nikos Gyftakis' photography work. She was able to produce a fantastic painting of his portraiture, capturing the detail, character and use of light within her own study.

This is a highly accomplished piece and we are very proud to have her as one of our KS4 pupils.

Mr W Wright

Head of Art



Our visit to Gonville and Caius college, written by Beatrice and Layla, year 10.

On the 25th of January, we visited Gonville and Caius college which is located in the centre of Cambridge and is one of the oldest colleges. To begin our day, we enjoyed a talk in a lecture theatre about everyday life in a highly competitive university. The lecture helped us to gain knowledge of famous people who had attended Cambridge University such as Sir Isaac Newton and John Venn, who created the Venn diagram. We also met current students who were studying a variety of courses. They discussed the academic aspects of university life whilst also describing the many extracurricular activities on offer.

Many of us noticed the beauty and impressive architecture of the buildings throughout the tour of the university. We rounded off the day with a visit to the Whipple medical museum where we had the chance to analyse old anatomy books and look at scientific instruments collected by Robert Stuart Whipple. We are very grateful to have had this experience as it has given us motivation and aspirations for the future.

Values VIP

By Alex, form 7CCH

On the 17th of January Miss Chandler gave me and my form our **value booklet** and the very next day I got asked to do a job for Miss. I did it without question and got my first **integrity** goal done. On the next day I wrote a letter to Miss Chandler and finished my second goal. On the 20th of January I made a homemade Japanese dish called Ramen. I helped with the broth, the chicken, pork and noodles and it was very nice. This allowed me to earn my first badge.

Well done Alex!

Gardening Club Trip

Neatherd SNAG pupils Rebecca, Year 10 and Olivia, Year 9 have written the following article about their recent Gardening Club trip to the John Innes Centre...

We have been begging Mr Anderson to take us on a school trip as a Gardening Club for ages and he finally relented to take us to the John Innes Centre. We filled the minibus with 14 Gardening Club members, along with Mr Anderson, Mrs Furse and Mr Crandell driving.

We began our day with a private tour of the library. There was an incredible rare book collection with plant books dating back to the 16th century. We were then taken past the research labs and were able to see an electron microscope worth a million pounds. Unfortunately, we were not allowed to use it!



Our guide James then took us through the glasshouse facilities where we saw plants being grown and studied for their disease and pest resistance qualities. We had



an interesting discussion about new vertical hydroponic growing farms in Norfolk that would make an excellent future trip.

I think this was a great experience for the Club because we got to learn more about how plants grow and how they are currently being adapted to help them grow better in different conditions.





3rd Annual Neatherd Swimming Gala



Tuesday 19th December saw the 3rd annual Neatherd Swimming Gala held at the Dereham Leisure Centre. This year we had over 70 athletes and over 60 races over the 25m and 50m distances. As ever the pupils did themselves proud, showing many of our Neatherd core school values.

Hard work was clearly shown by all participants throughout and all those that competed gave their all for their respective houses. The house that came out top this year was Cavell, earning 500 house points for first place. Cowper were in 2nd and earned 350 house points, Wollaston came 3rd with 200 house points and Fry were in 4th with 100 house points.

This year we had 16 individual records broken, 5 of which went to Anastasija, 3 to William C, 3 to William N and then 1 each to Bea, Joshua, Logan, Kornel and Sam.



The day was a huge success and all those that attended did themselves proud. A special mention has to go out to the Neatherd Sports Captains who, as usual, put on a great display with the officiating. Without them this event wouldn't be as successful as it is.

Mr M Lyons, Teacher of PE

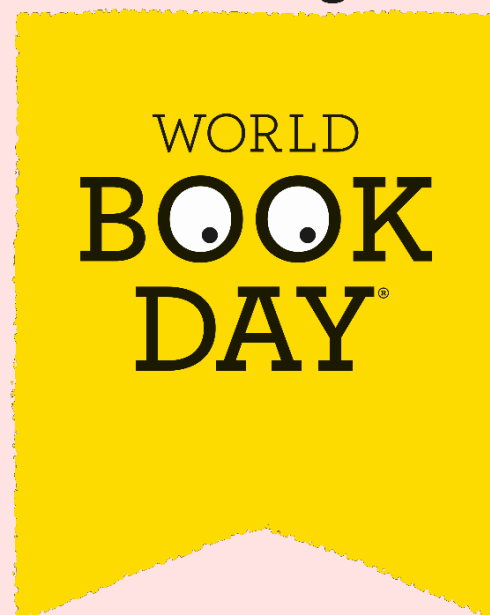
Library News



It's that time of the year again – yes, it's World Book Day on Thursday 7th March! On the day itself, we will be holding the annual World Book Day Literary Bake-Off 😊. Pupils are invited to be creative with their baking and offer their baked goods for sale, the proceeds of which will go into library funds allocated to buying books requested by pupils. Think of your favourite books and then be inventive with your ingredients, and bake! There will be three prizes for pupils including a book of their choice in the following categories: **most closely related to a book title; the tastiest cake; the cake with the best designed food styling...**



Celebrating with



Throughout the week beginning **Monday 4th March**, there will be other activities including a **book sale/book swap** – bring some loose change to pick up a copy of a book which has never been read before **AND** bring a well-loved book of your own which is still in good condition to swap with another from another reader; **design a National Book Token** and be in with the chance of winning **£350** in book tokens for the school and **£100** in book tokens for yourself (first prize) and slightly smaller amounts for coming second! Share a story that you couldn't put down, and set yourself a reading challenge... There will be more excitement with more news to come! Get your baking aprons on and get baking!

Ms S Holmes
Senior Librarian and Trust Library Co-Ordinator



***Peter Pan* School Production**

This year's school production of *Peter Pan* was brilliant!

Over 80 pupils took part in the show – from all year groups. We also had the pleasure of welcoming back ex-Neatherd pupil, Liliana, who worked with us as co-director and choreographer. Liliana will be using the production for her Year 12 Extended Project Qualification. This will give Liliana a well-deserved set of UCAS points for her university application.

We used the original 1928 script as our starting point but directors and cast members were keen to update the script so that it better reflected the language and gender roles of the early 21st Century rather than the early 20th Century. To ensure that our show was really contemporary, actors improvised freely around scenes and storylines during rehearsals. Improvisation and devising are definitely our favourite ways of working as it allows our amazing pupils to exercise their creativity.

We really wanted to promote gender equality in our production so that female characters – Wendy, Tinkerbell, Tiger Lilly and the mermaids – are sassy and “give as good as they get”. We had a female Hook, as ruthless and nasty as they come! Peter himself is a lively, fun-loving and restless character – “the boy who never grew up”. And, although he thinks he's in charge of the Lost Boys, really, he'd be lost without Tink, Tiger and Wendy.

Great Ormond Street Children's Hospital Charity hold the performance rights to *Peter Pan* and gave us permission to “do what we like” to the original script. This was on the understanding that we donate a minimum of £100 per ticketed performance. We haven't yet established how much we will be donating but we are confident, as well as hopeful, that we can exceed the minimum £300!

Ms S Ealhswith, Head of Drama and Dance

Extra English Club by Maxinne, year 7

Hello to those pupils who don't really know how to speak English. You are welcome to join us in English Club!

It is absolutely fine if you're not comfortable with how to speak English but English Club and the teachers are here to help you! You can learn about the words you don't know, learning pronunciation, making friends and some more! The teacher will help you about the words or anything you don't know.

I am really grateful that I have joined this club and thank you to those teachers who are helping us. I also enjoyed learning things or words that I don't know. We will make sure that we make you laugh and have fun!

Salamat! (thank you)

Yours sincerely,
Maxinne

What is Extra English Club? by Kacper, Year 7

Extra English club is for people who speak / are exposed to a different language.

It's an extra English lesson each Monday 3:30pm to 4:30pm (more fun than usual English lessons, no offence English teachers 😊).

My opinion as a pupil:

- it's fun and it's really something to look forward to
- it helps me with my English and improves my test results
- I've enjoyed everything I've done so far

Please come to Extra English club: it is free of charge and it's one of the most helpful clubs you can join 😊

Please contact Miss Straffon-Lawrence for more information about Extra English Club.

Spotlight...

After an amazing build-up, Year 10 pupil Poppy recently came second in the 'Springboard Future Chef Competition' Regionals!

With tremendous effort and focus, she did herself proud with producing (quote) **'the best pasta dish of the event'** and **'only being 2 marks off the winner'** for the competition as a whole.



The judges commented on her maturity and respect for the kitchen, and commended Poppy for her organisation.

It was a long day and with many successes around her two dishes, she can confidently stand as 'Top Chef' of the school. A massive well done to Poppy!

Mr A Saunders, Teacher of Food and Catering

COMPASSION

HARD WORK

RESPECT

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FAIRNESS



FYI



for your information

Introducing the new FYI website for young people in Norfolk & Waveney

Norfolk and Waveney Children and Young People's Health Services have launched a brand-new website 'FYI' for those aged 11-24 who are seeking self-care advice, information and guidance about their health and wellbeing. The new website is validated by NHS clinicians and other professionals, making it a reliable source of information on topics such as health, education, relationships, emotional and mental health, and much more.



Using interactive content, downloadable resources and real-life experiences, FYI aims to empower young people to take control of their health and wellbeing, as well as providing information on accessing further local help and advice if needed.



www.fyinorfolk.nhs.uk

Careers News

Year 9 Options choices

Where can a certain school subject take you in the future?

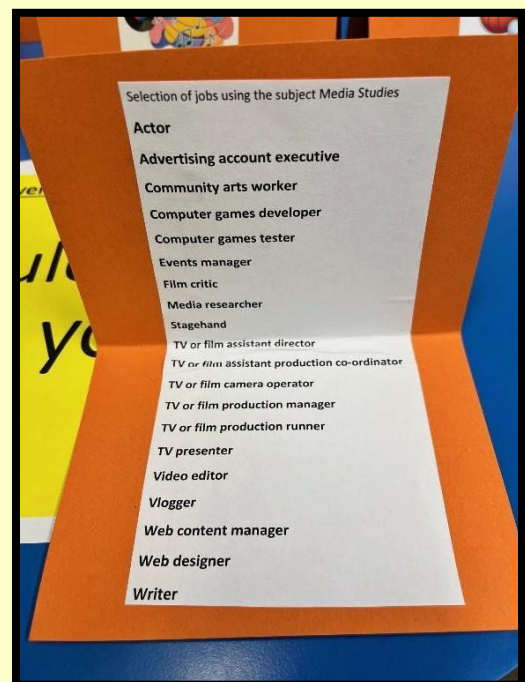
This is the time of year when our Year 9 pupils choose which subjects they would like to continue with for their GCSE courses which will run over two years, in Years 10/11.

All pupils continue with maths, English and science, plus core PE and Society & Ethics. They continue with one humanities subject and choose between geography and history. Most of our pupils will also continue with either French or Spanish. In addition, pupils can pick two other subjects from a large variety of option subjects.

At the recent Options Evening at school, pupils and parents had the opportunity to find out more about the different subjects by visiting the departments and talking to the subject teachers.

The Neatherd Careers Team had prepared an activity for the evening where pupils could see where a certain subject could take them in the future. The activity is still set up in the Careers Office – and you can also find more information on the website <https://careerpilot.org.uk/>

By choosing GCSE Business Studies for example, pupils could progress into a career as an Investment Analyst, Human Resources Officer or a Road Transport Manager. Taking GCSE Music could lead to a job as a Sound Engineer, a Computer Games Developer or a Radio Broadcast Assistant.



Choosing your options...

When it comes to choosing options, the advice is to select subjects that pupils enjoy and are good at. They shouldn't choose subjects just because:

- They have heard it's easy (there really *aren't* any easy subjects – all require hard work!)
- Parents want them to do it
- They like their current teacher – remember, they might not end up in their class
- Their friends are doing the same subject – again, they might not end up in the same class

Studying courses from different subject areas might be useful so that they have a wider range of options for later study and career choices.

Pupils should also consider how each option fits with their other GCSEs. Does a subject go well with the other choices? Or does a subject provide a welcome change? If they are taking a subject which is more focussed on essay writing, it might be nice to take a more practical or creative-oriented subject alongside it.

And even if pupils don't get into their preferred course, they can still pick up most subjects after High School, even if they haven't studied them for GCSE.

The Options selection forms need to be returned by 1st March to the Red Post Box in Reception. For more information about the options selection process, please contact the Data department at school. Careers Advice for Year 9 pupils struggling with their choices (or for any Year group) is available by booking an appointment through the form tutor or by e-mailing office@neatherd.org

Mrs M Broughton, Careers Adviser

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Stand up to bullying! To report a concern, visit:
neatherd.org/Contact-Us/Report-Bullying-Form



Neatherd pupils can now report concerns about bullying, mental health or anything else that is worrying them on Tootoot:

neatherdhighschool.tootoot.co.uk/login

COMPASSION

HARD WORK

RESPECT

INTEGRITY

FAIRNESS



Revision @ Neatherd



MYTHS **BUSTED**

Three revision techniques that research has proven do not work:

- Just **highlighting information**
- **Copying** information out
- Simply **reading information**

Avoid doing these in isolation, they are not the most effective

Evidence shows Active Recall works best!



Flash Cards

Great for: Key words, quotes and specific facts

How: 1. On the front of the card, write a key term or question. 2. On the back of the card, answer that question or define the term. 3. Try to answer the front of the card before checking the back. Use different colour cards for topics/subjects.

Top Tip: Sort and remove the ones you know, keep doing them until you know them all. When you're done go back and check your recall on the whole pile.

Great for: Subjects where dates, chronological order or process order are important.

How: Draw a line and add the important dates/stages in one colour. Then add what happened, where, who etc in another colour.

Top Tip: Revisit the finished timeline often, ask people to question you, see if you can recall the dates/stages in order then add the facts. Eventually you will be able to recall all of what happened when.

Time Lines



Mind Maps

Great for: Recalling huge amounts of information, linking new knowledge to old.

How: Choose a word/topic, around that word add everything you recall about it or is linked to it. Keep going until you have exhausted your recall knowledge of that topic. Then in another colour (very important) add everything extra from your text/exercise books etc.

Top Tip: Best mind maps are those that use a mixture of recall and colour-coded new knowledge.

Great for: All subjects where knowledge of different topics/words is needed!

How: Read a section of the information/knowledge you need to learn. Cover up the information you were reading. Write out the information you had read, as much as you can. Check your work and made additions/corrections in a different coloured pen.

Top Tip: After you have read the information, get someone else to ask you questions from that information.

Read Cover Write Check



Top Tip #1

Find a **quiet place**, away from distractions. Put your phone to one side, turn music off. Be organised, keep all your school books in one place.

Top Tip #2

Revising for 30 minute chunks of time is vital for you to retain information. **Hours of sustained study does not work and will not allow you to retain everything you are trying to learn.** Take a break for 5-10mins every half hour, walk away from your desk, get some fresh air and a drink.

Top Tip #3

Be smart, make the most of the time you revise and **use the revision techniques we know work best.** Avoid the strategies that we know do not work as well as those with green ticks above!