

Dereham Neatherd High School Newsletter

2023-24 | Autumn Term

November/December 2023

Message from the Headteacher



Welcome to our final school newsletter of 2023. As the term draws to a close, we have been taking time over the past week to celebrate our pupils' achievements through rewards assemblies and 'zero hero' celebration events, recognising their ongoing commitment to our school values of compassion, hard work, respect, integrity and fairness. This term alone, Neatherd pupils have been awarded over 360,000 house points and hundreds of Golden Tickets for their efforts in class. They are a superb bunch of young

people and we are very proud of them. We also welcomed back our recent Year 11 Leavers for their GCSE certificate Presentation Evening on Tuesday 12th December. Alongside celebrating their exam success, it was a wonderful opportunity to catch up with them and to hear about how well they had settled into their college and sixth form courses and apprenticeships. These events are always a real privilege for us, as members of staff.

December is also a time for reflection as we look back over the events of the past twelve months. Working together as members of 'Team Neatherd,' we - pupils, staff and families - have accomplished a great deal to be proud of. 2023 started with the creation of our new Eco Committee and, through their hard work and dedication, its members were soon successful in achieving the Eco Schools Green Flag Award. Our actors, singers and dancers wowed their audiences in this year's school production of Matilda at Dereham Memorial Hall and, over recent weeks, they have been busy with their preparations for next February's production of Peter Pan. Our musicians' talents have shone at the summer and Christmas concerts, and we marvelled at the superb works of our young artists in this year's Art Exhibition. Our athletes have participated in more fixtures than ever before, with Year 7 netballers and Year 8 and Year 11 footballers being crowned league champions. Academically, our pupils achieved GCSE results that were above local and national averages and there has been success too in events such as the Junior UKMT maths challenge and the CyberFirst Girls Competition. The school's excellent provision has been rightly recognised through successful re-accreditation of the Career Mark Gold award and in becoming the first secondary school in Norfolk to achieve the Computing Quality Mark, and we are currently working hard on achieving re-accreditation for the ArtsMark. Pupils had great experiences at home and abroad as Activities Week returned for the first time since 2019. They have also enjoyed the pupil and staff inter-house competitions that have accompanied the relaunch of our house system and have shown real commitment to the wider community through their fundraising for Comic Relief and Children in Need. Here's to more success in 2024!

(continued on p.2)

(Message from the Headteacher: continued)

Finally, I would like to take the opportunity to wish all members of our school community a relaxing and enjoyable school holiday. We look forward to seeing pupils for the start of Spring Term on Thursday 4th January (Week A). Until then, have a merry Christmas, and best wishes for a happy, peaceful and prosperous New Year.

Mr J. Mallett Headteacher



House Points Update

CAVELL	91,906
COWPER	92,861
FRY	97,114
WOLLASTON	81,565

Most house points: year to date

7	Wren K.	986
8	Victoria P.	1,380
9	George M.	603
10	Bea G.	672
11	Sophie V.	451

A grand total of **363,446** house points were awarded in the Autumn Term. That's an average of **311.7** per pupil. Well done everyone!



Dates for your diary

December

18 th	Swimming Gala
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20th Last day of Autumn Term

21st to 3rd Jan Christmas holiday

January

4 th Jan	School re-opens to all pupils
9 th Jan	Year 11 Photography Mocks
11 th Jan	Year 10 Parents Evening
11 th Jan	Year 11 Art Mocks
11 th Jan	Mid-Norfolk Cross Country C'ships
12 th Jan	Year 11 Mock Results Assembly
16 th Jan	Sports Tour Meeting 6.30pm



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.

Library News!

Author Visit

On Thursday 12th October, we welcomed David Farr, the author of two brilliant books for children – The Book of Stolen Dreams and The Secret of the Blood-Red Key to Neatherd. David gave a wonderful presentation about his first book, describing the inspiration for his story as the journey his great aunt and uncle made when fleeing Nazi Germany in the 1930s, upon whom the characters Rachel and Robert are loosely based. They embark upon a journey during which they hope to learn how to save their country from a tyrannical self-proclaimed king. They also want to save their imprisoned father and many others wrongly taken into custody for standing up for the right things. It's an exciting page-turner which had been given to all Year 7 pupils to read over the summer. He also introduced his second book to them, offering a new quest for Robert and Rachel.



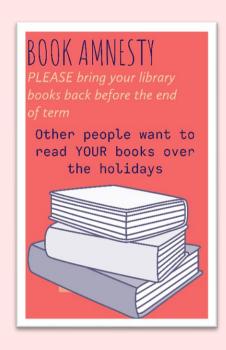
David then asked the pupils to get their own creative juices working by encouraging everyone to think about how they would start writing their own story – how to start with an exciting opening sentence from which a fabulous story follows! The pupils participated really well, and we're looking forward to reading what they write next. In giving the pupils some information about his career to date, David told them about his work as a screenwriter, theatre director and playwright before writing his first book for children. You may remember the BBC series, The Night Manager, which is one of David's many achievements.

Halloween Short Story Winners!

Here are Emily, Isobel and Lucas who all entered our Halloween short story competition. Emily was the overall winner and received a book. All three pupils received a prize and house points. Congratulations to everyone who entered their stories are being displayed in the library.



Ms S. Holmes Senior Librarian and Trust Library Co-ordinator









The Royal Navy 'Ready Steady Cook' and Demonstration of Careers

The Royal Navy team came to visit on 9th November and gave a presentation of careers within the Royal Navy to the Year 10 Food and Hospitality pupils.

The pupils found out about the careers available – including the fact that as chefs they are also deployed as the ship fire fighters – and all the fantastic benefits that go with working for the Royal Navy, especially the chance to travel the world.

Pupils were then tasked to work in groups to create a pizza from scratch and Swiss rolls filled with jam and cream which were decorated and then judged by the Navy team.

The products created were of fantastic quality and the Navy team had a tough job deciding on the winners but tried and gave feedback to every group.

What a great experience for our pupils, learning new skills from working Royal Navy chefs.

Mr P. Taylor, Head of Food and Catering





On Wednesday 13th December, over 600 pupils and staff enjoyed a delicious Christmas lunch prepared and served by our talented Catering Team. The Christmas themed desserts and baguettes were also very popular choices!

Andrew (Chef Manager) and his dedicated team served up a whopping 55kg of turkey along with 90 litres of gravy!

Over 550 homemade, hand decorated, double chocolate brownies and pudding cookies were thoroughly enjoyed too!

A tremendous amount of planning, preparation and hard work goes in to delivering Christmas lunch on such a grand scale each year. Pupils and staff alike showed their appreciation with lots of lovely comments and feedback.

We look forward to enjoying many more delicious dishes from our school canteen in 2024!

Our canteen menu can be found on our website: https://neatherd.org/Information/Catering/

Parent Information Evening about Mental Health and how we support pupils at Neatherd

On Wednesday 22nd November, Mr O'Brien (SENCO) and Mrs Emanuel (Mental Health Practitioner) held an information evening about mental health, which remains a huge issue in society and for our young people in schools. The aim was to do some work with our whole community to create a joint vision for supporting our pupils' mental health. At the information evening, the mental health policy and ethos was launched and parents were asked to give feedback.

Some of the questions raised were: What can parents do? What can the school do? What should we expect from external services? What responsibilities do the young people have themselves to create a school which is a positive place to talk about mental health?

During the evening, parents also learnt about the mental health support we offer at Neatherd. Mrs Emanuel offers basic cognitive behaviour therapy using workbooks on anxiety, self-esteem, anger, self-harm and low mood. She also does regular check-ins with pupils as well as referring pupils to external agencies for support. This includes the MHST, JustOneNorfolk, Nelson's Journey, Cup-O-T and YESS (formerly Prospects). Other support in school includes SEMH (Social, Emotional and Mental Health) — this outlines classroom strategies, SEND team interventions and referrals to external agencies including EPSS, Respectrum, Paddy Venner, Kicks (NCFC), alternative provision and early help support. The Mental Health Support Team also attended the evening. They work closely with the school offering support to our pupils and supporting the school with our whole school approach. The Mental Health Support Team meet with pupils on a 1:1 basis and offer cognitive behaviour therapy on worry management, depression/low mood and anxiety.

Mr N. O'Brien and Mrs J. Emanuel



Neatherd inter-house football results



Sophie and Edith, Year 10 sports captains, have provided the write-up below following the inter-house football competition. Year 11 were busy concentrating on their mock exams and so did not compete in this event.

'During the football inter-house, we witnessed a lot of pupils showing our football inter-house value of teamwork very well. It is excellent to see all pupils supporting each other so enthusiastically. Many people showed interest and attended the football and due to all of you joining in, it was a great success and we are excited for the next inter-house. Another wonderful aspect was the amount of people watching and supporting their house. Thank you to everyone cheering from the sidelines, which reflected the brilliant playing. Keep it up for the rest of the inter-house sports!'

Well done everyone and here are the results we've all been waiting for...

Football inter-house winners:

Year 7	Fry
Year 8	Fry
Year 9	Cowper
Year 10	Wollaston

School sports value winner (teamwork):

Year 7	Cowper
Year 8	Fry
Year 9	Cavell
Year 10	Cavell



Christmas Craft Fayre





On Saturday 2nd December, on what proved

to be the coldest day of the year, the Kenya fundraising pupils held a Christmas craft fayre at the school. The pupils were able to have a stall of their own and/or help out with refreshments. The fayre also included a cake stall and raffle, which were run by our pupils.



There were 15 craft stalls in total, selling a range of crafts, with the majority of stall holders being non-Kenya trip crafters (including some staff members!). While it was bitterly cold outside, it was cosy and warm inside and the background Christmas music added to make a lovely, welcoming atmosphere which was attended by many from the Dereham community. Many sat, enjoying hot chocolate and eating homemade cakes, whilst catching up with friends.

A very successful day saw our Kenya pupils raise over £300 to share between those who took part.

Eco-Committee Update!

The Eco-Committee have been busy creating more wildlife-friendly spaces around the school with help from the *Woodland Trust's Free Trees for Schools* initiative. The team worked to plant 105 saplings of rowan, hazel, hawthorn and silver birch to extending existing hedgerows as well as individual oak trees that will live for up to 600 years! This work will establish food sources and shelter for wildlife, supporting biodiversity around the school site.



Lastly, the Eco-Committee would like to wish all who celebrate a Merry Christmas!

Spotlight...

Congratulations to our very own Mr O'Brien, who won the 'Outstanding Support for Students' award at this year's Norfolk Education Awards back in October. We already know that Mr O'Brien is an absolute star, and someone who is committed to giving every young person the best possible chance of success – it's wonderful to have it recognised by others too! Thoroughly well-deserved, and we are very proud of you.

More details here: https://www.edp24.co.uk/news/23852926.meet-winners-norfolk-education-awards-2023/



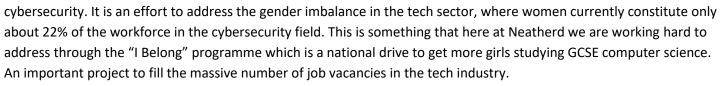
'Spotlight' is a regular feature in our newsletters for pupils and staff to share positive news, achievements or something you are proud of. If you would like to feature in 'Spotlight' please let us know!

CyberFirst Girls Competition November 2023

We entered two teams of 4 into the CyberFirst Girls competition 2023 and they both did fantastically well as teams with some stunning individual performances. Results are not yet published but we will provide updates as soon as they are released. Miss Skipper, formerly an engineer working for BT before joining the team at Neatherd, provided support for the girls and was a superb mentor for them, keeping them going when the challenges were tough. Her enthusiasm and motivation provided constant motivation throughout all those lunchtime sessions and into the evenings when the teams continued to work hard in their own time.

The CyberFirst Girls Competition, organized by the National Cyber Security Centre (NCSC), has become a significant event in promoting interest in technology and cybersecurity among young girls in the UK. In the 2023 edition of this competition, an impressive number of over 8,700 school children participated, with girls aged 12-13 tackling challenges in areas such as cryptography and artificial intelligence.

This competition is an excellent initiative by the UK government to encourage girls to consider careers in STEM subjects, particularly in





We know the scores of the teams and, based on last year's results, we expect to come high up in the rankings. However, the overall impact of such competitions on participating schools and pupils is profoundly positive. Schools across many regions, including Norfolk and within our trust, have had teams winning regional finals and receiving invitations to prestigious prize-giving dinners, where they are recognized for their hard work and achievements. Teams winning any of the categories also get laptops for all team members.

The CyberFirst Girls Competition not only offers a platform for young girls to showcase their skills but also plays a crucial role in inspiring and educating the next generation of technology professionals. By participating in such events, pupils from schools like us gain invaluable experience and exposure to the world of cybersecurity, potentially paving the way for their future careers in this dynamic field. We will again be entering teams next year comprised of girls in years 8 and 9 so please watch out for the entry information in 2024.

Team 1: Emily, Enid, Maisie and Bethany

Team 2: Sofia, Grace, Autumn and Amber

Congratulations to both teams!

Mr A. Gibson **Head of Computer Science**



Careers News

Career Mark Gold Award re-accreditation

Neatherd's Careers Team have been congratulated and recognised for their hard work and dedication in terms of the careers provision at school. In a recent assessment, their Career Mark Gold Award was re-accredited.







The process involved a virtual assessment with the Careers Leader at school, Mr Hodges, plus several different Focus Groups with pupils from Years 8-11. "The pupils were a credit to the school and were able to articulate eloquently their experiences of careers education across the school", says Mr Hodges. "This is a fantastic achievement and the report reflects that careers education is embedded across the whole of the school to ensure the best possible outcomes."

One of the main strengths of Neatherd's careers programme, highly valued by the learners, is its programme of visiting employers and speakers. This includes careers assemblies, the Post-16 Options Evening and the Year 11 mock interview days, as well as our Work Experience Week in Year 10.

Post-16 applications

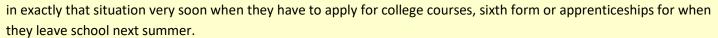
All pupils in Year 11 should have applied for A-level and / or vocational college courses by now – ideally through the 'HelpYouChoose' website. The application deadlines for some local sixth forms has already passed; therefore it is most important that applications are completed as soon as possible. Those pupils who require any help or advice regarding their applications should speak to their form tutors to request a further careers appointment.

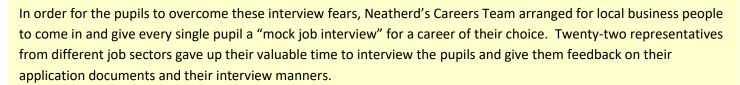
Careers News

Year 11 mock job interviews

- Local businesspeople help pupils overcome their fear of interviews
- Year 11 pupils at Neatherd High School test the job market

To attend a job interview is a very daunting experience for most of us – let alone if you have never done it before. All pupils in Year 11 will be

















"Erin was a delight to interview, she worked out questions in advance and had researched a career path. She will be a great teacher", was the verdict of Jo Pedlow, Head of Toftwood Infant and Junior Schools who interviewed 'candidates' for jobs in the educational sector. "Ozzy is a very confident individual. He performed very well during interview", commented Gavin Springall of Persimmon Homes.



Poetry competition winners



Two talented writers from Neatherd High School have recently entered, and been successful, in a competition called 'This is me'. Young Writers aged between 11 and 18 were asked to submit pieces about individuality and possibilities.

Ella and Freya have both received a congratulations postcard and 25 house points and will proudly see their poems published in print.

The Emotional Roller Coaster

Emotions

They are like roller coasters.

Ups and downs.

Twists and turns.

Happy and sad.

Angry but also misunderstood.

You won't understand.

Until you see what they see

You will never know how fragile others can be.

By Ace/Ella Year 9

This is Life

The life of everyone

This is me.

I might be misunderstood

Because I'm excited all the time.

But sometimes I'm actually quite sad.

Me, when I was younger I didn't have many friends

I had a rough time for a while

But when I opened up I felt much, much better.

If you don't open up it will get much worse.

But then everyone has had bad days and good days

at some point in their lives,

We all have our ups and our downs.

We lose people that mean a lot to us,

move to a different school and leave some of our best

friends behind.

Some people don't tell anyone and it just gets worse...

Speak to people about these bad times in your life and

you might actually get a lot of help from just talking

Instead of keeping problems to yourself.

I think it's good for pupils to be able to talk to the

teachers

without feeling shy or scared.

No-one wants to feel like that.

Everyone,

when you walk around busy cities

I bet you'll see one homeless person sitting there

probably

no money, no food or water and no home to go to.

Probably just a cardboard box for shelter under a bridge.

They might be alone.

They don't own anything.

Just because you're different doesn't mean you're

Not beautiful. Just because you have a different

colour skin doesn't mean you don't have the same

rights.

Just because you are transgender doesn't mean you

can't love someone.

Just because your disabled physically or mentally

doesn't mean you shouldn't

be treated any differently.

Just show yourself as who you are.

You are you and that's the beautiful thing about you.

Instead of walking past them help them.

Show you are compassionate and caring

Everyone is equal, and has their equal rights.

It doesn't matter where you came from.

Helping people can make a big difference.

Even just a smile to someone else shows who you are,

It will brighten people's day.

Time goes by when you're having fun.

Time goes by when everyone is together.

Ugly is beautiful and beautiful is you.

By Freya, Aged 12

Year 8



Neatherd Christmas Concert 2023



On Wednesday 13th December, parents, pupils and staff gathered for our annual Christmas Concert.

Once again, we were treated to a selection box of fantastic performances, with traditional (and less traditional) Christmas songs mixed with pop, rock, musical theatre and a magnificent drum solo!

We are immensely proud of every single pupil who took part, from the youngest in Year 7 to the seasoned performers of Year 11. Taking part in these concerts will be memories that these pupils treasure for the rest of their lives. The evening ended with all performers and the audience singing Wham's classic, *Last Christmas*, which brought many smiles to many faces!





















We would like to give a special thank you to Amy H. for being our official photographer and Evie S. for being our compere for the evening. Also, many thanks to Miss Steward and the Kenya Team for providing refreshments and a raffle, Mr Mallett for accompanying Jack T., Mr Gilson for his technical support and entertainment at the start of the evening, and Ms Ealhswith and Mrs Gormley for their support. Lastly, a huge thank you to all our fabulous pupils and the family and friends who support them.

Wishing you all a very Merry Christmas from the Music Department at Neatherd!



Visit: www.nidasnorfolk.co.uk Call: 0300 561 0555

Out of hours: 0808 2000 247

Christmas Opening Hours

December 2023

Sunday 24th (Christmas Eve): 9am - 3pm Monday 25th (Christmas Day): 9am - 3pm Tuesday 26th (Boxing Day): 9am - 3pm

Wednesday 27th - Sunday 31st: Normal core opening hours

January 2024

Monday 1st (New Years Day): 9am - 3pm

Tuesday 2nd: 9am - 6:30pm Wednesday 3rd: 9am - 6:30pm

Core opening hours

Weekdays: 9am - 6:30pm Weekends: 9am - 3pm

If you're in immediate danger, always call 999.

The 12 Online Safety Tips of Christmas

FOR CHILDREN WITH

Christmas is almost upon us once again, and soon some lucky children will be excitedly tearing the wrapping off a new mobile phone, tablet or games console. For some of them, it will be the first time they've owned a device that connects them to the online world. Even for older children, a new device means new corners of the digital landscape to explore – and, unfortunately, new risks to be aware of.

We've put together our top tips so that you can guide your young ones in enjoying their new digital gifts safely and responsibly throughout the year to come. **Merry Christmas!**

ALWAYS SET A PASSWORD

If your child's new device has a password protection feature, use it! It'll help to keep their private information safe and will deny others access to their device without permission. Your children's passwords should be something memorable to them – but something which other people can't guess (it's also a good idea for parents to write it down in case it gets forgotten!).

SET UP 'PARENTAL CONTROLS'

This really is an essential when your child gets a new device, so they're protected from the outset. Most phones, tablets and consoles allow you to customise their settings to determine which games your child can play, how they can communicate (and who with), what content they can access and so on. It will give you peace of mind that they can't inadvertently do something they shouldn't.

PAY ATTENTION TO AGE RATINGS

One of the first things children want to do with any new device is play games and explore apps. Before they download anything or install a new console game, check its age rating. Many popular games and apps have content that's not suitable for younger ages. The safest long-term solution is to adjust the device's settings so they can only download and use games and apps appropriate for their age.

KEEP NUMBERS AND DEVICES PRIVATE

Make sure your child understands that they should never share their phone number with someone they don't know or accept a friend request from them. They should also appreciate that it's a good idea to mainly keep their device out of sight, never lend it to a stranger, and never put it down somewhere that other people could steal it or take it to use without asking.

HAVE 'THE MONEY O CONVERSATION'

Before your children start using their new device in earnest, talk to them about in-app purchases and other ways that money might be spent through their device. Once they understand, you might want to agree on a spending limit and reassure them that they can come to you if they're uncertain, or if they have made a purchase by accident.

DISCOURAGE O DEVICE DEPENDENCY

Of course, children who've just got a new device will naturally want to spend as much time on it as possible. But whether they're zapping bad guys, watching videos or connecting with friends, it's easy for them to get attached very quickly. Gently remind them that having family time, going outdoors and getting some exercise are still fun, too. And the device will be there when they get back.

EXPLAIN SECURE WIFI NETWORKS

Your home WiFi is protected by a password that only your family knows, whereas public networks (like those found in coffee shops, for example) can be accessed by anyone. It's important that your child grasps this difference because, if they're using a portable device on an unsecured network, then a hacker could access their personal information without them even knowing.

LIMIT SCREEN TIME

Using a device for too long, especially just before bed, can interfere with a child's sleep quality and reduce their concentration and overall enthusiasm. It might be helpful to agree on certain times of day when they don't use their device. Most devices' settings let you specify a screen-time limit, helping your child to stay fresh and focused in order to perform well at school.

ONLY PAIR WITH KNOWN **BLUETOOTH DEVICES**

Your child may want to connect to another device via Bluetooth, so they can listen to music wirelessly or share pictures and videos with nearby friends. But if they use Bluetooth to link with a device that they don't know, they're at risk of a stranger being able to see their personal information or having someone transmit a virus onto their device.

TURN LOCATION • SETTINGS OFF 💢

It's safest to disable the device's location services (if it's a portable device) so your child doesn't inadvertently make other people aware of where they are. You can usually do this via the device's privacy control settings. Turning location settings off not only means your child's whereabouts can't be tracked by others, it also significantly extends

STAY AWARE OF THE SURROUNDINGS

It's quite common to see adults not looking where they're going while engrossed in their phone. Children are even more easily distracted. In some cases, children have been hit by cars or cyclists because they were staring at their device and lost track of where they were. Remind your child that screens and walking don't mix. If they need to use their device, they should stop in a safe place first.

BE THERE IF THEY -NEED TO TALK

Even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them, or someone they don't know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they've explained what happened, you can decide if you should take further action like blocking or reporting another user.







www.nationalonlinesafety.com







Bookbuzz books for year 7 pupils



After weeks of waiting and anticipation (and many visits to the library from Year 7 pupils asking "Miss, when are our Christmas books coming?"), the Bookbuzz books have finally arrived!

During the week beginning Monday 4th December, the librarian has been delivering this year's fantastic selection of Bookbuzz books to the Year 7 classes. BookTrust carefully curate a fabulous list of books for the children to choose from in September, and then they arrive in time for Christmas with perfect timing, creating a buzz around reading for the holidays. Here's Mrs Rix's class, in the photograph below, barely containing their excitement!

Happy reading Year 7!



Ms S. Holmes Senior Librarian and Trust Library Co-ordinator

Neatherd Breakfast Club





Our canteen is open from 8.20am every morning for breakfast club

Grab a takeaway breakfast of a drink and one breakfast item for just £1!

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A hot chocolate OR fruit juice/milk

+

One Breakfast item

Choice of toast, cereal, cereal bars daily

Hot choices daily (such as a pastry, pancake or sausage roll)

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Free of charge to pupils eligible for Free School Meals

