



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



Dereham Neatherd High School Newsletter

2024-25 | Autumn Term

September / October 2024



Welcome to the first edition of our school newsletter of the 2024-25 academic year.

The school year has truly got off to a flying start. We were delighted to welcome our new Year 7 pupils as well as new pupils in other year groups and several new members of staff. All have settled really well (yes, members of staff included!) and are already making positive contributions to our Neatherd community.

We recently held our Open Evening for Year 6 pupils and their parents. Once again, it was a privilege and a joy to see the school being presented so well. The range of activities gave a real sense of just how much happens here throughout the school year, with so many wonderful opportunities for our pupils to embrace. It was lovely to hear such positive feedback from so many visitors, and they were full of praise for how mature, welcoming, helpful and confident our pupil helpers were. Of course, we know this is the case, but it is always a genuine pleasure to hear this from visitors: it's a great reminder that Neatherd pupils are a cut above the rest, and we are always very proud of them!

Within this edition, you will find lots of information about school life here. There are articles written by pupils about their experiences at Neatherd, pages of information about careers events and guidance for our Year 11s, key dates for forthcoming events, news about pupils' sporting success, and much more besides. You can also find out more about the many clubs that take place each week at lunchtimes and after school. Our clubs give pupils some great opportunities for learning and practising new skills, making new friends, and developing themselves and their interests. If any pupils are not yet taking advantage of these, they should give them a try – there is something for everyone! (And if there is something they would like to do but that we don't yet cover, they just need to ask – our members of staff and senior pupils are always willing to add new clubs to our offer.)

Our aim as a school is to provide every child with a safe and happy environment in which they can receive a great education and, ultimately, to open doors so that they have the freedom to 'be whatever they want to be' as they prepare for successful adult lives. However, we cannot achieve this alone, and we need to work in close partnership with our parents. After all, you were your child's first educator, and your role continues to be of vital importance throughout their teenage years. One of the most important things you can do is to ensure that your child attends school regularly. It sounds obvious but we know that, since the Covid years, all schools have seen a drop in attendance, and we are no different. On page 13, you will find some important information about pupil attendance and I would urge all parents to read this. There are many other ways you can support your child's education too, and you can find more information about these on the same page. We very much welcome and value your involvement, your support and your partnership, and we are grateful for all you do.

Mr J. Mallett
Headteacher

COMPASSION

HARD WORK

RESPECT

INTEGRITY

FAIRNESS



Dates for your diary

November

- 4th Year 10 GCSE PE mocks begin
- 6th Year 11 Parents Evening
- 14th-15th Year 11 Interviews
- 19th Year 8 HPV Vaccinations
- 21st Year 9 Parents Evening
- 25th Year 11 mock GCSEs begin

December

- 4th Parent information evening: supporting your child's mental health
- 6th Year 7, 8 & 9 reports
- 11th Christmas Dinner Day
- 13th Year 11 reports
- 18th Christmas Music Concert



House Points Update

CAVELL	69,745
COWPER	76,654
FRY	73,888
WOLLASTON	73,268

Most house points: year to date

7	George L.	659
8	Erin S.	504
9	Arabella L.	845
10	Toby C.	531
11	Sienna T.	414

A grand total of **293,555** house points have been awarded so far this school year.

That's an average of **251** per pupil.

Well done everyone – keep up the good work!



Neatherd Values

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

What is it like being at Neatherd High School?



Written by Tyler and George (Year 7)

We are here to talk about the good things at Neatherd High School. There are a lot of things, so we are going to have to be pretty quick. There are a lot of competitions, fun lessons, fun clubs and lots of rewards to earn.

Lessons

You may think it's going to be strict but it's fine, as long as you follow the rules. We also think that the teachers are kind and, if you get stuck, don't be afraid to ask them for help. Also, as a reward for trying your best in lesson, you can get a Golden Ticket which gives you five house points. At the start of the day, we have form time where the form tutor checks your uniform, your equipment and reads the daily announcement.

Clubs and community time

Just like the Golden Tickets, we have Green Tickets which give you five house points. You get Green Tickets for showing one of the school values: compassion, hard work, respect, integrity, and fairness. Also, at lunch times and after school we have a variety of clubs to go to. There are things like creative writing, gaming workshops, cooking and sports clubs. People at the clubs have a similar interest to you, so you might make some new friends.

House competitions

There are a lot of house competitions, like bake-offs and sports competitions. There are also house points for your house that you can earn as well.

So, whatever your interests are, there will always be something for you. As long as try your best, you will have a good time!

Written by Brooke (Year 7)



I've found my time at Neatherd enjoyable so far. If you get lost, don't worry as the teachers or older pupils will show you where to go. In lessons, if you get stuck on a question or anything, the teachers help if you need it – they are all very nice! If you have any worries about anything they will listen. You can trust all of the adults here at Neatherd.

There are a lot of clubs that you do at lunchtime. We hope to see you soon at Neatherd!

Towards the end of September, we held an information evening for all new parents, aimed at helping to answer all kinds of questions about school routines, homework and much more. All of the information from the evening can be found on our school website: <https://neatherd.org/Information/Messages/>.

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A pupil's perspective from the SRB....

The Misses and Me and the SRB

Isobel K.

I remember the day that Neatherd and I were introduced to each other. My family and I journeyed down to Dereham in the summer of 2019 to look around and get to know the facilities there. It was very exciting, going to a high school where you go to different classrooms for each lesson! It was a whirlwind for an autistic kid like me.

The first few days at Neatherd were so different to what I had been used to that I thought I was still on holiday. I was used, at the time, to the Whitefriars way of life (my primary school). Moving between lessons...queueing up, in bubbles... chatting to Mrs Harris and Mrs Kelemen (my first one-to-ones at the school).

Of course, Neatherd has changed a lot since then. The SRB has obtained a new block, replacing a garden that I spent a lot of time in back in Y7, and the inside has been completely redesigned. Teachers have shuffled around, and new teachers have joined in some departments. COVID is, thankfully, no longer with us, and it was in Y8 that I first experienced what Neatherd is like post-COVID after the 'bubbles' were collapsed.

The SRB itself is like one great family. Everyone knows everyone else, and everyone has their favourites. Mrs Berger is the one who seems to fit me the best. She knows what I like and dislike, and can put up with my constant ramblings about computing. Mrs Archer and I have been close for years, and she often makes me laugh when we joke together about Francis Bourgeois and other train-related stuff. Mrs Bodycombe was my one-to-one for a while, and she knows a lot about me that is nice to think about.

And then there are the students. Each new one brings a little bit of flavour, a new ingredient to the recipe of the SRB. It is always changing as new students come up from Year 6 and the Year 11s leave to pursue their post-16 ambitions. There's Seth, a Year 10 who knows as much about computers as I do; Barnaby, a Year 8 who I share a taxi with and has a great taste in music, and we can't forget Henry, another Year 8 in my taxi who is very interested in planes – I should know, because he names quite a few!

As my time at Neatherd slowly approaches its end, I respect everyone – the staff here, the staff who have left, and those yet to come – for making it all happen.





Sports Awards 2024

On Thursday 12th September we held our annual Sports Awards. The evening is an opportunity to celebrate the successes of our budding athletes and sports performers, and recognise the achievements of our teams who represent Neatherd. We welcomed our invited pupils and their close relatives to showcase what a superb year we had. The sports hall was full and the members of the PE Department presented both Junior and Senior Colours and individual awards for top performers in each sport. This was followed by some other awards to recognise achievements in GCSE PE and GCSE Dance, and students who demonstrate brilliant leadership and commitment.



The evening concluded with the presentation of our most prestigious award – The Nigel Miller Sportsperson of the Year Award. The 2024 winners of this were Chrys and Beatrice. We welcome a guest speaker each year, and this year we had Clive Poyner from CONAC and Norfolk Athletics, who delivered an insightful talk. The evening was thoroughly enjoyable and, as ever, it was superb to deliver awards to our hard-working sportspeople here at Neatherd. Well Done to all the winners.

Year 10 Rugby Newsletter



Early on in the term, the year 10 rugby team competed in the U15 cup at North Walsham rugby club. The team played exceptionally well, especially as it was the first game played of the year. Each player demonstrated great commitment in every game, showing exceptional tackles, rucks and scrums. After a good fight and a couple of games back-to-back, they came 3rd out of 10 schools in the cup. A great result!

Spotlight...

Congratulations to Eva, Georgia, Isabella, Autumn, Phoebe and Kyle for passing their LAMDA exams. All of the pupils did really well – we are so proud of them all!



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We have lots of clubs happening each week at Neatherd. There is something for everyone!

Neatherd Lunch time and After School Clubs

2024-25

Monday lunch	Tuesday lunch	Wednesday lunch	Thursday lunch	Friday lunch
Pride Hi2 NBR All years	French & Spanish MFL3 MAY KS4	Science Sc1 ISL KS3 Week A only	Careers Drop In Careers Office MBR All years	Craft & Chill MFL2 HDV Week A KS4 Week B KS3
Minecraft Mon-Fri lunchtimes SGI ICT1/ICT2 All years welcome!	Duke of Edinburgh Hi3 CGO Y9 Week B only	Puzzles & problem solving Gg1 SCL KS3 Week A only	Book Library SHO, LTU, SCO, TCO All years Week B only	Creative Writing Upper library ASA All years
	Young Carers Upper library RWH, HBE All years Week A only	Chess club Gg1 SCL All years Week B only	The Space SE2 PCI All years Week A only	SPORTS CLUBS Please see the sports club activities list or speak to the PE department
	Game Workshop ICT1 SGI Y7-10	Art Ar1 MFL, LGU KS3	Gaming ICT1 SGI All years	
	Computing/Business Homework ICT1 / ICT3 SGI, JTY KS4		Computing/Business Homework ICT1 / ICT3 SGI, JTY KS4	
			SSP drop-in Upper library HHU Y7 & Y8	
Monday after school	Tuesday after school	Wednesday after school	Homework <i>Every day in the Gateway</i> Before school: 08:00 – 08:35 Break time: 11:15 – 11:30 Lunch time: 12:30 – 13:10 After school: 15:20 – 16:30 (Fridays until 16:00) <i>Access to laptop and printer!</i>	
Lego League DT3 PTA, ITA, RKI KS3 3.30 – 4.30pm	Design School DT3 PTA, ITA, LML, AMC KS3 3.30 - 4.30pm	Gardening Garden or Sc5 SAN, JFU All years 3.30 – 4.30pm		
Open Art Room Ar2, Pt1 WWR KS4 3.30 – 5pm	Homework <i>In the library after school</i> Monday – Thursday 3.30 - 4.30pm All <u>years</u> welcome	Computing ICT1 SGI All years 3.20 – 4.30pm		
		Cook DT5 PTA, KTE, CRA All years 3.30 – 5pm		

Post-16 Evening: Another great success

In order for our Year 11 pupils to be able to make informed decisions about their next steps after High School, Neatherd’s Careers Team arranged for another very successful Post-16 Evening which took place at the end of September. Almost 40 different providers set up their stalls in the Sports Hall and Canteen and answered all the questions pupils and their families had about their option choices.



All the local colleges and 6th forms - including City and Easton College, College of West Anglia, Dereham Sixth Form College, Reepham High, Wymondham High, Sir Isaac Newton – alongside other organisations like the NHS, JTL Training, Poultec, Army and RAF, plus employers like Grove Vets, GT Bunning and Bill Cleyndert attended.

The pupils were able to get their hands on the latest prospectuses with course information which will help them to research the subject areas they might want to continue with.



All the 6th forms and colleges are now inviting pupils and parents to their own individual open events so they can see the different educational settings in action. Several of the Open Events have already taken place but see the next page for a list of Open Events coming up after Half-Term.



Careers News

Upcoming College and Sixth Form Open Events for Year 11 students - 2024

A-Levels	
City of Norwich School (CNS)	Thursday, 7 th November, 5.30pm
Wymondham High, Sixth Form	Tuesday, 12 th November, 5.30-7.30pm
City College Norwich, A-levels	Tuesday, 12 th November, 4-7pm
Notre Dame Sixth Form	Thursday, 14 th November, 5.30-8.30pm
Colleges	
Access Creative College, Norwich	Saturday, 16 th November, 11am-2pm
	Tuesday, 10 th December, 6-7.30pm

This is not an exhaustive list, please go to www.helpyouchoose.org to see a full list of all Open Events for Norfolk schools and colleges.

Please note that you might have to book via the individual websites to attend an Open Event.

College and 6th form applications – Year 11 pupils should now apply for their favourite courses!

Our Year 11 pupils are in the process of considering their destinations for the time after Neatherd.

What are the different options for post-16 destinations?

Pupils can apply for one vocational course at a college: there are hundreds of different courses available in a variety of different subject areas, from Agriculture and Animals Care, Childcare, Engineering to Hospitality & Catering and Travel & Tourism. Each pupil's GCSE grades will ultimately determine which course they can go on to. In order to be able to progress straight onto a 'level 3' course (the highest possible level immediately after High School), pupils would normally need 4-5 GCSEs at a grade 4 and above, including English and Maths. Vocational courses are also available at lower levels, including Entry Level, level 1 and level 2.

The other option is to apply for A-level courses at a 6th form. Pupils would normally take three subjects they want to continue with, and this could be any subject combination. Pupils can also start new subjects they haven't studied before, such as Economics, Psychology, Law or Politics. Some pupils are not quite sure about their preferred subject combination yet. In this case, it would be good to go with 'facilitating' subjects which would keep your options open for a variety of different careers. These subjects include Maths, English, Science, Humanities and Languages. The subject combination is flexible though and can still be changed after the time of application.

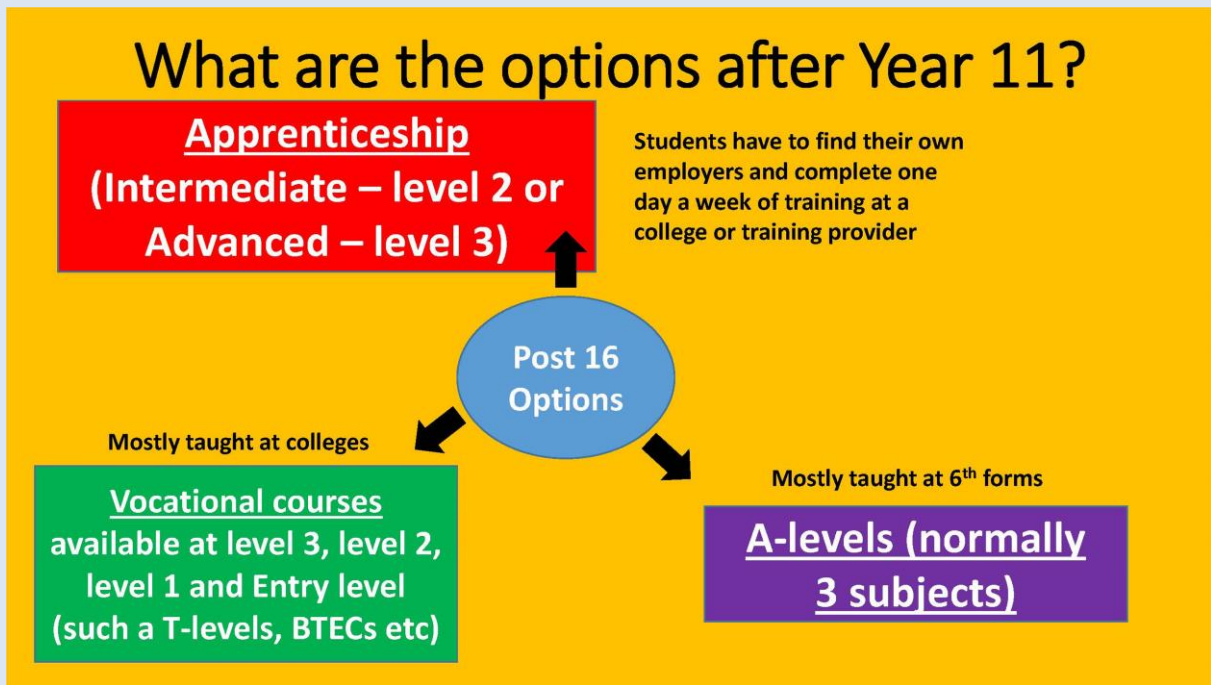
The application window opened on the 1st October and many pupils have already applied for their chosen pathways. Applications need to be completed soon – and by December at the latest – in order to be able to secure preferred courses.

Pupils are encouraged to complete their applications through <https://www.helpyouchoose.org/>. However, if they are just applying to one college or 6th form, they could also do it directly through the provider's own website.

As with all careers decisions, it is important to remember that you should always have a back-up plan.

Pupils can also apply for apprenticeships when they start to be advertised in the Spring Term. They will still need a back-up plan of college or 6th form as apprenticeships are not always easy to find or might fall through at the last minute.

Our Careers Advisers, Miss Jenkins and Mrs Broughton, are happy to see those pupils who are still unsure about their Post-16 destinations. They can also help pupils with completing their applications. Pupils can ask for a careers appointment via their form tutors or, alternatively, by sending an e-mail to office@neatherd.org

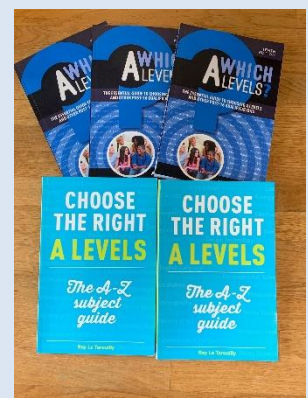
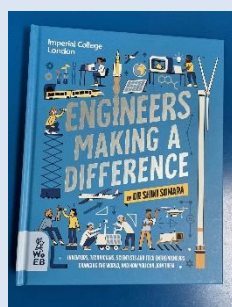
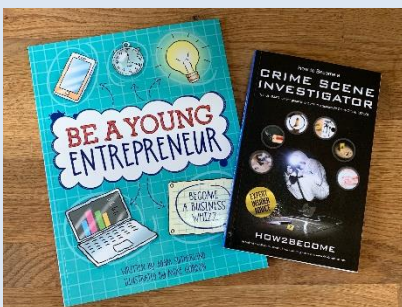


Careers Library

Did you know that Neatherd’s library has a special careers section? You will find a shelf full of careers-related books for all year group on the right-hand side as you come into the library. (Mrs Holmes can point you in the right direction!)

There is a huge collection to choose from. There are reference guides on how to get into certain job sectors, helpful advice books on how to choose A-level subjects or complete a CV, funny publications about quirky careers and advice on how to get into gaming. The Careers Department has purchased a wide selection of brand-new books, so there are lots to choose from.

Make sure you pop in to the library and check it out!



Senior Pupils and Prefects

Senior Pupils and Prefects have been working hard to support the school in a wide range of roles since returning in September. The work they do in school plays a big part in helping to support others whilst allowing pupils to actively develop our school's sense of community.



So far this term, our Senior Pupils and Prefects have been involved in the following roles across school:

- Supporting with year 7 transition by working closely with form groups to help our youngest pupils settle into life at secondary school
- Assisting and supporting with our Open Evening as guides, car park marshals and giving speeches in the presentations
- Working with members of staff to deliver assemblies on a range of topics
- Chairing and leading School Council meetings
- Planning and developing a range of events and opportunities for pupils in the school, such as the return of year 7/8 discos (date tbc next half-term!)

A big thank you to our brilliant Prefect and Senior Pupil team for their work this half-term!

School Council

Our KS3 and KS4 School Council groups met this half-term and discussed a range of issues that matter to our pupils. It is a real pleasure for Ms Webb and Mr Riches to work with this group of young people who do such a brilliant job being the voice of their form, speaking on behalf of others, and giving pupils a voice in how our school shapes its future and develops.



Our School Council structure is as follows:

- Chair and minutes are led by the Head Boy and Head Girl with additional support from the Senior Pupils.
- Each form has an elected representative who collates the voice of their form in advance of meetings.
- Meetings take place in two separate key stage sessions – one for KS3 (Y7, 8 & 9) and one for KS4 (Y10 & 11).
- The points raised in meetings are taken to the Senior Leadership Team and fed back to pupils via their form reps.

As a school, we want to involve our pupils' voice as much as possible to allow them to have an input into discussions that impact on them.

Thank you for your hard work this half-term and we look forward to next half-term's meeting.

Mr Riches and Ms Webb

Young Writers

Two of our talented pupils have been selected for publication by Young Writers in a poetry collection called 'Through Their Eyes.' The poems are written from the point of view of someone else, or something else.

Sister Sight

One tear streaks down my face,
As I wish for one more beat of her heart,
One smile of her lips,
One embrace in her arms.

Scarred is my heart,
As I wish for one more minute with her,
One last kiss,
One last time.

But my love for my sister is eternal,
As I wish to see her again,
For I am lost without her,
Nothing is the same when she's not here.

My love for her is forever,
Unchanging and always there,
And I will meet her,
Once again.

Either on this earth,
Or in the starry skies above,
I will love her always,
No matter what.

By Violet aged 12



Through the eyes of a cat:

Sassy Derek

I don't need them - I'm better;

let's not pretend

They say they're my owner

And I'm a poser

But I think they're jealous

Of my gracious beauty.

My black and white fur

And my obnoxious purr

Makes them suffer

And they should act like I'm mother.

By Maxx aged 14



Working together

Thank you

An enormous thank you to all who completed our survey about parental engagement. It was fantastic to have so many positive responses from parents willing to offer their time, skills and energy to support our pupils.

Thank you for your feedback about which events you would value the most. Based on your responses, our first partnership event will focus on supporting your child's mental health. This will take place on 4th December.

It's not too late!

Are you interested in becoming a governor, joining a Neatherd PTA, or joining a parent forum to consult with us on school policies and procedures?

Do you have time you could offer to support a second-hand uniform shop, help our gardening group or listen to pupils read?

Do you have knowledge or skills you may be able to share with us through mentoring, careers advice or being a guest speaker?

If so, let us know. Email office@neatherd.org and we will send you a link to our parental engagement survey.

Attendance – fact check!

Fact: good attendance is essential if pupils are to achieve success.

Did you know that last year, pupils with poor attendance achieved between one and two grades lower than expected at GCSE?

Fact: mental health can be a barrier to school attendance.

Did you know that regular attendance actually *supports* pupils' mental health? When they come to school they benefit from consistent routines, time to socialise and bond with friends, and they get to experience success – whether passing an important exam or earning a Golden Ticket!

Fact: attendance drops in the winter as coughs and colds start to spread.

Did you know that, unless your child has a raised temperature, they should still come in to school? If they start feeling worse, we will let you know.

Fact: you should always let us know if your child will not be in school.

Did you know you can now text us about absence? **The text number is 07860 018222.**

You can still email attendance@neatherd.org or call us, if you prefer.



The Gardening Club is delighted to announce that we have lots of free fresh fruits and vegetables for the local community to come and collect. We are now using the Olio app to advertise our produce. If you would like to keep up to date with any future available food, please download the app and keep an eye out! We often harvest food and make it available on a Wednesday.

Mr Anderson and the SNAG team



Youth Early Support Service (YESS) Norfolk

Our YESS team supports young people aged 10 – 18 across Norfolk recognising that young people are experts in their own lives.

The service provides early intervention to help young people overcome challenges. The service is made up of two programmes, YESS and YESS to Progress.

<https://shawtrust.org.uk/youth-early-support-service-yess-norfolk/>





Dereham Neatherd High School
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Headteacher: Jaime Mallett

Our Safeguarding Team

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Mr N O'Brien

Assistant Headteacher SENCO,
LAC, DEI & Lead DSL



Mrs A Thompson

Lead Safeguarding Officer &
DSL



Mrs T Hamilton

Safeguarding Officer & DSL



Miss S Manning

Assistant Head & DSL



Mr C Daniels

Director of KS3 & DSL



Mr J Riches

Director of KS4 & DSL



Mrs J Emanuel

Mental Health Practitioner & DSL



Mrs H Beard

Attendance Manager & DSL

Safeguarding is everybody's responsibility. If you have any safeguarding concerns about any student or a disclosure has been made you MUST report this directly to a DSL immediately.

Other members of our DSL safeguarding team include:

Mr J Mallett (Headteacher) Ms E Webb (Deputy Headteacher)

Mrs J Gormley, Miss H Holmes, Mr N Sinclair, Mrs S Gerrard (Assistant Headteachers)



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Here is some useful information from 'The Sleep Charity'...

How students manage exam-time stress can have a huge impact on their ability to perform under pressure. Exam time has always been stressful, but loss of sleep, increased caffeine consumption and unhealthy snacking are sure-fire ways to create a less than optimal exam-time performance. Lack of sleep can end up clouding judgement or increasing the number of mistakes made. Students should try to get at least seven to nine hours of sleep a night, particularly on the night before an exam.



Here are some of The Sleep Charity's tips to surviving the exam season:

Be prepared: The best way to manage stress and anxiety around exam time is to be as prepared as possible. Draw up a rough 'revision timetable' of what you need to revise when to ensure every subject is covered - and stick to it!

Sleep well: Most people need at least six to eight hours of sleep every night - so no pulling an all-nighter to cram for an exam! Lack of sleep results in poor coping strategies for managing stress and 'fuzzy' thinking. The best bet by far is to study often and in advance and build in a good rest before the big day. Sleeping on a comfortable, supportive bed can really help with a good night's sleep.

Ditch the devices: While it's important to stay connected to friends during a stressful time, make sure to factor in a digital detox every evening. Turn off devices at least an hour before bed so you're not tempted to talk about exams, revision or stay mentally stimulated by watching videos etc.

Eat well: Stress eating can seriously disrupt healthy eating habits. Keep healthy, easy-to-eat snacks around such as nuts or fresh fruit and don't overload on caffeine to try to stay awake.

Get physical: Physical exertion provides an outlet for mental stress. Let off some steam by walking, running, getting involved in a sport etc. It helps you to sleep better.

Practice a relaxation technique: Relaxation techniques can help to create a sense of calm and are simple to perform in the bedroom without any special equipment. Deep breathing with your eyes closed is a simple way to remedy stress. Focus on your breath as you deeply inhale and exhale.

Positive self-talk: Thoughts, feelings, and behaviour are connected so it's important to monitor self talk, focus on the present, set realistic goals, and remain appropriately optimistic.



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neatherd.org

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

tootoot
make a noise

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

neatherdhighschool.tootoot.co.uk/login