



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



# Dereham Neatherd High School Newsletter

2023-24 | Summer Term

April / May 2024

## Message from the Headteacher



Welcome to the latest edition of our school newsletter.

At the moment, we are very much focused on the theme of **celebration** in school. Today, pupils received lots of certificates in form time rewards assemblies. A quick look overleaf will show you just how hard our pupils have been working, recognised through many thousands of House Points that have been given out over the past few weeks. Our Year 11s have their final day of teaching today and we are celebrating all of their achievements with us over the past five years in a special leavers' event. They are also looking forward to the big one... Year 11 Prom is just a few weeks away! In the meantime, I'm sure you will join me in sending them good wishes for their GCSE exams.

However, whilst we know a lot about how our children and young people are doing in school, it is fair to say that we do not always fully appreciate just how many achievements they have in the 85% + of their lives that they spend *outside* school – in other words, the things that make them fully rounded people, with their individual strengths and talents. This is something that we would like to get better at.

Therefore, from the start of next half-term, you will be able to email us with information about our pupils' achievements. This could be anything, from sporting success to accomplishments in the arts, participation in cadets, examples of good deeds and being good citizens... and all sorts besides. Mr O'Brien and Mr Ford will read any emails we receive and will ensure they get to the right people's attention. Depending on what it is, we can tell others in school all about it by adding a story on our new House display boards or in this newsletter, by giving a shout-out in the Daily Briefing message that is delivered by tutors each day, or by mentioning it in assembly. Of course, you might only want your child's teachers to know about it, without it being broadcast to the whole school community, just to help them get to know your child better. That is fine too – just tell us in the email.

The address is [celebration@neatherd.org](mailto:celebration@neatherd.org) Please remember to tell us your child's full name and their year group when you message us.

Have a happy and relaxing half-term break. We return to school on Monday 3<sup>rd</sup> June (week A).

**Mr J. Mallett**  
Headteacher

COMPASSION

HARD WORK

RESPECT

INTEGRITY

FAIRNESS



## Dates for your diary

### May

23<sup>rd</sup> Year 10 Brilliant Club Graduation Trip  
24<sup>th</sup> School closes for half term

### June

4<sup>th</sup> Year 9 Devon trip meeting  
11<sup>th</sup> Battlefields trip meeting  
19<sup>th</sup> Year 7,8,9,10 sports team photos  
25<sup>th</sup> Iceland trip information evening  
26<sup>th</sup> Year 6 intake evening  
27<sup>th</sup> Art exhibition day  
27<sup>th</sup> and 28<sup>th</sup> Year 7 Geography trip to Cromer

### July

4<sup>th</sup> Sports Festival  
4<sup>th</sup> Year 11 Prom  
5<sup>th</sup> Science Fair  
8<sup>th</sup> to 12<sup>th</sup> Enrichment week/Y10 work experience  
17<sup>th</sup>,18<sup>th</sup>,19<sup>th</sup> Year 6 intake days



## House Points Update

<b>CAVELL</b>	227,714
<b>COWPER</b>	225,342
<b>FRY</b>	240,514
<b>WOLLASTON</b>	213,400

### Most house points: year to date

<b>7</b>	Wren K.	1713
<b>8</b>	Violet P.	2553
<b>9</b>	Anastasja W.	1365
<b>10</b>	Bea G.	1568
<b>11</b>	Callum H. & Summer G.	953

A grand total of **151,659** house points have been awarded since the start of this term. That's an average of **129** per pupil. Well done everyone.

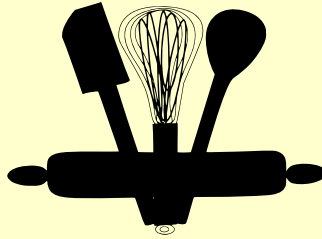


## Neatherd Values

<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.



# May Bake Off



The Neatherd 'May Bake Off' took place recently and as usual the event was absolutely fantastic and the level of competition was REALLY high.

Scores were judged on appearance, taste and teamwork/organisation by Mr Mallett, Ms Webb, Mr Taylor and Mr Saunders.

Congratulations to the winners who received the coveted printed wooden spoon! They were: Mrs Ryan's Team (representing FRY house) - Tegan, Millie, Lucy

In 2<sup>nd</sup> place: Mrs Sheldrake's group (also FRY) - Arabella, Lexi, Violet

In 3<sup>rd</sup> place: Wren and Carla from Cowper house who competed without the help of a teacher.



We are incredibly proud of all the pupils and a big thank you to Miss Rawcliffe who did all the organising.

Well done to winners FRY!



# Library News!

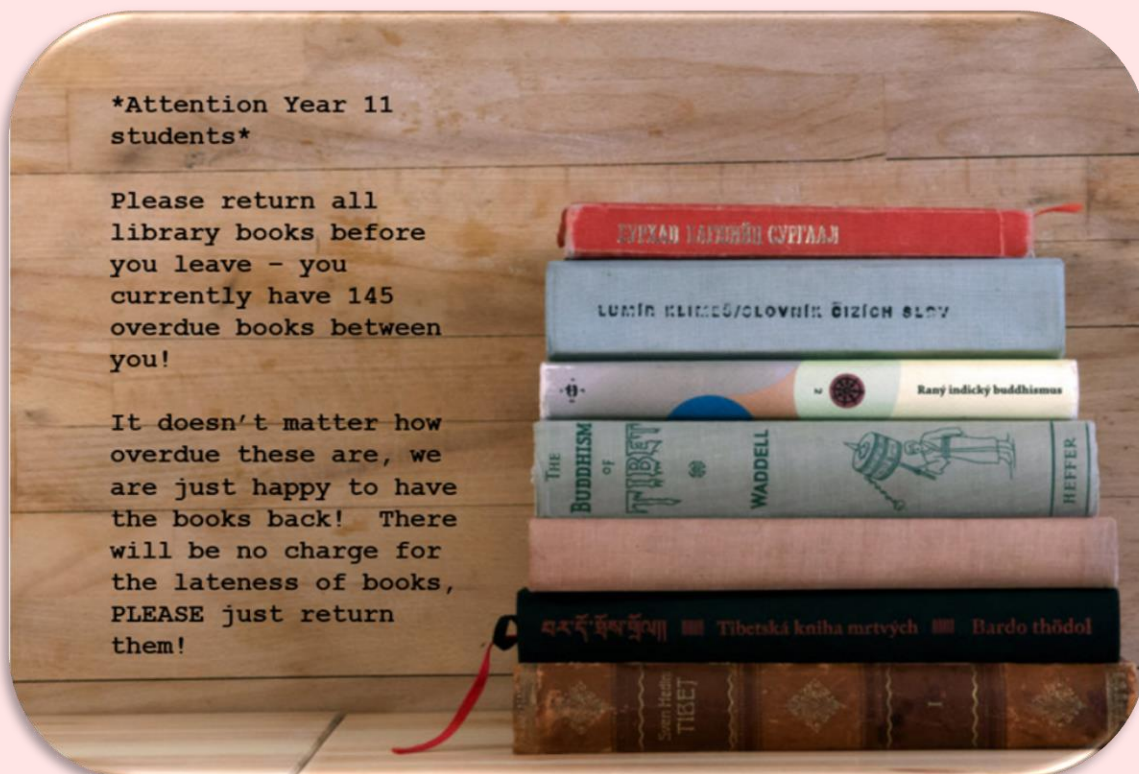


## World Book Day House Short Story Competition

We received some really wonderful stories written by our pupils for this competition – so much so, that it was extremely difficult to decide on winners but we did choose the following writers as our winners:

- First: Enid C in Year 8 won 75 housepoints for Fry for a fabulous tale from a parrot's eye view;
- Second: Amber T in Year 8 won 50 housepoints for Cavell for a great spooky story full of suspense;
- Third: Morgan S in Year 7 won 25 housepoints for Cavell for an adventurous tale of good and bad pirates.

We would like to congratulate all participants and look forward to reading more from you in the years to come!







# Library News!



# Marvellous Makers

## Young Volunteers

Aged 13 - 25

We are looking for young volunteers to help us with *Marvellous Makers*

The Summer Reading Challenge for 2024

Find out more and pick up a recruitment pack from your local library or email [volunteercontact@norfolk.gov.uk](mailto:volunteercontact@norfolk.gov.uk) for more information and to request a pack



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



# Neatherd Sports Tour 2024



To kick off the Easter holidays, 44 pupils from Years 9 & 10 took the long 26-hour bus journey to Lignanao Sabbiadoro, Italy. The week was packed with coaching sessions and fixtures for our netball and football teams, as well as exploring local culture.

The first full day at the Bella Italia Village kicked off with an excellent morning coaching session in the sunshine for both the boys' and girls' football teams. The session focused on possession, ball control and finishing. Meanwhile, the netballers were getting ready for their first training session in the Palazzeto Arena. After both coaching sessions, it was time to get ready for an afternoon in Venice. The weather turned against us during the bus journey to the water taxi and heavy rain poured down. After arriving in Venice, and navigating over the flooded ground on walkway boards, the pupils spent two hours enjoying the sights, some local pizza and spending their pocket money in the nearby shops. Fortunately, the rain did eventually stop and everyone was able to soak up the Venetian culture.



The evening brought the first fixture for the year 9 boys' football team against Heanor Gate. The hard-fought and competitive fixture ended in a 3-1 victory to Neatherd with a penalty from Alfie B, but the stand out being a free kick from Ryan L which went flying into the top corner. Everyone else from the group cheered the team from the sidelines, singing and chanting louder than any other school! This very quickly became the trend of the tour – and it created a real sense of togetherness between all 44 pupils.

Day two brought a fixture-packed day with the girls' football team up first against Bridgnorth U16 girls. Despite some excellent play in the warm conditions, the fixture ended in a 2-0 defeat. The girls worked their socks off and were unlucky to be on the losing side. They soon put this defeat behind them just an hour later, with a thumping 4-0 victory against St Phillys Girls, with the goals coming from Poppy W-P and Izzy, with Priya scoring a brace.

COMPASSION

HARD WORK

RESPECT

INTEGRITY

FAIRNESS





The year 10 boys then had their first fixture of the trip, coming up against Bridgnorth, and once again the great efforts were not rewarded as the game finished in a 2-0 defeat for the team. The afternoon and evening brought a second training session, as well as some deserved and much-needed down time on the beach.

Day three had more fixtures in store and to start the day off the netballers began their tournament. The footballers were able to spectate throughout the day and support the team in the same fashion that had been seen on the side of the football pitches – the netball arena didn't know what had hit it! The girls had an amazing tournament and made it all the way to the final, which was an end to end game, unfortunately not ending the way they would have liked. They all played incredibly well and should be very proud of their efforts.



The afternoon brought the final football fixtures, the first being the year 9 boys who finished their tour with a defeat versus a well organised Harris Chafford U15's. Second up were the girls - could they follow up their great win from the day before? Yes, they could! The girls finished their tour with a 2-1 win in a well-deserved and determined performance against Bridgnorth U14 Girls. Both goals this time came from Izzy, in what was a great team effort from every single player in the team and a thoroughly deserved win.

Lastly, the year 10 team played, wanting to finish the tour with a win against Heanor Gate. Just like the year 9 game, Heanor Gate put up a very tough, physical game against the year 10s, but a great last-minute through ball from Lucas saw Tyler scoring and finishing off the tour with a win. After the fixture, dinner was quickly eaten before we all headed to the disco to dance the night away!

'Player of the Tour' for each team was awarded on our journey home

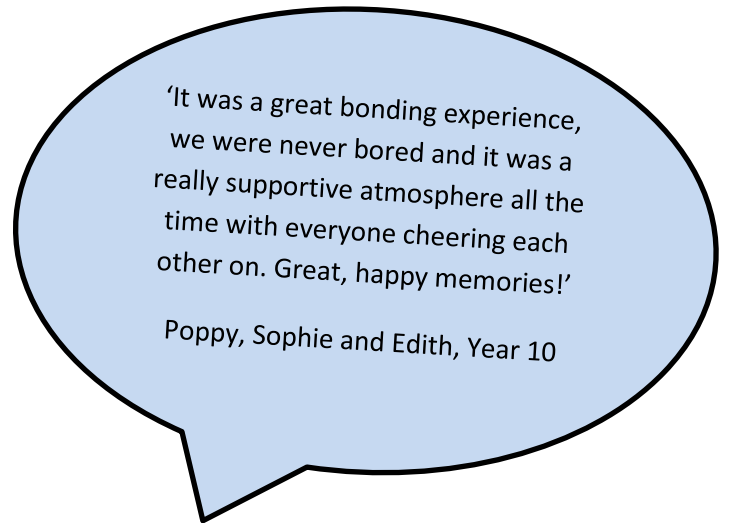
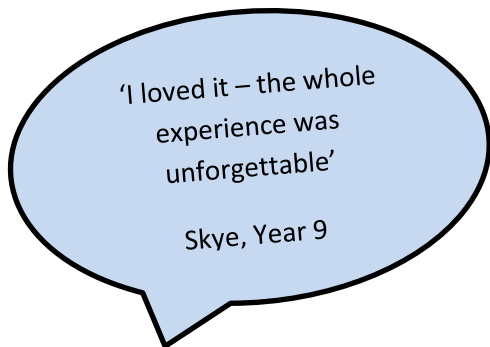


- Y9 football team – Taylor Randall
- Y10 football team – Lucas Brown
- Girls' football team – Skye Briggs
- Netball team – Jasmine Page



Overall, the pupils thoroughly enjoyed their time in Italy with everyone supporting and chanting, from the sidelines of a football pitch to the stands of the netball arena. For some of them, it would have been their first time abroad and they should be incredibly proud of themselves. Every single pupil and staff member thoroughly enjoyed their Sports Tour experience.

Here's what some pupils had to say about the trip;



**Mrs E. Dack**  
**Sports Tour 2024 Trip Leader**



From January to April, the school partnered with The Brilliant Club charity to run The Scholar's Programme at Neatherd, providing a group of year 10 pupils with the experience of university learning.

Cathleen Davis is an author and PhD student who came into school on Thursday afternoons to run university-style seminars all about literature, fairy tales and horror stories. Fourteen year 10 pupils learnt about the cultures the fairy tales originated from, the moral and meaning behind the stories, and how modern horror is regularly influenced by these old tales. They worked with Cathleen to write their own stories and analytical reports, which were submitted for assessment (to university standard!).

The pupils worked incredibly hard, and were positive and fantastic ambassadors for Neatherd. All of the pupils achieved phenomenal results and we are incredibly proud of the effort they put into the programme.

On 23rd May, the pupils will travel to Jesus College at the University of Cambridge with Mrs Holmes and Mr Crandell to attend their graduation ceremony and celebrate their success.

**Miss S. Clarke**



## Spotlight...

### Fantastic charity work

As a school, we would like to congratulate Jayden in 10KPE for his excellent efforts in his charity fundraising event. Jayden organised a tombola and cake sale near to his home and managed to raise a massive £510 which has been split between two charities: Cancer Research and East Anglian Air ambulance. Jayden exemplified our school values of working hard and compassion.

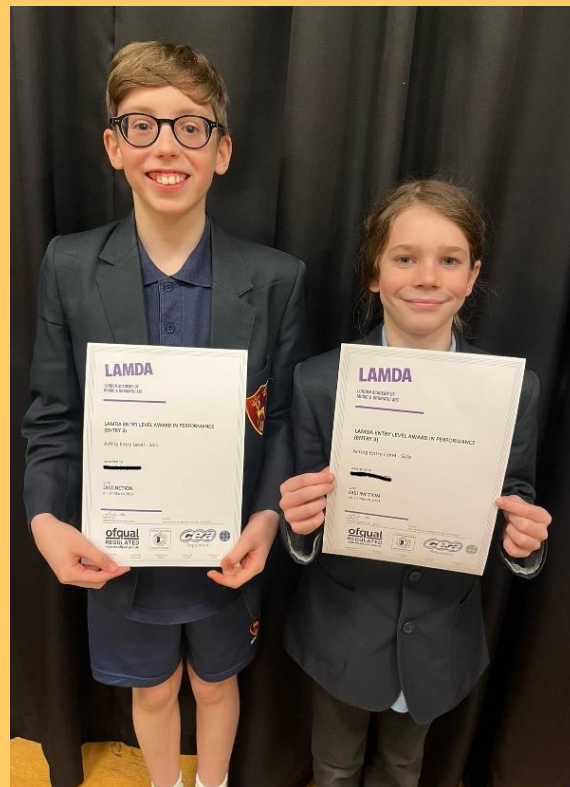


Well done Jayden, congratulations from all at Neatherd and one very proud form tutor 😊

## Spotlight...and another!

Congratulations to Isaac, year 8 and Wren, year 7 who have both received distinctions in their recent LAMDA acting entry exams with Isaac scoring 84/100 and Wren 88/100.

A huge well done to you both!



## Careers News

### Budding entrepreneurs interview business professionals about their jobs



### Business Breakfast for Year 7 pupils at Neatherd High School

Neatherd High School recently organised a Business Breakfast for 80 of our Year 7 pupils in the school canteen. The school was delighted to welcome sixteen business professionals from a wide range of job sectors who were happy to give up their time to be quizzed by the pupils.

The school is very grateful to the representatives from NR Health & Fitness, Machined Precision Components Ltd, Persimmon Homes, Barnham Broom Hotel, The Grove Vets, Norfolk Constabulary, Wellington Dental Practice, Larking & Gowen, Lotus Cars, Swank Interiors, Toftwood Infant and Junior School Federation, South Holland District Council and to Neatherd's Librarian, Mrs Holmes, for supporting our careers provision in this way. Pupils and professionals enjoyed a small breakfast and each group of pupils then had about 15 minutes with different employers where they asked them a range of questions. "The employers were impressed with the maturity and conduct of the youngsters and found the experience very rewarding and enjoyable," says Mr Hodges, Careers Leader at Neatherd. "The pupils conducted themselves very well and really engaged with me, asking lots of interesting questions," said Joanna Pedlow, Executive Headteacher from the Toftwood Infant and Junior School Federation.



The Year 7 pupils who had volunteered to take part in this annual event came up with some challenging questions for the business professionals, including "what inspired you to get into this job sector?".

And it seems like some of the Year 7 pupils got inspired as well: "Now I would really like to become a vet," was the verdict of Lilah and Macey. Poppy thought the job as a teacher could be for her and Liliana would like to join the police in the future.



## Careers News

### Year 10 Apprenticeship Afternoon



What is an apprenticeship? How can I find one? How much can apprentices earn? These were only a few of the questions our Year 10 pupils were able to ask at our recent Apprenticeship Afternoon.

Over 20 apprenticeship providers, training companies, colleges and employers set up their stalls in the Sports Hall and all of our Year 10 cohort were able to speak to them. The organisations covered a wide range of job sectors, including accountancy, engineering, construction, policing, veterinary and health & social care.

The pupils also asked questions about general careers in those professional fields and the providers were impressed with their interest and general attitude: "It was a great afternoon and I was very impressed with the way the pupils engaged with the event. I had some great conversations with the Year 10s about their futures," says Jo Kirkby, Apprenticeship Advisor of Norfolk County Council.

The next careers event for our Year 10 pupils is their work experience in July. They will spend one week with local employers to find out about working in an adult environment and learn important skills such as working in a team and time keeping. We are sure that the pupils will have a great time with the employers and it will help them to make decisions on their first steps into a future career.

### Apprenticeships – interviews with Neatherd Alumni

It is never too early to start thinking about your next steps for after you leave High School – you can go to college, study A-levels or take an apprenticeship.

Are you interested in working, earning and getting qualifications at the same time? Then an apprenticeship might be the right choice for you. An apprenticeship is a real job. You will be employed, earn a salary and get paid holidays while working towards qualifications and gaining skills that employers want. You will learn at a pace that suits you and be supported by a mentor.

Across the country there are over 600 approved apprenticeships available, covering a wide variety of occupations in different job sectors from surveying to accountancy to veterinary nursing. Apprenticeships are available to anyone over the age of 16, so you could apply for one after leaving school, college or sixth form, university or even after having worked for several years.

**Visit the website of Amazing Apprenticeships for more information.**

**<https://amazingapprenticeships.com/apprenticeships/>**

Some of our current Year 11 pupils are actively looking for apprenticeships. Vacancies are advertised on the national apprenticeship website, "Find an Apprenticeship", <https://www.gov.uk/apply-apprenticeship>



## Apprenticeships – interviews with Neatherd Alumni continued...

Neatherd's Careers Team contacted some of last year's leavers who were successful in securing an apprenticeship, to see how they are getting on and ask for their advice to our current pupils. See our three short interviews below:

### Jamie

**Where are you doing your apprenticeship and what is the company name?**

GT Bunning and Sons

**What is the title and level of your apprenticeship?**

Level 3 Metal Fabricator

**What did you have to do to find this apprenticeship – was it difficult?**

I got it through work experience, it was not hard.

**What type of work do you do in your apprenticeship?**

Welding

**Do you enjoy your apprenticeship – what is the best bit?**

Yes, getting paid and not being in a classroom.

**What are your top tips for current Year 11 pupils wanting to find an apprenticeship?**

Figure out what you want to do and pick something you enjoy. Don't be silly at school.



### Oli

**Where are you doing your apprenticeship and what is the company name?**

I am doing an apprenticeship in Civil Engineering and I study one day a week at City College Norwich.

**What is the title and level of your apprenticeship?**

Civil Engineering Apprenticeship level 3

**What did you have to do to find this apprenticeship – was it difficult?**

No, because my dad works for Anglia Formwork too but I had to get level 4s in 4 subjects to get onto the course.

**What type of work do you do in your apprenticeship?**

I do physical work outside on building sites like steel fixing, shuttering and concreting.

**Do you enjoy your apprenticeship – what is the best bit?**

I like that I get paid every month whilst learning on the job.

**What are your top tips for current Year 11 pupils wanting to find an apprenticeship?**

Think about what you want to do in the future and contact companies independently. It's a great way of earning money whilst learning too. You also get more experience in the real world and work with people of all ages.



## Apprenticeships – interviews with Neatherd Alumni continued...

### Harry

#### ***Where are you doing your apprenticeship and what is the company name?***

At a local manufacturing plant

#### ***What is the title and level of your apprenticeship?***

With Quality Assurance and the course is level 3 Azure Cloud Support Services Apprenticeship



#### ***What did you have to do to find this apprenticeship – was it difficult?***

I found my apprenticeship online. I kept checking for local Computer Engineer apprenticeships in Norfolk. I looked on Google and Facebook and on other social media platforms. You can search for “Apprenticeships in Norfolk” for a results page.

#### ***What type of work do you do in your apprenticeship?***

In my apprenticeship I do a large range of tasks such as access control, I maintain the security of devices, I install new hardware such as networking equipment, CCTV Equipment and infrastructure equipment. I also ensure that hardware is installed safely and fully secured using tools such as Kensington locks.

#### ***Do you enjoy your apprenticeship – what is the best bit?***

I enjoy my apprenticeship as I’m learning from highly skilled colleagues, which is a good way to learn as you are completing tasks at the same time. I can also apply some of the skills I learnt in the classroom to my workplace. I prefer to learn in the field as it helps me understand things more quickly and easily after seeing it done in the workplace. The apprenticeship element is 20% classroom and 80% work placement. I also like how you can earn a wage while you learn.

#### ***What are your top tips for current Year 11 pupils wanting to find an apprenticeship?***

Speak to your careers advisor at school, they may be able to help put you in touch with the right people. Also, when I attended the Careers Evening at Neatherd, there was an apprenticeship stand with lots of different information and opportunities. When I attended the City College open evening, there was a specific room for apprenticeships that City College offer. I would begin by creating a CV, then searching Google and job websites for a placement.

**Mrs M. Broughton**  
Careers Advisor

### **Year 11 Art and Photography exams**

This month, the year 11 Art and Photography pupils sit their final exams. We are very proud of all the pupils taking part and the focus and drive they demonstrated over the 10 hours of each exam.

The quality of work being produced shows all the skills and talent the pupils have honed over their time at Neatherd. Therefore, I am very excited to put together the 2024 exhibition to be held on 27<sup>th</sup> June. We look forward to seeing you there!

**Mr W. Wright**  
Head of Art



COMPASSION

HARD WORK

RESPECT

INTEGRITY

FAIRNESS

## Unleashing Potential: Our Pupils Shine at the Hack-her-thon Event

As the sun rose over Norwich High School for Girls, excitement was already brewing for what promised to be a day filled with innovation, teamwork, and creativity. I'm thrilled to report on our school's vibrant participation in the recent Hack-her-thon, an event dedicated to inspiring more girls to embrace STEM subjects and consider careers in these critical fields. Accompanied by my colleague Mrs Skipper, who has diligently mentored our girls in numerous competitions, we had the privilege of guiding a fantastic group of pupils through this enriching experience.



The Hack-her-thon, meticulously organized with a compelling dragon theme, challenged participants to not only think critically but also unleash their creative spirits. Our team—comprising Amber, Faith, Leah, another Amber, Rebecca, Izzy, and Matilda—embarked on a journey to design their unique team creature and develop a chatbot program that offered users an engaging adventure experience. The girls' enthusiasm and innovative approach were evident as they skillfully blended coding skills with imaginative storytelling.

The event featured a packed programme that included keynote speeches from leading female professionals at Aviva, who also provided hands-on mentoring throughout the day. It was inspiring to see the interaction between these industry experts and our pupils, offering them a glimpse into the professional world of technology and the exciting opportunities it holds.

The day was not just about coding and competitions; it was a holistic experience enriched with a light breakfast and a sumptuous lunch, allowing pupils to mingle and share ideas with peers from ten different schools across Norfolk. This communal aspect of the Hack-her-thon emphasised the importance of community and support in the pursuit of technological education and careers.



The challenges designed by Year 13 pupils and supported by university pupils added an extra layer of engagement, with a mysterious creative activity in the afternoon keeping everyone on their toes. The atmosphere was buzzing with energy as teams tackled wild coding and logic challenges, pushing their limits and expanding their horizons.

Our girls returned from the Hack-her-thon not only with a deeper interest in STEM but also with increased confidence in their abilities to solve problems and innovate. Events like these are crucial in breaking down barriers and illustrating the pivotal role women can play in technology and engineering.

We are incredibly proud of Amber, Faith, Leah, Amber, Rebecca, Izzy, and Matilda for their hard work and creativity. Their participation and enthusiasm highlight the bright future ahead for women in STEM. Here's to more such opportunities that allow our pupils to learn, grow, and envision a world where they lead and excel. Let's continue to support and encourage our young women to explore, discover, and achieve in all fields of science and technology! A big thank you is extended to Mr Horne and his team for organising the day.

We have two more events coming up for pupils before the end of the summer term. Monday 24<sup>th</sup> June is a girls only computing event at the UEA for years 7 and 8. Tuesday 2<sup>nd</sup> July is the Scratch competition, a Norfolk favourite that was paused thanks to the pandemic but is now back on the annual calendar. Watch out for more information in due course.

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



## The Great Neatherd Bake Off

Recently Year 8 art pupils entered the tent to compete in the Great Neatherd Bake Off!

Most managed to avoid a soggy bottom, or crumbling under the pressure. Ultimately, a select few cakes really did rise to the occasion. Izabelle from 8e/ArD, as well as Eleanor from 8e/ArC, bagged a Hollywood handshake for their impeccable craftsmanship. Mary Berry pointed out that Izabelle's work was "berry well crafted". It was decided that Darcey's (8w/ArD) dark chocolate orange cake, alongside Maisie's (8e/ArD) fruit pie were the most scrumptious looking cakes. Next, Ruby of 8w/ArD was commended for the creativity of her colourful desert, and Haiden of 8e/ArD for his inventive 'crab cake'. Prue Leith commented: "Claw! Haiden Barnes' design is absolutely crabbivating. Definitely cause for shellebration!"

Finally, the judges decided on the cake they thought to be best overall, which was awarded to Ava from 8e/ArB, making her star baker. Noel Fielding admitted that Ava's design was "stunning enough to cake his breath away".

Thank you to all year 8 pupils for the hard work that went into creating their clay cakes. The art department staff were very impressed with the results. If you haven't already, go and take a look at the Great Neatherd Bake Off display in the corridor outside photography, as well as the winners' cakes in the English block.

Mr W. Wright  
Head of Art



## Artist of the month - May

We are pleased to announce that Lauren is our Artist of the month for May.

The realism and precision of her painting was a clear winner and won the votes from all of the department. We are really proud of all our pupils but this month it was time for Lauren's skills to be recognised with her striking and highly skilled piece of work. Lauren is in year 10 and with these skills being shown now, I have high hopes for what is to come over the next year.

Well done Lauren, we are all very proud of you.

**Mr W Wright**  
**Head of Art**





## Introducing Thinking Reading

This academic year we have implemented a new intervention programme at Neatherd: Thinking Reading.

We have five highly trained Thinking Reading teachers to deliver this one-to-one intervention: Miss Steward, Mrs Hunton, Mrs Browne, Ms Holmes and Ms Sangster.

### What is Thinking Reading?

Thinking Reading is an intervention programme, designed by James and Dianne Murphy (former teachers and educational leaders), that closes the gap between a reader's chronological age and their reading age. The assessment process is precise and accurate so that our teachers identify exactly what pupils don't know, and then plan their individual lessons accordingly so that pupils make rapid progress. Pupils graduate the programme once the gap has been closed and their reading age matches their chronological age.

### How do we identify pupils in need of the intervention?

Every pupil completes a standardised test (NGRT) which assesses their reading and comprehension. From this data, we identify pupils in KS3 whose gap is 2+ years, and 3+ years in KS4. These pupils complete a second NGRT test to ensure there are no anomalies in the data. If their second set of data consistently shows there is a gap, a Thinking Reading teacher will complete a Probe assessment with the pupil to precisely identify their reading age and reading behaviours. If this assessment confirms that there is a gap between the pupil's chronological age and reading age (as per the measurement above), they begin Thinking Reading intervention.

### What do the lessons entail?

A pupil who has been identified as needing Thinking Reading intervention will complete a Diagnostic assessment which enables the teacher to identify exactly what sound-spellings a pupil is unable to read accurately and fluently. This precise and detailed assessment means that pupils are never taught what they already know and can therefore make rapid progress. Following this, lessons begin! Pupils are taught to both decode and spell the sound-spellings identified in the Diagnostic assessment through targeted practice, fluency practice, whole-book reads and extended writing. Each pupil receives three 30-minute, one-to-one, personalised lessons a week and, after each lesson, their progress is recorded to inform the teacher's planning of the next lesson. A pupil's progress is carefully tracked and assessed in each lesson so that pupils can graduate the programme as soon as their reading age matches their chronological age, and the gap has been closed.

### Success stories from our first cohort

- In just two short months, Pupil A's reading age improved by 2 years and 2 months.
- On average, Pupil B made over a year's worth of progress in each 30-minute lesson.
- Teachers have recognised Pupil C's confidence in lessons improve as a result of their Thinking Reading lessons.
- Our first cohort of pupils made between 0.86 and 1.67 years' worth of progress in each 30 minute lesson.

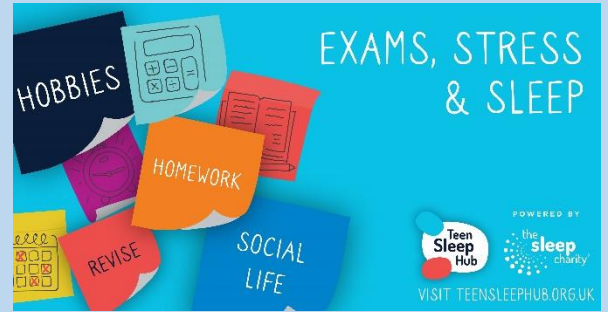
### Our Aim

Our aim is to ensure that every pupil leaves Neatherd as a confident, accurate and fluent reader.



## 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.

**Practise 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.



**Dereham Neatherd High School**  
Norwich Road, Dereham, Norfolk, NR20 3AX



**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)

**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](https://neatherdhighschool.tootoot.co.uk/login)

COMPASSION

HARD WORK

RESPECT

INTEGRITY

FAIRNESS