



Notley High School & Braintree Sixth Form



Weekly Bulletin

Summer Term - Edition 90 - Friday 17 May 2019

Term Dates 2018-2019

Autumn Term 2018

Tuesday 4 September -
Friday 21 December
Half Term
Monday 22 October -
Friday 26 October

Spring Term 2019

Monday 7 January -
Friday 5 April
Half Term
Monday 18 February -
Friday 22 February

Summer Term 2019

Tuesday 23 April -
Friday 19 July
Half Term
Monday 27 May - Friday 31 May
May Bank Holiday - Mon 6 May

Staff Training Days

Monday 3 September 2018
Friday 23 November 2018
Friday 7 December 2018
Tuesday 25 June 2019
Monday 22 July 2019
Tuesday 23 July 2019

Term Dates 2019-2020

Autumn Term 2019

Monday 2 September -
Friday 20 December
Half Term
Monday 28 October -
Friday 1 November

Spring Term 2020

Monday 6 January -
Friday 3 April
Half Term
Monday 17 February -
Friday 21 February

Summer Term 2020

Monday 20 April -
Monday 20 July
Half Term
Monday 25 May -
Friday 29 May
May Bank Holiday - Mon 4 May

Staff Training Days

Monday 2 September 2019
Monday 20 July 2020
+ 3 more Staff Training Days TBA

Dates for your Diary

Monday 20 May - Friday 24 May	Year 8 Exam/Assessment Week	
Thursday 23 May	Year 10 English Trip; 'The Sign of Four', Mercury Theatre, Colchester	6pm - 10.30pm
Friday 24 May - Monday 27 May	Year 9 Residential Trip; Normandy, France	

■ Year 7	■ Year 8	■ Year 9	■ Year 10	■ Year 11
■ Year 12	■ Year 13	 Mixed year groups		

Sports Fixtures - Monday 20 May 2019 - Friday 24 May 2019

Tuesday 21 May	3.30pm - 6pm	Year 9 District Rounders - Helena Romanes School and Sixth Form Centre
Thursday 23 May	3.30pm - 6pm	Year 10 District Rounders - Helena Romanes School and Sixth Form Centre

Handling the Pressure of External Exams

This week's leaflet is entitled 'Building Resilience'. We hope you find it useful.

Charity Quiz night

The Heads of House are organising a charity quiz night on 21 June 2019 at Braintree Arts Theatre for parents, carers and staff.

To enter, you will need to complete a team sheet and then send cash or a cheque payable to Notley High School & Braintree Sixth Form.

Entry cost is £30 for a team of up to 8 people. Braintree Arts Theatre will open at 7.30pm and the quiz will start at 8pm. All proceeds from the evening will be shared evenly between the five house charities, which are Essex Dementia Care, Scoliosis Association UK, Dyspraxia Foundation, Hope House and Salvation Army.

If you would like to enter a team, please contact Mr Newman via email chris.newman@notleyhigh.com

Entries will need to be entered by Friday 14 June 2019.

Equipment reminder

All students are expected to have the following equipment every day in lessons:

- Black or blue writing pens
- Pencil
- Ruler
- Calculator

Failure to bring the correct equipment to school limits their ability to progress in lessons so please ensure that they are fully equipped.

Braintree Music School Open Day

This is a free event for students between 4 and 18 years of age and of all abilities. It will be held from 9am – 1pm on Saturday 18 May 2019 at Braintree Community Music Centre, Great Bradfords Junior School, Braintree. Please see the attached poster for further details.

Calculator Packs

We have a small number of calculator packs containing a scientific calculator and a maths set available for immediate purchase at a cost of £7.85. If you would like one of these please email michelle.puleston@notleyhigh.com with your request and a payment will be set up on ParentPay for you.

Students Phoning Home

Students should not be contacting home during the school day on their mobile phones, as they are not permitted to use phones during the school day. If they do, they will have their phones confiscated for the rest of the day. If students need to contact home, they must go to Student Services, who will arrange for them to contact home if necessary. Any urgent issues or messages to do with students should be communicated via Reception, who can direct these to the most appropriate person. If students are ill and need to be sent home, a first aider will contact home and advise parents/carers.

Parents/carers are reminded that they should not come to school to collect their children without letting us know in advance. If this happens and a child tries to sign out of school, we have no way of knowing whether or not this is a legitimate request. If a child leaves and we do not know that they have done so with a parent or carer, staff will look for the child as a safeguarding concern. This is not an effective use of staff time and can be very worrying for both staff and parents and carers. We appreciate your co-operation in this matter.

Contacting the School

If parents/carers have any concerns, the following procedure is in place:-

Contact 1: Tutor – via email or telephone call via Student Services 01376 556300

Contact 2: Student Support Officers – via email or telephone call via Student Services 01376 556300

Contact 3: Head of House – via email or telephone call via Student Services 01376 556300

We will aim to respond to contact from parents/carers within 2 school days in the first instance.

Reporting Absence

For parents/carers wishing to report their child/children absent, could you please do this by 8.30am on the day of absence, by using either of the following methods:

Use the Reporting Absence link on the Edulink App, or use the absence phone lines which are as follows:

Year 7 – 01376 556347

Year 8 – 01376 556348

Year 9 – 01376 556349

Year 10 – 01376 556350

Year 11 – 01376 556351

Staff Training Day – No Students

As we have a staff training day on Tuesday 25 June 2019, students will not be in school on that day.

Letters added to the website - Monday 13 May 2019 to Friday 17 May 2019

<https://www.notleyhigh.com/letters-home-archive/item/boulogne-trip>



Notley High School & Braintree Sixth Form

Headteacher: David Conway MA MBA



1 May 2019

Dear Parents/Carers

United Against Knife Crime Assembly for Students in Years 7 - 12

I write to inform you of assemblies that will take place for all students on Monday 3 June 2019.

The assemblies will be delivered by Colchester United Football in the Community, and will cover the following topics:

- Dangers of Knife Crime
- Effects on People and Communities
- County Lines and Gangs
- Social Media & Music
- What can we do
- Signposting of services and support

Students will be informed of when their assembly will take place.

If you have any queries, please do not hesitate to contact me via michelle.robb@notleyhigh.com, or 01376 556300.

Yours faithfully

Mrs M Robb
Head of PDT, PSHE & Careers

“Working together, achieving together”

Notley High School & Braintree Sixth Form, Notley Road, Braintree, Essex CM7 1WY
f 01376 556300 f 01376 550991 e enquiries@notleyhigh.com w www.notleyhigh.com

Notley High School & Braintree Sixth Form is an academy within the North Essex Multi-Academy Trust and a company limited by guarantee registered in England & Wales (company number 7687474). Registered office as above.





Notley High School & Braintree Sixth Form

Headteacher: David Conway MA MBA



16 May 2019

Dear Parents/Carers

As we are getting close to the date of the trip to Boulogne-Sur-Mer, I am writing to give you some more information about the day.

On Friday 14 June 2019, your child must be in school by 4am and we will be returning to school at approximately 10.30pm on that day. Your child will need to be in appropriate casual dress. We recommend that students bring a small towel and maybe a change of shoes for the beach, so we can keep the coach clean. There will be space on the coach to store their shoes so they do not have to carry them all day. Students will also need to take items appropriate for the weather (e.g. sunscreen, hat or waterproof/warm coat) and a packed lunch for the day as well as something to eat and drink for the evening. Students **will not** be allowed any sweets or snacks on the coach and will have to wait until we reach the shuttle terminal. Students should also be able to buy sandwiches and snacks on our visit to the supermarket should they prefer to do so.

Once we reach Coquelles in France, we will be driving straight to Boulogne to visit the bakery, the Nausicaa Sea Centre and the old town where students will also have their lunch and some free time in groups. Students **are not allowed** to buy any potentially dangerous items such as laser pens, fake cigarettes, fake knives, fake guns or fireworks of any kind, including bang snaps or pop-snappers. Those items will be confiscated, and they will be disposed of. To end the day, we will visit a nearby supermarket. Should the weather allow it, we have decided to have a short break at the beach to play some team games. We should be at the beach for one hour and students will be supervised at all times. Our return shuttle is booked for 8.20pm local time. Should we be delayed, you will receive a school text message with a new approximate return time.

If you are giving some pocket money to your child, we are advising that €30 should be more than sufficient. May I also take this opportunity to remind you that students are allowed to take mobile phones with them on the trip, but if they are to take any valuable items with them such as mobile phones, MP3s or cameras, it is their entire responsibility if they are lost or stolen.

Should your child need to take any medication such as sickness or allergy tablets, and does not have a medical plan with the school, please let me have them in a small bag or envelope labelled with your child's name on the morning of the trip. If he/she has an asthma pump, it might be preferable for him/her to keep it on him/her at all times, though I would like him/her to let a member of staff know if he/she has had to use it during the day.

Student passports and **valid EHIC cards** will need to be brought in to school by your child by **Monday 3 June 2019** for safekeeping until we depart. Could you please make sure that they are inside an envelope for my attention and given to Student Services or placed in the trips box outside Student Services. They will be returned to your child on the coach just before we arrive back at school.

Yours faithfully

Mr De Gea
Modern Foreign Languages Teacher
"Working together, achieving together"

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MUSIC OPEN DAY

WHEN

Saturday, 18th May 2019
9.00am—1.00pm

WHERE

**Braintree Community Music
Centre**
Great Bradfords Junior School
Marlborough Road, Braintree CM7 9LW

REGISTER

For further details contact Paula Bobby at paula.bobby@essex.gov.uk or to register use the following link:
<https://UKESSEX.speedadmin.dk/tilmelding#/Course/496>

FREE EVENT

YOUNG PEOPLE
ALL AGES
ALL ABILITIES

GROUPS TO TRY

SINGING GROUP
STRINGS GROUP
ROCK BAND
PERCUSSION GROUP
GUITAR GROUP
ORCHESTRA
BEGINNER GROUP
INCLUSION GROUP



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Notley High School & Braintree Sixth Form

Leaflet 7

Building Resilience

Three things to know:

1. Resilience is the ability to overcome adversity, 'bounce back' during difficult times and get back to feeling good. It is about having the capacity to adapt to difficult circumstances, and using tools and resources available to them to do so.
2. The Institute of Health Equity suggests that resilient individuals, families and communities are more able to deal with difficulties and adversities than those with less resilience. Building resilience is fundamental to teenagers becoming happy and functioning adults. Young people who are not resilient will be more likely to respond to stress by developing anxiety and depression.
3. Evidence suggests that promoting resilience can help young people sustain good relationships, develop personal life skills, overcome challenges, cope in difficult situations and achieve their potential. Human brains develop and change more during the teenage years than at most other times in their life. This means that this is a time when there is huge potential for the development of new skills and capabilities.



Three things to do if your child is at Key Stage 3 or 4:

1. Help your child navigate their ups and downs by encouraging them to carry out resilient behaviours. You can be a building block in helping them build healthy habits, such as looking after their mental health, getting enough sleep, doing exercise, eating healthy food, doing hobbies, socialising or relaxing. Watch the video on YouTube to understand why resilience is important to young people's health: <https://www.youtube.com/watch?v=0Wocj5oTReU>
2. Staying connected with different people in our lives is the basis for building resilience. Help your child to understand who is in their support network when they face difficult situations. This may be a grandparent, friend, teacher, sibling or sports coach etc. Encourage your child to make time to build relationships, see friends, have fun, take part in hobbies and connect with others regularly.
3. Encourage your child to build resilience by taking on new opportunities, challenges and to achieve goals by stepping out of their comfort zone. This will help them to develop self-respect, be organised, promote positive thinking and to build confidence to deal with different situations.

