

Keeping in Touch: Monday 29th June 2020

-----WEEKLY STUDENT BULLETIN-----

WELCOME

Dear Students,

It's hard to believe that there are just three weeks left of the Summer Term. In some ways this has seemed like one of the longest terms we've ever experienced, whilst in others it's just flown by. What is certain is how much we are all looking forward to September, hoping to welcome back as many of you as we possibly can, in a school environment that is safe and happy. Whether you're in Year 10 or 12 and we've managed to catch up with you face to face over the last couple of weeks, or you're one of our key worker children who have been attending school as part of our childcare provision, or indeed, we haven't been able to see you since March 20th and you've been cracking on with your remote learning independently, rest assured, you are all valued and missed and your hard work and resilience is definitely appreciated. Stay safe.

TEAM EMMA PORT SUNLIGHT RUN UPDATE FROM MISS ROBINSON

On Sunday 14 June 2020 Staff and sixth formers should have been taking part in the Port Sunlight run in memory of my beautiful daughter Emma who died of leukaemia in order to remember Emma and raise awareness of the charity Blood Cancer UK (previously Bloodwise) as part of the Emma Mannix tribute fund.

Despite not being able to run this together nearly 50 staff ran, walked and cycled remotely and all the fabulous pictures and lovely messages made it feel like a real event. Staff were hiking up hills, teaming up with one other person to socially distance walk, dog walking, running for the first time in years and even achieving personal bests!! (Well done Mrs McCord!!). Mr Smith even went to Port Sunlight to run the event as if it were for real and did the 15K!! It was so great to see how seriously everyone took this!

Thank you so much to everyone who was part of Team Emma 2020 and sponsored us this year. This charity is



so close to my heart and although we did not ask for donations due to current circumstances we have already had £725 in donations from staff and their friends and families which means the total that Neston High have raised in memory of Emma is now £6020. This means so much as keeping Emma's memory alive is the most important thing to me so her legacy can live on in the work that we do in hope that one day they find a cure for the type of leukaemia she had.

<https://www.justgiving.com/fundraising/team-emma-2019-neston-high-school>

DESIGN COMPETITION

Calling artists and designers! E4Education are the company who make the signs you see around Neston high School, and they are inviting you to play a role in designing a brand new poster based on the theme of 'staying safe' or 'keeping your distance' exclusively for our school.



If you are the winner, you'll have your design professionally printed and 50 copies will be delivered to Neston High to be used around the school. Can you imagine how brilliant it would be to see your own original artwork used as professional signage around the place?

For more details, and an entry form (although they're happy to accept entries on a blank A4 sheet too) visit their website [here](#).

INSPIRATIONAL TRACK OF THE WEEK

It's been a very special time for many members of our community as the '30 years of hurt' is finally over for LFC supporters. This version of their anthem, 'You'll Never Walk Alone' was recorded by Marcus Mumford of Mumford and Sons as part of his lockdown offering. If you're not an LFC fan, I've chosen this version as it includes no scenes of Anfield or the Kop, and perhaps gives us all a chance to celebrate the beautiful and timely message of the lyrics.



FIRST NEWS SUPERSTARS

The English Department are so impressed with the efforts of their KS3 classes who are engaged with the First News iHub. We hope you're enjoying how First News are bringing you relevant, interesting articles from around the world, broadening your outlook as well as improving your non-fiction reading skills.



Here's the i-hub leader board for week beginning 22nd June.

Top 5 students (this week)

1. Luke Kelly 9r3
2. Yianni Giotakis 7y4
3. Daniel Hutton 8y2
4. Maddie Moore 8r3
5. Katie Evans 7y6
6. Piers Roberts 9r4

Class leader board:

1. 7y1
2. 8r3
3. 9r5

Rose Gem Certificate

Jessica Bell
Daniel Hutton
Mackenzie Banks
Maddie Moore
Yianni Giotakis



Amber Gem certificates

Charlotte Tasker
Sophie Hutton
Libby Bannister
Sophie Evans
Ryan Cross
Leonna Forcas-Pritchard
Daniel Dean
William Hammond-Langley
Emily Roberts
Gabriel Masser
Eva Sumner
Darcey Capell
Heidi Loach



COMING SOON! GET READY FOR THE INTERHOUSE CHALLENGE!

'GET NESTON TO CAPETOWN'

How?

1. Walk, Run, Cycle (or all 3!) as far as you can during your specific dates
2. Log your distances in miles in the table provided within your PE assignment, titled 'Interhouse'. You'll need some photographic evidence too of course. And just be aware, 1.6km = 1 mile.

How will we know how our house is doing?

Visit the @Nestonhighofficial Instagram page, the @high_neston Twitter account, the school website or check out your Microsoft teams PE page.

In addition to seeing which house can get the closest, all 5 house distances will then be added up to see if we can make it as a school to Cape Town.

Why Cape Town?

Well two pretty good reasons...

Siviwe School of Skills in Cape Town is our partner link school

100 students should have visited Cape Town on a cultural and sports trip at Easter and they would have visited one of the townships that students come from who attend Siviwe.



So as a school, get involved and let's get to Cape Town! It would be lovely to hear you completed the challenge as a family and we'd love to see your pictures along the way if you'd like to send them in.

In a time where it's easy to feel apart we can still do something special together.

Thank you in advance for your support. It would be so lovely to tell you how successful we've been at the end of the 3 weeks and to say that we made it as a school to South Africa!

Neston High PE Department

-----**LOOKING AFTER YOUR WELL-BEING**-----

WELL-BEING AND MINDFULNESS

Top Tips for positive mental health:

Find a creative activity. Finding a way to expressive yourself through your chosen form of art from acting, playing an instrument, art, writing short stories or poems is great for relaxing and spending time away from technology.

Talk about your problems. They can seem much worse in your head, especially if you don't talk about them and let them build up. Find someone you can trust.

Task 1: Distraction Task

Take some time away from screens and school work and complete the task below. You'll need to be creative in finding items which begin with certain letters of the alphabet. Challenge yourself and try to complete the garden part too – it'll be good to get outside!

What can you see?

- 1. Look around your home and try to complete the A-Z with your own ideas of what you see**
- 2. For the five of the most difficult letters you can write 'I don't spy' instead**
- 3. Extension: Once you have completed your own ideas can you find a second item for each letter**

Letter	Inside the house	Second item	Garden
A			
B			
C			
D			
E			
F			
G			
H			
I			
J			
K			
L			
M			
N			
O			
P			
Q			
R			
S			
T			
U			
V			
W			
X			
Y			
Z			

Task 2: World in a teacup. Look at the instructions below and spend some time being creative!

Choose a style of tea cup to draw your own little world, relate it to your mood or personality. Use a black fine liner to outline, or fill sections to create contrast in tone and line width.



Weekly quiz answers

- 1. Soldiers of which two nations were known as ANZACs in the first World war? Australia and New Zealand**
- 2. At which British theme park would you find the Nemesis and Oblivion rides? Alton Towers**
- 3. In the Simpsons, what is the surname of the family next door? Flanders**

Weekly quiz questions

- 1. Who was the Prime Minister before Boris Johnson?**
- 2. Which country has the 'Bundestag' as its parliament?**
- 3. Who was the American US President before Donald Trump?**