



Newstead News

Friday 12 January 2024

Headteacher's Update

Did you know that the second Friday in January has become known as Quitter's Day? "What does this mean?" I hear you say. The second Friday in January is supposedly the day by which most people have ditched the resolutions they made just a fortnight ago.

In preparing for my assemblies this week, I read the statistic that only 38% of people make New Year's Resolution nowadays, and this was a surprise to me as I would have thought it more common than that.

So, I focused my assembly theme, not on making new resolutions this year, Instead, I reflected on many of the positive things that happened in 2023. It's easy to overlook some of the small positive events when there is so much going on in the world, but it's important that we remember that there are great acts of kindness and love, and many positive achievements taking place across the planet each and every day. The [FutureCrunch](#) weekly newsletter is one place to start.

And, in the spirit of small things, if you are struggling with your resolutions, you can commit to ONE healthy action today to keep you on track.

Need some easy ideas? Here's a list of 15 healthy actions you can do ASAP even if you've already put your goals on the shelf — and all you have to do is choose ONE:

1. Drink a glass of water
2. Spend 5 minutes quietly focusing on your breath
3. Go for a walk
4. Take a multivitamin
5. Do some squats
6. Plan a healthy dinner
7. Put your phone away for 30 minutes
8. Go outside for some fresh air
9. Write in a journal for 5 minutes
10. Reach out to a friend or other supportive person
11. Brush your teeth
12. Hire a coach
13. Read a self-development article or watch a video
14. Adjust your goals
15. Eat an apple

Remember, do just one thing. Then, use that bit of momentum to power your next healthy thing... and your next... and your next. It's amazing what you can accomplish.

Separately, I'd like to draw your attention to **NameDrop**, a new iPhone feature. The new iOS 17 update includes a feature that allows users to share contact information and photos by holding two iPhones together. The feature, called NameDrop, is activated by users who have installed the recent software update to iOS 17. When users install the iOS 17 update, NameDrop defaults to 'ON'. As a safety precaution, police are warning parents/carers whose children have iPhones that have the new iOS 17 update to be sure to change the setting. To shut the feature off, follow these directions: Go to Settings, General, AirDrop, Bringing Devices Together and select 'OFF'.

A couple of other start of term notices from me:

Attendance

Requests for absence, including illness or appointments should be sent to attendance@newsteadwood.co.uk. Please provide notice of a planned absence for the us to complete the required processes before the event. Absences for longer than one day need to be confirmed at least 2 weeks prior to the event. Families should note that requests for holidays during term time will not be approved and penalty fines can be issued.

Punctuality

Good punctuality to both lessons and to school is expected of all students. We know that employers place great importance on punctuality and attendance, therefore it is important for our students to understand the value of being on time. We will issue same day, 20-minute detentions for students that are late into school, or for persistent lateness to classes. Parents and students will be notified as soon as possible of the detention and the reasoning by email. We ask that parents support these actions as important processes for the school and understand that detentions cannot be moved for any after school clubs or enrichment events. Should a detention clash with a medical appointment, evidence will be requested for the school to show flexibility.

Changes in contact info

If you need to update your home address or contact telephone number, emergency contacts or any other information, please do this directly in the Arbor App. This will send us a notification to check and approve the change.

Parking

Please note that parents are unable to park or drive into the school grounds between the hours of 7.30-4.30 for safeguarding reasons. Families can contact our reception to ask for permission, where the need arises for a student with mobility issues.

Please also ensure that when dropping your child at school each day, you are respectful of our local residents by not blocking drives and roads or impacting others safety by parking or dropping off your child(ren) irresponsibly.

Term Time Holidays

I would like to remind parents/carers that holidays should not be taken in term time and students should be in school until the last day of term. As per the Government guidance, "Working together to improve school attendance", parents/carers should plan their holidays around school breaks and avoid seeking permission from

schools to take their children out of school during term time unless it is absolutely unavoidable. For more information see the guidance here - [Working together to improve school attendance](#).

Many thanks for your support and wishing you a restful weekend.

Alan Blount
Headteacher

Dates for your diary

4-18 January	Year 13 Mock Exams
Tuesday 16 January	Year 9 Parents'/Carers' Evening
Wednesday 24 January	School Photos
24-26 January	School Production – Oliver!
Wednesday 31 January	Year 9 GCSE Options Evening
Friday 9 February	CPD Day – School Closed to Students
<i>12-16 February</i>	<i>Half Term Break</i>

Term dates for 2023-4 and 2024-5 can be found on our website [here](#).

Planned Highway Works – Tubbenden Lane Junction of Station Road, Orpington

We have been advised that there will be works to the highway at this location for 3 days starting on 17 January. The road will be closed to traffic during this period while works take place between Station Road and the bridge to improve the surface water drainage. **You may need to allow extra time for journeys to school on these days.**

Around Newstead

Introducing the New Head Student Team



Hi everyone! My name is Siniva H and I'm the Head Student at Newstead Wood School. I'm currently studying Maths, Economics and Computer Science and I hope to study Economics at university. I have been a student at Newstead since Year 7 and have enjoyed every second of it. The diverse culture we have here is truly amazing and I am extremely excited to work with the rest of my team to enhance this culture, as well as to improve the success and happiness of the students here. I am incredibly honoured to have been elected as Head Student this year and I'm committed to fulfilling my responsibilities.

Hello! My name is Ayomide O and I am studying Biology, Chemistry, Maths and Economics A-levels. I am delighted to be the Deputy Head Student of Newstead Wood School. Newstead is such a special school – from the amazing students to diligent teachers, as well as the skilled and supportive general staff. I look forward to working closely with students (especially those in Year 7) and teachers as an intermediary – to bridge the communication gap between students and teachers and help to improve Newstead even more! I am excited for all the things we will hopefully accomplish this year at Newstead as a team!



I'm Whaishnavy K and I'm one of the Assistant Head Students at Newstead Wood School. I am currently taking Maths, Biology, Chemistry and Physics and hope to study Medicine at university. I have been part of the Newstead community for the past five years and I chose to stay as I doubt I would receive as much support elsewhere. I appreciate that I have been elected as a member of the Head Student team and I look forward to working with Year 11 this year.

Hi there, my name is Arya P, and I study Maths, Computer Science and Economics - and I'm very grateful to have been given the opportunity to work alongside Year 10. Academically, my goals are to pursue a career in Computer Science, something I'm very passionate about, whether that be teaching or learning. It'll be my pleasure to be assisting Year 10 with their goals too, and I aspire to better both them and our school, who have been so welcoming to me as an external. As someone who aspires to be modest yet innovative, I hope to bring about change that betters this amazing community!





Hi everyone, my name is Joella B, and I'm part of your Head Student Team. I will be leading Year 9. My motto is "It's not just my voice, it's yours too." If you have any suggestions or concerns, please always feel free to let me know. My main goal is to strengthen our community here at Newstead and to make sure you all feel safe and included here at school. My A-level subjects are Physics, Psychology and Geography (quite a varied mix I know). If you have any questions about these subjects, I'm also happy to help!

Hi, I'm Lucy W. I take Biology, Chemistry, Physics and Maths and am aiming to be a doctor. I am delighted to be a part of the Head Student Team this year. One of my roles is to focus on supporting those of you in Year 8, so please come and find me if you need me! I truly love our school, having been here from 2018 and am really thankful for this opportunity to give something back. I will strive to be passionate, committed and someone who you can always talk to. I am looking forward to the upcoming year!



PE Clubs Timetable

The updated clubs timetable can be found below. The timetables for all clubs are [here](#).

Winter 2023 Clubs Timetable Lunch 1.25pm-2.00pm

	Monday	Tuesday	Wednesday	Thursday	Friday
School Field		Mr Daley Year 7/8 Football	Mr Muresan 9-13 Football Girls	Mr Williams KS3 Rugby	Mr Muresan <u>MultiGym</u> – Key Stage 4 and 5 Fitness
Netball Courts	Mrs Eason Year 8 Netball	Mrs Eason Year 10/11 Netball	Miss Roots Year 7a&b Netball	Miss Roots Year 9 Netball	
Sports Hall				Mr Muresan Key Stage 4&5 Table Tennis	Mr Daley Basketball All Years
Downstairs Drama Studio					Jack Petchey Dance - Year 11
Tennis Centre	Mr Williams/Elaine Wanostrocht Cricket 7-11.	Mr Bournat All years Badminton	Mr Williams Badminton Year 7-11	Mr Bournat Badminton all Years	Mrs Bongout and Mr Andrews Badminton Sixth Form
After School		FIXTURES	FIXTURES	FIXTURES	

Oliver! Tickets Available Now!

Newstead Wood School

presents



by special arrangement with CAMERON MACKINTOSH

This amateur production licensed by Music Theatre International

Tickets are now on sale for this year's musical production, Oliver!

Performances are on **Wednesday 24, Thursday 25, and Friday 26 January 2024**. Doors open at **6pm** and the curtains will go up at **6.30pm** promptly. There will be a 15-minute interval and the approximate end time of the show will be **9pm**.

Tickets are priced at **£12 for adults and £10 for children** and are available to purchase under the *Shop* section in WisePay.

Sparks Update

Well done to this week's top 10 Sparx Readers:

- Ronika G 7N
- Khushi S 7N
- Imaan A 8F
- Aksha D 8P
- Ming H L 8P
- Ojal S 8P
- Ivy C 9F
- Anna C 9F
- Vidhi P 9S
- Imogen O 9W

Congratulations:



- Grace X (11S) played for the [King's Christmas Broadcast](#) as part of the Bexley Youth Music Trust.
- Isla T (8S) achieved a Distinction in her Grade 2 Drums exam.
- Tingting H in 10G and Audrey W in 11P attended the Badminton Kent Junior Futures competition on Sunday 7 January. They competed in the Girls' doubles Under 18 category and won the Gold medal. Audrey also won Gold in the women's singles competition.
- Finn K (10F) achieved a distinction for Grade 5 Performance Arts Awards, with a high distinction in performance singing, receiving an excellent result of 94/100.
- Priyanka K (8W) passed her Grade 5 LAMDA exam with an impressive distinction – 93%!
- Electra B (7W) passed Grade 2 Guitar with Distinction.



National Theatre at Newstead

'A View From The Bridge' this Wednesday was terrifyingly intense as we watched a family torn apart by jealousy and betrayal, with an unforgettable performance from Mark Strong as Eddie Carbone and some breathtaking moments - what an ending! This week's stream is the life affirming, heartwarming, hilarious and insightful 'Barber Shop Tales'. This 2018 play from Nigerian playwright Inua Ellams is a critically acclaimed celebration of the power of the barber shop as a place of friendship, support, confession, joy and laughter. The play bounces between barber shops in Peckham, Lagos, Johannesburg, Harare, Accra and Kampala. Students in Year 9 and above are warmly welcome to attend the screening in E31 after school, starting at 3.45pm. There will be a short interval and the stream will run until about 5.45pm.

Please sign up here to take part: <https://forms.office.com/e/XAmCDurW9n>

Coming attractions:

31 January - A Streetcar Named Desire - Gillian Anderson stars in this terrifying tale of madness and deception.

7 February - Paradise - Kae Tempest's adaptation of Sophocles's 'Philoctetes'

A promotional poster for the National Theatre Live production of 'Barber Shop Chronicles'. The poster features a photograph of a young Black man in a green and white striped polo shirt sitting in a barber's chair, looking directly at the camera. A barber's hands are visible, one holding a comb and the other using clippers on his hair. The background shows a typical barber shop setting with shelves and tools. The text on the poster includes the National Theatre Live logo, the title 'BARBER SHOP CHRONICLES' in large, stylized letters, the playwright 'A NEW PLAY BY INUA ELLAMS', the director 'DIRECTED BY BIJAN SHEIBANI', and the screening details: 'Wednesday 17th January 3:45 - 6:00 E31'.

National Theatre Live

BARBER SHOP CHRONICLES

A NEW PLAY BY
INUA ELLAMS

DIRECTED BY
BIJAN SHEIBANI

Wednesday 17th January
3:45 - 6:00 E31

Netball Update

On Wednesday the Year 8 netball teams travelled to Langley Park to play our first matches on an inside court.

The A team played first and had an amazing first quarter winning 6-0, but then Langley came back with an extremely strong defence, preventing shooting chances, and the score at half time was 7-5. The 2nd half continued to be closely contested in all areas of the court, but we maintained our lead to finish with the winning score of 12-9.

The B team then took to the court and they pulled away right from the start and kept going strong to the end. The shooters scored some amazing goals, the mid court fed the circle with great accuracy and made many interceptions and the defence prevented many shooting chances and got the rebounds when shots were missed. The final score was 16-8.

Well done to all those who played and particularly to the following:

Ruth and Lesedi, who were selected as players' player by the Langley teams and to Rebecca, Jess, Ipin and Satara, who all demonstrated a great improvement in their play in this game.

House Competition



Achievement Points

Here are this week's Achievement Point totals. Congratulations to the following students and tutor groups.

Top Tutor Groups of the Week		
Year 7: 7F Year 8: 8P Year 9: 9F Year 10: 10P Year 11: 11F		
Top Students of the Week		
★ Year 7 ★		
Shivya M 7F Charis P 7S Daphne R 7G	Katie M 7F Hannah K 7S Hawwa F 7G Prisha B 7G	Tara G 7G Karin A 7S Mehr T 7G
★ Year 8 ★		
Azkadellia Y 8N Karis O 8N Valerie S Z 8P	Maya M 8N Veda T 8N Ming E L 8G Rebecca P 8N	Ming H L8P Charlotte L 8S Mollie B 8N
★ Year 9 ★		
Precious O 9S Inaaya D 9F Hannah C 9G	Kitty H 9G Layla C 9F Sophia V 9S	Leila N-W 9S Pragnya V 9G
★ Year 10 ★		
Eileen C 10G Shreya B 10F Alexandra E 10F	Sonia G 10S Anika B 10W Lucia C 10G	Oluwatoni A 10W Heshma N 10S
★ Year 11 ★		
Almina S 11G	Sophie M 11N	Jia P 11P



Languages News

Word of the week

The answers to this week's words are:

French: la galette des rois - Epiphany cake

German: die Brücke - bridge

Spanish: bacalao - cod

Chinese: 礼物 - present

Japanese: お正月（おしょうがつ） - New year

Latin: pecunia - money

The words for next week are:

French: la fève

German: die Bescherung

Spanish: pastelería

Chinese: 快乐

Japanese: ねんがじょう

Latin: umbra



guest
speaker



We have some fantastic speakers for you in our Autumn Term Guest Speaker Programme. These talks are open to students and parents. To book a place, click on the name of the speaker.

Monday, 29 January, 4pm: [Grace Hind](#) – PPE student at Oxford University

Grace Hind is a very successful Newstead Wood alumna, having gone up to Mansfield College, Oxford University, to read Philosophy, Politics, and Economics in 2021. At Oxford, she has become a member of the Oxford Union and Oxford Women in Business. Last year, her paper on 'Encoded Bias – a reason to exercise caution in the embrace of artificial intelligence in the business realm' won Q5's insight paper competition. Anyone interested in Oxbridge or study of any of these three disciplines should definitely attend this talk!

Thursday, 1 February, 4pm: [Tahmina Rahman & Nusrat Siddique](#) – Judge and Barrister, and Solicitor

Tahmina Rahman sits as a Deputy District Judge and as a Judge of the Employment Tribunal, and she is an experienced and highly regarded specialist Children practitioner. Her practice encompasses all aspects of both the Public Law and Private Law fields. Nusrat Siddique is a solicitor in the South East London area, she is a member of Resolution, and she is fluent in Bengali. Anyone interested in Law should definitely attend this talk!

Monday, 26 February, 4pm: [Dr Penelope Brock](#) – Great Ormond Street Hospital, ex-President of SIOPEN, & Chair of ChiLTERN

Dr Penelope Brock, better known as Peppy, had a fellowship at Great Ormond Street Hospital (GOSH) from 1986-88, when she became a founding member of the European Liver Tumour group SIOPEL, joined the European Neuroblastoma group SIOPEN, and started her PhD on cisplatin toxicity in infants and children. She was Secretary of SIOPEN for 4 years, President from 2011-13 and remains on the Advisory Board, and she chairs the Public Advisory Group for the Children's Liver Tumour European Research Network (ChiLTERN) and is an active member of the SIOPEN Quality of Life and Outcomes Committee. Anyone interested in hearing from a trailblazer in medicine should definitely attend this talk!

Thursday, 29 February, 4pm: [Dr Madeleine Pennington](#) – Head of Research at Theos Think Tank: *Why be interested in religion and worldviews in a modern world?*

Dr Madeleine Pennington holds a doctorate in theology from the University of Oxford, having read for her undergraduate degree there as well. She has previously worked as a research scholar at a retreat and education centre in Philadelphia, and she has multiple publications to her name. Outside of Theos, she sits on the Quaker Committee for Christian and Interfaith Relations. Anyone interested in or studying RPE, Philosophy, Theology, and anyone looking to explore the dynamics of a modern secular world with faith should definitely attend this talk!

Thursday, 7 March, 4pm: [Dr Lucy Hawkins](#) – Senior Clinical Scientist (Clinical Biochemistry)

Dr Lucy Hawkins is a senior clinical scientist with the NHS, and she is uniquely well-placed to talk about a non-medical career in the NHS. She is an allied health professional, focusing on clinical biochemistry, with additional experience in microbiology, haematology, and immunology. Anyone interested in healthcare should definitely attend this talk!



Newstead Wood School Parents' Association News



Happy New Year everyone!

We are excited to announce that the first **Parent Association (PA) meeting** for the year 2024 is coming up next week on Zoom. We encourage parents to attend the PA Zoom meeting on Wednesday 17th January 2024 at 7pm.

[Click here to join the meeting](#), or use the details below

Meeting ID: 893 9040 9830

Passcode: 9N5dKj

We had good **uniform sales** last term, raising £600, and our next uniform sale is on Wednesday 17th January 2024 at 3.15 - 4pm. We encourage parents to volunteer.

Our other upcoming events include:

Evening Quiz: March 2024.

Familiarisation test: April/May/June 2024.

We are currently looking for volunteers to help with half-termly uniform sales; to help organise the quiz in March; and to help with the familiarisation tests on Saturdays in the months of April/May/June this year.

All parents and guardians of Newstead Wood students automatically become members of the NWPA so we hope you can join us in organising and attending some events this year. We aim to enrich the school community by helping at school events like plays and open days; we provide practical services, like the secondhand uniform sales; we encourage parents to support each other through social events and the individual class WhatsApp groups; and we run fundraising activities like the Summer disco and the Family Quiz. We look forward to you joining us!

If you have any question about joining the Parents' Association or would like to know how to join your class parent association WhatsApp group, need information on uniform, or would like to volunteer to join one of our teams, please get in touch at pa@newsteadwood.co.uk

There's something for everyone, please get involved!



**Revision books, uniform, PE kit: for sale from the PA Hut on
Wednesday 17 January 3.15 - 4pm**

Volunteers welcome from 2.30pm to 4pm

Great condition... great prices... great for the environment...and great for the school!

Jumpers (£3 each/2 for £5), 6th form blazers (£5), Skirts (£3/£4), shirts (£2 each, 3 for £5), trainers and astroturfs (£3), umbrellas (£1) and other items are also available, plus textbooks and revision books (£2 each, 3 for £5) in many subjects. Payment by cash or card.

VOLUNTEERS to help for an hour or so occasionally would be very welcome, please email pauniform@newsteadwood.co.uk for more information. No special skills needed, all training given!

DONATIONS of uniform, PE kit, coats etc. all welcome and can be left at reception anytime. Please remove or cross out names if possible and label the bag 'donations'. Thanks very much for all the donations we've had so far; keep them coming!

We raised £600 last term from sales: thank you for your support as we help the school, help the environment and help you with your shopping!

STIKINS® Name Labels

**SIMPLY STICK IN & STAY IN
NO SEWING & NO IRONING**



Save time and money with one multipurpose name label for clothes, shoes, lunch boxes, and all school items

SUPPLIED SINCE 2003
MILLIONS IN USE
TO ORDER VISIT:
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SCHOOLS USE

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Excluding VAT

If your school has a fundraising member, please use it when you order. (Default save up to 10% commission)



Only apply Stikins onto the wash-care label of clothes, never directly onto the fabric or any other label.



Use every Stikins label with multiple uses for all kinds of personal items, including clothes and shoes.



We print labels every working day up to 1pm to avoid delays and ensure they are fresh when you need them.

Price	Price (11 items)	Price (20 items)
100 Standard Labels (A5) - £12.00	100 Standard Labels (A5) - £12.00	100 Standard Labels (A5) - £12.00
100 Standard Labels (A5) - £12.00	100 Standard Labels (A5) - £12.00	100 Standard Labels (A5) - £12.00
100 Standard Labels (A5) - £12.00	100 Standard Labels (A5) - £12.00	100 Standard Labels (A5) - £12.00

Order online at www.stikins.co.uk • Pay by Credit Card, PayPal, or Apple Pay
Order by phone on 01276 668826 • Pay by Credit Card

The PA are excited to announce that we have teamed up with Stikins to offer parents the opportunity to purchase quality labels for your children's school uniform, whilst earning the school commission at the same time! This money can then be used to continue to help purchase some of the fantastic resources that benefit our children's learning.

As we all know, lost property is a problem in all schools and I am sure we are all familiar with our child, at some point, coming home from school with a missing item. As parents, we are aware that time is precious, which is why we think these labels are such a great idea; they simply stick onto the wash-care label of clothing. They can even be used in shoes! Naming of clothing is a school requirement and we are hoping that with this opportunity we can start to eliminate some of parents' frustrations that surround these issues.

How it works:

Each order placed quoting the school reference number **14318** will provide the school with 30% commission. If you use the link on our school website's [Uniform Page](#) to order your labels online, the number is filled in automatically for you!

Please take care of your library books

Treat them like you would treat your phone - with care and respect.

Treat them carefully when taking them home and reading them.

Keep them safe - they are your responsibility when borrowed.

Make sure they are kept clean.

Remember - other students want to read your favourite books too!



WE ARE GOING TO...

THE NATIONAL
APPRENTICESHIP
SHOW
LONDON & SE 27-28
FEBRUARY
SANDOWN PARK, SURREY 2024

SUPPORTED BY



What is The National Apprenticeship Show?

The National Apprenticeship Show is an exciting opportunity for you to learn about different career paths, explore Apprenticeship opportunities, and obtain information on career development. The primary goal of this event is to leave you inspired to make informed decisions on your preferred career.

What is an Apprenticeship?

An Apprenticeship allows you to learn and develop the skills necessary for a specific career, while also earning money.

During an Apprenticeship, you work under the supervision of a mentor or trainer, who provides hands-on training and guidance. Apprentices also attend training days to learn the technical skills required for the role.

Upon completion of the Apprenticeship, you receive a nationally recognised certificate that validates your skills and knowledge in your chosen career.

The different levels of Apprenticeships

Level 2	Intermediate: Equivalent to GCSE passes at grades A*-C (4-9 on the new system).
Level 3	Advanced: Equivalent to A level passes.
Level 4 & 5	Higher: Equivalent to a higher education certificate, higher education diploma or a foundation degree (the first year of a degree).
Level 6	Degree: Equivalent to a bachelor's degree.
Level 7	Masters: Equivalent to a master's degree.

Parents/Carers/ Individual Opening Hours

Should you wish to bring siblings, or simply visit yourself to reinforce your young persons experience you can register for FREE tickets.

Sandown Park, Surrey,
Tuesday 27 February 2024,
15:30-18:00.

BOOK HERE NOW:



Here are just a few of the exhibitors:



skills for security



For more information go to <https://nationalapprenticeshipshow.org/london-se/>

Please note, if students wish to attend this event, they will need to go during the 3.30-6pm slot as absence from school will not be authorised.

LAMDA

Dear Parents/Carers

Due to popular demand, we are adding another 3.10 class and after school LAMDA session next term.

If you would like to register for classes, please fill in the form below and send it to katecrane1@mac.com.

Best Wishes

Kate Crane

London Academy of Music & Dramatic Art

The creation of your word being taken seriously and communicating effectively is a powerful way of being that is beneficial in every aspect of your life. Elocution/LAMDA classes give you the tools that will help develop strong communication skills.

LAMDA is one of the UK's oldest and most respected drama schools and a world- renowned awarding body. They have been offering practical examinations in communication and performance subjects for over 130 years. The LAMDA team at Newstead Wood School offer the opportunity for all years to take part in an after-school elocution club with an opportunity to take LAMDA speech and drama exams.

The exams will benefit students who are keen on honing their acting skills; those who want to gain public speaking confidence, and interview technique. They are a very instructive complement to literary studies and cover all aspects of voice production as well as interpretation and analysis.

In today's competitive world, how you present and express yourself is a vitally important skill to possess, not just in school, but also later in life. Those who learn vocal and presentation skills early in their lives have a great advantage.

Competing for university places and the workplace has become increasingly difficult. Studying elocution, voice production and taking LAMDA exams do not involve writing but teach vitally important life skills such as public speaking, presentation technique, voice projection and clear

diction. These skills are taught in a fun and exciting curriculum and through the creative disciplines of, for example,

PUBLIC SPEAKING. INTERVIEW TECHNIQUES. VERSE AND PROSE SPEAKING. READING FOR PERFORMANCE. ACTING. MUSICAL THEATRE. MIME. DEvised DRAMA.

Learners can obtain UCAS tariff points at level 3, enhancing their chances of university or higher education entrance. Level 3 is set for Year 10 and up. LAMDA lessons and exam preparation time can also be used for the skills section for the Duke of Edinburgh award.

Classes take place in school, Monday to Thursday from 3.30pm till 5/5.30pm. Lunch time lessons can also be scheduled.

To enrol, please see the enrolment form below.

LAMDA after school group standard classes

3.40pm-5.00pm Standard Class.

Price: £168 per 12-week term.

The standard class covers acting and if required, public speaking.

LAMDA after school group extended classes.

3.40pm-5.30pm Extended after school classes.

Price: £240 per 12-week term.

Students In the extended class can choose one extra genre from the list below.

LAMDA Daytime Classes

Shared class for up to 4 students.

Classes run at 3.10pm -3.40pm and are 10 weeks a term. Price: £250

Please fill in the form below and send your enrolment via email to: katecrane1@mac.com



ENROLMENT FORM

Please fill in the form below and send your enrolment via email to: katecrane1@mac.com

<i>School Name</i>	
<i>Student Name</i>	
<i>Student Date of Birth</i>	
<i>School year in sep 2023</i>	
<i>Primary Contact Name</i>	
<i>Primary Contact E-mail</i>	
<i>Primary Contact Mobile</i>	
<i>Primary Contact Home Address</i>	
<i>Secondary Contact Name</i>	
<i>Secondary Contact E-mail</i>	
<i>Secondary Contact Mobile</i>	

LAMDADA Conditions

Please read and sign the conditions below.

1. The possibility of learning lines or studying theory answers at the last minute is not an option. LAMDADA teachers need students to be off script quickly, so they can help their pupils reach their full potential and be confident taking their exams. Understanding the theory will also benefit rehearsals.
2. Once enrolled, LAMDADA teachers are responsible for students in class and will need to know if your child is absent. To inform us if your child is absent, you will need to text Kate Crane on 07504450038
3. The LAMDADA exam sessions are held in the summer term and a separate fee is payable for the exams.
4. Class fees are payable at the start of each term
5. Once enrolled a terms notice is required to cease lessons, **including the start of the new school year.**

I understand the conditions above:

Signed.....

For any further queries please email katecrane1@mac.com or call Kate on 07504450038

Please fill in the form and send your enrolment via email to: katecrane1@mac.com

Coming to Newstead
in Jan 2024



WE WILL ROCK YOU

Calling all Rock Stars
at Newstead Wood School
Take part in our production of
We Will Rock You
Saturdays mornings or afternoons
Free workshop for new faces on Sat 13th Jan



LAMDA

Spotlights also offer LAMDA classes on
Saturdays at Newstead.
Get in touch for details on 020 8460 5711
or email hello@spotlights.co.uk

WE ACCEPT
CHILDCARE
VOUCHERS

MEGA CAMPS

KIDS DAY ACTIVITY CAMPS

CHILDCARE FROM
8am - 6pm

AGES
4 - 14

FEBRUARY CAMP 2024

EARLY BIRD OFFERS END 2nd FEBRUARY

CHECK WEBSITE FOR DATES & LOCATIONS



DIFFERENT MEGA ACTIVITIES EACH DAY AS WELL AS FOOTBALL, ARCHERY, DODGEBALL, ROUNDERS, KWIK CRICKET, BASKETBALL, TEAM GAMES, ARTS & CRAFTS AND MUCH, MUCH MORE...

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ALL OUR
STAFF ARE



My name is Dr Mo, i work as a NHS GP in Coventry.

We are trying to help students following the COVID-19 pandemic, considering the lockdowns and disruption to studies that have occurred.

Following the success of our previous free webinars with UK schools, we are organising 2 more free webinars for students!

1) FREE GCSE & A-level revision masterclasses for Y10/11/12/13 students once more in Jan/Feb 2024.

[subjects include: biology, chemistry, maths, physics, english & english literature]

There are 2 alternative sign up links below for the free masterclass:

Eventbrite page: https://www.eventbrite.co.uk/o/i-medics-31792384695?aff=odeimcmailchimp&mc_cid=7502e0176d&mc_eid=UNIQID

Linktree: https://linktr.ee/imedics?mc_cid=7502e0176d&mc_eid=UNIQID

2) Get Into Medical School: Interview Tips from NHS doctors Webinar (relevant for Year 13)

There are 2 alternative sign up links below for the free interview prep webinar:

Direct Zoom registration:

https://us02web.zoom.us/webinar/register/WN_I5ay1BinSnKmqFUqkYAjxQ?mc_cid=7502e0176d&mc_eid=UNIQID

Linktree: https://linktr.ee/imedics?mc_cid=7502e0176d&mc_eid=UNIQID



i-medics

Please note that the school regularly passes on career and study information that we receive from external companies, but we do not endorse these. It would be prudent for parents/carers and students to check all the information before signing up.

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

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<http://www.easyfundraising.org.uk/newsteadwoodschool>

Thank you to all of you who are supporting the school through a monthly donation – if you still haven't got round to setting this up, forms can be [found here](#). And thank you to all of you who are supporting the school library through our [Amazon Wishlist](#).