



# Newstead News

## Friday 29 September 2023

### Deputy Headteacher's Update

Our main hall has been ringing this week with the strains of 'Food, Glorious Food!' as rehearsals begin for our school production of 'Oliver!'.

It's been a bit of a phenomenon: well over a hundred students took part in auditions last week and turnout has been really impressive at the initial rehearsals, with the hall full to bursting with musical paupers, urchins, beadles and pickpockets.

There's so much excitement in the school as our young performers begin the journey towards the performances on January 24th, 25th and 26th - mark your calendars please! And thank you in advance to Mr Stokes, Mr Flanagan, Miss Mallett, Mr Hunt and all the other members of staff who will be helping them on their way.

We've also had a series of exuberant house assemblies this week, with Mr Williams building house spirit and exhorting all year groups to work together to vie for the house cup. We want to get everyone in school involved with our house competitions – whether organising and leading them, taking part or cheering on from the audience! This term we are looking forward to our house poetry competition, our house quiz, our welly wanging contest, our pumpkin carving competition and our harvest boxes.

We have also been celebrating the European Day of Languages this week in school. Staff have been encouraged to share their knowledge and experience of speaking other languages. It's fascinating to discover the linguistic 'secret identities' of colleagues! At Newstead we understand the power of languages to give students opportunities to be truly global citizens – at a time when society can sometimes seem to be increasingly inward-looking, it is wonderful to celebrate global connections. Our celebration ended on Thursday with a stunning bake off where the hall was filled with language-inspired cakes!

Next week we are looking forward to meeting Year 12 parents and carers at our Year 12 Curriculum Evening on Thursday at 6pm in school. This is the third of our year group curriculum evenings this year and it has been wonderful to be able to meet so many Newstead families in person and answer your questions. On Friday next week we are also delighted to welcome the Honorary Consul of the Federal Republic of Germany, Stephanie Barwick, for an afternoon talk from 4pm - you are all very welcome to attend what promises to be a fascinating talk – see below for details.

You will probably be aware that there is industrial action on the railways next Wednesday. We have always been impressed by the resourcefulness and resilience of our students and their families whenever there is industrial

action, but we do understand it may cause additional difficulties for our students. Please do plan your journey carefully and do all you can to come to school on time on Wednesday, and get in touch with us if you need to.

With best wishes for a restful weekend,

Jonathan Lewis  
Deputy Headteacher

## Dates for your diary

Thursday 5 October	Year 12 Curriculum Evening – Welcome to Sixth Form!
Tuesday 10 October	Black History Recitals
Wednesday 11 October	Year 11 Curriculum Evening – Building Momentum to GCSE
Monday 16 October	Flu Vaccinations Y7-11
Wednesday 18 October	Sixth Form Open Evening for students new to Newstead Wood
<i>23-27 October</i>	<i>Half Term Break</i>
Monday 30 October	CPD Day – School closed to students
Wednesday 1 November	Year 13 Curriculum Evening: Key messages for A Level success
5-17 November	Y11 Mock Exams
Thursday 9 November	Parents' Association Disco
Tuesday 14 November	Learning Together Forum
Thursday 16 November	Year 7 Singing Showcase Evening
Thursday 23 November	Sixth Form Open Evening for current Newstead Wood students
Thursday 30 November	Year 13 Parents'/Carers' Evening
Tuesday 5 December	Year 8 Curriculum Evening – Studying for Success in Year 8
Thursday 7 December	Christmas Concert
<i>21 December-2 January</i>	<i>Christmas Holiday</i>



# guest speaker



- Friday 6 October, 4pm: **Stephanie Barwick**, Honorary Consul of the Federal Republic of Germany. She will be talking to us during the week of Germany's reunification anniversary about the importance of languages, and she will be open to questions after her presentation. It should be a fascinating event, and we are very thankful for the chance to host her! Please register your interest [here](#) if you wish to attend.

## Around Newstead

### Languages Week – MFL Bake Off

Congratulations to the winners of the MFL Bake-Off, and well done to all who took part!

Best design!



And overall winner!

Tastiest cake!



Best texture!





## Enrichment Timetable

We are delighted to share with you our Clubs timetables for KS3 and KS4. The timetables have been sent to Year 7-11 students, parents and carers today, and they can also be found here:

[KS3 Clubs and Societies](#)

[KS4 Clubs and Societies](#)

The KS5 societies are currently being finalised and will follow soon.

## Studying English at University



On Tuesday this week, Annie F (alumna) spoke to our Year 12 and 13 English Literature students, who have expressed an interest in reading English at university. The entertaining account of her 'journey' and obvious passion for the subject enthused our students, who were eager to lap up the nuggets of advice and wisdom offered. We wish Annie well as she sets off this week to read English Literature at Cambridge.

## Debating Society Update

An excellent Debating Society session today: "This House Believes the sciences are more important than the arts." The proposition have it!



## Oliver! Rehearsal Schedule

We had over 200 students audition for the school production of Oliver! The show has been cast and it has been fantastic to start rehearsals this week.

Please could parents and students check the dates of the technical and dress rehearsals and the performance dates in the [school calendar](#). These are taking place throughout the week of 22-26 January 2024. If any cast member has potential clashes they may have to reconsider their commitment to the show. We have already had quite a few absences for the first few rehearsals. Students need to decide whether they commit to other clubs and sporting events or to the show as it will be challenging to do both. If a student misses too many rehearsals they will not know what to do which could slow down the whole rehearsal process. Please see the [rehearsals schedule](#) up to half term and I look forward to seeing you all for rehearsals!

Mike Stokes, Director



## Year 10 Bronze Duke of Edinburgh's Award Launch

The Duke of Edinburgh's Bronze Award will be launched for Year 10 on Friday 6 October in a meeting in the Gym. Letters have been sent to Year 10 parents and carers about this today.

## Year 12 Summer Essay Competition

We are delighted to share the winners of our Year 12 essay competition. The standard of essays was really impressive this year. We challenged our new Year 12 students to write an essay over the summer, choosing from a list of provocative and intriguing titles!

Fourth place: Natasha - The Allure of Imperfection: Navigating the essence of Humanity

Third place: Francesca - Does the use of male pseudonyms by female writers represent repression or liberation?

Second place: Deepti - Evaluate the view that increasing tax on the highest income earners is the best way to reduce inequality

First place: Holly - The easier it is to say what a work is about, the less interesting that work becomes. To what extent do you agree?

Megan, Ebubechukwu and Angelina were all highly commended.

[You can read Holly's winning essay here.](#) Congratulations to everyone who took part!

## Sporting Success

### Netball:

Congratulations to our Year 11 netball team who came 2nd in the Borough Netball Tournament this week at Farringtons, beating Darrick Wood, Farrington, Harris Beckenham, Bullers Wood.

### Football:



Our combined Year 7 & Year 8 Football team got off to an impressive start with a 6-0 win against Kemnal Technology College in the Kent Cup.

We were deadly in attack and resolute in defence - Ella M scoring a hat-trick and Leah A named as Player of The Match. On to the next round we go!



On Monday our U14 football team played in Round 1 (knock out stage) away at Townley Grammar school. Our girls played brilliantly, dominating the entire match. The final score was 4-0 to Newstead!

Well done to our team: Ava, Isabella, Thea, Jean, Ella, Leah, Sophie, Amarachi, Laynnie, Jessica, Kotono, Hanna, Mollie and Charlotte.



U14 Kent cup round 1. Great performance for the Year 9 and 10s against Leigh Academy Bexley. Well done!!



## DT Food Update

This week the D&T department hit a record of 135 students cooking in one day!

One group of Year 7 students made fruit crumble using a variety of different fruits, and the other group made savoury pastries, then the Year 8 students made bolognese using a range of different proteins. The Year 9 students made pizza dough and pizzas using the dough and finally the Year 11 students made mini lemon meringue pies, using their new pastry skills and adding meringue into the recipe. This is in build up to their exam unit, showing how different sugars caramelize.

The Year 10 students are also cooking sweet and sour chicken this week, developing their presentation skills ready for Year 11.

We thank you all for your support with organising your students at home, bringing in ingredients and helping them to use these new-found skills at home.



## Congratulations to:

- Aarav C (13F) who has been awarded a British Fencing Goblet in recognition of his team result – a silver medal - at the Cadet European Championships in Talinn, Estonia.
- Emilie De C (13W) who won the overall prize in the poster competition run by St John's College, Cambridge for her work on fungal bioluminescence – see below

We're keen to celebrate students' successes outside school – please email us with any achievements at [news@newsteadwood.co.uk](mailto:news@newsteadwood.co.uk).



## The Essence of Fungal Bioluminescence

### Introduction

71 known species of bioluminescent fungi  
Bioluminescence refers to photon production by an organism.  
This will explore how a fungus glows

### Genetics

Enzyme-coding genes found in clusters, in *Neonothopanus nambi*.

- *hps* gene encodes hispidin synthase
- *h3h* gene encodes hispidin-3-hydroxylase (H3H)
- *lux* gene encodes luciferase (*lux*)

### Phylogeny

Bioluminescence confined to the order Agaricales.  
3 distinct lineages

- *Omphalotus*
- *Armillaria*
- *Mycena* (*Mycena*)

### Circadian Clocks

Biological changes to maintain internal conditions despite external changes in light and temperature.  
Luminescence fluctuates over 24h periods.

### Biochemistry

1. Hispidin synthase converts caffeic acid to hispidin
2. H3H oxidises and protonates hispidin precursor
3. *lux* catalyses oxidation of luciferin with O<sub>2</sub> and ATP, forms oxyluciferin
4. Chemical energy transferred and decays luminescence molecules

### Airth and Forester's Experiments

Cold extract preserves luciferase tertiary structure.  
Hot extract denatures luciferase, luciferin remains intact.  
Combined extracts: substrate and enzyme preserved so light is produced

### Ecology

- Attract invertebrate spore dispersers  
Acrylic 'mushrooms' fitted with internal LEDs attracted rove beetles, flies and hymenoptera. Important for areas with little wind for spore dispersal
- Repels light-avoidant nocturnal fungivores
- Indicates toxicity

### Applications

- Agriculture: genes transferred to caffeic acid-producing plants - plants become autoluminescent to repel pests
- Diagnosis: *N. nambi* used in bioimaging due to binding specificity. Used to detect fungal infections e.g. *Candida albicans* during oropharyngeal in mice
- Ecotoxicity: *Armillaria mellea* and *Mycena atricolor* used in toxicity tests as mycelial brightness dims with metal exposure.



## Languages News

### Word of the week

Answers to this week's words of the week:

French: le recyclage - recycling

German: die Süßigkeiten - sweet things/sweets

Spanish: panadería - bakery

Chinese: 天气 - weather

Japanese: たのしい - enjoyable

Latin: unde? - where from?

Next week's words are:

French: un feuilleton

German: der Zeichentrickfilm

Spanish: levadura

Chinese: 秋天

Japanese: うれしい

Latin: subito



# Newstead Wood School Parents' Association News



To all the new arrivals: **A warm welcome to Newstead Wood School from the Parents' Association!** All parents and guardians of Newstead Wood students automatically become members of the NWPA. We aim to enrich the school community by helping at school events like plays and open days; providing practical services, like the secondhand uniform sales; encouraging parents to support each other through social events and the individual class WhatsApp groups; and running fundraising activities like the Year 7 disco and the Family Quiz. We look forward to you joining us!

To those returning: **Welcome back!**

Please get involved! The calendar is filling up with events already :) If you have any questions about the Parents' Association, would like to know how to join your class parents' 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](mailto:pa@newsteadwood.co.uk) Looking forward to a great year at Newstead!

Thursday 5th October

**Uniform sale 3.15-4pm** (Volunteers needed 2.30-4 please)

**Y12 welcome evening 6-7pm** (Volunteers from 5-7.30 please)

**AGM 7.30-8.15 in person**

Thursday 9<sup>th</sup> November

**Y7/8 Disco**

Tuesday 5th December

**Uniform sale 3.15-4pm** (Volunteers needed 2.30-4 please)

**Y8 curriculum evening 6-7pm** (Volunteers from 5-7.30 please)



**Revision books, uniform, PE kit: for sale from the PA Hut on**

**Thursday 5 October 3.15 - 4pm**

**Tuesday 5 December 3.15 - 4pm**

***Volunteers are needed from 2.30pm to 4pm***

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

Jumpers (£3 each/2 for £5), 6<sup>th</sup> 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](mailto: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!

**Thank you for your support as we help the school, help the environment and help you with your shopping!**

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 <p>We print labels every working day up to 3pm &amp; send them out same day by first class post.</p>	120 STIKINS® Name Labels - N120	£56.20	Prices include: VAT & UK delivery
	90 STIKINS® Name Labels - N90	£43.80	
	60 STIKINS® Name Labels - N60	£30.80	
	30 STIKINS® Name Labels - N30	£17.80	

Order online at [www.stikins.co.uk](http://www.stikins.co.uk) - Pay by Credit/Debit Card, PayPal, or Apple Pay  
Order by phone on 01270 668076 - Pay by Credit/Debit 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!

## **Calling all Year 12s interested in applying to Oxbridge**

Applications are now open for the Cambridge Higher Aspirations Scheme (CHAS) run by Gonville and Caius College Cambridge. This is an innovative programme aimed at encouraging bright and ambitious students to set their sights on top universities and providing a sustained academic programme including support and guidance throughout their time in sixth form /college to enable them to achieve their ambitions.

 [Information evening for Cambridge Higher Aspirations Scheme-20230926\\_180456-Meeting Recording.mp4](#)

### **See below for Dr Chris Scott's welcome and encouragement to join the scheme:**

*Hello everyone – my name is Dr Chris Scott and I am the Admissions Tutor (in charge of applications) at Gonville & Caius College, Cambridge. I and my team at Caius are hugely excited to be able to offer the Cambridge Higher Aspirations Scheme to students in our London link boroughs. This will build substantially on Caius's existing and longstanding work with the scheme providing students with sustained support over the whole of their sixth form career..*

*The programme will include termly lectures by Cambridge academics, regular small-group-teaching from current Cambridge researchers, lots of specific application guidance and advice for Cambridge and Oxford in particular, and two visits to Caius in Cambridge.*

*If you are excited by the prospect of working with us and you are on course to achieve 3 As or higher at A level, I highly encourage you to register: you've nothing to lose and I am confident that we can convince you over the coming months that Cambridge/Oxford is a realistic option for you as well as further enriching your interests in your favourite subjects.*

### **Session dates**

First supervision 20<sup>th</sup> January 2024: in-person at Cambridge

Second supervision 30<sup>th</sup> January 2024: online

Third supervision 6<sup>th</sup> February 2024: online

Fourth supervision 20<sup>th</sup> February 2024: online

Fifth supervision 5<sup>th</sup> March 2024: online

Sixth supervision 19<sup>th</sup> March 2024: online

- Summer admissions support and admissions test support
- One-night residential visit to Caius for students with a strong track record of engagement in the summer of 2024. Places are limited.

### **Sign up.**

Students in year 12 wishing to apply for the CHAS Scheme should complete an online form by following the link below. The deadline for applications is midday on **Friday 20 October:**

[https://cambridge.eu.qualtrics.com/jfe/form/SV\\_6wYRvtZEqrnOSmG](https://cambridge.eu.qualtrics.com/jfe/form/SV_6wYRvtZEqrnOSmG)

Happy Friday from the Institute of Economic Affairs! We hope you have all had a wonderful start to the term!

We are excited to announce that our **essay competitions have now opened** for 2023-4! Details on how to apply to the IEA's Budget Challenge, Monetary Policy essay prize, and Dorian Fisher essay prize can be found on our [website](#) . The deadline for all three competitions is **Friday 26th January 2024**.



## SIXTH FORM CONFERENCES

**Autumn/ Winter 2023**




7th November with Headington School

14th November with Harrogate School

15th November with Loretto School, Edinburgh

16th November with Emmanuel College, Gateshead

For more information and to  
register, scan below



SCAN ME

 **iea**








# Bromley Local Offer Market Place Event

**Wednesday 11<sup>th</sup> October 2023**

Learn more about the support available for children and young people with SEND

## Join us

 **Location**  
Bromley United  
Reformed Church,  
20 Widmore Road,  
Bromley, BR1 1RY

 **Time**  
10am - 2pm

 [LocalOffer@bromley.gov.uk](mailto:LocalOffer@bromley.gov.uk)  [www.bromley.gov.uk/LocalOffer](http://www.bromley.gov.uk/LocalOffer)



**Bromley Parent  
Carer Forum**

**NHS**  
South East London



**Bromley  
LOCAL  
OFFER.**



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Join the Bromley Local Offer Team and the new Bromley Parent Carer Forum at this Market Place Event for parents and carers to learn more about the support available for children and young people with special educational needs and/or disabilities (SEND).

**Does your child or young person have special educational needs and/or disabilities (SEND)?**

**Are they aged 0-25 years?**

If yes, please come and join the Bromley Local Offer Team and the new Bromley Parent Carer Forum at this event where you will have the opportunity to meet with providers of SEND services across Bromley's Education, Health and Care teams and learn more about the new Bromley Parent Carer Forum.



 [LocalOffer@bromley.gov.uk](mailto:LocalOffer@bromley.gov.uk)  [www.bromley.gov.uk/LocalOffer](http://www.bromley.gov.uk/LocalOffer)

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# What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

## WHAT ARE THE RISKS?

### NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

## WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

### LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

### POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

### UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

### ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

### ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

### WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

### UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

### SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

### VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

## Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



Source: <https://www.bbc.com/news/health-6809924>



[www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk)



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## Contact us and keep in touch

General email enquiries [office@newsteadwood.co.uk](mailto:office@newsteadwood.co.uk)

Attendance reporting [attendance@newsteadwood.co.uk](mailto:attendance@newsteadwood.co.uk)

Need to contact a subject? Email the subject name e.g. [science@newsteadwood.co.uk](mailto:science@newsteadwood.co.uk)

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## Easyfundraising

Help out when you check out! Support Newstead Wood School Parents' Association

<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](#).