



SCHOOL NEWS

ST NICHOLAS CATHOLIC HIGH SCHOOL

28TH NOVEMBER 2019

ISSUE 11 - 2019-20

#RED WEDNESDAY

This Wednesday was designated #Red Wednesday by the Catholic charity Aid to the Church in Need (ACN) and their partner organisations. The day is commemorated as a day of witness for people who continue to suffer persecution for their faith, whatever that faith is. In school, we looked at information provided by ACN and thought about how we would feel if we were treated differently because of what we believe. We looked at the support given across the world and the students wrote incredibly thoughtful and compassionate postcards of support which will be sent out to places such as Syria, Iraq, Sierra Leone and Nigeria.

YEAR 9 RETREAT

We were delighted to spend the day with Year 9 on retreat in school. Our CAFOD visitors gave us plenty to think about regarding Climate Change and Pope Francis' letter 'Laudato Si' – Care for our Common Home. We were encouraged that even small changes will make a difference if everyone is doing it - lights being switched off, televisions no longer left on standby, carrying water bottles instead of buying bottled water. We have also been left with some thoughts for our Eco-committee in school to consider. Our art project has been a great success and we will look for somewhere to display it in the New Year. In the meantime, 'True Colours' will form part of our Advent Mass at the end of the term. Thanks to the Shrewsbury Youth Mission Team for coming along and finding alternative things to do with midget gems and to PE for encouraging our students to brave the weather in their Marathon Challenge. Our final workshop looked at the words and phrases that make up our Mission Statement and put together some personal reflections. A lovely example:-

'Friendships are important to this school. Universally, the teaching staff are supportive and attentive. Catholic teaching is integral to the life of St Nicholas. Knowing this, everyone is important and special.'

CHRISTMAS HAMPERS

Our Advent charity then, is to collect items to provide Christmas hampers to those in need. We help the local St Vincent de Paul groups in our parishes and our local Foodbanks. Details of the growth in need for the Foodbanks can be found on their website <https://www.trusselltrust.org/news-and-blog/latest-stats/>. More details of how our school can help will be shared in form time. Please do support this charity appeal. Our requests for help grow every year and your contribution will really make a difference.

WARM CLOTHING

The recent cold spell may have sent you to the cupboards looking for winter coats, hats and gloves. One of the issues with the Foodbank is often making the choice between food and other necessities such as heating or warm clothing. If you have any spare or outgrown coats in reasonable condition, adults or children, hats, gloves, scarves or 'sensible' shoes, please send them into school for my attention and I will arrange for them to be sent to appropriate charities.



*Mairie Gelling,
School Chaplain*



Reading Lists ready for Christmas

Looking for Christmas gift ideas? The LRC has produced reading lists for Years 7, 8 and 9 to help parents and carers make informed choices when choosing books for their children. Each title has a reading age and interest age attached. The reading age refers to ability, whilst the interest age is representative of the content of the book. The lists contain a mixture of old and new titles and will hopefully have something for all tastes and interests. You can access the lists via the Learning Resource Centre page on the school website or by following this link:

<https://st-nicholas.cheshire.sch.uk/learning-resource-centre/>



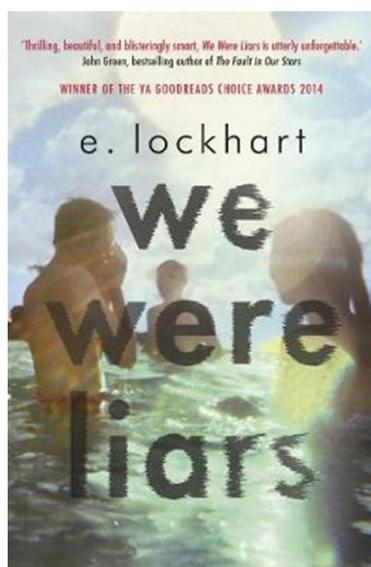
Ms. Roberts the Librarian is always happy to provide advice and book recommendations for students and can be found in the LRC (Library) at break and lunch times.

BOOK OF THE WEEK



We Were Liars

E Lockhart



We are the Liars.
 We are beautiful, privileged and live a life of carefree luxury.
We are cracked and broken.
 A story of love and romance.
A tale of tragedy.
 Which are lies?
Which is truth?

A beautiful yet disturbing read with a twist that even the most experienced reader will struggle to predict. You'll reach the last page and want to read it all over again.

Reading age
12 - 14
Interest level
14 - 18

Period: 18.11.19 - 22.11.19

Weekly attendance update

%	Bernadette	Camera	John-Paul	Kolbe	Romero	Teresa	Vincent DePaul	Ward	Year Total
Year 7	98	96	90	96	97	95	99	100	96
Year 8	99	95	95	98	97	96	96	95	96
Year 9	98	95	95	96	98	95	98		96
Year 10	100	97	95	97	94	99	91		96
Year 11	96	94	95	84	96	98	95	96	94
Whole School	98	96	94	97	97	96	96	98	96

*Data includes 96% of students in each form.

"Everyone Matters, so Attendance Matters."



As part of our ongoing commitment to develop our

teaching and support students in their learning, we have delivered memory sessions to help them develop their long term memory skills. This is important as research shows that if students can readily access information from their long term memory, it gives them more thinking space in their working (short-term) memory. This means they can spend more time evaluating and analysing.

I have included the materials that were used along with a bookmark which gives some suggestions as to how you might be able to support your child in developing their long term memory skills.

When revising for exams or assessments, students often use highlighters as their weapon of choice or just re-read material. Try and encourage them to stop doing this and instead use some of the other techniques suggested. This is also research and evidence based! (Dunlosky et al 2013).

You can also find this on the school website under **KS4 Curriculum—Year 11 Mock Examinations**.

Mike Wycherley

Assistant Headteacher

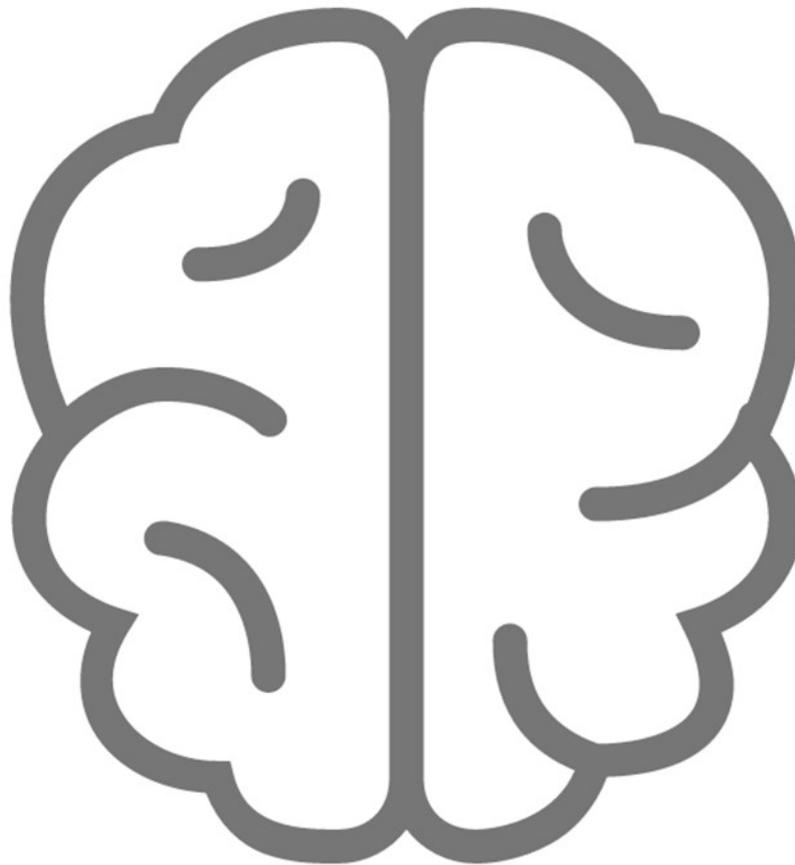
 <h2>Memory Hacks</h2>	
<p>1 Record It</p>  <p>Record yourself on your phone or tablet reading out the information. These can be listened to when ever you want.</p>	
<p>2 Teach it!</p>  <p>Teach someone your key facts and get them to test you, or even test them.</p>	<p>3 Flash Cards</p>  <p>Write the key word on one side and the explanation on the other. Test your memory by asking someone to quiz you.</p>
<p>4 Read Aloud</p>  <p>Simply speak the facts out loud as you read the material-even act some of them out. It helps to remember.</p>	<p>5 Sketch it</p>  <p>Draw pictures to represent facts. It can be a simple drawing.</p>
<p>6 Post its</p>  <p>Using a pack of Post-It notes write out as many key words or facts you can remember in 1 minute</p>	<p>7 Back to the Front</p>  <p>Write down the answers and then write out the questions you may get asked.</p>
<p>8 Apps</p>  <p>Check out the variety of Apps you can use for flash cards and mind maps.</p>	<p>9 Big Picture</p>  <p>Make sure you are confident with the overview of the topics you are studying. Keep checking & ask teachers.</p>

Memory Hacks



Name

In this session you are going to learn some quick and simple ways to boost your brain power and be able to recall and retrieve information from your memory.



You will notice in lessons that staff are asking you to recall and remember previous information: This is because we want your **WORKING MEMORY** to have space to be able to do the **THINKING** bit. If information is in your **LONG TERM MEMORY** it will be much easier for you to think in lessons!

Mind Maps



A mind map is a visual organisation of information. Using key words, pictures and colors we can recall and organise the information much more easily in our brains.



MEMORY HACKS



Bonus Box



Memory Palace



Location	Information	Trigger
	The Kings Speech	
	The Artist	
	Argo	
	12 Years a Slave	
	Birdman	
	Spotlight	
	Moonlight	
	Shape of Water	
	Green Book	



Memory palace is known as spatial learning strategy and is based on fixing memorable images or triggers to locations. The triggers are used to recall and organise associated information.



A number word is a way to retain information in the brain. Number words contain the same amount of letters as digits they represent. You need a word for each digit in the number you wish to remember.

Mnemonics/Number Words



Top Tips



Memory Hacks

Did you remember the 5 words I asked you?

Did you remember any of the 15 letters I asked you?

Doodles

Your chance to draw a doodle or picture to explain something you have remembered from the session today.

2

Just 2 things

What 2 things would you go home and tell parents or carers what you did today in this session?

1

2



If you have any ideas or things that you do to help your memory. Tell me or write them here and share with your tutor: