



Dates for your Diary

- Tues 9th Feb – Year 9 Virtual Parents' Day
- Tues 9th Feb – Options form deadline
- W/c 15th Feb – Half Term



Friday: 29th January 2021

Attendance:

N/A



HAL tip of the week:

See our tips for looking after your mental health during this winter lockdown:

Looking after your mental health in a Winter Lockdown

- don't suppress + do validate your emotions
- maintain social connections in ways that feel manageable
- If possible, speak about how you feel
- plan daily small pockets of joy + relaxation
- create soothing rituals
- do things which give you purpose + meaning
- plan things to look forward to
- Watch out for your inner critic - step back and respond with compassion
- create soothing spaces
- Counteract brain biases by noticing the positive + being aware of the present
- Allow yourself to rest
- Asking for help is a form of active coping - know what help is available proactively
- move your body regularly
- shift focus to what you can control + your achievements
- reset your expectations to where you are now, not your normal level
- make decisions about what you do based on how you normally feel about these things, rather than your current mood
- make active decisions about what info you let into your limited brain space
- don't forget the basics: hydrate, eat regularly, rest

@thepsychologymam

Book of the Week Malamander by Thomas Taylor

Could the monstrous Malamander be lurking midst the rocks and wrecks of Eerie-on-Sea? Nobody visits Eerie-on-Sea in the winter. Especially not when darkness falls and the wind howls around Maw Rocks and the wreck of the battleship Leviathan, where even now some swear they have seen the mysterious Malamander creep... Malamander is a funny and strange supernatural thriller from Thomas Taylor, and is highly recommended by Ninestiles Library!



English Speaking Union Debate

Last Wednesday, Aiden Stych and Krish Chhaya represented Ninestiles in the English Speaking Union's Mace debate competition. The motion was "This house would introduce quotas for women on company boards". They were up against 6th Form students from King Edwards VI Five Ways School. Aiden and Krish unfortunately didn't progress to the next round but they gave an amazing account of themselves and did the school very proud. This was great experience for them at a high level of competition.

History News

Wednesday 27th January marked the 76th Anniversary of the liberation of the Auschwitz Death Camp. Each year we mark this with Holocaust Memorial Day. It is more important than ever that we remember the events that took place between 1933 and 1945. In History lessons this week, we have been looking at the Holocaust and the awful murder of over 6 million Jewish people during the Second World War. We have also been looking at more modern day examples of genocide, such as Cambodia, Rwanda and Bosnia and teaching the students about why it is so important to remember these tragic events and to always 'Be the light in the darkness.' We have launched a competition for students to design a suitable memorial to highlight the importance of remembering the Holocaust and all Genocides since.

Academic Words

KS3: circumstance, constant, corporate, dominate, illustrate
KS4: manipulate, consent, coherent, integrity, bias

Literacy Focus

Sentences can be classified depending on their purpose.

There are 4 types of sentences:

Statement (declarative) gives information, e.g. Today is Tuesday. My exams were really difficult.

Question (interrogative) asks for information, e.g. Did you really study for your exams? What time did Tom leave?

Command (imperative) gives orders or instructions, e.g. Please listen. Choose life. Stop smoking.

Exclamation shows emotion or surprise, e.g. Good grief! I can't believe it!

Thought of the Week

We cannot direct the wind but we can adjust our sails.



Students of the Week

Year 7	★	Hamza Khan
Year 7	★	Isla Stewart
Year 8	★	Kareena Kaur
Year 8	★	Tahira Kakar
Year 9	★	Lydia Green
Year 9	★	Vinarun Singh
Year 10	★	Arzo Noori
Year 10	★	Amaar Shahzada
Year 11	★	Reem Asem Mohammed
Year 11	★	Steven Clark