



**Friday:** 5<sup>th</sup> March 2021

### Dates for your Diary

- W/c 8<sup>th</sup> March – staggered return to school and testing
- Tuesday 9<sup>th</sup> March – Year 7 Parent/Tutor event.

### Attendance: N/A

Parents & carers, please only come to the school Reception in an emergency. If you need to speak to someone, please phone Reception and be advised by them in the first instance. Thank you.



### HAL tip of the week:

#### Tips for going back to school

School might be quite different when you go back, and your feelings about it might have changed, too. Whatever's happening, the use of a mood journal can help you to prepare. There are lots of ways to use a journal to cope or make you feel better - see below:



#### The UK Maths Challenge results are in!

Congratulations to all pupils who entered the UK Maths Trust Intermediate Challenge. Harry Cremins (Year 10) achieved the Best in School award, with Gold certificates also being awarded to Tanbir Akhtar and Mariyam Khan (Y10) and Musa Shah (Year 11). Kaitlin Mooney received the Best in Year award for Year 9. Overall, we achieved 4 Gold, 9 Silver, and 17 Bronze – an excellent achievement for all involved!

- Let your feelings out - writing about how you're feeling can be a great way to express yourself.
- Learn about what makes you feel down or upset - writing a little every day about what's happened can help you to spot patterns and understand your feelings.
- Remind yourself of things to be proud of - try writing down one thing you're glad about, or that has gone well each day and record how you feel about it.
- Keep track of new things you try - any time you try something new to cope or feel better, write down how you feel before and after to see whether it's helped.

#### Year 11 Updates from Miss Kaur

Year 11 have been applying to colleges and we hope to have all students applied with conditional offers by the end of March. Students have been using the Grofar programme to record the application process. We are looking into celebrating your time here at Ninestiles so will be in touch soon with details. I would like to thank Year 11 for their hard work and commitment to the online provision; it has been a very unusual time for us all, but we are really looking forward to seeing you all on Mon 8<sup>th</sup> March!

#### Book of the Week

All The Things We Never Said by Yasmin Rahman  
(*Suitable for 13+ Years*)

16-year-old Mehreen Miah's anxiety and depression, or 'chaos', as she calls it, has taken over her life, to the point where she can't bear it any more. She joins MementoMori, a website that matches people with partners and allocates them a date and method of death, 'the pact'. Mehreen is paired with Cara Saunders and Olivia Castleton, two strangers dealing with their own serious issues. As they secretly meet over the coming days, Mehreen develops a strong bond with Cara and Olivia, and discovers a mutually supportive friendship that makes them realise that, with the right help, life is worth living.

### Academic Words

Key Stage 3: affect, features, conclusion, cultural, aspects  
Key Stage 4: simulate, denote, uniform, inevitable, minimise

### Literacy Focus

#### Advice and Advise:

The word advice is a noun (naming word).

The word advise is a verb (doing word).

I **advise** you not to go, but I am sure you will ignore my **advice**.

### Thought of the Week

Comparison is the thief of joy



### Students of the Week

Year 7	★	Amna Khan
Year 7	★	Chelsea Turrell
Year 8	★	Hamza Imran
Year 8	★	Cayo Bennett
Year 9	★	Kaitlin Mooney
Year 9	★	Alisha Rossaye & Pele Chapaneri
Year 10	★	Emily Ross
Year 10	★	Humza Tanweer
Year 11	★	Jaysimran Singh
Year 11	★	Humaira Shaheen