



2022-23 | Spring Term

**Welcome** to the first edition of our new monthly newsletter. We hope you find it useful and, over the issues to come, enjoy reading more about life at our school.

### Message from the Headteacher



Schools are very busy and complex places. They are bound to be. Here at Neatherd, we have 1200 young people who are going through some of the most formative and challenging years of their lives. We ask them to get along with each other and with over 180 adults, think hard and work hard in 25 different lessons each week (even when they are tired and would rather be anywhere but school) and then take part in all sorts of clubs, teams, performances and much else besides. It is a tall order. If you remain to be convinced of how complex schools can be, take a look at 'Neatherd Numbers' on page 4!

As with all busy places, time certainly flies by in school. The first four weeks of my headship have gone in a flash. For our pupils, it will seem extraordinary that we are almost halfway through this school year. Our Year 11s recently received their mock grades and are now covering the last few sections of their courses. It will not be long before they are going into revision mode as they prepare for their final exams. Year 9s are approaching the mid-point of their time at our school and are just about to start making decisions

# Dereham Neatherd High School Newsletter

January 2023

on their options courses for Key Stage 4. Many pupils and staff have spent weeks rehearsing for our annual school production. Next week, we will be able to see it all come together as the cast hits the stage at Dereham Memorial Hall to perform the musical *Matilda*.

A busy place indeed! That is why, amid the hustle and bustle of school life, it is always good to have some peaceful moments. Those five minutes of silent revision at the start of each lesson really can feel like a little oasis of calm. The same is true of the minute's silent reflection we have at the end of each assembly. They are key parts of the 'Neatherd Way' – having some quiet time each day to think hard, listen, reflect and grow.

A personal highlight of each week for me has been my Wednesday lunch meetings with different groups of pupils from across the school, including our Senior Pupils, Neatherd Knights and members of our School Council. They have been full of enthusiasm and have given great suggestions for how we can make school life even better. Every week, I have left these meetings reminded of what a privilege it is for me and for my colleagues to work with our wonderful Neatherd pupils. They are second to none!

Best wishes,  
Mr J. Mallett

### House Points Update

<b>CARTER</b>	76,815
<b>CAVELL</b>	75,164
<b>FRY</b>	77,831
<b>KETT</b>	73,550

### Most House Points: year to date

<b>7</b>	Enid C.	743
<b>8</b>	Leah Q.	709
<b>9</b>	Isaac H.	553
<b>10</b>	Connie E.	502
<b>11</b>	Siena C.	591

Congratulations to all pupils for earning so many positive behaviour points since September.

Keep up the great work!

### Neatherd Breakfast Club



Our canteen is open from 8.20 every morning.

Grab a takeaway breakfast for just **£1!**

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Hot or cold drink

+

Breakfast item

(e.g. toast, hash browns, cereal bars, yoghurt, fruit or similar)

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Free of charge to pupils eligible for Free School Meals



### Dates for your diary

- 1 Feb Parent Forum
- 3 – 4 Feb School Production: *Matilda*
- 7 Feb Year 9 Options Evening
- 13 – 17 Feb Half-term holiday
- 27 Feb Year 9 options deadline
- 22 Mar Year 7 Parents Evening (online)
- 30 Mar Year 8 Parents Evening (online)
- 31 Mar End of Spring Term



### Neatherd Values

<b>COMPASSION</b>	We are kind. We support each other when things are difficult. We treat others as we would wish to be treated.
<b>HARD WORK</b>	We do our best at all times. We show resilience when things are tough. We don't give up.
<b>RESPECT</b>	We are polite to others, and we show impeccable manners. We treat our environment with care. We take pride in our appearance and in our achievements.
<b>INTEGRITY</b>	We are honest. We do the right thing. We trust each other. We are upstanders, not bystanders.
<b>FAIRNESS</b>	We treat each other equally regardless of difference. We play by the rules.

## Sleep, glorious sleep!

*"I don't want to feel grumpy and tired all the time. How do I do this?"*



Better sleep not only improves physical, mental and emotional health but also gives the energy and self-regulation you will need to work on other things – for instance training for sport or revising for exams. Focusing on improving your sleep will make every other aspect of your life easier.

But how can you do this...?

- 1. Decide on a goal** - how much sleep do you want and when do you want to have it - for example, **eight hours, 10pm to 6am**. Between 7-9 hours is usually recommended for young people.  
*How would it make you feel if you achieved this? What difference would it make to your life? How would you use this secret weapon?*  
Be realistic - if you've been going to bed at 11pm for ages, build up to it. For example:  
Jan: in bed by 10.30pm  
Feb: in bed by 10pm  
Mar: in bed by 9.30pm etc.
- 2. Each day:**  
View morning light – get outside when you can.  
Move your body, do some form of exercise every day.  
Avoid caffeine (coffee, energy drinks, etc.) after midday.
- 3. At night:**  
Have a wind-down routine. Plan for bed.  
Try the **3-2-1** method:  
Last meal **3** hours before bed,  
Stop doing homework **2** hours before bed,  
Turn off electronics **1** hour before bed (yes, put your mobile on sleep / off!)
- 4. Track your behaviours** – phone use, caffeine, stress intake and how it impacts your sleep. Record how long you sleep for – even an estimate.
- 5. Track your sleep over time** – how is it over weekends, weekdays, on holidays etc.?

**Getting good sleep can become your superpower!**

Mr N. O'Brien  
Assistant Headteacher & Mental Health Champion

## Neatherd Numbers!

- 1186** pupils on roll
- 182** members of staff
- 2,365** lessons taught per fortnight
- 32** different subjects
- 440** form periods per fortnight
- 40+** clubs running each week
- 303,360** positive behaviour points since September
- £7 million** annual budget



## STOP PRESS: strike days

You will know that the National Education Union (NEU) has voted for its teaching members in England to take strike action on four days across February and March. As with most schools, the majority of our teachers belong to the NEU and are highly likely to be taking action. **This is part of a national dispute and not in any way a dispute with our school specifically.**

School leaders must adopt a neutral position. We acknowledge the legal right of union members to strike whilst at the same time do all we can to minimise disruption to our pupils' education. Regrettably however, there is almost certainly going to be some disruption, with school likely to be closed to some or most pupils on strike days. Where this is the case, remote learning arrangements will be put in place. We apologise for this and thank you for your continued support, patience and understanding during this difficult time. Further information will be shared as soon as possible.

## Free School Meals

### Could my child get free school meals?

Yes, depending on your income and if you receive certain benefits. Visit the Norfolk County Council website to see if you are eligible:

<https://www.norfolk.gov.uk/education-and-learning/schools/school-meals-and-milk>

### How do I apply for free school meals?

You can apply here:

<https://www.norfolk.gov.uk/education-and-learning/schools/school-meals-and-milk>

Alternatively, you can collect a paper application form from school reception. **We can even help you to complete the form.**

### My child prefers to take a packed lunch, should I still apply?

Yes! There's lots on offer in the school canteen including breakfasts, snacks and sandwiches. And even if your child chooses not to use their free school meals daily allowance, the County Council will give you a

monthly cost of living voucher worth £15 until April 2023, as well as access to free holiday activities for your child. It also helps our school: for every pupil who gets free school meals, the government gives us extra funding known as the Pupil Premium Grant. At Neatherd, this extra funding amounts to around £250,000 each year.

### What is the Pupil Premium Grant?

This helps us to fund school resources and trips, additional members of support staff and more training for teachers so that they can deliver the best teaching and learning experience. All of this helps ensure the absolute best life chances for each Neatherd pupil.

### Will other pupils know that my child gets free school meals?

No. Thanks to our cashless catering system, the daily allowance is automatically added to your child's normal account. They then use their fingerprint to 'pay' at the till in the same way as every other pupil.



**Dereham Neatherd High School**  
Norwich Road, Dereham, Norfolk, NR20 3AX



**01362 697981**



**office@neatherd.org**



**neatherd.org**

**Stand up to bullying! To report a concern, visit:**  
[neatherd.org/Contact-Us/Report-Bullying-Form](https://www.neatherd.org/Contact-Us/Report-Bullying-Form)