



Message from the Head

#TeamNailsea 2020

The last newsletter of 2020, and what a year it has been! I look back over the year and think about past events, from the broken down toilets back in March, followed by our leavers having their exams cancelled, to our year 7 starters having a very different start to their time here at Nailsea. What strikes me most throughout all of these times is the willingness of our community to offer their support.

Our toilets were fixed by an ex-colleague who returned to help out when the official company couldn't assist us for a further two weeks; a local business and musician who were prompted by the news that the Year 11 leavers wouldn't get their final day – came together to provide a memorable afternoon, printing their Leavers' hoodies early and providing a concert with a party-like atmosphere to ensure a happy ending to their time at Nailsea School. Our year 7s may not have had the traditional school start but staff made an extra effort to show them the school and 'break the ice' before they arrived.

For every challenging time Nailsea School has faced, we have been able to, as they say - 'look for the helpers'. A BIG thank you has to be said to everyone who works at the school including our Governors and PTA, they have all played their part in so many unseen ways, but also to you, our families and friends out there in the community – your support has been incredible and at times hugely uplifting.

That said the biggest stars of the show have to be our students, their resilience and capacity to remain upbeat, to learn and to take part in school life has remained largely un-daunted. Some may have struggled emotionally with the current pandemic and that's ok, that is normal, but what is remarkable is their ability to help and look out for each other. In lockdown, in periods of isolation and now in Tier 3, they have found ways to support each other and to learn, via Zoom, 'over a hedge' and in the classroom. They continue to inspire me each and every day.

As we look towards 2021 we look forward to the possibilities of a new year – it won't be an easy start, but if we take what we have learned as individuals in 2020 we have a foundation for success. 2020 has taught us that we can't always control



Happy Christmas - stay safe and be kind.

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Nailsea School Mizzymeade Road Nailsea BS48 2HN
01275 852251 | nailseaschool.com | info@nailseaschool.com



A Message from the Governors

At Christmas time, the Governors would like to extend our very best wishes to all of you in our school community. 2020 has been a very tough year for students, families and staff persevering through the strange landscape of the pandemic.

We are thankful for the resilience of our leadership team and all the staff who enable our school to remain a safe place for students and who have risen to the challenge of teaching in extraordinary times. We are strengthened by the support of our community, the fantastic efforts of our PTA, and all of our students and families.

The Governors have been continuing to meet (by Zoom) and have been remotely continuing our roles. We are very excited about the opportunities on the horizon in 2021, including joining the Wessex Learning Trust, sharing our knowledge and experience with other schools in the Trust and improving our school with their expertise.



PTA Thank You !

Huge thanks to PTA member Nancy Morgan for organising delivery to the school of 13 laptops complete with webcams and headsets - they were kindly donated for school use by **Impact IT Solutions**.

Nancy has also secured a great deal on some more webcams that the PTA have funded to help school with remote learning requirements.

THANK YOU NANCY—THANK YOU IMPACT IT SOLUTIONS



Thank you to our PTA & our Governors

This unusual year has challenged many of us to find new ways of working and our PTA have been no exception. They usually rely on events to help generate income to support the school. This year however, with 'socials' being off the table, they've had to think of numerous different ways to help improve revenue.

We've seen them adopt new initiatives such as Christmas tree selling and producing and selling the student-designed Christmas cards, as well as the sponsored walk and raffle. They've also taken the initiative to directly contact suppliers and encourage them to be generous with donations of webcams, laptops, safety cones and hand gel.

Our Governors too have played their part, helping ensure the school progresses and stays safe, they've attended numerous meetings via Zoom and supporting the school behind the scenes in so many differing ways, including navigating and negotiating with the Wessex Learning Trust transfer.

As well as this, both groups have been cheerleading the school from the side-lines, sending treats and kind words to staff to lift their spirits.

Thank you for all the time you have volunteered to make our school a better place.

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Nailsea School PTA

Raising money to enhance our children's education



December 2020 | Term 2



Merry Christmas & Happy New Year from the PTA!

2020 has been challenging for us all but we are enormously grateful for the support we've received from the whole School Community & we're looking forward to better times ahead in 2021.

Thank you to the Rotary Walkers and Runners!

Huge thanks to all those that participated in the charity walks and runs during October on behalf of the PTA. We hope all students that took part remembered to collect their house points.

Christmas Card and Christmas Tree Sales

Congratulations to the winners of the 'Design a Christmas Card' competition: Izzy M (Yr7), Rujula S (Yr8), Cherry B (Yr9), Molly P (Yr10), Thomas H (Yr11). All packs were sold. Thanks to everyone who purchased them and special thanks to Impact-IT Solutions for covering the cost of the printing - £275 raised!

55 Christmas trees were collected on Sun 6th December – thanks to everyone who supported this new way to raise funds for the PTA.

Second-hand Uniform

We have a supply of second-hand PE Kit and jumpers that can be purchased for very reasonable prices with funds going to the PTA. Please email nailseapta@nailseaschool.com for more details.

The PTA Winter Fun Prize Draw

The PTA's annual prize draw was drawn on Monday 14th Dec and winning tickets can be seen on social media.

If you have won a prize we will be in contact before the end of term to arrange delivery.

Thank you again to all the local businesses that continue to support us with prize donations.

Easyfundraising – fundraise when you shop online

We've registered Nailsea School Parent Teacher Association with easyfundraising, which means over 4,000 shops and sites will now donate to us for **FREE** every time you use easyfundraising to shop with them. These donations will help SO MUCH, so please sign up to support us – it's completely **FREE** and doesn't take long. It's also possible to register for multiple causes. https://www.easyfundraising.org.uk/causes/nailseaschoolpta/?utm_campaign=raise-more&utm_content=gs-w1

Would you like to find out more about the PTA?

Our next meeting will be held on **Wednesday 13th January at 7.30pm** via Zoom – new faces would be very welcome. Please email nailseapta@nailseaschool.com to request the Zoom login details. Joining the PTA is a great way to support the school and feel a little more involved in your child's education. We welcome volunteers at all levels whether it's being part of the committee or helping with events.

Social Media – keep up to date with latest news

The PTA are planning a few other innovative ways to fundraise in the coming months - so please follow us on Social media to keep up to date:

Facebook: <https://www.facebook.com/groups/NailseaPTA/>

Twitter: https://twitter.com/nailsea_pta



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Modern Foreign Languages

Welcome Student Teachers



This academic year the Modern Foreign Languages team were delighted to welcome two PGCE student teachers from Bristol University

Miss Romeira

Hi, I'm Miss Romeira and I am currently training to be a MFL teacher and I'm doing my first ever placement here at Nailsea School, North Somerset!

It is my first ever time here in the South and after being in Bristol for 2 months now I can safely say I am slowly becoming a southerner... I have always heard great things about Bristol, and I can happily confirm that they are all true.

I decided to become a languages teacher after spending a year in Granada, in the south of Spain. It was an amazing and unforgettable experience for me and really opened my eyes to the importance of learning languages. I worked as an English teacher in a primary school so I knew that I wanted to continue working with kids, but I decided to go into a secondary setting because I feel that it is at secondary level that you start to become passionate about certain things, and I would love to teach the kids here at Nailsea all about the Spanish speaking world. Another reason why I feel so passionate about languages comes from my family... my dad is Portuguese, and we lived in Tavira, in the south of Portugal for 15 years... so a secondary school in the UK is actually quite new to me, but I love how organised and important it is here!

My experience so far has been very rewarding, and although I'm still getting used to being so tired and working until late, it is all worth it once I am standing in front of a group of students and speaking to them. There is still a lot to learn and every day is eventful, but I am really happy that my teaching journey has started here at Nailsea, alongside such a wonderful team in the MFL department. I will be sad to leave in December, once my placement is over, but I will be taking my memories, both positive and negative, with me along the way and I will always remember my first ever lesson that was with year 10C Spanish.

All the best,
Miss Romeira



Mr Fermor

My name's Mr Fermor and I'm training to be a language teacher here at Nailsea. I can speak three languages and I've lived in four different countries.

I grew up in a tiny village in the south of France which is where I get my weird French accent and writing from. I then went to Swansea to study Modern Languages, Translation and Interpreting at university.

Part of my time at university included a year abroad that I chose to do in Andalusia, Spain. I loved spending my time eating tapas, skiing, going to carnivals and finding top secret pizza restaurants.

Every summer since the age of 18, I have worked for international summer schools across Oxford. I help children from all over the world learn English, take them to fun places like Thorpe park and Warwick castle and organise bouncy castle days, escape rooms, pizza nights and staff safaris.

The combination of these experience is what has led me to want to be an MFL teacher. I'm loving my time at Nailsea. The staff and pupils have been very welcoming. I am only here for this term though sadly. Hopefully I've already taught some of you at least one word in French by now...



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Nailsea School NEWSLETTER

December 2020 | Term 2



Antarctica Flag Competition.

The UK Polar Network launched an Antarctica flag competition, which Nailsea School along with 150 other schools entered. The winning entry was sent on to scientists and researchers working in Antarctica.

The geography department has been blown away by the quality of entries some of which are featured. It was very difficult to choose a winner, but congratulations must go to year 9 student Abi O, who illustrated so beautifully the global connections that Antarctica has. Well done to all who entered!



Here is Abi's flag—it made it all the way to Antarctica. Well done Abi! We're hoping that the penguins approved!

Daintree Rainforest

The Daintree Rainforest is situated in the Northern Territory in the state of Queensland, Australia. At 1200 square kilometres (460 sq. mi), it is the largest rainforest in Australia. It is also part of a part of the Wet Tropics of Queensland Rainforest, that spans across the Cairns Region.

The Daintree Rainforest is one of the world's most ancient and undisturbed. This means it has lots of flora native to the rainforest. It is home to over 3,000 plant species including trees, vines, grasses, ferns, some of the oldest plants ever are found there also the *Phoradendron* (orchid fern) and the *Lumnitzera* (salt marshes or salt ferns). The Daintree also has impressive fauna around 400 species of birds live in an internationally recognised area for biodiversity. The Rainforest contains 30% of the frog, reptile, and mammal species in Australia, and 90% of Australia's bat and butterfly species. 7% of bird species in the country can be found in this area. There are also over 12,000 species of insects in the rainforest.

The area contains traces of rainforest, white sandy beaches, and reefs. It also has the Daintree River, with a length of 87 km.

The temperature is between 20 and 28 with July being the coldest and January the hottest. The average rainfall is 6,000 mm.

The Daintree is home to the Kuku Yalanji people, as it is part of this country. They have been there for an estimated 9,000 years. They are known in the area for the rich songs and tribal ceremonies. They rely on the animals and plants for food. There are around 3000, and they live in wooden houses built.

The area is known for its biodiversity and is recognised specially and categorised for this. Protected areas are now being brought by conservation for research. This means they are stopping trees and capturing animals for research, which is slowly destroying it. Along with this, they rely on integrating the Kuku Yalanji land.

Geography by Mrs Bicknell

In year 9 geography we have been studying the topic of 'Tropical Rainforests' this term. Pupils learn about the unique plants and animals found in the different layers of the rainforest, but also the unique tribes that survive there and the impacts that humans are having due to deforestation. In class we focus mostly on The Amazon Rainforest, so pupils were asked to research a different tropical rainforest of their choice for homework.

The Congo

by Emily S. G.

Deeply the African rainforest is home to some of the most celebrated traditional tribal peoples, the so-called "Pygmies" of the Ituri forest in northern Congo. The tallest of these people, known as the Mbuti, rarely exceed five feet.

According to the World Wildlife Fund, there are 400 species of mammals, 700 species of fish and over 2,000 species of birds found in the Congo rainforest alone.

The Congo Rainforest is a broad belt made of lowland tropical forest across and spans across the Congo River Basin. The forest makes a quarter of the tropical forest cover in the world. The extreme north and south of the forest transects to drive forest systems: mosaic and grasslands.

The Congo rainforest is high in humidity with averages from 80 to 90 percent. The temperature remains pretty stable all year round with averages from 68 to 80 F. The Congo rainforest is very wet for most of the year.

Nearly 150 distinct ethnic groups live together, including inhabitants of the Ituri region, the most famous representatives of old hunter-gatherer lifestyle whose way of life and well-being is closely linked to the forest.

The biggest drivers of deforestation in the Congo rainforest over the past 20 years have been small-scale subsistence agriculture, clearing for charcoal and firewood, urban expansion, and mining.

Industrial logging has been the biggest driver of forest degradation. However, it's important not to underestimate the impact of logging in the region. Logging roads have opened up vast areas of the Congo to commercial hunting, leading to a poaching epidemic in some areas and a more than 60% drop in the region's forest elephant population in less than a decade.

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Aspire, Believe Succeed - Senior Leadership Team Update

We asked our SLT to give an overview of some of the work that they have been up to over the past two terms. It's been a different term following all the changes we've had to make due to the pandemic, but that's not to say they've been resting on their laurels in any way. The school still has an important job to do, and one it takes seriously here we look at some of the challenges being faced and how they are being overcome.



Miss Creswick – Assistant Headteacher (Teaching / Learning / Assessment)

The first two terms of the 2020-21 have been a rollercoaster – the great highs of being back in the school building and seeing colleagues and students again and the great lows, the times when students have had to isolate again, either individually or as a year group.

The main work I have been undertaking since we returned has related to blended learning and ensuring that students, whether in school or out, are provided with the best possible educational experience.

I am extremely proud of the changes to our blended learning approach and how this has developed from the way we delivered this last academic year. The aim of the new blended approach is to mimic the school day as closely as possible so that students experience the same structure and routines as they would in school.

I would like to thank parents and students for their feedback at the end of each isolation period. The changes that are continuing to be made to the way we deliver lessons when students are out are as a direct response to the feedback we receive. I think that this is a suitable time to thank our wonderful PTA who funded many of the cameras to allow us to deliver these lessons online.

I believe that the addition of the morning check-ins from SLT and the Pastoral Team have been positively received and it is great to see so many students up (at 8.30!) and ready for the day ahead whilst in lockdown. I've definitely enjoyed delivering some of these as well as the Friday whole school reading of 'Treasure Island' whilst the groups have been out.

Without our dedicated staff, all of this would not be possible. They have risen to the challenge of delivering lessons online, getting to grips with new technology whilst still teaching lessons to those in school which is no mean feat!

Miss Dee - Extended SLT (Data & Timetable)

It has been a busy few terms for the Data/timetable areas of the school. Moving from a 2 week timetable to a 4 week timetable brought about some new classroom experiences for both staff and students and it has been impressive to see how well everyone has adapted to the changing situation.

Given the cancellation of exams last summer we were facing the prospect of a busy Autumn exam series. This was the opportunity given by the government for students who missed out on exams last summer to sit their missed exams. We had a handful of students take up this offer and they sat exams in a range of A Levels and GCSES.

Another problem caused by the cancellation of exams was the lack of attainment data that we had about our new year 7 intake. As a result during terms one and two, all students in Y7 took part in the computer based MidYIS to provide us with some useful attainment data. I need to pass on a big "thank you" to the ICT team for helping to facilitate these computer based tests.

The middle of term two has brought the mock exam series for both Y11 and Y13 and for our Y11s, this is their first opportunity to sit real exam papers in exam conditions, which will be essential in their preparation for the summer 2021 exams. Well done to all students sitting exams for their behaviour and attitude to these mocks.

Finally, as we move into term three, the guided choices process is well into the planning stage and while it is unlikely that we will be able to have a normal experience of a guided choices evening, the information that staff are producing will be invaluable in helping our Year 9 students choose their subjects to study at Key Stage 4.



Dominic Graffagnino – Assistant Headteacher (Progress & Engagement)

In terms 1&2 I have been focusing on continuing with our existing reward programme and looking at new ways that parents evenings can still happen.

Our term 1 reward programme still went ahead with 150 students invited to watch Mulan during school time. This was done in our year group bubbles and involved a lot more planning logistically as you can imagine. The event essentially happened 5 times instead of the once, as per normal. We are currently organising our term 2 event which will happen early January. This is 'winter warmer' and students will be invited to drinks, cookies, muffins and music.

In term 1, we successfully managed to run the year 11 parent's evening using the tried and tested phone. Based upon the feedback from both staff and parents, we are running the upcoming year 10 parents evening using a bolt on from our existing school cloud booking system and using video calls. This will prevent engaged tones as it is time framed for a maximum of 5 minutes.

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Aspire, Believe Succeed - Senior Leadership Team Update - continued



Sarah Hurlow - Business Manager

It's been a different start to the academic year for the business areas of the school. It's always a busy time of the year, but this year in addition to our usual activities, of finalising the 2019/20 financial statements, we have had an inevitable Covid-related focus.

Health & Safety is always at the forefront of everything we do here at Nailsea, and this year it has been even more important. We have spent nearly £4k on PPE so far this year and revised the Risk Assessment over a dozen times since the start of the outbreak to reflect the updates in government recommendations and how we have adapted our school setting to reflect the new 'bubble' arrangements! Our catering team have adjusted their offering to accommodate five serving areas whilst still maintaining a varied choice for all year groups, and we have invested in webcams, with the help of our friends in the PTA and the local community, to allow for new ways of working. Thank you for working with us as we adapt.

Following the consultation, and the agreement of the Governors to transfer into the Wessex Learning Trust in January, lots of work has been happening in the background to ensure the transfer goes smoothly. We have already been working together, building strong relationships, and are very excited about what the New Year will bring together.

Craig Mawford – Assistant Headteacher (Transition/Behaviour/Wellbeing/Safeguarding Lead)

My role concentrates on behaviour and wellbeing, two areas that have been challenging as we all adjust to a new way of working with Covid19 restrictions. Students have been amazing as they get used to being in year group bubbles, new tutor groups, new social rules, etc. Initially there were a few wobbles in behaviour, but working in partnership with the students the pastoral team many of these were resolved once the root of the issues had been identified. Understandably a number of students are struggling with the pressures that Covid19 has brought. We have seen a rise in anxiety and some serious reactions exacerbated by the current situation. We have brought in a number of measures to reassure students and make reasonable adjustments where necessary to support them and keep them in school.



As Designated Safeguarding Lead I have also seen an increase in cases where families need additional support from the school. I have been working with the pastoral team to ensure everything that can be done is done to help those families when they need it most.

Alongside the Year 7s, we have had over 20 new students join us from other schools since the beginning of September and I have been focussing on ensuring they settle in to their new classes and friendship groups and monitoring their progress as they adjust to a new school, which is difficult enough for them but even harder at moment.

I am teaching Year 13s Health and Social Care and this term we have ironically just finished the module on Public Health which although very topical, I'm sure Year 13s are looking forward to moving on to more positive topics. Students are working really hard on their coursework which I am in the middle of marking at the moment and I'm really impressed to see their work is showing the results of their hard work and commitment.

Another aspect of my role is to work with the PTA. I can't emphasise enough how brilliant the PTA are. They have done so much to support and raise the spirits of staff in school and it is very much appreciated. They also continue to work tirelessly at fundraising for the school and I would urge all families to look out for messages and get involved as much as you can in the work they do to help the school. They have been able to help fund webcams for remote learning, laptops, uniform, treats and rewards and more this term which has made such a difference.

Equally important in my role is the welfare of staff who have had significant extra workload preparing for both remote lessons and normal teaching under all the restrictions we have in place to protect our school community. Many are juggling the difficult situations and demands of their own home life, children and families. Understandably some staff are finding the situation really difficult and it is important that we do everything we can to alleviate their concerns. It always helps to be able to pass on messages of support or encouragement from parents that reminds both teaching and support staff that parents understand the pressures we are all under to do the best we can for the students.



Sophie Rutty – Assistant Headteacher (Aspiration & Inclusion)

The first two terms of this academic year have certainly been a good way to settle into my new role – I think the saying is 'in at the deep end'. I have been making plans and looking forward to July, working alongside Deb Britton (our career's advisor) to organise an 'Experience of Work' for our Year 10 students. Whilst it is disappointing that our normal work experience week will not be possible this year, we are excited about inviting a broad range of employers and companies to share information with our students. At the end of January, we also have a local business 'Palladium' starting work with some of our Year 9 students in a newly launched mentoring scheme.

This term, we have also been able to set up a new 'Laptop Library' through the generosity of the PTA and Rotary Club. These devices will enable students to complete home learning as well as be utilised should individuals need to isolate and work from home. If this is something you feel would benefit your family, please contact me srutty@nailseaschool.com.

It has been brilliant to see the DEN (Developing Engagement in Nature) continue to run with Year 7 and 8 students. Ms Hollingdale has worked tirelessly to ensure that these sessions can continue with enhanced hygiene precautions and strict rota of students.

The most exciting part of the past two terms has definitely been seeing students back in the classrooms. There has been a real push to ensure all of our students aspire to make the most of their potential both in and out of the classroom and I am looking forward to seeing them embracing opportunities as the academic year progresses.

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BBC Student of the Week

Nailsea Politics student Erin was a panel member for BBC Radio 5 Live's 'Question Time Extra Time'. 'Student of the Week'. Erin, a Year 12 student was invited to be interviewed by BBC Presenter Adrian Chiles, as part of his late night broadcast on Thursday 5th November.



Chiles' show has a panel of guests who discuss and respond to the questions and responses from the televised 'Question Time'. Questions from the audience to panel members covered a variety of hot political topics including, the US Presidential election and the new lockdown rules in England and across the UK. Erin went on air on Radio 5 Live before 'Question Time' started and talked about her studies and aspirations for the future. As a panel member Erin continued the discussions from the TV programme live on air as part of Adrian Chiles radio show 'Question Time, Extra Time'.

Erin is studying three A Levels, including Politics, English Language and Film Studies.

Head of Politics Mr Ian Jones said:-

"We were very excited and honoured to be asked by the BBC to nominate one of our students to take part in the show. Erin demonstrated her ability to think deeply about very complex political issues in her intelligent, thoughtful and well-argued responses. We, as a school community are very proud of the mature and intelligent contribution she made. We wouldn't be surprised if a glittering political career awaits her. Both Mr Reddiford and I, are sure this experience will help Erin develop her already excellent understanding of the political process."

Erin was part of a panel that included special guests Polly Mackenzie, CEO of the Think Tank Demos former Special Advisor to Nick Clegg, and Comedian Konstantin Kisin, alongside a member of the public.



Remembrance 2020

This year we were unable to gather as a whole school to mark Armistice, but we still made time to reflect on the occasion. A special assembly was prepared by Mr Hellier and students took two minutes silence to remember the fallen during tutor time.

In the Hub students learned about Remembrance and in Art Hub students had a pottery lesson where poppies were made and put on display.



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Rotary Photography Competition

One of the Art Department's favourite annual events, the Photography Competition, has run a little differently this year, but with no less energy and enthusiasm from the entrants. The photographers were asked to submit three photographs on the theme of Wild Nature, and we had over 160 entries in total. It has been absolutely wonderful to look through all of the photographs of natural scenes, often very peaceful and tranquil visual content – much needed this year! We're very proud of all of the students who entered the competition, and especially those who were shortlisted. As I write, the judges are busily deciding on the winning entries from KS3, and KS4/5. They have a very difficult decision to make!



Thank you to the Rotary Club for their support.

KS3 Shortlist:

Alba C
Aleks G
Amelie P
Ava T
Freya H
Freya T
Isaac D
Jessica-Mai P
Jorja C
Roman Wood
Sid H
Tailor H
Taylor Millar

KS4/5 shortlist:

Emily W
Caitlin L
Elliot G
Erin C
Hannah O
Harry G
Joe R
Kate B
Megan A
Olivia M
Sawyer H

STOP THE PRESS !

After much deliberation the winners of the photography competition have been announced.

KS3

1st - Tom L 8B
2nd - Jessica-M 7A
3rd - Alba C - 8F

KS4 / 5

1st - Hannah O - Y10
2nd - Sawyer H - Y10
3rd - Megan A - Y10



Tom

Alba

Jessica

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Year 7 Design Technology Work

This term the class are learning about glass and how it is made, during this particular lesson we looked at 4 different glass buildings in London. The students were then asked to design their own glass building on A3 paper. Miss Hurst said "I was really impressed with their imagination and presentation of their ideas". Well done year 7s. The pieces shown here are :-

Daisy B - Pet Hotel

Ben D - Strawberry Ice Cream

Florence N - Sky Diamond Garden

Paige H - Power Academy



Year 12 Textiles

Year 12's have been busy working on something to keep cosy and warm in over Christmas! The loungewear pieces have all been made and modelled by our Sixth form class.



Día de los Muertos

The students in the Hub learnt about Día de los Muertos (Day of the Dead), the theme is death, but the point is to demonstrate love and respect for deceased family members. Día de los Muertos, is a celebration of life and death. While the holiday originated in Mexico, it is **celebrated** all over Latin America with colorful calaveras (skulls) and calacas (skeletons). The students enjoyed having their face painted, decorating skulls and skeletons.

We also shared in gothic/scary story telling whereby the students helped add to ambience with their own sound effects! We just want to say thank you to all the students in the Hub who have made this term an absolute delight.



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Meet The Team

Some new appointments took place over the past few months, and with each termly newsletter we will be introducing the team and putting faces to the names.



Melody Cole - Deputy SENDCo and Manager of the Hub

I joined Nailsea School in September as Deputy SENDCo and Manager of the Hub. (In my previous role I was a SENDCo in a large Primary School in Bristol for over 11 years.) I am passionate about working with students with additional needs and was very excited at the prospect of joining the Hub as it takes on its new identity as a resource base for students with Autism Spectrum Disorder. This is a brand-new provision for North Somerset, so I feel privileged to be part of its beginning.

I am loving working at Nailsea School - it has an incredibly inclusive ethos, and every student here is valued. This is especially important to me as 2 of my own children attend here! These are very strange and challenging times to be working in education but I'm excited to be trying to navigate through it as part of Team Nailsea!

Kylie Mitchell - Reception Team

My name is Kylie and I am part of Nailsea School's reception team. I have recently joined the team at Nailsea School so I am still finding my feet in my position but already feel very much part of #TeamNailsea! Within my role I am responsible for meeting and greeting students and parents on arrival to school, dealing with all your queries on the phone and any administration work needed. Being part of #TeamNailsea has been a great experience so far and I am loving being part of such a friendly team.



Rachel Tudor - Reception Team

My name is Rachel. I joined Nailsea School at the beginning of November. My role is admin support on reception and the first point of contact for first aid. I will also be helping out in the exams office at busy times of the year.

I have previously worked for the NHS in various admin roles and at Bridgwater College. My last job was a manager for a coach company.

I have 2 children at Nailsea School, one in 6th form and one in year 9. They are both enjoying school and are doing well with their studies. As a parent, my experience of the school has been great. The communication from school is excellent, especially this last year, and if ever I have had any issues, nothing too small is a problem to request a call from a tutor or Head of House.

I have been warmly welcomed to #TeamNailsea and I am slowly finding my way around the school, but you may occasionally see me looking lost! I will mainly be based in the first aid room and my hours are 08.00 until 3.30.

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Careers at Nailsea

Mrs Rutty is the Senior Leadership Team Careers Lead for any students, parents, employers, education providers etc who would like to discuss careers advice or guidance. Mrs Britton is our Independent Careers advisor and she is based in the Careers Office located in the library. Mrs Britton, works part time and is happy to discuss options, courses and careers paths.



Mrs Britton
Independent Careers Advisor

I hold a Post Graduate Diploma in Careers Guidance and have worked as an impartial careers adviser at Nailsea school for five years. Previously I have worked in a range of schools across Bristol, North Somerset and South Glos including inner city schools and in the independent sector. I am passionate about all young people being aware of all the options and opportunities available to them.

I am currently developing a new careers section on the website, which should be coming soon.

In my spare time I enjoy researching family history and walking my dog.

CAREERS WHAT'S ON ?

WHO	WHAT	WHEN	MORE INFO
Weston College	Virtual tours	Now	www.weston.ac.uk/why-choose-us/campuses-and-facilities-virtual-tours
Bridgwater College	Taster days	Feb half term 18/02/2020 & 17/02/2021	www.btc.ac.uk
South Glos College (Filton)	Open Events	23/01/2021 10am-1pm all campuses. Booking essential	www.sgscol.ac.uk/events/open-events
Bristol City Robins Foundation	Open Evening	Various dates Booking required	www.bcfc.co.uk/robins-foundation/education/education-open-evening/
Access Creative	Open Days	Various dates Booking essential	www.accesscreative.ac.uk/open-events/

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**Practicals Under C19**

Many practical parts of learning, such as in catering, music and science have been postponed since the pandemic, but for many courses this a necessary part of their syllabus. So with much additional preparation, a few practicals have taken place in areas such as GCSE catering or A-level chemistry. Year 13

Ben C writes below of the latest experiment that A Level Chemists took part in.

Chemistry in the Super Lab by Ben C

This practical was finding the rate of reaction using the reaction of Hydrochloride and magnesium.

This experiment is going towards part of my A-level as I am being assessed on my practical skills in the lab (requested practicals – PAG).

It is so good to be back in the lab again as I can work towards completing my practical endorsement which is a significant part of my A-level .



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Welcome to Nailsea School's **Wellbeing Bulletin**

The aim of this bulletin is to share with you useful information, strategies and resources in order to support our students mental wellbeing.

The article below is an abridged version of a piece by Rachel Ehmke. You can read the article in full [here](#).

SELFIES AND SELF ESTEEM

Self-esteem is a key motivator behind posting selfies to social media. But for those who didn't get as many "likes" as they anticipated, their self-esteem took a turn for the worse.

According to a poll in 2015, the average female aged between 16-25, spends 5 hours a week taking selfies.

Taking selfies can be an elaborate process, with the manipulation of images starting before the image is even taken, through adjusting lighting, "the pose" and the use of makeup to cover blemishes, not to mention apps you can use for more drastic procedures, like changing your bone structure, slimming your waistline, erasing pimples and more. With the tricks of professional photographers at our finger tips, the images that end up on our social media accounts are unlikely to be a true representation of ourselves. On average women take 7 shots to get that one 'perfect' image. With the likes of Kim Kardashian saying it takes about 15 to 20 shots to get her Insta perfect pics.

Selfies can be silly and light hearted of course, but we need to be aware that there is a darker side, when photos become a measure of self-worth. Until recently, we were used to worrying about how young people will be affected by seeing too many air-brushed images of models in magazines. But now young people themselves are the models and they're wielding their own image-editing software. This leads to a lot of self-scrutiny, as they try to perfect their own images and compare these to the pictures their peers are posting.

Self-esteem often takes a hit when you start comparing yourself too much to other people, which is something social media seems to be made for. Thanks to social media, that time alone that most adults grew up with seems to be a thing of the past. Any spare moment young people have now, might easily be filled with time on Instagram or Snapchat, which means that they open themselves up to playing the 'comparison game'. It can make you start to over analyse your own social media presence, counting the likes your latest post got and pushing yourself to look effortlessly perfect too, regardless of how you're really feeling. Even if the pictures that a young person posts on social media get plenty of likes, they might still feel insecure — especially if they are already feeling insecure and the aim of their selfie was to boost their already fragile self-esteem.

While social media might not be causing a mental health disorder, it can pull young people closer into a diagnosable range, if they are already struggling.

The problem of selfies is well known among various professions and most recently it is surgeons who have seen a new trend in procedures to enhance/improve selfies and pictures on social media platforms. This rise in fixating on appearance due to social media has coined its own term 'selfie dysmorphia'. While this isn't a real diagnosis, it is a term that recognises that more people are experiencing a dysmorphia, or idea that there is something fundamentally flawed in their appearance. It also gestures to a diagnosis that is real: body dysmorphic disorder, which is a mental health disorder related to OCD. While most children won't develop body dysmorphic disorder, or even so-called selfie dysmorphia, they can still exist somewhere on the spectrum of fixating on their appearance, just as they might be struggling with anxiety and depression, whether or not they are at a clinical level.

WHAT'S THE SOLUTION?

Be more mindful

Be mindful about our phone use. Before you pick up your device, understand why you're picking it up. What emotional state are you in? Are you anxious? Picking up that phone to check to see what's on social media is probably going to heighten that anxiety. The same with sadness. It's just going to make it worse. Use your phone with a purpose rather than just to fill time.

It's not all about appearance

Don't hold back from complimenting your friends or child on their appearance, but make an effort to compliment them at least as much for the things they do and how hard they work. While it is good for anyone's self-esteem to know people like the way they look, it is also just as crucial to have many sources of self-esteem.

Success away from social media

Having a personal interest in something and seeing how your skills grow with time and effort, makes you feel proud of what you can do, and takes the focus away from achieving perfection, which is impossible. It also encourages young people to look inside themselves for their self-esteem

If you are struggling and feel that you need support you can contact the pastoral team on the email addresses below:

Safeguarding Team: Safeguardingteam@nailseaschool.com

Mr Mawford (Safeguarding Lead):

cmawford@nailseaschool.com

Miss Cadwallader (Deputy Safeguarding Lead):

lcadwallader@nailseaschool.com

Alternatively if you would prefer support outside of school please see the directory of services on the school website for outside agencies or contact your GP. If you worry that you cannot keep yourself safe, please call 999.

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Messages to the Community

At the end of November Mrs Elliott asked families if they would like to submit messages of hope, solidarity or thanks for anyone in the community, we had a great response and here they are as promised.

Keep
going
everyone
!!!

A big thank you from the Hub to Tesco for supplying us with a Christmas tree, oranges and sweets to make Christingles and for Christ Church in Nailsea for supplying the Hub with goodies too - thank you !

Huge thanks to Sarah H and Nancy M for their enthusiasm and effort to arrange the PTA Christmas card and tree sales.

Thank you to everyone at Nailsea school for the amazing communication and support to the students over the whole C19 period. As parents we have felt up to speed and well informed throughout. We really appreciate all the effort with the online learning, and the responsiveness by teachers to emails which have been sent by our children as they have had questions. Many thanks and we hope you all enjoy a well earned break over Christmas!

Nailsea School always felt like being part of a 'family' where everyone cared for and respected each other and it is so important to feel cared for, now more than ever.

I really do value you all in this testing time. My boys have smiles on their faces every day going to school and so do we! A huge thank you from us.

Just in case you thought you & your staff were forgotten by me, I think you are brilliant, beyond description, I can't put into words how much I admire you & your school. I have been there fine and fair weather to support Nailsea School with a history that goes back further than most.... Please try & get through this awful time, and sorry to say Gary Barlow ain't the best xx

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Nailsea has risen to this unique challenge, we have come together, supported the vulnerable and made sure that everyone knows there is someone who can help in just about any situation. An amazing plus to come out of such a difficult year.

A big thank you to Nailsea School PTA & all parents & friends who advocate for the school, it really means a lot to have your support in the wider community...We see you! Thank You!

Kindness is the language which the deaf can hear and the blind can see.
Mark Twain

A big thank you to Wellspring Counselling - I speak from experience when I say - your support of students at Nailsea School is brilliant.

To Nailsea, young, old and in between,

WE CAN DO THIS!

We can come together and fight if we just do what's right! Thank you to anyone that has gone out their way to help anyone else in this time of need. Whether that's helping your community delivering takeaways, to nipping to the shop for a neighbour. Thank you for going home after school early when you'd rather be outside with your friends. Thank you for taking those extra minutes a day making sure your hands are clean. Thank you for wearing a mask when you're in public. Thank you to the key workers and beyond for all the services you have delivered in these terrifying times. Thank you to the whole community for still keeping a happy spirit about the place and coming together when needed. But most of all, thank you for staying at home and staying SAFE. That helps the world JW

Not being from Nailsea I wasn't sure how we would settle into the school, but the community has been great - a real sense of belonging & supporting each other through this year of craziness. It won't be a new normal, it will be a *better* normal with new friendships and renewed community spirit.

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NAILSEA SCHOOL STARS

Celebrating those that have aimed a little bit higher, believed in going the extra mile and succeeded in reaching their goals. If there's someone you think deserves "Nailsea School Stars" recognition, then please do drop us an email with details to fdavies@nailseaschool.com

HUB



Mrs Lloyd gives a big shout out to all students for adapting to our new way of working in the Hub and dealing with change so well. You are amazing!

YEAR 7



Mr Howard gives a big shout out to Sienna B in year 7 for a superb piece of homework on Noah's Ark! Full of detail and presentation excellent! Went the extra mile.



Mrs Bicknell is really impressed with Bertie E in year 7 with 2 excellent pieces of homework for the 'weather and climate' topic - a meteorologist in the making! Brilliant.



Mrs Bicknell gives a big shout out to Leo H in year 7 for making brilliant contributions in lessons and submitting homework of a high standard. Fab stuff!



Mrs Dowland is giving star-status to Florence S-F in year 7 for putting so much effort into all her History homework and Year 7 isolation work. Fab!



Mrs Dowland is really impressed with Frances S in year 7 for producing consistently high quality homework in History. Well done and keep it up!



Mrs Elliott was so impressed with Landon P in year 7 for making such a fantastic start to year 7. Landon - you should be so proud of yourself.



Mrs Elliott wants to nominate Marley G in year 7 for amazing levels of effort in a History lesson she covered. Great Medieval medicine knowledge.



Mrs Elliott is really impressed with Riley J in year 7 for making really good choices and settling down to work in the recent History lesson on Medieval medicine.



Mr Reddiford is giving star-status to Frida C, Lucy B and Leo W in year 7 for excellent work in History. Brilliant.

YEAR 8



Mr Miles gives a big shout out to Danny G in year 8 for his incredible motivation and effort in his recent hockey lessons. Excellent stuff!



Mr Miles wants to nominate James J in year 8 for demonstrating exceptional defensive skills during our recent unit of hockey.



Mr Miles is really impressed with Tiana M-V in year 8 for her fantastic application to her online learning over the recent isolation period. Very impressive!



Mrs Bicknell is giving star-status to Maisie M in year 8 for excellent classwork and homework and being a pleasure to teach. Go #TeamNailsea.



Mrs Dowland gives a big shout out to James J in year 8 for going the extra mile with all his History work and making impressive contributions to class discussions.



Mrs Dowland is really impressed with Danny G in year 8 for his engagement in lessons and brilliant work during the year 8 isolation period.



Mrs Elliott is really impressed with Toby P in year 8 for the superb way he has approached year 8 - massive improvements all round. Very impressed.



Mr Young is giving star-status to Freddie W in year 8 for his science at home pressure experiment - getting an egg into a bottle. Fab stuff!

YEAR 9



Miss Cahill is awarding Bella P in year 9 for a really fabulous start to the year in French showing real flair and dedication to the subject. Excellent!



Miss Cahill is nominating Louis P in year 9 for continuing to shine in French lessons showing real talent in this subject. Brilliant.



Miss Creswick thinks you're a star Brittany P in year 9 for their fantastic Gothic Story. Great work!



Miss Dee gives a big shout out to Amy P in year 9 for her excellent Chromatography practical project.



Mr Howard gives a big shout out to Ben W in year 9 for a really fantastic first 2 terms - always working hard and achieving potential. Good effort - keep going!



Mr Howard is really impressed with George W in year 9 for an exceptional attitude to learning in Term 2. Has really stepped up a gear! Fab stuff!



Mr Howard is really impressed with Henry D in year 9 for his great attitude to learning in Term 2. Has really stepped up a gear!



Mr Howard is giving star-status to Jacob C in year 9 for consistently making the most of every learning opportunity.



Mr Howard is awarding star-status to Hayleigh B in year 9 for consistently high levels of engagement in the classroom every day. Brilliant.



Mr Howard is nominating Will R in year 9 for consistently making the most of every learning opportunity. Excellent positivity!



Mr Howard is giving star-status to Zoe V in year 9 for putting maximum effort in every day. Superb!



Mr Howard is really impressed with Abi O'L in year 9 for consistently high levels of engagement in the classroom every day.



Mr Howard commends Ben J in year 9 for excellent work in class despite a challenging start to the year. Well done Ben!

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YEAR 9 Continued..

- ★ Mr Miles was so impressed with Nisha T in year 9 for her application and progress made in her badminton lessons - keep it up.
- ★ Mr Miles is really impressed with Joshua F in year 9 for his fantastic effort and progress made in netball this term.
- ★ Mrs Rutty wants to nominate Harley M in year 9 for sharing more of his fantastic ideas in class. Amazing - thank you!
- ★ Ms Hancock-Martin gives a big shout out to Beth D in year 9 for the high level of detail in their Art homework.

YEAR 10

- ★ Miss Creswick is really impressed with Harry K in year 10 for their great attitude to learning and effort in class.
- ★ Mr Miles is giving star-status to Thomas G in year 10 for unbelievable communication skills, specifically encouragement in our recent football lessons. Excellent positivity!
- ★ Mrs Bicknell is really impressed with Tom R in year 10 for achieving nearly full marks in his recent end of topic test with some exemplary answers.
- ★ Mrs Elliott is giving star-status to Oscar V in year 10 for the amazing date knowledge of key events in the American West!
- ★ Mrs Elliott gives a big shout out to David M in year 10 for adapting so quickly to his new way of working with a laptop- huge changes already! Well done.
- ★ Mrs Rutty is really impressed with Nikita H in year 10 for having such resilience and focus in English so far this year.
- ★ Ms Hancock-Martin awards star status to Charlotte H in year 10 for their excellent independent research for our creativity tutor board.
- ★ Ms Hancock-Martin is really impressed with Maddison P in year 10 for their confident painting work this term so far.
- ★ Ms Hancock-Martin gives a big shout out to Jenny C in year 10 for the quality of homework she is producing. A great start to GCSE.

YEAR 11

- ★ Miss Cahill commends Chloe S in year 11 for exceptional effort in lessons and with regards to home learning. Good effort- keep going!
- ★ Miss Creswick gives a big shout out to Leo B in year 11 for a fantastic effort in your mock paper for English.
- ★ Miss Creswick is giving star-status to Gemma N in year 11 for effort and engagement in lessons. Excellent stuff!
- ★ Mr Miles is giving star-status to Brooke M in year 11 for her phenomenal football coaching session which she recently led to her peers.
- ★ Mrs Jones was so impressed with Rosie H in year 11 for her amazing work during self isolation.
- ★ Mrs Lloyd is really impressed with all Fashion and Textiles GCSE Students in year 11 for working hard on their NEA this last two terms. Pleasure to teach!
- ★ Mrs Rutty gives a big shout out to Amelia L in year 11 for her continued effort and growing self belief in English.
- ★ Mrs Rutty is giving star-status to Jamie W in year 11 for stepping up and showing improved focus and effort in English. Well done.
- ★ Ms Hancock-Martin is really impressed with the GCSE Fine Art group in year 11 for their huge effort and preparation for their Art mock. Keep it up team!

SIXTH FORM

- ★ Mrs Elliott was so impressed with Erin D in year 12 for doing such a fantastic job as 'Student of the Week' on Question Time Extra Time #proudheadteacher. SUPERSTAR!
- ★ Mrs Lloyd is really impressed with Niamh O in year 12 for making such good quality and professional looking pyjamas. Fab stuff!
- ★ Mrs Lloyd gives a big shout out to all Fashion and Textiles A level Students in year 12 for making an excellent start to their A level course. Very impressed!
- ★ Mrs Lloyd commends all Fashion and Textiles A level Students in year 13 for working hard on their NEA and taking their mock exams so seriously. Proud of you all!

A **BIG** well done to all of our students in this most unusual of years!

You are an inspiration #TeamNailsea

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