



Top of the Bench Chemistry Competition

On Wednesday 17 January, four intrepid but nervous Nidderdale students (Tess and Ben from Year 9, Matthew from Year 10 and Eleanor from Year 11) attended The Royal Society of Chemistry's regional heat of the Top of the Bench competition at York University.

As a team, they competed against twelve other school teams completing five rounds of paper-based exercises applying their Chemistry knowledge by making molecular models, obtaining information from scientific literature and solving puzzles.

They then had three practical problems to investigate in the Chemistry department's teaching labs.

I was incredibly proud when Team Nidderdale were announced in second place out of twelve teams, narrowly losing to Bradford Grammar School.

Many congratulations to the team.

Dr Johnson

Well done also to Adam Stanley who represented school at a recent North Yorkshire schools cross country event in Whitby. He now goes forward to the Northern Counties race in Middlesbrough in February, where he will represent North Yorkshire.

Headteacher's Introduction

Dear Parent / Carer

Welcome back to a new term, already packed with academic achievement and other successes. The staff team started the new year with a much needed focus on supporting our own wellbeing in order to continue to provide the very best support and care for all of our students. We were delighted to welcome Pam Burrows 'People Booster' to our school and so pleased to receive some really positive feedback (via her weekly newsletter) about our school and the support we provide:

'I was in the beautiful countryside of Nidderdale to deliver a wellbeing session for the staff of the high school there. They are tremendously talented at nurturing students and the atmosphere they create was like a soft blanket...It's been 18 months since they first contacted me and I was so pleased to finally get there and show them some ways to look after themselves whilst they are being superheroes for all the children and parents they work with. Thank you so much for inviting me into your wonderful environment, you were worth waiting for, I hope I was too.'

This term has also see the introduction of Seneca Learning which will be available to all students but with a particular focus on supporting Y11 with revision. Please see communications from Seneca Learning and Mrs Carpenter for more detail.

Kath Jordan, Headteacher

Subheader (Week 1)	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken Fajita Spiced chicken, fried onions & peppers in a warm tortilla wrap served with house salad (g)(j)(k)(l)	Homemade Pepperoni Pizza Homemade pizza bases topped with our delicious pizza sauce, cheese & pepperoni served with coleslaw (g)(h)(k)(l)	Roast Chicken Dinner Succulent roast chicken, served with mashed potatoes, seasonal vegetables, homemade Yorkshire puddings and lashings of gravy (g)(h)(k)(l)	Popcorn Chicken & Chips Spicy popcorn bites, served with chips, beans or sweetcorn (h)(j)(g)	Chili Nachos Tortilla chips topped with our homemade chili served with soured cream and salsa (h)(k)
Grab & Go	Meats Pats/Panini See daily menu	Meats Pats/Panini See daily menu	Meats Pats/Panini See daily menu	Meats Pats/Panini See daily menu	Meats Pats/Panini See daily menu
Cold Selection	Cold sandwiches/pasta pots available	Cold sandwiches/pasta pots available	Cold sandwiches/pasta pots available	Cold sandwiches/pasta pots available	Cold sandwiches/pasta pots available
MEAL DEAL £7.95: not main course (h-hall) & Pudding. Break Items: Bacon/ Cheese Buns, Sandwiches, Baguettes, Baps/ Waffles, Fry Buns, Fresh Fruit/Pink Pops. Drinks: Water, Flavoured Milk, Fruit Juices & Smoothies.			"Always put your recyclable waste in the bins provided. Every little helps." - Mr Vass Catering Manager Please talk to a member of staff regarding allergens. Vegetarian (v), Vegan (ve) & Gluten Free (gf) options are available on request.		

Y9 Options

This half term, Year 9 students will be focusing on KS4 subject choices. The options booklet with information about all subjects available together with more information about the process will be made available to students and parents next week.

Unfortunately, due to the challenging weather conditions this week, we were not able to go ahead with the planned curriculum information evening on Thursday. The PowerPoint for this event will be shared next week.

Twitter feed on the website

Unfortunately, since Twitter was renamed 'X', it is no longer possible to embed the feed on the school website so this has been removed. Our account remains @NidderdaleS should you wish to follow us.

Start exploring your next steps

Today's the day to start exploring skills and careers information. You can look at your qualification and training options or get career ideas that would suit you.

<https://www.skillsforcareers.education.gov.uk/pages/young-people>

Flourish Programme

Would you like to volunteer to assist with this programme in school? Please [click here](#) to see the letter from Mrs Kay, Director of Learning Wellbeing.

10 POSITIVE MENTAL HEALTH HABITS THAT WILL HELP YOU DEAL WITH CHALLENGING EVENTS

- TALKING**
By talking about your thoughts and feelings, people will be able to help you problem solve and get the best support
- CONNECTING**
Connecting with friends and family on a regular basis can help boost mood and reduce stress
- VALUES**
Staying connected to your values and things that are important to you will help provide you with a sense of meaning
- THINKING ERRORS**
Writing down your thoughts on a piece of paper and identifying thinking errors will help you spot any unhelpful thinking styles
- RELAXATION**
Scheduling in time for yourself where you can relax is important for your overall wellbeing
- EXERCISE**
Engaging in regular exercise can support you to feel better and less stressed
- MINDFULNESS**
Engaging in mindfulness activities can calm both your mind and body and help you stay focused on the present moment
- STRENGTHS**
Identifying and working towards your strengths daily will provide you with an extra sense of confidence
- PROBLEM SOLVE**
Problem solving can help reduce worry and provide you with a practical solution to any problems you are facing
- CHALLENGING THOUGHTS**
Challenging unhelpful thoughts can be a useful technique for helping to provide you with accurate, realistic and more helpful thoughts

@BELIEVEPHQ

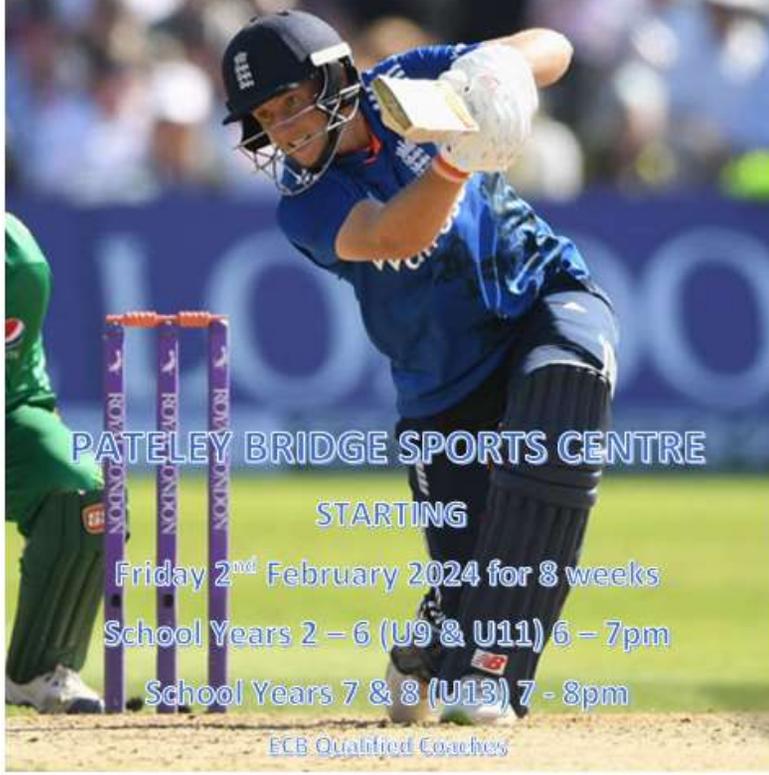
Reminders



- Battlefields Trip 23-26 January 2024 – look out for our Twitter (X) updates.
- 1st February 2024 – Year 10 Parents' Evening
- Year 11 London Trip 7-9 February 2024
- Half Term break – w/c 12th February 2024
- 22nd February 2024 – Year 8 Parents evening

JUNIOR CRICKET COACHING

For Boys and Girls



PATELEY BRIDGE SPORTS CENTRE

STARTING

Friday 2nd February 2024 for 8 weeks

School Years 2 – 6 (U9 & U11) 6 – 7pm

School Years 7 & 8 (U13) 7 - 8pm

ECB Qualified Coaches

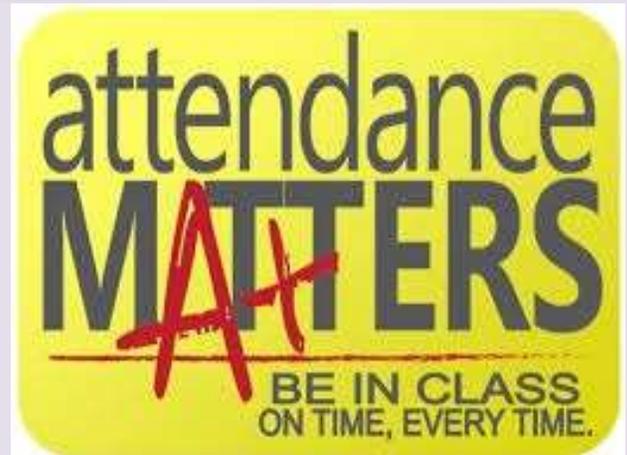
CONTACT RICHARD LIGHT 07526 105383

PATELEY BRIDGE CRICKET CLUB

NIDDVENTURE

The recent icy conditions provided a fine opportunity for some of our NiddVenture students to demonstrate their kindness and care for the local community. Oliver (Yr9) & Toby (Yr7) spent a full afternoon gritting the streets & pathways around elderly residents housing. Thank you both. Your efforts were very much appreciated.

Miss Tuffs



Poetry Live!

On Wednesday our Year 11 students had the opportunity to hear some of the great poets they are studying for GCSE English Literature.

The trip to 'Poetry Live!' at St George's Hall, Bradford also included advice from a chief examiner about the best way to approach the poetry questions in the exam.

Simon Armitage, Carol Ann Duffy, Imtiaz Dharker, Daljit Nagra and the crowd pleasing John Agard all held our attention with their poetry readings and gave generously of their time to answer questions from the audience.

Thank you to Mr Wolfram for organising this trip.

Seneca Learning

Please note that this resource for revision, independent study and some homework does not replace Classcharts. If Seneca Learning homework is set it will also be recorded on Classcharts.

More information will be shared with students next week about how to sync their accounts and get the most out of this resource.

Well done to those students who have already started to explore this resource and complete 'courses'. We are already climbing up the leaderboard!