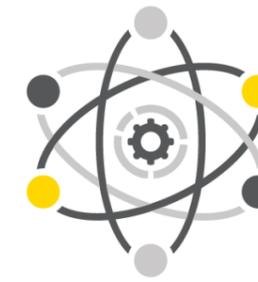


News from our Heads of Year



nuast
Nottingham University Academy
of Science and Technology

Miss Firth writes....

A massive well-done to Year 7 these last few weeks. Most students have engaged with online lessons successfully and adapted to the new situation well. We have had some amazing stories of success including the weekly PE Superstars: Enerel Munkhbat, Muminah Farooq, Ellena Climpson, Layla Priest, Lava Barwari Bala, Musab Islam, Oscar Stone-Bodinar and Ali Gillani. George Duckworth won our winter photo competition and several students participated in a poetry competition for the Nottinghamshire Police. Results will be published soon. Going forward, our focus this term is mental health and online safety.

Miss Tilley writes...

In what has been a challenging half-term of, for most students, learning from home, I am incredibly proud of the Year 10's resilience and motivation. Teachers have praised students' positive and determined attitude to do their best whilst learning through Microsoft Teams. In tutor time and PSHE, we have been focusing on wellbeing, discussing common mental health problems and coping strategies, as well as thinking about how to stay safe online and use the internet responsibly. It has also been great to see how students have maintained the new friendships they had formed during their first term at NUAST. We are very much looking forward to National Careers Week and welcoming you back into school!

Miss Jones writes...

Year 13 have continued to work extremely hard throughout yet another period of remote learning during yet another lockdown! They have remained focused on their studies, engaging with their live lessons and working towards their required grades for university places and apprenticeships. Many students have been receiving university offers, with our life skills sessions focused on making university choices, student finance, accommodation, as well as applying for apprenticeships. Year 13 are now onto the final push to show off all of their amazing talents!

PE



It has been extremely pleasing to see students engage in PE. The importance of exercise is crucial for all, especially during a lockdown period and is proven to improve mental health and wellbeing. This half-term we have delivered live 'Joe Wicks'-style workouts as well as theoretical lessons to students in Years 7-10. We have been practising using key words in PE like intensity, anaerobic/aerobic, heart rate and also a variety of muscle groups in the body.

Stars of the Week

Year 7: Mariam Ghafari, Lava Barwari Bala, Layla Priest, Ellena Climpson, Mumina Farooq, Oscar Stone-Bodinar, Ali Gillani, Musab Islam

Year 8: Genevieve Atuwagou, Evie Bancroft, Haja Sumbuna, Nazar Ilierva, Kovi Doyle, Jakub Szczepanski and Max Gralewski

Year 9: Evie Baker, Zara Ahmed, Emma Law, Crystal De Oliveira, Julia Gminska, Chico Rathore, Tyrelle Gowie-Fothergill, Yamikani Dauti

Year 10: Haiqa Asad Naushahi, Jagna Butrym, Isa Sumbunu-Sisey, Delalsu Yildiz, Favour Adeyemi, Amaan Mohamed, Izza Kamil, Mohammed Bala

NUAST News

March 2021

Dear Parent/Carer,

Firstly, a huge thank you for all the support you have given your sons and daughters during this challenging time of home learning. Teachers and support staff have put in a massive effort to ensure that learning has continued throughout Lockdown. I know that staff have been very touched by the messages of praise from many of you for what we have been doing. It has been a difficult time for many of our students, but I have been impressed by the way in which most have engaged so well with our provision.

We have spent the last couple of weeks re-establishing learning routines and ensuring that our community is safe through our COVID testing regime. I am indebted to our testing team (pictured, centre) for their hard work. I would also like to publicly express my thanks to our site team (pictured, bottom) who are working tirelessly to keep the site clean and COVID-safe.

It has been fantastic to see students learning in classrooms again with their teachers, and seeing students re-connect with their friends. As you know, our return has not been without its own challenges, including a cyber-attack. However, this has just proved our resilience as a community, with teachers embracing 'old-school' 'chalk and talk' lessons and students learning without access to computers.

As we look forward to lighter evenings and sunnier days, I am optimistic that we will continue to build on our excellent position as a leading STEM education provider within the City of Nottingham and the county.

With best wishes to you and your families for a happy and healthy Easter holiday,

Mr White



News from Mathematics

What have we been learning?

Year 7: we looked at the 'reasons behind the maths'. We covered topics like index laws, frequency trees and surface area.

Year 8: we explored how proportions and ratios help us notate numerical relationships. We also expanded our angle geometry and area understanding.

Year 9: we developed our Year 8 solving equations knowledge by taking an in-depth look into quadratic equations, expanding, factorising, forming, and completing the square.

Year 10: we completed work on compound measures such as speed, density, pressure. We used our understanding of measures and linked it to 2D and 3D shape properties and representation.

Year 11: lots of time was spent on examination practice and reviewing examination papers.

Year 12: we focused on statistical analysis which is a central element in the new Core Maths qualification (and helped us all understand Prof. Chris Whitty's presentations!). Further mathematicians studied decision mathematics (the fundamental principles of algorithms).

Stars of the Term



Key Stage 3: Efrata Abraha, Safiyah Shah, Haleema Chudhury, Suria Sarif, Muminah Farooq, Haseeb Mohammed, Austeje Mineikyte, Hannah Ali, Camilla Khonje, Sharm Singh, Naimh Portress, Maaz Ahmed, Jamous Admin, Callum Palmer-Davies, Violet Bailey

Key Stage 4: Izza Kamil-Okedara, Isa Sumbunu, Mary-Jo Codjoe, Xavier DeSousa, Arif Aksu, Malak Eldokhmisy, Ellie Askew, Nayara DeOliveira, Gradel Kalunga, Maleeha Ashraf

Key Stage 5: Coral Harewood, Harrison Powell, Aiesha Adescope, Maariyah Ahmed, Ellie Marshall, Fahad Gulzar, Lara Al-Witry, Samuel Henson, Olivia Whitelaw, Ryan Clow, Samuel Smith-McGloin, Tom King, Joshua Sanderson, Ellie Sanders

From English

Our Stars of the Term

Key Stage 3: Manahil Iqba, Evie Baker Mohammed Almhadhi, Maimuna Hydara, Max Gralowski, Lyba Arshad, Muminah Farooq, Camilla Khonje, Safiyah Shah, Eva De Sousa, Kaden Palmer Davies, Sumya Kinlock, Qaanit Kamil Okedara, Denisha Fisher

Key Stage 4: Robert Jackson, Shanice Mpamhadzi, Bethany Peake, Ellena Slawson (for Media), Ellie Askew, Muritala Oyeleke (for Media), Izza Kamil-Okedara, Muritala Oyeleke, Owen Truswell, Joselyn Rippon, Orlando Dabbs

Key Stage 5: Charlie Dixon and Weronika Stefaniak

What we have been learning

We have been exploring fictional extracts from Childhood in Years 7-8. Year 9 students have had sleepless nights exploring horror short stories which are **NOT** for bedtime! Year 10 have also been terrified as they have encountered a much loved Horror Unit analysing fiction including Mary Shelley's *Frankenstein* and Stephen King's *It*. Year 11 have been working hard revising and preparing for all eventualities! As a team we have enjoyed challenging the students to a weekly whole-year Kahoot with lots of prizes. Students have also enjoyed our new NUASt Book Club, which will be continued when we are all back in school. Finally, we are putting together an anthology of our experiences over the last year - THE LOCKDOWN LIBRARY – you can find out more from your English teachers in the next few weeks!



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

- 1 Make a plan to help you keep calm and stay in contact
- 2 Enjoy washing your hands. Remember all they do for you!
- 3 Write down ten things you feel grateful for in life and why
- 4 Stay hydrated, eat healthy food and boost your immune system
- 5 Get active. Even if you're stuck indoors, move & stretch
- 6 Contact a neighbour or friend and offer to help them
- 7 Share what you are feeling and be willing to ask for help
- 8 Take five minutes to sit still and breathe. Repeat regularly
- 9 Call a loved one to catch up and really listen to them
- 10 Get good sleep. No screens before bed or when waking up
- 11 Notice five things that are beautiful in the world around you
- 12 Immerse yourself in a new book, TV show or podcast
- 13 Respond positively to everyone you interact with
- 14 Play a game that you enjoyed when you were younger
- 15 Make some progress on a project that matters to you
- 16 Rediscover your favourite music that really lifts your spirits
- 17 Learn something new or do something creative
- 18 Find a fun way to do an extra 15 minutes of physical activity
- 19 Do three acts of kindness to help others, however small
- 20 Make time for self-care. Do something kind for yourself
- 21 Send a letter or message to someone you can't be with
- 22 Find positive stories in the news and share these with others
- 23 Have a tech-free day. Stop scrolling and turn off the news
- 24 Put your worries into perspective and try to let them go
- 25 Look for the good in others and notice their strengths
- 26 Take a small step towards an important goal
- 27 Thank three people you're grateful to and tell them why
- 28 Make a plan to meet up with others again later in the year
- 29 Connect with nature. Breathe and notice life continuing
- 30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



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Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys