

## Headteacher's Introduction

Dear Parent / Carer

This week as a staff team we came together online to remind ourselves of why we are proud to be Team Nidderdale in our Nidderdale STAR Staff Lockdown Awards. From 'Star Baker' to 'Spirit Raiser'; from 'Teams Hero' to the 'Move Over Joe Wicks Award' for keeping us all active, the many and varied talents and best qualities of our staff team were celebrated in our Oscars style ceremony. Every member of staff was invited to nominate their hero and the kindness they showed to each other reminds me of why I am so proud to lead this Team, who put kindness and humanity at the heart of everything they do. I hope that the messages you have received from the Pastoral Team this week have underlined that we hope our kindness and understanding always extends to our students and their families too.

The pictures included in this edition of the Nidd News are just a few of the amazing examples of home learning that just keep coming. So now to half term and to repeat Mrs Wright's recent message to Key Stage 3, whatever you have done, it's enough. This lockdown period has been tougher than ever for many of us and now it is time to step back and take a break. As uncertainty remains about what will happen for secondary schools after half term, we will come back refreshed and ready to reconnect with learning, whether that's starting the process of return to school or a slightly extended period of home learning.

Thank you all for your continued support and kind messages. Wishing you all a restful half term with a few rays of sunshine along the way.

Kath Jordan, Headteacher

## News from Pastoral Department



We are looking forward to working alongside one of our parents, Sumun Frady as we launch our parent support group. Please let Anneliese Walker in Pastoral support know if you would like to join us after half term. This is a really informal half an hour once a week to just stop the world spinning for a short while and take a well deserved break. We would love you to join us.

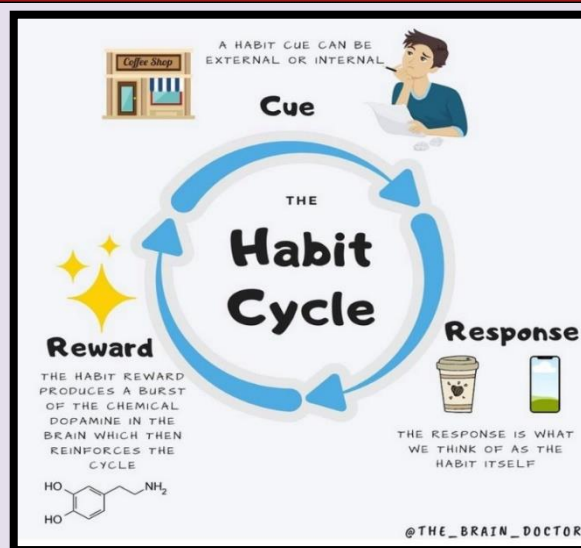
[anneliese.walker@nidderdale.n-yorks.sch.uk](mailto:anneliese.walker@nidderdale.n-yorks.sch.uk)

The Pastoral Team would also like to announce the launch of their new staff wellbeing initiative. Each term, the team will nominate one colleague to receive their handmade Pastoral Pamper Hamper. This term, we have nominated Ms Jordan. Happy Half Term relaxation to you from the team.



### New Staff Training Day

On Friday 5th March school will be closed to all students and no remote learning will be set. Staff will be using the day to prepare for wider reopening of the school and assessments relating to GCSE and BTEC qualification decisions for Year 11. At the time of writing this we do not know whether we will be preparing for full or partial reopening on 8th March but we will of course let you know how the plans will affect our Team Nidderdale families as soon as we know more.



### Small habits make a big difference

Students learn about the importance of healthy habits as part of the Flourish programme. As adults we sometimes forget that we can still implement daily healthy habits that have a big impact on our healthy lifestyle.

A good way to look after our mental strengths is to focus on something that requires progress. This can help to stop the weeks stretching ahead, something that a lot of us will be mindful of in the current times. Working on our daily habits is a great way to achieve this. Habitual behaviours help us to function optimally and reserve our energy for those all important decisions.

### What is the difference between a goal and a habit?

Small individual habits contribute to achieving goals. A habit is something small and very specific that could be done most days, once established can be done without making a conscious decision. In the habit part of our brain, each habit is stored as a cycle of a cue, response, reward. So rather than saying you'd like to eat healthy, what you could say is that you will have a piece of fruit with your lunch. This will create the following habit: lunch equals piece of fruit equals reward. Once the cycle is performed enough times, it becomes automatic, like brushing our teeth.

It's good to have ambitious goals but to achieve them you must make sure that your daily actions and habits are part of the habitual process.

For more information on healthy habits:

<https://www.nhs.uk/live-well/exercise/>

<https://thefoodmedic.co.uk/2021/01/06/february-habit-tracker/> Feel Better, Live More [Dr Rangan Chatterjee](#) Podcast

### Year 9 Options

The options booklet will be sent out after half term. Students and parents already have access to an overview powerpoint which explains the options process. In the first two weeks after half term, students will have the opportunity to attend a series of live presentations about options and core subjects to help with making decisions.

We will look forward to meeting with parents for our online Parents' Evening on Thursday 4th March.