



THE ECHO



City of Norwich School Weekly Newsletter No. 25.09 Friday 13 November 2009

www.cns-school.org

FROM MR NIXON

Our two Open Evenings for the Sixth Form were extremely busy. Thursday 5 November was for CNS and Hethersett students and Tuesday 10 November was for students from other schools. The feedback was very positive and encouraging.

Having almost finished visiting all the subject departments in CNS (I am spending a morning in each department) I am now visiting all our support departments and feeder primary schools. The experience is very worthwhile and has been invaluable in helping me to gain an understanding of the school and the community. My thanks to everyone for making me feel so welcome.

Last Wednesday we hosted a party of trainee teachers from Belgium. They visited lessons, spoke to teachers and had a presentation by the Headteacher followed by a discussion. They were very impressed by our school.

On Remembrance Day the school held a two minutes silence. Students also laid a wreath at the Newmarket Road memorial.

ANTI BULLYING WEEK

CNS continues to support Norfolk's Anti Bullying week 16 - 20 November by running a range of activities to highlight to our students that CNS is making a pledge to take a stand against bullying. This will include a week of assemblies, some project work using media and competitions.

We also invite you to the *Stay Safe in Cyberspace* event which is part of the Norfolk Anti Bullying week Launch on Saturday 14 November 11:00-4:00pm at The Forum, Norwich. There will be a range of events including free information on mobile phone and internet safety, a free parents' workshop on raising your understanding of how young people are using technology, dance and drama performances from Norfolk schools, a fun survey for young people to partake in and films will be shown in the Cube on the topic of bullying and how to deal with it. There is also the opportunity to sign up to the online pledge wall, (www.talkaboutyou.org) to show support in taking a stand against bullying. If you would like further information on this event please e mail Rita Adair on rita.adair@norfolk.gov.uk.

GUIDANCE DAY 19 NOVEMBER

Guidance Day will be a non-uniform day for which the students are asked to pay £1 and this will go towards our Charities Week choice Help for Heroes.

COLMAN HOSPITAL

As a polite notice please can we remind you that students are not permitted to walk through Colman Hospital? We have recently received complaints from the hospital as a number of our students are using this as a cut through to get to and from school. The students are passing by meeting and consultation rooms where highly confidential and sensitive issues are being discussed with patients. In addition to this they are also cutting through the car park and the hospital is anxious for students' health and safety. Many thanks in advance for your cooperation in this matter.

SPORTS ROUNDUP

Year10 Rugby: CNS 14-17 D.Neatherd - After a great start which saw Henry Petch run in a quick try and David Tilsley add to this later in the game, CNS faltered and a missed penalty towards the end of the game summed up a frustrating evening for CNS. Indiscipline in both the game and training before these games is a problem for this year group who have potential but clearly lack watches and calendars!

Year11 Rugby: CNS 17-0 Sprowston - With many non-rugby players in attendance the game was a scrappy affair although Footballer Frankie Galvin performed well at scrum half while the ever increasing frame of Badminton starlet Ed Allen worked the ball well throughout. Tries from Rugby regulars Josh Wilson, Alex Widdrington and Theo Hudson secured the victory.

Year 7 Rugby: CNS 15-10 Hewett - With the light disappearing by the minute, CNS came out on top with Callum Prosser carrying the ball well with 2 tries and big tackling Guy Tennant running in the third. The Year 7s have been training well of late and showing great attitude and attendance - a good example to the other teams.

Fixtures

Wed 18 Nov - Year11 Basketball vs Sewell Park (H)

CNSA QUIZ

This is on Friday 27 November at 7.30. Please see over for further details.

FORTNIGHT FOCUS

'It's been said that the gate of history turns on small hinges, and so do peoples lives. The choices we make determine our destiny.' *Thomas S. Monson*

NEXT WEEK IS WEEK 2 KS4 EARLY LUNCH, KS3 LUNCH AT 1.35 ABSENCE LINE

Y7: ☎ 274017, Y8: ☎ 274068, Y9: ☎ 274069, Y10: ☎ 274070, Y11: ☎ 274071, Y12/13: ☎ 274072

PASTORAL SUPPORT LINE

Years 7, 8 & 9 Jane Allen 274054; Years 10 & 11 Susie Butchers 274029; Years 12 & 13 Kym Blake 274060

**Raffle
Heads &
Tails!**

CNSA Quiz & Chips

**Separate
prize for best
student
table!**

Friday 27th November

7.30 for 8.00 p.m.

Adults £6.00

in the Arc

Students £4.00

The CNSA will be hosting another quiz night. Get your team of eight people together, decide on your team's food choice (cod or veggie) and book your table. Places are limited. Bring along your own drink and nibbles and a raffle prize per team.

To book or if you have any queries or are willing to help on the night please ring Jo on 632416 or email jthompson70@red.esinet.org.uk

HATHA YOGA FOR OVER 18's

Thursday evenings 6.30 – 7.30 p.m.

In the Arc at CNS – Room 213

For more information please either contact Maria Widdrington on 01603 455993

ADULT SINGING SQUAD

Monday evenings 2nd November – 14th December
7.30 – 9.00 p.m.

In the Arc at CNS – Room 213

For more information please contact Diane Bennett on 01603 274050 or d.bennett@cns-school.org

MUSIC & DRAMA CLUB

Saturday mornings (term time)
Keyboard, Guitar and Recorder Lessons
+ Musical Theatre

9 a.m. – 12.00 noon

In the Arc at CNS

For more information please contact Diane Bennett on 01603 274050 or d.bennett@cns-school.org