



## Nottingham Girls' High School supporting Nottingham Central Women's Aid

Nottingham Girls' High School has an amazing record when it comes to supporting local, national and even international charities. In this centenary year of women's suffrage it was extra special to support a local charity which helps women and children affected by domestic abuse – Nottingham Central Women's Aid.

This local charity, founded in the 1970s, supports women and children experiencing all forms of domestic abuse. Over the years it has accommodated thousands of women and children, supporting families and helping them to rebuild their lives free from fear.

Junior School girls had been learning a lot about the work of Nottingham Central Women's Aid and were touched by the fact that they help women and children whose opportunities in life have been thwarted or put on hold due to difficult home and family circumstances. Girls were keen to do anything to help and were extremely generous with donations of toiletries, toys, children's books and stationery, soft toys, socks and underwear to help make life comfortable for those under the care of Nottingham Central Women's Aid.



The girls (and some of their parents) also took part in a huge 'Zumbathon' with regular visiting Zumba teacher Charmaine Daley as part of the school's Vote 100 day recently. It was great to see so many parents taking part and supporting their daughters in Years 4 - 6 and dancing along; it was a brilliant show of girl power and a fun way to end the term. Junior School Head, Laura Fowler, said: "I am particularly pleased with the empathy that NGHS Junior girls have demonstrated when learning more about the work of NCWA. The girls strive to be active citizens and help those who are suffering from unfortunate circumstances." Referring to the grand finale of their day, Laura added: "The

innovative fundraising 'Zumbathon' was a great example of how we think creatively about everything we do!"

The combined events of that day at the school raised £297.63 for the Nottingham Central Women's Aid 'Emergency Pot' to support women and children in need, and could be used for vital resources such as buying food or clothing for women.



It was a pleasure to welcome Aimi McCaffery, Communications and Fundraising Lead, to come and accept the cheque and talk to the Year 5 and 6 Junior School girls about how the money would be spent and how vital it is to continue to fundraise. Thanking the girls, Aimi said: "This is such a generous donation raised in a really great way. I'm so impressed at how such young girls have shown real maturity about the work that we do."

## Notes to Editors

### About Nottingham Girls' High School

Nottingham Girls' High School is an independent day school for girls between the ages of 4 – 18. Part of the GDST (Girls' Day School Trust) Nottingham Girls' High School is one of the largest schools within the group with over 800 pupils.

### About the GDST

The Girls' Day School Trust (GDST) is the leading group of independent girls' schools in the UK, with nearly 4,000 staff and 20,000 students between the ages of three and 18. As a charity that owns and runs a family of 23 schools and two academies in England and Wales, it reinvests all its income in its schools. Founded in 1872, the GDST has a long history of pioneering innovation in the education of girls.

For more details about GDST schools, please go to [www.gdst.net](http://www.gdst.net) and follow us on Twitter @GDST