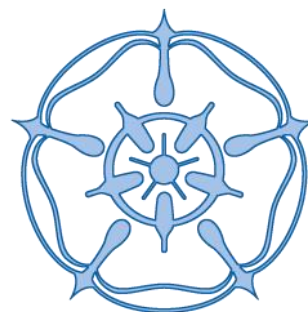


12 November 2021

CARSHALTON HIGH SCHOOL FOR GIRLS

NEWSLETTER

Excellence: everywhere, every day.



Assembly Themes

w/c 15th November **Armistice / Remembrance** led by the Head's of Year

w/c 22nd November **Sixth Form Destinations** led by Mrs B Norman



Headteacher's Welcome

Dear Parents/Carers

The half-term break has come and gone and we are settling back into school life in preparation for the forthcoming 6 weeks. As you move around the school you can see that the 2 week break has had an incredibly positive impact on both the students and staff.

As you would expect we have started with a bang! We held our **Sixth Form Options Evening** on Wednesday 10th November. This was a very popular and busy evening with hundreds of students visiting the subjects they are interested in studying in our Sixth Form. Our Head Students gave a fantastic recollection of their time here at CHSG and how they decided upon which Sixth Form to attend and the courses they were interested in. Full details of what our Sixth Form offers can be found on our website www.chsg.org.uk.

Year 11 have been sitting their first mock examinations in English, Maths and Science this week. We have given every student a free revision guide for each of these subjects, which we hope will give them that edge needed in the exams. They will also receive a free revision guide from their other GCSE subjects in the forthcoming weeks. All we ask in return is that students

use these guides effectively and properly in helping them prepare for their exams. In addition, Year 11 will have a **Careers Day** on Wednesday 24th November. For now though, we wish all of Year 11 the best of luck with these exams!



We held a collective 2 minute silence on Armistice Day. Mr Sambrook produced an excellent presentation that was shared with our students. It highlighted some key facts about various conflicts but was also very contextual in highlighting the role that members of the Carshalton community had played in both World War I and II. The students were impeccable and dignified in commemorating and remembering those who have lost their lives in battle.

Next week (15th – 19th November) is **Anti-Bullying Week** and there will be a large number of activities through the week. It will also form part of our Personal Development Day on Tuesday for all year groups. Our Newsletter in 2 weeks' time will focus in on the highlights and the theme will be **'One Kind Word'**.

Finally, we wish our Oxford and Cambridge applicant students the very best of luck with their interviews in the forthcoming weeks. We also wish the students who have sat their university entrance exams all the best too. This is the first year we have ever had students sitting entrance exams in medicine, bio-medicine, natural sciences, maths, law, physics and history and we are keeping our fingers crossed that these students are successful.

Have a lovely weekend

Mr M M J Devenney

ANTI-BULLYING WEEK

Next week from **Monday 15th to Friday 19th November**, staff and students here at CHSG will join thousands of schools across the UK to mark the annual Anti-Bullying Week. We are particularly excited about this year's theme – **One Kind Word**.

As a school, Kindness is a key part of the fabric of how and what we do. As stated in our kindness charter, which students are regularly reminded of, we want everyone to feel safe and happy here. Students are taught to only respond with kindness, otherwise to be quiet. This is an ongoing conversation.

Following the pandemic and its impact on many young people, it is even more important that a message of hope, positivity and kindness is spread. **One Kind Word** can change a person's day and break the cycle of bullying.

Some of the activities planned for the week that students can look forward to include:

- A pre-recorded assembly about **One Kind Word** to start the week.
- Students will receive stickers, which they can stick on their blazers, to remind them of the theme for the week.
- An anti-bullying lesson, which students will take part in as part of the Personal Development Day on Tuesday. There will be lots of opportunities for discussions, looking at scenarios and how to respond.
- Students will be given **Kindness Bingo** cards in tutor times, so they can practice kindness throughout the week.
- Art competition – students will take part in a competition to design a flag that features a symbol of kindness. Head's of houses will judge and the winning entry will be displayed on our Kindness board.

For more information about the Anti-Bullying Week, resources and how parents/carers could join the anti-bullying campaign, please visit the following websites:

Antibullying Alliance - <https://anti-bullyingalliance.org.uk/>

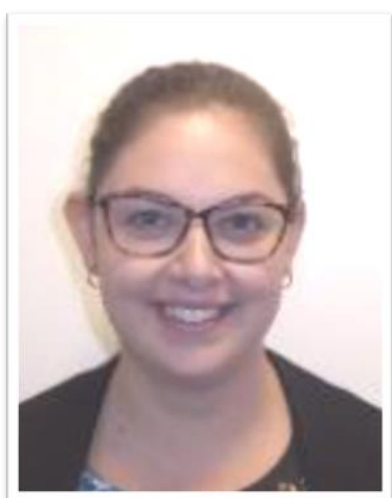
Diana Award - <https://www.antibullyingpro.com/>



YEAR 7

Head of Year: **Miss L Stanley**
Asst Head of Year: **Miss M Martino**
Pastoral Support Officer: **Mrs B Watkins**

We were pleased to welcome CHSG7 back from half term and hear some of the things they've been up to. The girls have started their second half term with us in the same manner as they finished the last; eager to do well. We were disappointed to lose Miss Williams to her new role as acting Head of Year 9 but delighted to welcome Miss Martino as her replacement.



Miss Martino teaches English and Media Studies and is a very experienced member of staff. She has already committed to

learning all the girls names (I did mention there's 256 of them but she seems unfazed) so we look forward to testing her in due course.

In the week preceding Half Term we introduced the girls to the **Girls on Board Programme** which seeks to support girls who might be having difficulties within their normal friendship groups. We will continue to engage with them, along with their Year 12 mentors, in this area as and when the need arises.

We look forward, next week, to our first Personal Development Day. This is a day off timetable during which the students will be looking at some of the elements that affect their capacity to learn, including metacognition and resilience. If your daughter normally has PE or Dance on Tuesday she won't need her PE kit on this day.

As ever, thank you for the support you are giving at home – it is appreciated.

Miss Stanley and Team7

Half Term HAPs Leader Board

Kendra M	7B1	45
Imani W	7B1	44

Mina S	7G1	45
Daisy S	7G1	42

Robyn A	7R1	50
Heavena C	7R1	46

Eva Z	7Y1	48
Soumya M	7Y1	46

Bethia G	7B2	45
Taliah R	7B2	44

Isabella D-L	7G2	71
Akshana K	7G2	52

Raisa B	7R2	49
Eleanor D	7R2	49

Sophie W	7Y2	59
Tracey A	7Y2	45

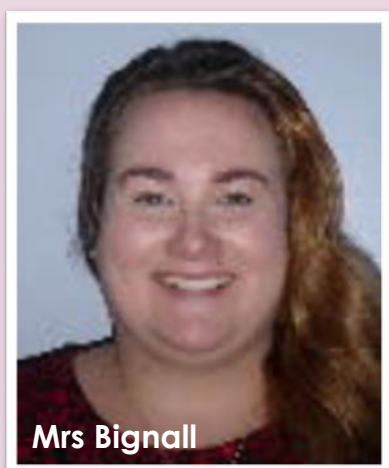


YEAR 8

Head of Year: **Mrs L Oladokun**
Asst Head of Year: **Mrs A Bignall**
Pastoral Support Officer: **Miss H Garrard**

Dear Parent/Carers

Welcome to the first newsletter of Autumn Term 2. It has been wonderful to see Year 8 return to school after the half-term and settled back into their routines.



This term we welcome Mrs Bignall to the Year 8 pastoral team as Assistant Head of Year. Mr Stockwell has moved to Year 11 to cover Miss Marshall while she is on maternity leave and Mrs Oladokun will take charge of Year 8.

Mrs Bignall is passionate about and experienced in supporting students to achieve their best. She is a History teacher and is a great addition to our pastoral team.

Mrs Warren has now moved fully to the Year 11 team as well and is no longer available to support Year 8 students. Miss Garrard is the pastoral support officer for Year 8. As always if you have any queries or concerns, your child's tutor is the first point of contact.



In addition to our extensive extra-curricular programme, there are many events this half term that Year 8 can get involved in. Do encourage your child to get involved. Some of these are:

- Christmas Hampers
- Writing letters to residents of care homes
- Inter house chess competition
- Book reviews.

We want our students to be kind, resilient and courageous. This will be the focus of our assemblies this term. Finally I wish all our students well this term and look forward to celebrating many of their achievements.

Many Thanks - The Year 8 Team

House Achievement Points (HAPS) Leader Board

Vaishnavy P (8G3)	6 points
Abiram A (8G3)	6 points
Alishba k (8Y1)	5 Points
Jazba T (8R2)	5 Points
Suveatha J (8G3)	5 Points
Zeena B (8G3)	5 Points



YEAR 9

Head of Year: **Ms Kelly-Smith/Miss Williams**

Asst Head of Year: **Ms S Brice**

Pastoral Support Officer: **Mrs W Newman**

Dear Parents/Carers,

I hope this newsletter finds you well and that you and your family had a fantastic half-term break; it has been wonderful to see all our students returning to us fully refreshed and raring to go! We have another busy half-term ahead of us with plenty of opportunities for students to join co-curricular groups and clubs - from ukuleles to books, languages to sports, there's something for everyone to become involved in. Please see the timetable at the end of the newsletter for the full details.



This half-term we welcome Miss Williams on board as a Head of Year to assist while Ms Kelly-Smith is working from home. Miss Williams is a Drama teacher and has been working with the Year 7 Pastoral Team.

In the week before the half-term holidays began Year 9 students were given the opportunity to partake in an induction day for the Jack Petchey 'Spark' Programme. The Spark Programme helps students to understand and experience how mindset affects our ability to be our best, to achieve our goals and overcome problems, and our relationships with others.

[Jack Petchey's Spark Programme | Jack Petchey Foundation](#)

It helps them to think clearly about what matters to them, build a sense of responsibility, and gives them a range of tools and insights to help them to be at their

best more of the time, even when facing uncertainty, tricky challenges and stressful situations.

For the majority of the day students worked with their tutor groups and tutors and engaged exceptionally well with the course facilitators who were more than complimentary about their behaviour and enthusiasm! Year 9 will have two further half-day workshops as part of the programme on **Tuesday 23rd November** and **Thursday 6th January**.

We had very positive feedback from the students after the first workshop day so we are really looking forward to seeing how they engage and develop their skills across the next two.

Next week, **Tuesday 16th November**, Year 9 (along with the rest of the school) will be off timetable and will partake in the first Personal Development day of the academic year, which will focus on Relationships, Health and Well-being.

These Personal Development days form an integral part of the school's PSHE and SMSC provision for the students. We have been consistently impressed by how maturely and well the students engage with the content and materials delivered during these days. I am sure that next Tuesday will be no exception and we very much hope that students find the content helpful and informative.

Wishing you all a fantastic fortnight ahead,

Ms Kelly-Smith,
Miss Williams,
Mrs Brice,
Mrs Newman
& the Year 9 Team

YEAR 10

Head of Year: **Mrs N Devaney**
Asst Head of Year: **Ms D Johnson**
Pastoral Support Officer: **Mrs A Baker**



The Access Project

This project is designed to support and mentor our students on their journey to university.

Over 100 Year 10 students applied for the project, 17 were interviewed.

The girls were incredibly impressive, and it was extremely difficult to narrow the selection to 10.

Nevertheless, congratulations to the following students who were successful.

Induction will take place this week.

Catherine D	Sharon A
Vrishti B	Heather R
Karthiha R	Erica K
Maryam A	Sophie W
Ebube U	Krishendhiri M

[Home - The Access Project](#)

Be Her Lead

Be Her Lead is a non-profit social enterprise which empowers women in teaching to build resilience, foster wellbeing, and raise the aspirations of girls in their schools.

We are launching this programme across the school including Year 10.

The sessions this term are as follows:

Wednesday 20th October

Managing Social Media: Smartphone Detox

Wednesday 10th November

Healthy Friendships

Wednesday 24th November

Self Care

Wednesday 8th December

Mindfulness

Congratulations to the students below who have been selected to take part in the first round:

Lily W 10Y2	Ellie S 10R2
Poppy P 10R2	Lily S 10Y1
Dania N 10Y1	Naomya M 10B2
Carmen W 10B2	Chloe B 10B1
Tatiana R 10B1	Violet C 10R1
Rebecca D 10R1	Millie H 10R1
Heather R 10G2	Maria A 10G2
Abbie L 10G2	Katie C 10G1

[Be Her Lead](#)

Be Her Lead



YEAR 10

Year 10 Careers Day

On Friday **15th October** our Year 10 students took part in a Careers day hosted by **The Inspirational Learning Group**. The event was focused around the students building their perfect university as part of a national Enterprise Challenge.

It was great to see the students engaged in the activities of the day, teambuilding and management skills evolved throughout the many tasks followed by some remarkable presentations delivered to the rest of the year group.

Congratulations to Karia, Tammy, Grace, Aleisha, Daraneya and Josie who were the winning team and will go on to represent Carshalton High School for Girls at the finals in Birmingham in June 2022.

At Carshalton High School for Girls, Careers Education is of high importance and we pride ourselves in providing students with an extensive Careers Programme, ensuring our students have the knowledge, experience and understanding to make informed choices. We want to encourage the girls to be aware of life beyond CHSG and the opportunities that are available to them.

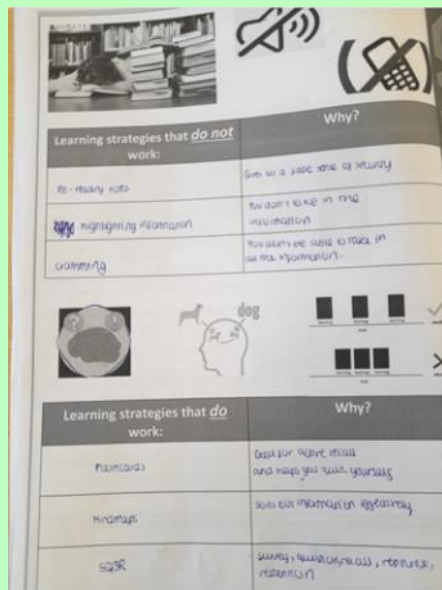
Mrs. Phelps-Gardiner, our Careers and Work Experience Coordinator, worked closely with the students for the duration of Careers Day and is available via email if you have any further questions.

dphelps-gardiner@carshaltongirls.org.uk.

We are very excited to offer this event to the Year 10 students and hope that they not only enjoy their day but take away valuable skills and lessons that they will be able to utilise in the future.



Voices of Year 10

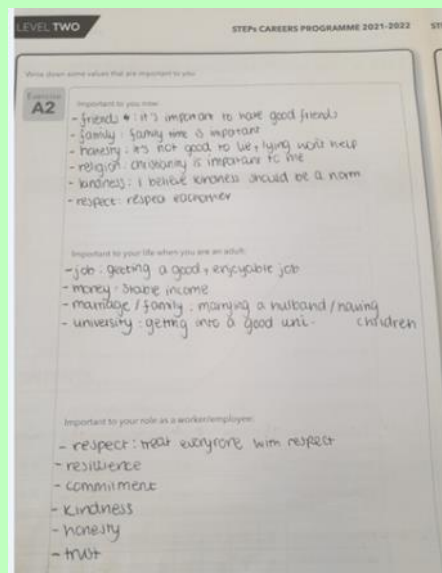


Amelia-Rose (10B2) reflects on the concept of Metacognition covered during the daily afternoon PDP sessions:

"In our PDP sessions, we are thinking about what revision techniques we use and learning about better revision strategies that will help us remember our work even better (metacognition). Some examples of bad revision techniques that do not work are re-reading, and cramming, because they trick your memory into thinking you remember something when you do not, so the information doesn't stick in your head. Examples of good revision techniques that we have learnt so far are flashcards, SQ3R, spaced practice, dual coding and retrieval practice. For flashcards, you write a question or definition on one side of the card and the answer to that question on the other side. You can then test yourself by flipping the cards over. SQ3R stands for survey, question, rephrase, recall and repetition. Firstly, you must skim the text and find the main idea of it (survey). Next, you must look at practice exam questions that link to the text (question). Then, you must look for answers to your questions from the information (rephrase) and memorise the information by answering the questions in your own words out loud (recall). Finally, you must go through the exam questions and try to recall the answers to the questions from your memory (repetition)."

Connie (10B2) reflects on the Careers sessions held every other week in tutor period:

"In our careers sessions so far, we have looked at what qualities are useful in work and in adulthood. We looked at how values like respect and honesty are highly important in work in order to achieve the best. We learnt how different skills and values can impact our lives. For example, valuing the importance of family will allow us to have happy and healthy relationships with friends, family, colleagues and the community. This will reflect in the work that we do and help us to succeed'.



SPOTLIGHT ON...

We have so many talented students here in Year 10! This week, we would like to shine the spotlight on:

Aleisha from 10R1 – a stellar creator!

"Outside of school I enjoy baking, sewing, crocheting, cooking and painting. When I do these things they are very fun and make me happy. When I bake and cook, I enjoy myself and love tasting my creations. Recently I baked macarons, Belgium waffles and a lunchbox cake. I've cooked garlic pizza and risotto with pancetta. I also tried to make Tatamen Ramen. It was very rich in flavour and my family enjoyed it. I have also crocheted and sewed many things; I crocheted a cardigan, sewed a pencil case and am crocheting a temperature blanket. During the summer holidays I painted a mystical sunset from a YouTube tutorial. I love creating things and it is my favourite thing to do".



YEAR 11

Head of Year: **Mr J Stockwell**
Asst Head of Year: **Miss T Ishola**
Pastoral Support Officer: **Mrs S Warren**



Welcome to the Year 11 Newsletter

To start, I would like the opportunity to introduce myself as the new Head of Year for this academic Year. Whilst I appreciate that the last 2 academic years have been a whirlwind and, this year, the students Head of Year has changed; our Year 11 students have really impressed all of us by the way in which they have returned to school, settled in and adapted to the numerous challenges in place.

Uniform, punctuality and equipment have been excellent and, we trust, will continue to remain so. Throughout this year, I intend to foster a mind-set of calm excellence. My aim is to provide the best possible pastoral support whilst enabling our students to develop as individuals.



To aid this, joining me as part of the pastoral team, is Mrs Warren who has a plethora of pastoral experience. Between us we aim to make sure students are settled in school and has every opportunity to succeed. To help

with this, if you would like to discuss your progress or request additional support then please feel free to contact me on:

020 8647 8294 ext 2121 or
jimstockwell@carshaltongirls.org.uk

Whilst I write this, our students are undertaking their first mock exams of the academic year. We understand this will be a challenge as their normal way of working has been so disrupted, but, so far, the ride has been fairly smooth. The students have been relaxed, calm and mature whilst entering the exam hall, focused and dedicated to do their best; and have really shown us how much they have grown into GCSE students.

This whole process is an opportunity for our students to show us how well they are doing and for us to reflect, with them, on areas where we may need to improve. Once this period of assessment is over, Mrs Durrett and I will sit with the Heads of Department and make support plans for those students who may need some additional help.

In addition to this, we would like to take this opportunity to thank you for your continued support. Without which we could not have achieved such a settled and positive start to the academic year.
#teamchsg

Please could we could take a moment to bring to your attention the main elements of our equipment and uniform policies. Each day, students are required to have:

- Pencil case
- Lanyard
- Reading book
- Booklets

Regarding jewellery, all students are allowed to wear one small pair of plain gold or silver studs no more than 5mm in diameter only, with one earring in each ear only. Many students will choose not to wear any earrings at all. The only other jewellery that may be worn is a wrist watch or a religious necklace which must be worn out

YEAR 11

of sight inside the blouse or jumper. Jewellery which does not comply with our uniform policy will be confiscated. This will be placed into an envelope by the student, labelled with their name and tutor group and stored in a safe until the end of each term whereupon it will be returned to the student.

Finally, I would absolutely love to hear about anything the students have done that goes above and beyond the walls of CHSG. If you are particularly proud of your

child's efforts in an extra-curricular club or external learning environment then please email me so we can celebrate their success as a school as well.

Please don't hesitate to contact me with any questions or concerns regarding your child as I will be glad to help.

Kind regards,

Mr Stockwell and the Year 11 Team

Sixth Form Opening Evening Wednesday 10th November

On Wednesday we held a face to face Sixth Form Open Evening at the school. It was fantastic to see such a great turn out from our Year 11s and from other schools. The prospective Sixth Formers had the chance to talk to teachers and find out what the courses they are interested in involve and where they could lead.

Students are now able to apply for our Sixth Form 2022. The deadline is **Friday 3rd December**. All details can be found on our website regarding courses and how to apply.

[Carshalton High School for Girls - Admissions and Course Information \(chsg.org.uk\)](http://chsg.org.uk)



SIXTH FORM

Director of Sixth Form: **Mrs B Norman**
Head of Year 13: **Miss L Bevan**
Head of Year 12: **Miss R Gibbs**
Pastoral Support Officer: **Mrs H Connolly**

Dear Year 12,

I hope your half term was one of rest, relaxation and revision!

This half term brings brighter mornings but darker evenings. This can have an impact on mental health, so do ensure you keep doing things which make you happy and keep you occupied.

The focus for the next 6 weeks will be:

- Preparing and taking your exams
- Taking part in co-curricular clubs
- Immersing yourself even more into #teamchsg
- Ensuring our attendance and punctuality is 100% as a year group.

Year 12 exams: Monday 29th November – Friday 2nd December

- Your exams are between the above dates. You should have received a timetable by email and be aware of when and where these exams will take place.
- The mornings of your exams, you must register with your tutor and assemble outside the Hall/Gym.

Revision

- Your timetables are designed in a way which allows you to have ample time for revision. Please use study periods wisely.
- Try out a range of revision techniques and see which ones work best for you.
- Use the strategies you are learning in form time to help manage your stress.

Attendance and Punctuality

- Your attendance and punctuality as a year group have been outstanding, however, we do still have some continuous lates/absences.
- If you are going to be late or absent remember to get your parent/carers to call or email Mrs Connolly.
- Your hard work has not gone unnoticed and if it stays like this, I may just think about introducing early sign outs for Year 12.

I understand that these exams will be the first 'real' exams you have sat. Please do take each day as it comes and try not to stress yourself out. I have every faith that you will be just fine. Remember, my door is always open.

Miss Gibbs



Year 12 Opportunities

There are many opportunities arising, more of which I will begin to share in the near future. For now, please have a read below and see if anything peaks your interest.

Medic Mentor

Students wanting to study medicine are eligible to attend the LIVE **Get into Medicine** UCAS Application Conference for **FREE**.

Once students attend, they will also be awarded with a highly commended reference, from the Presidents at Medic Mentor, to acknowledge that they are a student who has gone one step further than others by attending the conference.

The Get into Medicine conference is a significant turning point for Medic Mentor students. It will unlock exclusive opportunities such as scholarships and prizes, as well as help them to make a highly competitive application.

Parents/Guardians will also need to attend with students for safeguarding purposes and the funding place will cover both student/parent.

Upcoming conference dates:

- Saturday 13th November
- Saturday 27th November

Register for free using the funding code: Teacher21 here:

<https://medicmentor.co.uk/medicine-national-healthcare-weekend/>

Aspire Programme

The Aspire Programme is a two-year programme designed to support Sixth Formers of African and Caribbean heritage as they transition from school to university. It is run in partnership between King's College London's African Caribbean Society and Widening Participation Department.

While Black Students make up c.8% of the student body at UK universities, within the Russell Group (research-intensive) universities, this number drops to 4%. **King's College London are committed to increasing the number of Black students** in their student body and have identified Black Students as priority group. Other priority groups are Care Experienced Students, Young Carers, Forced Migrants, Estranged Students and Gypsy, Roma & Traveller students.

Benefits of participating in Aspire include:

- A mentor in the form of a current King's student
- On campus activities inc. experience of university-style teaching
- Workshops to develop soft skills such as public speaking and interview technique
- Regular information and guidance sessions for Parents & Supporters

Applications for Aspire close on **Wednesday 1st December 2021**. Interested students can apply here: <https://tinyurl.com/kclaspire21>

SIXTH FORM

Dear Year 13,

I hope that you had a restful half term and now ready for the challenges that this half term will bring. The main focus of this half term for Year 13 will be:

- **Sending your UCAS applications off** (no later than end of November)
- **The Year 13 Mock Interviews** (Thursday 18th and 25th November)
- **Year 13 PPE week** (Monday 29th November to Friday 3rd December)

UCAS

You now need to organise a time to meet up with your UCAS referee so it can be checked and the reference completed.

UCAS Timeline

- All Year 13 should have uploaded all their information and personal statement before half term.
- As soon as UCAS is complete and personal statement added to UCAS students must let their UCAS referee know that they are ready for a reference to be added.
- Once your UCAS referee has checked for errors in your meeting, students should 'pay and send'.
- Once your UCAS referee has completed the reference, you need to come and see Miss Bevan and your UCAS application will be sent.

Mock Interviews

- These will take place in the Careers Centre on **Thursday 18th** and **25th November**.
- Please make sure you turn up 5 minutes before your interview time and register with Miss Bevan.
- Students must be dressed in appropriately and **wear a face mask**.
- If you are absent on the day of your interview, please email Miss Bevan by 8.15am.

PPE Week - Monday 29th – 3rd December 2021

- The majority of exams will take place in the Gym or Hall. Usual lessons will continue as normal throughout the exam week, **there will not be any study leave**.
- The mornings of your exams, you must register with your tutor and assemble outside the hall.

For most of you, there are 30 hours in school non-teaching lessons that can be used for revision and that's not even counting the hours you have at home. Although this can be a stressful time, you have got time - please use it wisely. I am confident that for the vast majority of you, these results will confirm that you are making excellent progress in your subjects and will boost your confidence ahead of the summer exams.

Good Luck!

Miss Bevan.



Post 18 News

UCAS Discovery Fair, 10:00 – 18:00 on 30 November 2021

The UCAS/Discovery Apprenticeships Fair like a jobs fair, it's the perfect way for you to chat to and meet multiple apprenticeship employers in one day. Whatever your passion, you don't need to be committed to an apprenticeship route to attend.

It will give you the opportunity to:

- Understand their different post-18 options
- Get practical tips to get you started on your next steps
- Understand the application and assessment process
- Gather the information you need to start shortlisting your options and figure out if an apprenticeship could be the right choice for you.

For more information and to book visit:

<https://www.ucas.com/events/ucasdiscovery-apprenticeships-fair-404796>



Surgery Live

The Surgery Live course is an innovative and interactive virtual course which gives students a real glimpse of what it's like to be a surgeon in an operating theatre, delivered by practising NHS surgeons.

The day course includes:

1. A glimpse into the day to day life of a surgeon.
2. Solving real life surgical cases including history taking and anonymised scans
3. Live virtual operations - showing step by step how common surgeries are carried out
4. Learning how to suture with a live follow-along demo (students will be sent their own suturing kit, the same ones used by medical students and doctors)
5. A chance for students to interact with practising NHS surgeons and doctors

Students will also get a chance to learn how to suture with their own suturing kit and certificates will be provided for participation as virtual work experience. This does come with a cost.

The next SurgeryLive date is **Saturday 4 December**. For more information, visit the website below. Please note places are limited and are allocated on a first come first serve basis (deadline **28 November**).

<https://doctorslive.co.uk/surgerylive/>

SIXTH FORM

FutureLearn Scholarship Programme UK

This new scholarship is an amazing opportunity for you to become the change you want to see in the world. As a FutureLearn Scholar you'll get:

- £4,000 of free learning from FutureLearn and The Open University.
- £1,000 that you can use towards home study, specialist learning tools, or equipment.
- 8 hours of world-class mentorship and coaching from leading industry experts.
- 100 runners up will get a free 12-month subscription to FutureLearn Unlimited.

That means limitless access to all FutureLearn's short courses for a year.

Entry closes **30th November 2021**. For more information visit:

<https://www.futurelearn.com/info/scholarship>

Medic and Dental Interview Preparation Seminar

We are holding a seminar event to help prospective medicine and dentistry applicants with their upcoming interviews. The event is scheduled for Saturday, **November 20th**, from 1-3pm, held at our campus in Whitechapel. We know how daunting the application process can be for Sixth Formers, and so our main objective is to help students feel more at ease. We will be covering a variety of topics including

- How to tackle general interview questions
- Ethical scenarios
- Medical and Dental Work experience
- Interview skills

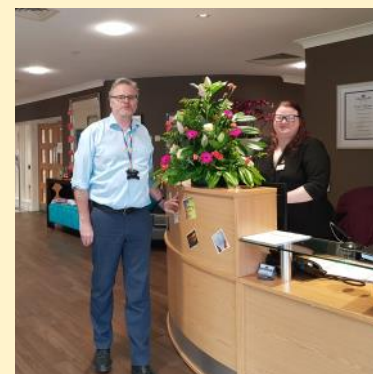
Students can sign up here: <https://forms.gle/g9KGhvyxSguk8fzh6>

The week following the seminar event, on **Saturday November 27th**, we will then be conducting a series of mock interviews. These interviews will be held in a panel-style format and aim to give students personal feedback based on their performance. Spaces for the mock interviews are limited and will be assigned on a first come first serve basis. Those students who attend the seminars on **November 20th** will receive priority for this.

[Student Assisted Medical and Dental Applications \(SAMDA\) \(qmsu.org\)](https://www.qmsu.org/)

And finally.....

Having brightened up the presentations during the Sixth Form Open Evening our lovely bouquet of flowers was delivered to Gracewell Care Home in Sutton, where it can continue its good work of brightening the day for the residents and their guests.





GOLDEN TICKETS

Excellence: everywhere, every day.

Staff award Golden Tickets for excellent work, effort or attitude to learning or improvement in class.

The tickets are awarded at the end of the lesson and the reward celebrated. Heads of Year will review the rewards each week and Mr Devenney awards a certificate each week to the student(s) in each year group with the most Golden Tickets for that week. All rewards will be recorded centrally.

In the Newsletter we list the students who have received the most Golden Tickets in each year group for the previous fortnight.

Most Golden Tickets between 11th to 22nd October

Year 7

Charlotte 7B1

Year 8

Annabelle 8B2
Lilia 8Y1

Year 9

Elizabeth 9Y1
Arista 9G2

Year 10

Karia 10Y1
Amber 10Y1

Year 11

Haviyaa 11B2

Sixth Form

Rakaiya 12R1
Ruvini 13Y1





WELLBEING

Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

shout 85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

SAMARITANS

[Samaritans](#) 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

[Crisis Tools](#) helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

PAPYRUS

[Papyrus](#) provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

childline

ONLINE, ON THE PHONE, ANYTIME

[Childline](#) confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

Urgent and other support available

Good Thinking

[Good Thinking](#) is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX

Essential support for under 20s

[The Mix](#) provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)



[Beat](#) provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

kooth

[Kooth](#) is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine



Co-Curricular Timetable - Autumn 2 -2021

*Unless otherwise stated clubs are open to **all** year groups*

WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Year 7 World Language Club Mrs Phelps- Gardiner & 6 th Form- Careers Centre <i>Support for students who speak additional languages</i> Year 8 & 9 Writing Club Sixth Form & Ms Doherty- A1 Year 8 & 9 Ukulele Club Miss Ogden - J33	Year 7 Ukulele Club Miss Gravenor - J34 Year 8 & 9 Composition Club Miss Ogden - J33	Book Club (all years) Mrs Young - Library	Year 7 Keyboard Club Miss Ogden - J33 Year 8 World Language Club Mrs Phelps- Gardiner & 6 th Form- Careers Centre <i>Support for students who speak additional languages</i> Year 8 & 9 Music Theory Miss Gravenor - J34 KS4 Music Group Miss Gravenor - J34	
After School 3.15pm - 4.15pm	Year 7 & 8 Trampoline Miss Larazus - Gym (G1/G2/G3 & R1/R2) Year 7 & 8 <i>Invitation Only</i> Elite Junior Dance Miss Johnson - J27 Chess Club (all Years) Mr Richardson- A10 Young Interpreters (all years) Mrs Frankland – C08 School Choir (all years) Miss Ogden - Hall/J33 Football (all years) Miss Bromfield & Muss Bartram- MUGA Badminton (all years) Miss Golightly - Sports Hall Fitness (KS4 & 5) Miss Bevan-Hall Maths Additional Maths VKR- J44 Year 8 Set Delta Support DJN- J39 Year 9 Higher Support NCN- J45 Year 10 Higher Support JRR- J38 Year 8 Theta/Pi Support LON- J47 Year 11 Foundation Plus Support MAA- J46 <i>Invitation Only</i> School Show Miss Williams/Miss Ogden - J32/J33	Year 7 & 8 Magic Club Mr Richardson - A10 Year 7 & 8 Film Club Miss Martino/Mr Nott - A2 Year 9 Art Club- Zine Mrs Fernandes - F2 Year 7-9 MFL Club MFL staff – B13 <i>Movies and board games</i> Year 7-9 Dance Club Miss Larazus– Main hall Year 9 to 13 <i>Invitation Only</i> Elite Senior Dance Miss Johnson - J27 Netball (all years) Miss Golightly/Miss Bartram - MUGA/Sports Hall The Summit (all years) <i>A place to ask questions and learn more about Jesus</i> Mrs Collins/Miss Stanley with Sutton Schoolsworl- J43 Maths Count on Us NCN- J38 UKMT Maths Challenge NCN- J38 Additional Maths MAA- J46 Yr 9 Foundation Support LSY- J43 <i>Invitation Only</i> School Show Miss Williams/Miss Ogden - J32/J33	Year 7 Art 6 th Form & Ms Sypko-Shah – F02 Year 7 & 8 Dance Sixth Formers - Main Hall Year 10 & 11 Scholarship Students Sports Leaders Course Gymnastics (all years) Sixth Formers - Sports Hall Step into Dance <i>Invitation Only</i> Royal Academy - J27 Year 7 -9 Sports Scholarship Miss Golightly – Sports Hall Maths Year 10 Foundation Support ZRN- J38	Year 7 Science Club Mr Lewis - D1 Year 8 Science Club Mr Lewis - D2 Year 7-9 Sports Club Sports Hall Year 10 & 11 Scholarship Students Sports Leaders Course Step into Dance <i>Invitation Only</i> Royal Academy - J27 Games Club (all years) Mrs Young – Library	Year 7 & 8 Drama Club Mr Rogers - J23 2.40pm - 3.30pm Year 7 & 8 Crochet &Knitting Club Sixth Form – S19 Year 11 Maths-by Request VKR – J44 Year 11 Maths-Foundation Support TSL – J45 Composition Club (all years) Miss Gravenor - J34 2.40pm - 3.10pm
Homework <i>Invite Only</i> 3.00pm - 4.00pm		Year 7 - A01 Year 8 - B09 Year 9 - B19 Year 10 - B20		Year 7 - A01 Year 8 - B09 Year 9 - B19 Year 10 - B20	

Music Practice rooms available for booking with Miss Ogden

Coming soon BBC School Report

#teamchsg



Co-Curricular Timetable - Autumn 2 -2021

*Unless otherwise stated clubs are open to **all** year groups*

WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	<p>Year 7 World Language Club Mrs Phelps- Gardiner & 6th Form- Careers Centre <i>Support for students who speak additional languages</i></p> <p>Year 7 Band Skills Miss Ogden - J33</p> <p>Year 8 & 9 Keyboard Club Miss Ogden - J33</p> <p>Year 8 & 9 Writing Club Sixth Form & Miss Martino and Miss Ahmad- A1</p>		<p>Book Club (all years) Mrs Young - Library</p>	<p>Year 8 World Language Club Mrs Phelps- Gardiner & 6th Form- Careers Centre <i>Support for students who speak additional languages</i></p> <p>KS4 & 5 Intervention Miss Gravenor - J34</p>	<p>Year 7 Choir Miss Ogden - Hall/J33</p>
After School 3.15pm - 4.15pm	<p>Year 7 & 8 <i>Invitation Only</i> Elite Junior Dance Miss Johnson - J27</p> <p>Year 7 & 8 Trampolining Miss Larazus - Gym (G1/G2/G3 & R1/R2)</p> <p>Chess Club (all Years) Mr Richardson- A10</p> <p>Football (all years) Miss Bromfield & Miss Bartram - MUGA</p> <p>Badminton (all years) Miss Golightly - Sports Hall</p> <p>School Choir (all years) Miss Ogden - Hall/J33</p> <p>Fitness (KS4 & 5) Miss Bevan-Hall</p> <p>Maths</p> <p>Additional Maths VKR- J44</p> <p>Year 8 Set Delta Support DJN- J39</p> <p>Year 9 Higher Support NCN- J45</p> <p>Year 10 Higher Support JRR- J38</p> <p>Year 8 Theta/Pi Support LON- J47</p> <p>Year 11 Foundation Plus Support MAA- J46</p> <p>Invitation Only School Show Miss Williams/Miss Ogden - J32/J33</p>	<p>Year 7 Magic Club Mr Richardson - A10</p> <p>Year 7 & 8 Film Club Miss Martino/Mr Nott - A2</p> <p>Year 9 Art Club- Zine Mrs Fernandes - F2</p> <p>Year 7 -9 Dance Club Miss Larazus- Main hall</p> <p>Year 7 to 10 Cricket Mr Rahman - Sports Hall</p> <p>Year 9 to 13 <i>Invitation Only</i> Elite Senior Dance Miss Johnson - J27</p> <p>Netball (all years) Miss Golightly/Miss Bartram - MUGA/Sports Hall</p> <p>Instrumental Group (all years) Miss Gravenor - J34</p> <p>The Summit (all years) <i>A place to ask questions and learn more about Jesus</i> Mrs Collins/Miss Stanley with Sutton Schoolwork- J43</p> <p>Maths</p> <p>Count on Us NCN- J38</p> <p>UKMT Maths Challenge NCN- J38</p> <p>Additional Maths MAA- J46</p> <p>Yr 9 Foundation Support LSY- J43</p> <p>Invitation Only School Show Miss Williams/Miss Ogden - J32/J33</p>	<p>Year 7 Art 6th Form & Ms Sypko-Shah – F02</p> <p>Year 7 & 8 Dance Sixth Formers - Main Hall</p> <p>Year 10 & 11 Scholarship Students Sports Leaders Course</p> <p>Gymnastics (all years) Sixth Formers - Sports Hall</p> <p>Step into Dance (all years) Royal Academy - J27</p> <p>Year 7 -9 Sports Scholarship Miss Golightly – Sports Hall</p>	<p>Year 7 Science Club Mr Lewis - D1</p> <p>Year 8 Science Club Mr Lewis - D2</p> <p>Year 7-9 Sports Club Sports Hall</p> <p>Year 7-9 Glee Club Miss Gravenor -J34</p> <p>Year 10 & 11 Scholarship Students Sports Leaders Course</p> <p>Step into Dance (all years) Royal Academy - J27</p> <p>Games Club (all years) Mrs Young - Library</p>	<p>Year 7 & 8 Drama Club Mr Rogers - J23 2.40pm - 3.30pm</p> <p>Year 7 & 8 Crochet &Knitting Club Sixth Form – S19</p> <p>Music Technology Club (all years) Miss Ogden - J33 2.40pm - 3.10pm</p>
Homework <i>Invite Only</i> 3.00pm - 4.00pm		<p>Year 7 - A01 Year 8 - B09 Year 9 - B19 Year 10 - B20</p>		<p>Year 7 - A01 Year 8 - B09 Year 9 - B19 Year 10 - B20</p>	

Music Practice rooms available for booking with Miss Ogden

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Carshalton High School for Girls' LRC Remembrance Day Tribute

(collections faithfully guarded by Douglas)

