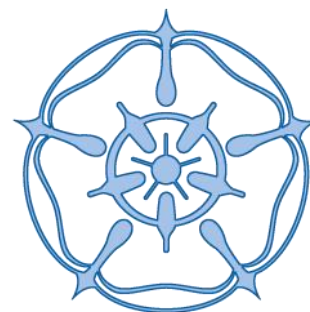


14 January 2022

CARSHALTON HIGH SCHOOL FOR GIRLS

NEWSLETTER

Excellence: everywhere, every day.



Headteacher's Welcome

Dear Parents/Carers

I hope you have had a fantastic start to 2022 and all the resolutions are still ongoing! During my assembly last week I was discussing 'the messy middle'; the moments that occur when we are taking on a new challenge, and more particularly when the enthusiasm runs out, and we realise things can be difficult to change.

I explained that to achieve our goals we needed to have a clear rationale and understanding on why we are wanting to improve a particular aspect and to keep the end point in mind, which help to keep us motivated through the most difficult of challenges. I also explained how there will be many challenges ahead of us in life but what is more important is how we respond and react to the challenges when they arrive. We may not be responsible for the difficulties that come our way, but we do have a personal responsibility to have a control over how we respond to them.

I hope you can see this reflected in the work we are undertaking here in *#teamchsg*, as we move our school forward in the midst of this difficult and problematic period.

With the exams now finished we are back into our usual groove; using the results of the exams to inform the next stages of our curriculum and our lesson planning. We closed our testing facility down once again and returned to our usual timetables, ensuring no learning time was lost at all. Our co-curricular programme has once again started with a bang offering a wide variety of clubs for all ages and year groups (full details inside).

Year 9 held a SPARK day on Thursday 6th January which was supported by the Jack Petchey Foundation and we held our Sixth Form Parents' Consultation on Wednesday 12th January. The attendance at the Parents' Consultation was our highest ever for the Sixth Form and I hope those involved felt they had the opportunity to hear from our teachers, and identify the areas for development, so we can work together over the next months. We will be sending out a survey after each Parents' Consultation from now on and we would be grateful to hear your comments and opinions, not just about the event but also about the general direction of the school too.

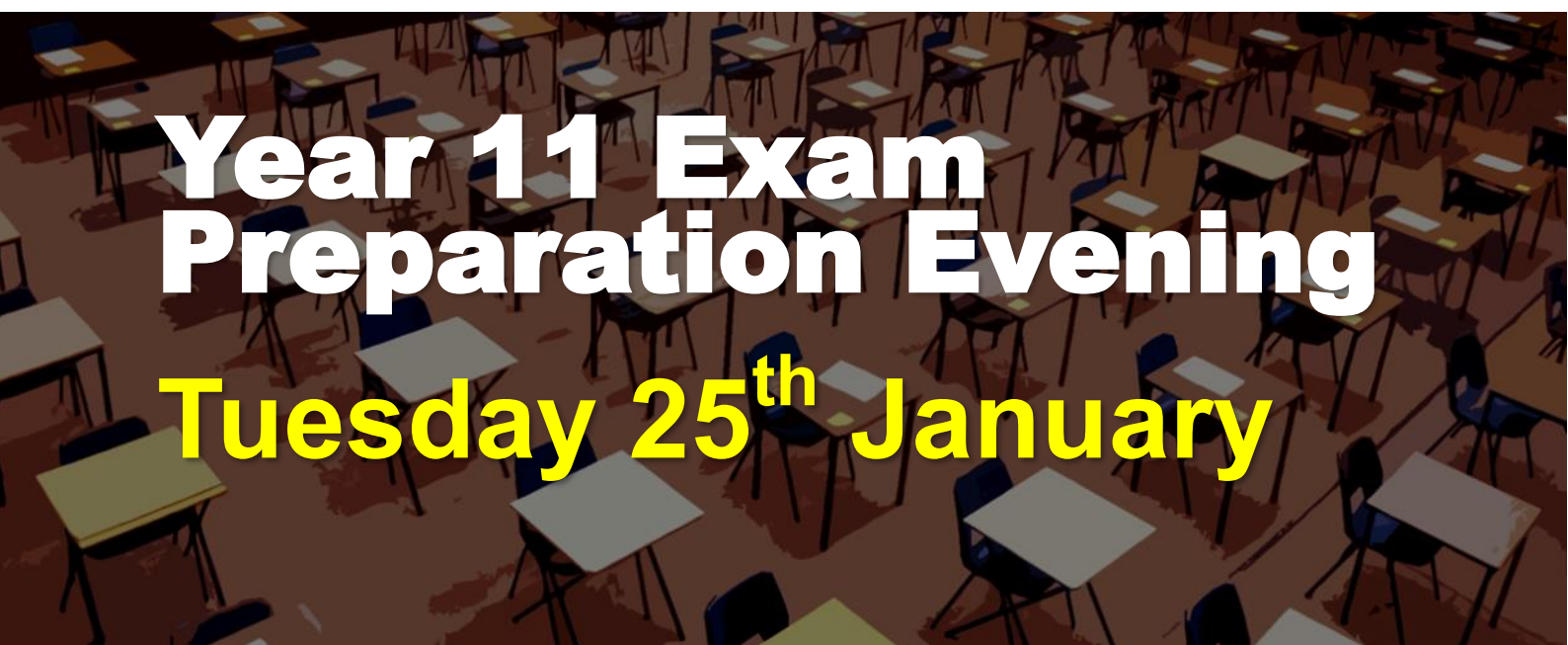
Over the next few weeks we will be kept quite busy, as per usual. Year 10 will be holding their second careers event on Monday 24th January as they start to prepare their plans for work experience. Tuesday 25th January will be our second Personal Development Day for all year groups; focusing on wellbeing and pastoral matters to help keep students informed and safe.

We will be holding a **Year 11 Exam Preparation Evening on 25th January**. We have invested in an external company to run this event, so we will not be in a position to record it for future use. Further details about the timings and content will be sent out by Mrs Durrett (Year 11 Raising Standards Leader) in due course. Please keep your dairies free on that evening as it will prove beneficial in supporting your daughter with her preparation for the summer exams.

Finally, one of the best parts of my role as Headteacher is acknowledging and celebrating the hard work and effort of students, and rewarding them for the contribution they make to our school. My heartfelt congratulations to everyone who received a Headteacher's Letter, Gold Star Certificate or Certificate of Academic Distinction last week. The recipients photographs can be seen on our social media outlets. My congratulations also goes to the high volume of students who received certificates and rewards prior to the holidays. We have extended, developed and improved the rewards we offer our students here at CHSG so we are in a better position to acknowledge those who meet and consistently display our motto of *Excellence: everywhere, every day*.

Have a great weekend

Mr M M J Devenney



**Year 11 Exam
Preparation Evening**
Tuesday 25th January

YEAR 7

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

Happy New Year to you all. We hope you had a restful Christmas break.

We were pleased to celebrate **Isabella** and **Tracey's** success of being awarded the Headteacher's Award from Mr Devenney, at the end of last week. These students were identified from last term as embodying our school motto of *Excellence: everywhere, every day*. Well done Isabella and Tracey! Our overall count of HAPs continues into this term but for purposes of the termly awards all students start again from zero. We look forward to seeing who will take the early lead!



WHAT DO I DO IF

- ... I need to cross a busy road?
- ... the bus goes straight past without stopping?
- ... I can't do my homework?
- ... I'm worried?

This morning we spent some time with the students considering the question "What

do I do if...?" covering some issues that have arisen recently.

Please do speak with your daughter about the strategies she might employ in unusual or difficult circumstances both inside and outside of school. The girls know that if they are near school and become worried about anything they are to come back to school.

THE LAND DOWN UNDER

This week, for assembly, Year 7 were given a presentation about Indigenous Australia. This presentation included a brief history on the colonisation of Australia in 1770, the introduction of convicts from Britain, and the impact this had on the Indigenous people of the land.

Miss Martino showed the students a map of Indigenous Australia, which includes the many tribes around the country, including

the one in which her grandmother was born.

Indigenous culture also relies heavily on The Dreamtime; stories that surround the beliefs and culture of Aboriginal people. We watched a short story of The Rainbow Serpent, a story which talks about how the land, rivers and people were created in the Aboriginal culture.

Miss Stanley, Miss Martino and Team7



Religion: Dreamtime Stories

- Dreamtime is a word that has been in language use for just over 120 years.
- In the English language it is now well embedded and well understood to represent something about beliefs in Aboriginal culture.
- The Rainbow Serpent: The Rainbow Serpent (Serpent) dreaming in Aboriginal society represents one of the great and powerful forces of nature and spirit. Connected to water, the Rainbow Serpent is the great life giver, and protector of water, which is his spiritual home.



YEAR 8

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

Dear Parents/Carers,

Happy New Year to you and your family. I hope the Christmas period served as a much-needed opportunity to spend time with your loved ones. This time last year we were unable to spend Christmas with our families, which hopefully made this time extra special.



This term we welcome **Ms Grant** who has replaced Ms Ahmed as the **tutor for 8B1**.

Year 8 returned to school looking smart, as always, ready to learn and got back very quickly into the routine of daily school life.

As I write this newsletter, the sun is out and it is a nice and lovely day. We have, in recent days, had very cold weather and some of our students have come in with no coats or jumpers on. Can I ask that as parents/carers you ensure students come in appropriately dressed for the weather. During lessons as well, the classrooms can be cold because the doors and windows are kept open to ensure good air circulation. It is therefore doubly important that students come in warm clothes. A gentle reminder that coats need to be plain navy blue or black coloured.

I am sure that during Christmas the girls received gifts, which they may want to wear to school, so they can show their friends. It is important to remember that any jewellery worn other than a wrist watch or a small pair of plain gold or silver earrings studs will be confiscated and returned at the end of term.

Looking ahead to this half term, during personal development in tutor time, Year 8 will be covering the following topics:

- Puberty and growing up
- Body image and the concept of beauty
- Mental health and wellbeing

Do speak to your daughter at home about these topics, find out what they are learning and encourage them to ask questions. If you have any questions or concerns you would like to raise, your child's tutor is the first point of contact. Our pastoral support officer, Mrs Garrard, Mrs Bignall and myself are also available for any issues or queries you may have.

The following organisations are other useful sources of support for young people that may be struggling:

Off the Record: provides free counselling for young people living in Croydon, Merton and Sutton. www.talkofftherecord.org

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 www.kooth.com

Young Minds: for advice and information about youth mental health issues. www.youngminds.org.uk

It was wonderful to be able to celebrate the girls' achievements at the end of last term during our awards assembly. I am looking forward to many more in Year 8 receiving Golden Tickets and House Achievements Points for their excellent attitude to and great behaviour for learning.

Wishing all in Year 8 the very best for this term.

Mrs Oladokun & the Year 8 Team

YEAR 9

Head of Year: **Miss Williams**
Asst Head of Year: **Ms S Brice**
Pastoral Support Officer: **Mrs W Newman**

Dear Parents/Carers,

I am delighted to write our first newsletter of 2022 as the new Acting Head of Year 9. I thought I'd start by introducing myself, Miss Williams, as your daughter's new Year Leader whilst Ms Kelly-Smith is on maternity leave. I am sure that you will join me in wishing Ms Kelly-Smith all the best with her new bundle of joy, and we look forward to welcoming her back in the new year of 2023.

We hope that all of our students and their families have had a wonderful Christmas break. There is no denying that these current times have been challenging, and so I hope that our students managed to take some time to relax and spend time with loved ones wherever possible. It has been excellent to see so many of our students return to school focused and ready for the year ahead.

A brief bit of background about me: I have been teaching for 5 years, 4 of those years here at CHSG, and I am a Drama teacher by trade (which means I have already had the pleasure of teaching all but a few students during their Key Stage 3 years). I have also been a part of your daughter's transition into secondary school, as I was Assistant Head of Year 7,

formally working alongside Miss Stanley and the Year 7 team. The nature of my prior role gave me opportunity to get to know your daughter well over her first year at CHSG. I have just bid a fond farewell to my current, wonderful Year 7's and I am very much looking forward to joining your daughter and her peers on their journey through this forthcoming year.

As a Year Leader my role is to promote the wellbeing, progress and achievement of the students in my care and, alongside my tutor team, Assistant Year Leader and the lovely Mrs Newman. We aim to provide a caring and nurturing environment for your child to flourish in as they continue their journey here at CHSG.

I look forward to being able to meet you all in the near future, but in the meantime take care and stay safe.

Regards

Miss Williams
Acting Year Leader



Headteacher's Recognition Award

Sasha 9B1 and Roxy 9B1 were awarded the special Headteacher's award for their outstanding effort and behaviour throughout our Autumn term. We are so proud of them and want to congratulate them again on their achievement.

Well done Sasha and Roxy!



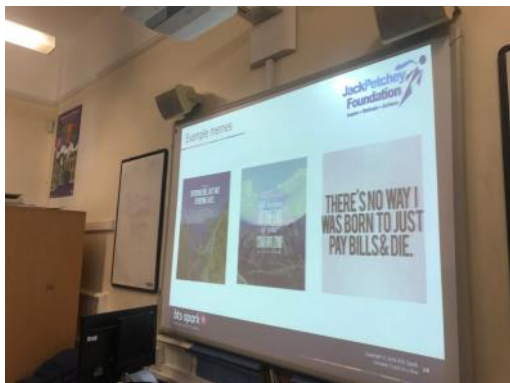
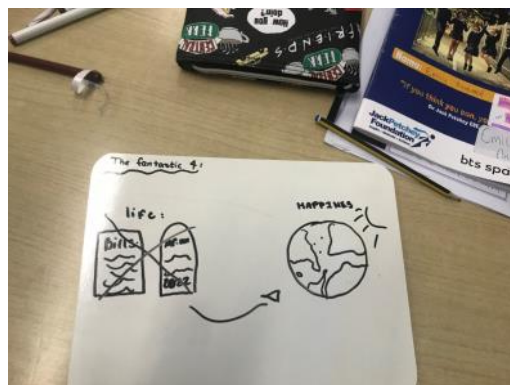
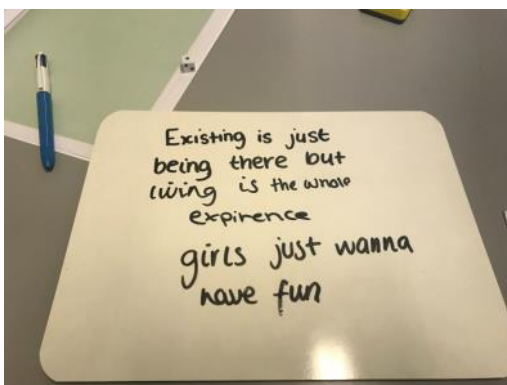
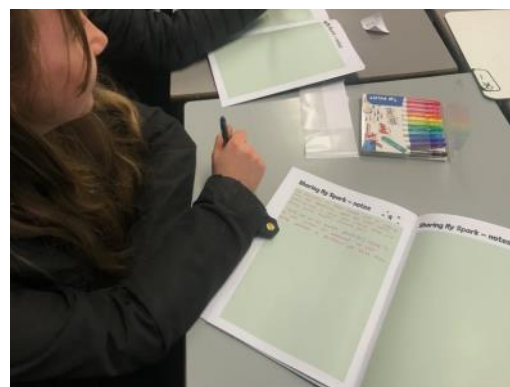
Jack Petchey Spark Programme

As mentioned in our previous newsletters, we had been selected by the Jack Petchey Foundation to pilot a new programme called the Spark Programme led by BTS Spark (one of the world's leading coaching and leadership development specialists).

BTS Spark came to our school on three separate occasions, with the final session held during our first week back from the Christmas break. The programme itself had been designed specifically to unlock key shifts in mindset and behaviour to help young people to cope successfully with pressures in and out of school, maintain their wellbeing, enable their success at (and beyond) school, and to build their readiness and capabilities for the future.

We are extremely proud of all the efforts our students put in to the programme and based on feedback from the students, it's clear that it was a worthy and beneficial programme to be a part of.

[BTS Spark - Developing Education Leaders](#)



2022 Happy New Year! YEAR 10

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

Dear Parents/Carers

May I start by wishing you and your families a very happy and healthy New Year. Let's hope 2022 is incredibly positive for us all.

We usually try to make some New Year's resolutions in January, most of which are unsuccessful and abandoned by about mid-January, in my case anyway.

On the right are some resolutions, however, which are manageable and achievable for our Year 10 students.

I would be grateful if you could discuss these as a family and choose 1 or 2 for your daughter to prioritise.

WELLBEING
Live Longer, Feel Healthier, Be Happy

- BE ACTIVE**
Go for a walk or run. Join in with after school clubs and school events. Most importantly find a physical activity that you like and enjoy in PE and Dance.
Exercising makes you feel good.
- CONNECT**
Connect with people around you – with family, friends, colleagues and neighbours.
Talk to people.
Make connections through assemblies, school trips and events like the Careers Fair.
- GIVE**
Think about doing something nice for someone else. Thank someone, show good manners. Volunteer your skills and time.
Look out as well as in.
Don't forget to smile.
- KEEP LEARNING**
Learning new things will make you more confident as well as being fun.
Try something new.
Set yourself a challenge you will enjoy achieving.
- TAKE NOTICE**
Be aware of the world around you, be curious and get involved in the opportunities you are given, for example the British Values Quiz and in assemblies.
Reflect on your behaviour and how it might affect others.

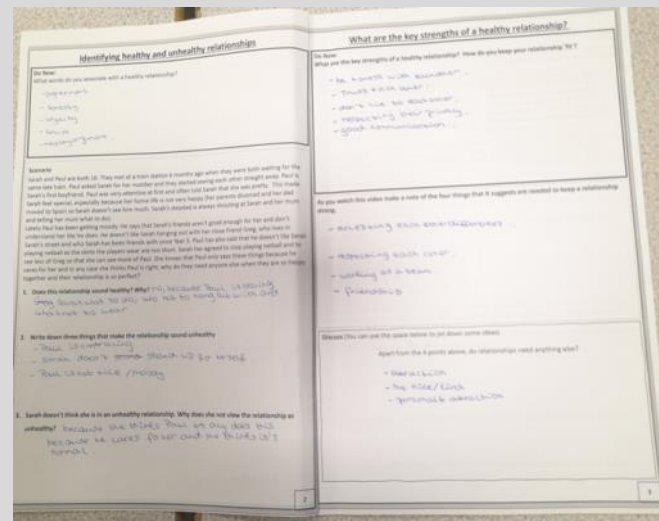
CHSG

Year 10 Personal Development Programme

Last half-term, Year 10 were busy exploring concepts around Healthy Lifestyles and Relationships.

This term, we will be looking at learning how to manage stress, including crises, and difficult conversations we may need to have with our peers or adults. The girls have been consistent in their enthusiasm around the PD programme delivered in the afternoon tutor sessions. There has been much lively debate and engagement around the topics being covered.

We hope the girls will apply their new knowledge as they encounter different challenges with each passing day.

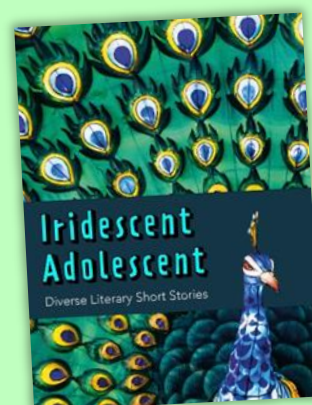


10G2 Speak Out!

On *their Tutor Reads...*

The book we're reading in Tutor time is called *Iridescent Adolescent*. It's a book full of short stories from all around the world. This book is very diverse. There are horror stories, drawn stories and people share real life matters in some.

This book is very interesting as it will reach out to a lot of different audiences. *Iridescent Adolescent* has stories from all different communities and cultures which I find very interesting. This book is very easy to read and contains a lot of great stories which I find enjoyable.



Scarlet

On *Climate Change...*

We all know what climate change is and that it's bad for our planet. But it's important to know what causes climate change and what we can do to help the environment. Climate change is caused by many things such as generating power, deforestation, and farming.



Did you know that manufacturing a cotton t-shirt requires 3000 litres of water!

Every year huge areas of rainforests are cut down or burned. This is done for wood and to make room for farms.

Greenhouse gases trap heat around the earth making it warm enough for plants and animals to survive, but when there are too many greenhouse gases it is bad for the environment.

As the atmosphere warms up the ice on the north and south poles melts and this causes the sea levels to rise which can destroy houses near the coast.

Smoke from factories and cars and burning rubbish are all types of pollution. Not only is this bad for the wildlife but it can also damage our lungs when we are exposed to too much pollution.

So how can we help?

- Save electricity by using low energy light bulbs and by making sure you turn the lights off when you leave a room empty
- Change your form of transport to taking the bus, cycling or walking. This will release less carbon dioxide and increase your fitness
- Make sure you recycle cans, bottles, and paper and make sure you use the right bins
- Reuse, Reduce, Recycle, Rethink, Repair, Refuse



Maryam

YEAR 10

On 'Matilda'...

Being a part of the school musical, Matilda, is an amazing opportunity. It is very good for improving my literacy skills and social skills. I feel my confidence and my public speaking have improved.

I feel grateful to have been cast into the play and I look forward to the performance later in the year.

Heather



Headteacher's Recognition Award

At the end of last term **Trixy 10G2** and **Zavia 10R1** were nominated for the Headteacher's Recognition Award. These students were chosen for their excellent effort in class, their contributions to school life and excellent attendance and punctuality.

Congratulations to them both!



SPOTLIGHT ON...

This week, we would like to shine the spotlight on:

Hollie from 10G2 – our very own cross-country queen and absolute star!

"As a sports scholarship student, I've been competing in cross country since I started in Year 7 until COVID-19 hit and it was cancelled for two years. In Year 10, it was my first opportunity to go back to competing.

We went to the field on a cold morning, but luckily we were warmly dressed and were ready. It felt like a forever wait for our run to start, but finally it was our year group. On the start line, there was a lot of hustling and bustling and it was very busy but once we heard the gun shot, we were off. By lap number two, we were all exhausted; however, I found that extra energy to power through and go for a sprint finish.

I was congratulated in the line and handed a letter meaning that I qualified for the London Youth Games. I'm very proud of this achievement given that I had taken a two-year gap and I look forward to competing in the London Youth Games representing Carshalton High School for Girls!"



YEAR 11

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

Once again, welcome to the Year 11 section of our newsletter.

As with the start of most new terms, Year 11 came back to a mass of testing and a whirlwind of news around Covid and Exams. Even so, we have seen our students show grit and determination to get back to the grindstone and enhance their knowledge in their subjects.

This half term's tutor time programme will be exploring various aspects of health and wellbeing and seek to expand students' understanding of factors that contribute towards and directly impact them emotionally, physically, and mentally.

Students are encouraged to participate in discussions and complete reflective tasks. Factors discussed are treated with sensitivity and caution whilst sessions are being delivered. The outcome is for students to have a deeper understanding of the factors, be aware of where they can receive further support if needed, and

become well-equipped with strategies to use in their daily lives.

With some very small uncertainty still looming over the exams, we have decided to support our children with an examination contingency plan. Communication has been emailed to parents and students relating to this, however, if you would like to discuss any details further then please do feel free to contact me at jimstockwell@carshaltongirls.org.uk.

Once again, I thank you for your continued support. It still amazes me that whilst these troubling times continue the students show a level of resilience and maturity that exceed all expectations. They really are an excellent bunch and truly reflect the school mantra of Excellence: Everywhere, Everyday.

Yours Sincerely

Mr Stockwell and the Year 11 Team



Student Voice – Head Girls Julia 11G2 & Deon 11Y2



The return to school has been extremely busy. The school has been able to ease us back into learning and the final stages of Year 11. Even though there's uncertainty around the exams, the school has helped us to understand where we need to improve in our subjects for our upcoming February mocks.

Students have been motivated by the promise of pink shirts by showing effort in all classes. We're becoming increasingly confident with the progress we're making towards exams.

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 Sixth Form and parents/carers,

Welcome back to a new term. January 2022 is dark and cold but spring will come. Remember to use the wellbeing challenge to check in on YOU, re-set and be the best version of you.

Year 13 UCAS students –

What happens after you submit your application?

Once you have completed and submitted your application, UCAS pass it on to your chosen universities and colleges. They will review and consider – and may invite you to an interview or audition - before deciding whether to make you an offer.

You might get an invitation to an interview, rather than receiving an offer from a university or college right away. It's best to contact them directly to find out how and where you will receive information about your interview – not all course providers will send you an interview invitation via UCAS. After you've attended the interview, they'll decide if they're going to make you an offer.

There are different types of offer you could get from your university choices. They come through at different times too, so don't worry if you don't hear anything for a while.

Then you reply to your offers, which involves different deadlines depending on when you receive them. You might need to wait for exam results if your offer is conditional on them.

On January 25th we will be having an in-depth talk on Student Finance. I will also share this talk to parents and carers. So please watch out for this link which I will put on the school's website.

Year 13 Apprenticeship/World of Work students

Make sure you meet up with Mrs Phelps-Gardiner on a regular basis to get the guidance and support for your next steps after school. Please also access the links I have included under Career and Apprenticeship opportunities

Finally, I wanted to wish all the BTEC students the best of luck in your exams over the next 10 days. Keep up the good work and you will reap the rewards.

Kind regards,

Miss Bevan

Date for the diary: Tuesday 25th January. Personal Development Day

The sessions on the day will be on the following:

- Finding and using health services
- Exam preparation
- Student Finance
- Importance of driving awareness, road safety and surrounding issues in relation to positive road usage

SIXTH FORM

Dear Year 12

Happy New Year and Welcome back to your second term of Sixth Form! Can you believe how quickly the first term went? You are now fully settled and immersed into the #teamchsg way of life!

Over the next few months we need to focus on the following:

- Ensuring we keep our standards high across the year group and this means ensuring we look great (dress code) and our behaviour matches our ethos – Excellence: everywhere, every day.
- Using our time wisely – your timetables are designed in a way that gives you free periods in order to do independent study. There are several areas you can use for independent study. When taking a break please use the common room!
- Attendance and punctuality – aim for 100%
- Get involved with the co-curricular programme

Opportunities for Year 12

OXFORD UNIVERSITY UNIQ SUMMER SCHOOLS - UNIQ - University of Oxford

UNIQ is open to students studying in their first year of further education, who are based at UK state schools/colleges. Students make a single application between December and January and can be selected to participate in one of two activities: UNIQ Digital or UNIQ Spring and Summer.

Register between November and February if interested.

[UNIQ - University of Oxford](#)

SUTTON TRUST SUMMER SCHOOLS - Sutton Trust Summer Schools

Fantastic summer schools at one of twelve partner universities (Bristol, Cambridge, Durham, Edinburgh, Imperial, KCL, Nottingham, Oxford, St. Andrews, UCL, Warwick, Royal Veterinary College) for high achieving students from low or middle income families.

The Summer Schools are 100% free. There are 130 different courses across 11 of the UK's top universities. The dates for the Summer Schools vary by subject and university.

[Sutton Trust Summer Schools](#)

BTEC Exams

- BTEC exams take place next week starting on **Wednesday 12th January** and ending on **Friday 21st**. It is important that students arrive promptly to these exams. For 9.00am exams can students go to their form rooms and sign in and then head straight to their exam.

Post 18 News

Year 13 UCAS

The UCAS deadline is January 15th. Please ensure that if you have sent your application, that you are tracking your application and look at the decisions and offers.

www.ucas.com/undergraduate/after-you-apply/track-your-ucas-application

www.ucas.com/undergraduate/after-you-apply/ucas-undergraduate-types-offer

www.ucas.com/undergraduate/after-you-apply/undergraduate-interview-invitations

Student Finance

Applications for full-time undergraduate student finance are expected to open at the end of February! **Follow Student Finance England on Facebook and Twitter - they will tell you when to apply.**

University of London Taster Courses

University of London Taster Courses are short courses at participating universities in and around London. Taster courses are designed for Year 12 and 13 students so they can explore subjects they are thinking about studying at university.

Courses take place throughout the year and are typically half a day in length although some may be longer. Courses are held within the university or online.

For more information and to register visit:

<https://london.ac.uk/ways-study/study-campus-london/university-taster-courses>

Free Careers Help Toolkit

The University of London has produced a toolkit of suggested websites, resources and ideas to help with career planning and making choices. These have been organised into sections based on what stage of the process they help with.

Everything that's listed is free for anyone to access and the content has been put together by a professional career's consultant. We hope you find it helpful.

<https://london.ac.uk/ways-study/study-campus-london/university-taster-courses/career-planningresources>

Career and Apprenticeship opportunities

GetMyFirstJob

GetMyFirstJob gives you the opportunity to explore a wide range of diverse opportunities for young people as they leave secondary education and make decisions about their future career paths.

They have launched a careers quiz to help you discover not only some of the many different career options but also to Labour Market Information and some excellent resources to help support you with a job, university application or creating your personal brand.

For more information please visit the links below:

<https://www.getmyfirstjob.co.uk/>

<https://www.getmyfirstjob.co.uk/Develop/CareersQuiz.aspx>

<https://www.getmyfirstjob.co.uk/Develop/YoungPeople.aspx>

RateMyApprenticeship

RateMyApprenticeship is an excellent website for students to explore their futures. It is the UK's leading jobs resource for young people seeking [#apprenticeships](#) and school leaver schemes. Take a look at the following link:

[Apprenticeships, School Leaver Jobs & Reviews | RateMyApprenticeship](#)



30 Day #Wellbeing Challenge



Day 1 Smile and say good morning to everyone in your household. <input type="checkbox"/>	Day 2 Take 5 minutes to write down your feelings today. <input type="checkbox"/>	Day 3 Do 20 Jumping Jacks and 50 knee ups. <input type="checkbox"/>
Day 4 Visit an art gallery! Go online and explore the collections online. <input type="checkbox"/>	Day 5 Reply to a pen pal or to someone you have not spoken to in a long time. <input type="checkbox"/>	Day 6 Design a pair of trainers or shoes. <input type="checkbox"/>
Day 7 Read 20 pages from the book you are reading or start a book <input type="checkbox"/>	Day 8 Come up with a 10 question multiple choice quiz <input type="checkbox"/>	Day 9 Listen to your favourite song and dance around the room. <input type="checkbox"/>
Day 10 Go to bed 1 hour earlier tonight to wake up 1 hour earlier tomorrow. <input type="checkbox"/>	Day 11 Sit down and focus on your breath for 5 minutes. <input type="checkbox"/>	Day 12 Play a card game or board game you haven't played in a while. <input type="checkbox"/>
Day 13 Write a letter of appreciation to someone who helps. <input type="checkbox"/>	Day 14 Draw and paint the most colourful thing in your house. <input type="checkbox"/>	Day 15 Write a poem or short story. <input type="checkbox"/>
Day 16 Ask your parent/caregiver about happy things in their life <input type="checkbox"/>	Day 17 Research places you would like to travel to in your life time. <input type="checkbox"/>	Day 18 Close your eyes and visualise your future life. <input type="checkbox"/>
Day 19 Draw your favourite animal using geometric shapes. <input type="checkbox"/>	Day 20 Use 10 French or Spanish words today. <input type="checkbox"/>	Day 21 Make sure you get >8 hours sleep tonight. Note how you feel the next day. <input type="checkbox"/>
Day 22 Draw but listen to your favourite music. See what flows naturally <input type="checkbox"/>	Day 23 Do something nice for a sibling or parent/carer. <input type="checkbox"/>	Day 24 Stretch and move your body any way that feels good for 10 minutes <input type="checkbox"/>
Day 25 Clean a room in the house that is not your bedroom. <input type="checkbox"/>	Day 26 Design a pair of trainers or shoes. <input type="checkbox"/>	Day 27 Tidy your room, maybe re organise the layout. <input type="checkbox"/>
Day 28 Ensure you have >5 fruit and veg today – Write them all day <input type="checkbox"/>	Day 29 Do something helpful for a friend or family member today. <input type="checkbox"/>	Day 30 Write down 10 things you love about your life <input type="checkbox"/>

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.

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

Most Golden Tickets for the Autumn Term

Year 7

Isabella 7G2

Year 8

Lilia 8Y1

Year 9

Afua 9B1

Year 10

Mya 10R1

Year 11

Haviyaa 11B2

Sixth Form

Rakaiya 12R1
Amelia 13Y1



Co-Curricular Timetable - Spring 2022

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&5 Music Intervention Miss Gravenor - J34	
After School 3.15pm - 4.15pm	Year 8 & 9 Trampolining Miss Larazus - Gym Year 7 & 8 Elite Junior Dance Miss Johnson - J27 Year 7 & 8 Sewing Bee's Textile Club Miss Nelson – F08 French Club – Year 8 Mrs lane B13 Chess Club (all Years) Mr Richardson- A10 Young Interpreters (all years) Mrs Frankland – A01 School Choir (all years) Miss Ogden - Hall/J33 Football (all years) Miss Bromfield & Mss Bartram- MUGA Handball (all years) Miss Golightly - Sports Hall Fitness (KS4 & 5) Miss Bevan-Hall Global Citizens (all years) Mrs Stangroom B03 Maths Year 8 Set Delta Support DJN- J39 Year 9 Higher Support NCN- J45 Year 10 Higher Support JRR- J38 Y10 Foundation Support ZRN- J38 Year 8 Theta/Pi Support LON- J47 Year 11 Foundation Plus Support MAA- J46 Invitation Only 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 Invitation Only Elite Senior Dance Miss Johnson - J27 Netball (all years) Miss Golightly/Miss Bartram - MUGA/Sports Hall The Summit (all years) <i>- to learn more about Jesus</i> Mrs Collins/Miss Stanley with Sutton Schoolswork- J43 Instrumental Group (all years) Miss Gravenor - J34 Focus Group- Coaching Club (all years) Miss Abreu C08 Maths Count on Us NCN- J38 UKMT Maths Challenge NCN- J38 Invitation Only School Show Miss Williams/Miss Ogden - J32/J33	Year 7 Art 6 th Form & Ms Sytko-Shah – F02 Year 7 & 8 Dance Sixth Formers - Main Hall Year 10 & 11 <i>Scholarship Students</i> Sports Leaders Course Gymnastics (all years) Sixth Formers - Sports Hall Step into Dance Royal Academy - J27 Year 7 -9 Sports Scholarship Miss Golightly – Sports Hall Japanime Club (all years) Mrs Young – Library Maths Year 10 Foundation Support ZRN- J38 Additional Maths VKR- J44 Year 11 Additional Maths MAA- J46 Yr 9 Foundation Support LSY- J43	Year 7 Science Club Mr Lewis - D1 Year 8 Science Club Mr Lewis - D2 Year 7-9 Sports Club Sixth formers- Sports Hall Year 10 & 11 <i>Scholarship Students</i> Sports Leaders Course Step into Dance Royal Academy - J27 Games Club (all years) Mrs Young – Library Geography in the News (all years) FBT- B01	Year 7 & 8 Crochet &Knitting Club Sixth Form – 6 th Form Common Room Composition Club (all years) Miss Gravenor - J34 2.40pm - 3.10pm Maths Yr 11 Maths- by request VKR- J44 Yr 11 Higher Intervention AJY- Hall Yr 11 Foundation Support TSL- J45 Invitation Only School Show Miss Williams/Miss Ogden – J32/J33
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

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Co-Curricular Timetable – Spring 2022

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 Support for students who speak additional languages</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 Support for students who speak additional languages</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 Elite Junior Dance Miss Johnson - J27</p> <p>Year 8 & 9 Trampoline Miss Larazus - Gym</p> <p>Spanish Club – Year 8 Mr Castro B12</p> <p>Year 9 & 10 Textiles Coursework Club Miss Nelson – F08</p> <p>Chess Club (all Years) Mr Richardson- A10</p> <p>Football (all years) Miss Bromfield & Miss Bartram - MUGA</p> <p>Handball (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 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</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 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) -to learn more about Jesus Mrs Collins/Miss Stanley with Sutton Schoolswork- J43</p> <p>Focus Group- Coaching Club (all years) FAU C08</p> <p>Maths Count on Us NCN- J38 UKMT Maths Challenge NCN- J38</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>Japanime Club (all years) Mrs Young – Library</p> <p>Maths Additional Maths ZRN- J44</p> <p>Year 11 Additional Maths MAA- J46</p> <p>Yr 9 Foundation Support LSY- J43</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>Geography in the News (all years) SNN- B02</p>	<p>Year 7 & 8 Crochet & Knitting Club Sixth Form – Sixth Form Common Room</p> <p>Music Technology Club (all years) Miss Ogden - J33 2.40pm - 3.10pm</p> <p>Maths Yr 11 Maths- by request VKR- J44</p> <p>Yr 11 Higher Intervention AJY- Hall</p> <p>Yr 11 Foundation Support TSL- J45</p> <p>Invitation Only School Show Miss Williams/Miss Ogden – J32/J33</p>
Homework Invite Only 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>	

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Sixth Form Co-Curricular Programme Spring 2022

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 8.00am - 8.35am	Oxbridge Mentoring EGR - S block- 8.15am	Oxbridge Mentoring EGR - S block- 8.15am Student Leadership Meeting BNN - Common Room	Oxbridge Mentoring EGR - S block- 8.15am	Oxbridge Mentoring EGR - S block- 8.15am Transition Talks Year7 Senior Prefect Team - Canteen	Oxbridge Mentoring EGR - S block- 8.15am
Period 3	Assessment Period DPG - Careers Centre Careers Clinic DPG - Careers Centre	Assessment Period DPG - Careers Centre Careers Clinic DPG - Careers Centre	Assessment Period DPG - Careers Centre Wellbeing Clinic HCY - S17	Assessment Period DPG - Careers Centre Academic Catch Up Miss Bevan - S block	Assessment Period DPG - Careers Centre
After School 3.15pm - 4.15pm	Young Interpreters Mrs Frankland – A01 School Choir SAO - Hall/J33 Chess Club CRN- A10 Fitness LPB - Hall Handball RGY - Sports Hall Mock Bar Trial JBN - E12 Global Citizens Club SSM – B03 Economics Debating Club Careers Centre – BSA Focus Group- Coaching Club (all years) FAU C08	The Summit J43 Elite Dance KJN - J27 Chemistry Drop Ins BLS - D1 Instrumental Group EGR J34	Year 13 A Level Maths Support MAA & CFY- J46 Step into Dance Royal Academy J27 Year 13 Science Revision KSN & LBN - C9	Step into Dance Royal Academy J27 Year 12 Young Enterprise LSN - D13 Netball Club MUGA Year 13 A Level Maths Support MMA- J46	Year 12 A Level Maths Support J41 - CFY Composition Club EGR - J34
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 8.00am - 8.35am	Oxbridge Mentoring EGR - S block- 8.15am	Oxbridge Mentoring EGR - S block- 8.15am Student Leadership Meeting BNN - Common Room	Oxbridge Mentoring EGR - S block- 8.15am	Oxbridge Mentoring EGR - S block- 8.15am Transition Talks Year7 Senior Prefect Team - Canteen	Oxbridge Mentoring EGR - S block- 8.15am
Period 3	Assessment Period DPG - Careers Centre Careers Clinic DPG - Careers Centre	Assessment Period DPG - Careers Centre Careers Clinic DPG - Careers Centre	Assessment Period DPG - Careers Centre Wellbeing Clinic HCY - S17	Assessment Period DPG - Careers Centre Academic Catch Up Miss Bevan - S block	Assessment Period DPG - Careers Centre
After School 3.15pm - 4.15pm	School Choir SAO - Hall/J33 Chess Club CRN- A10 Fitness LPB - Hall Handball RGY - Sports Hall Mock Bar Trial JBT - E12 Allied Health Professional Group KSN & BLS - Careers Centre Focus Group- Coaching Club (Years 12 & 13) FAU C08	The Summit J43 Elite Dance KJN - J27 Chemistry Drop Ins BLS - D1 Instrumental Group EGR J34	Year 13 A Level Maths Support CFY - J46 Step into Dance Royal Academy J27 Year 13 Science Revision KSN & LBN - C9	Step into Dance Royal Academy J27 Year 12 Young Enterprise LSN - D13 Netball Club MUGA Year 13 A Level Maths Support MAA - J46	Year 12 A Level Maths Support J41 - CFY Composition Club EGR - J34

Russel Group Workshops - Twice a week
Access Project- Individual appointments
H&SC Interventions set up individually and timetabled
Music Practice rooms available for booking with Miss Ogden

THE THINGS I WISH MY PARENTS HAD KNOWN

YOUNG PEOPLE'S ADVICE ON TALKING TO YOUR CHILD ABOUT ONLINE SEXUAL HARASSMENT

Summary of top tips

- 1 Start speaking to your children about these issues before you first give them a phone or set up a social media account. This might feel very early, but you can do it in an age-appropriate way. It is better to be proactive than reactive.

Don't wait for the crisis.

- 2 Keep the conversation going. Adapt to your child so you can support them.
- Don't mention it once and think that's enough.**

- 3 Keep it casual, find everyday opportunities to speak about these issues with your child – like when you're walking or driving somewhere.

Don't scare them with 'the big talk'.

- 4 Focus on your child's emotions first and work out what they may have seen online. By listening to your child and understanding if they accessed harmful content, you can help to support them.

Don't punish them before listening and understanding.

- 5 Keep curious about the technology your child is using and stay up to date with platforms, apps and trends.

Don't pretend these issues don't exist

- 6 Set boundaries. Use filtering tools to limit your child's exposure to harmful content. Decide on rules and boundaries with your child, allowing them to input. Explain which monitoring and filtering tools you are using, and why.

Don't leave your child unsupervised online without using monitoring and filter tools. You wouldn't leave them alone in the park or the street, apply the same level of protection online.

Our full guide shares information on each of these topics:

Pornography

"I feel like the best time for parents to have a conversation about porn is a bit earlier for boys than girls. From my experience of male friends, they definitely see porn earlier than my female friends. I mean like early: year 4, year 5, year 6."



"A lot of parents might just blame the child instantly instead of trying to support them."



"A lot of my male friends feel like they can't do certain things as they feel like they will get bullied, or even worse than bullied... they feel like they're in danger if they don't do a certain thing."



"It is still as damaging ... you know it's edited, you still wanna look that way. It is hard to get over the fact you don't look that way. It's hard to navigate through that."



"You see people like those comments and get lots of likes. It makes you think to post more comments like that, you see people like them so you start posting more hateful comments."

All quotes from young people aged 16-21

All quotes from young people aged 16-21