

# Headteacher's Message

Dear Parents and Carers,

This Bumper Greensheet will provide an overview of some of the school activities that have taken place in school during the Autumn Term to enrich the education of our students. This final issue of 2017 comes with our best wishes for an excellent holiday.

Recently our former Year 11 students, along with their families, attended our Presentation Evening to celebrate their success in the GCSE examinations in the summer and collect their awards. It was a pleasure to see them all again. Those students had very good reason to be particularly pleased with their achievements. Our 2017 results, with a progress 8 figure of P74, have placed us easily amongst the top 3-5% of schools nationally for progress.

This week our current Year 11 students received their mock examination results in a formal event in the Hewett Hall. They have worked very hard indeed and whilst many were pleased, there were others who were extremely disappointed. The positive side to this is that we still have five months to work on the preparation for these examinations. With effort and perseverance on all sides, I am confident that there will be smiles all round next August.

We had occasion to come together as a staff last Tuesday for our annual Community Party for local senior citizens. Despite the cold weather, it was a wonderful event and was attended by over eighty local elderly residents and the Mayor for Waltham Forest. A thoroughly good time was had by all and there was even an appearance by Santa Claus! A huge number of school staff were involved in the event, along with many, many students. Thank you all.

We also rounded off the term with our annual Carol Concert at St Mary's Church. This time the orchestra and choir were joined by the school steel pan ensembles, and included a special appearance by alumnae ensemble players. The church was packed with students, former students, staff, governors and alumnae.

Finally, on behalf of all the staff and students of WSFG, I would like to thank you for all your support this year and wish you and your families, near and far, health and happiness for 2018!

**Best Wishes** 

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Meryl Davies Headteacher

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# Christmas Card Competition Winners and Finalists

There is so much artistic talent in the school and the students have many clever ideas, which made it a great pleasure to be one of the judges of this year's Christmas Card competition, alongside Ms Pratt and our Head of Art, Ms Wills.

We first decided on four finalists from each year group and then selected a winner and a runner up for each.

Congratulations to the finalists:

Year 7 Sophia (7W), Bushra (7W), Ellie (7C) and Lily (7C).

**Year 8** Adoja (8G) Molly (8G), Frida (8G) Siwan (8H)

**Year 9** *Marianne* (9H) *Aliyah* (9H) *Meryem* (9H) *Aoife* (9F)



We had over one hundred entries this year, some of which, although spectacular, were received after the deadline or even after the judging had been held. Many of the cards were displayed in the school foyer during the countdown to the Christmas holidays.

A huge thank you to the Art Department for encouraging the students to participate and congratulations to all those who submitted an entry.

Ms Davies Headteacher

# **Christmas Fair in the LRC**

Thank you everyone for supporting this event and here's a poem to celebrate!

#### The day Hurricane Caroline hit the LRC

(a.k.a. the LRC Xmas Fare)

As the hurricane hit the Stow We had to close each window, To save the crafts From wind and rain And prepare the LRC again.





Glitter, paper and tinsel overflowed, The tables looked like they would explode. No one had any space to breathe, Santas, bath bombs and crafts everywhere, The Xmas spirit was definitely there.





Ms Davies went for her purse, And the Maths department came out in force. P.C. Lisa was on patrol, Followed up by Mr Gunzi, Who was seen perusing the origami.

They wandered here, they wandered there, Sometimes stopping just to stare. A crowd of happy students, Who, were there to join in all the fun, As well as get their shopping done.



The LRC was beginning to overflow, The students did not want to go. Nuriya blew her whistle, Ms Famiglietti then followed,

And finally, lunches were quickly swallowed.

When they had all the gifts that they required, And they were feeling rather tired, They wandered back to their form rooms. We cleared up and then sat down, And counted our takings, without a frown.



For, all was full of Xmas glee, When Hurricane Caroline hit the LRC.

Ms Kelly and Mrs Guest LRC

#### WSFG Community Party 2017

The WSFG Community Party 2017 was another huge success. We welcomed 80 elderly guests which was a great turnout, especially considering the cold and icy weather.





Thank you to everyone who contributed to and supported the event – whether you invited a guest, donated gifts and prizes or were able to help us prepare for and take part in the event. This event is truly a community event and couldn't take place without everybody's input.





We had another magical time this year with Santa and his elves, great food, fantastic music and all of the setting up and clearing away that goes on behind the scenes. Our elderly guests really do appreciate and enjoy this event and they look forward to it each year.

I feel so proud of our school community and so proud to be part of something like this. Our visitors were also addressed by our Mayor Cllr Yemi Osho. Thank you,

Ms Philippou Assistant Headteacher





#### GCSE Results 2017



On the first day of term, we celebrated the fantastic GCSE achievements of our Year 11 students with staff and the whole school. These were the first students nationally to sit the tougherand longer- English and Mathematics GCSEs, which were graded by the new extended range of 1-9, with 9 being even

higher than the A\* grade. 30% of entries from all subjects at WSFG were awarded an A\* or A (7-9) grade. Below are the results of some of our highest attainers, but many more made excellent progress overall. Our hard working staff, who managed to guide our students through the curriculum changes this year and ensure that these Year 11s achieved the success they deserved.

As you can see here, large numbers achieved the very highest grades at GCSE level and they have all made us and their families very proud. Below is just a sample of some who have now secured places at excellent sixth form and college provision. Students with the equivalent of 8 or more GCSEs with grade A\*/A in the summer examinations:

	Level 9*	Level 8*	Level 7*	Grade A*/A	Other
Hannah	3			8 A*	Additional Maths (C)
Anastasia	1	2		6 A*	
Noemi		2	1	6 A* / 2 A	
Ebun	1	1	1	6 A*	
Aisha	2	1		5 A*/1 A	
Elysia	2		1	5 A* / 1 A	
Martha		2	1	5 A* / 1 A	
Ellen	2		1	4 A* / 2 A	
Bella	1	1	1	4 A* / 2 A	
Tosin	2		1	3 A* / 3 A	Additional Maths (A)
Malika	1	2		2 A* / 4 A	Business - Distinction*2**
Vidura	2	1		2 A* / 4 A	
Aisha	2		1	2 A* / 4 A	Additional Maths (A)
Farah	1	2		2 A* / 4 A	
Hafsa		3		2 A* / 4 A	
Irsa	1	1	1	2 A* / 3 A	Business - Distinction*2**
Elifrur	1	1	1	1 A* / 5 A	
Omotalani	1	1	1	6 A	



On results day this year, we were joined by the Leader of Waltham Forest Council, Cllr. Clare Coghill and former Mayor (and also ex WSFG student) Cllr. Saima Mahmud. Cllr. Coghill is the first female council leader of Waltham Forest, so she was an excellent role model for the girls as they waited anxiously for their examination results.

Students at WSFG make exceptionally good progress overall, with a large number surpassing their predicted grades. Last year, our progress measure placed us amongst the top 3% of schools nationally. This year, we particularly congratulate students such as *Amina*, *Mahnoor* and *Desy* whose hard work ensured excellent progress and outcomes.

They have all made us proud.

# **PiXL Student Celebration**

Earlier this term Ms Healy accompanied three of last year's Year 11 students and their families to the prestigious PiXL Student Celebration event at Central Hall, Westminster. *Liveta, Amina* and *Mahnoor* all received PiXL prize awards for the significant levels of progress they made while they were students at Walthamstow School for Girls.



The event was attended by successful students from schools across London and special guest for the occasion was the actor James Cosmo who has enjoyed a long and glittering career. Our former students should be very proud of the hard work they put into their studies at WSFG and their achievements in summer. We wish them continued success in their studies at Westminster Kingsway College and Leyton Sixth Form

Ms Davies

# **GCSE Results Day**















### **Presentation Evening**

At the end of this term we welcomed last year's Year 11 GCSE students and their parents back to the school for our annual Presentation Evening. Our former students collected their GCSE certificates and many of them received awards for their academic achievement, effort, progress, community spirit, or had their talents or accomplishments recognised.

My thanks to Eithne Cullen, a former WSFG staff member and recently published author, who was our Guest of Honour and gave an inspirational speech before presenting the certificates and trophies.





Danielle Ferguson chair of the alumnae presented *Zainab* with the Janet Hoad Alumnae prize for most improvement from KS3-KS4.



Ms Davies Headteacher





#### **Gardening Club**



The Gardening Club has been making the most of our bountiful harvest. We harvested sweetcorn fresh from the plot which went directly to the pot and was consumed by us, al fresco style, during lunch.

We also harvested apples from a tree on our school site near the Muga. We added organically grown beetroots, donated by a member of our staff, to make a smoothie.





We then started our clearing and weeding session with some freshly pressed apple and beetroot juice.

It was a wonderful way to experience and enjoy food growing!

Mrs Dominique Key Stage 3 Learning Mentor



# The Dignity Bag Appeal



Earlier this term we asked students, parents and carers to support this appeal, which was brought to our attention by *Abbey* in Year 11. In just over two weeks the response was awesome!

The students totally embraced the cause and we were awash with green WSFG PE bags, full of sanitary and hygiene items, for girls and women who do not have these basic items. We cannot thank you all enough for your enthusiasm, encouragement and support in this.



So we imagine our beautiful green PE bags being in the proud possession of girls of similar age to our students, on the other side of the world! Thank you so much for your kindness.

Ms Famiglietti Student Progress Leader Year 7

The bags and basket loads of additional items were collected from school by the local organisation responsible for bringing this idea to our school. They were then driving all donations down to Brighton, from where they were shipped across the world to refugees from Syria, Iraq and the Middle East.



# **Black History Month Celebrations**





During Black History Month, we remembered and celebrated important people from the past and also people who contribute to and help our society today. This year, we celebrated the 30th anniversary of Black History Month in the UK.

Each department celebrated in various ways: an Art competition, a Language Faculty quiz, an exhibition in the LRC, discussions and debates in PSHE and form time, a celebration of Oware in Maths etc. We had assemblies over three weeks around the themes of standing up against discrimination, celebrating mixed heritage and valuing uniqueness.

Over half term there were visits to a variety of events including the exhibition "A Soul of a Nation" at the Tate.

Ms Desbenoit Diversity Co-ordinator.



# Black History Month – Identity to Me

*Ella* 11G performed an amazing speech in an assembly just before half term to celebrate Black History Month entitled "Identity to Me". I am so proud of her, it is reproduced below:

12% of the world's population are mixed race and I am one of them. Being the daughter of a finally non-segregated society, you would think people wouldn't ask questions, but one of the most common questions I get asked is "What are you?".

People talk to me like I'm some kind of unidentified object, or that dodgy crisp you find in a crisp packet, my reply to that question should go a bit like this: My name is Ella and I am 15 years old; my immediate heritage is Ghanaian, Caribbean, British, my mum is black and my mum is white.

But because of the unfortunate sake of common simplicity I just say I'm mixed race.

Mixed race is a totally inaccurate term used to describe the 12% of the population I belong to. We all come from the same human race; therefore there simply cannot be a mixed raced. Instead I would rather be called mixed heritage, as it is my lineage and culture that is mixed rather than my right to be human.

Another thing I have found is that, people constantly try to apply me to a certain stereotype but I'm always either too black or too white. This just proves that no matter who you are, society is always there to try and place you in a box, with a derogative, insensitive label to go with it.

There are more than 7 billion shades of melanin. So why are there only four colours we can think in Black, white, yellow and red.

Four little words we can't get out of our heads I'm not a light skin, mixed race or half caste,

For they are words that we should leave in the past,

No matter your skin colour, religion, gender, or sexual orientation,

It celebrates the contributions of an ethnic minority group,

Through stories of oppression, triumph, success and hope,

We live in a century of appreciated diversity

Where the colour of our skin is not all we aspired to be

But instead inspires and educates the people around us

Recalling memories from our lifetime and of our past

And I am very proud to say

That looking at all of you here today,

We are beautiful in every way.

# **Challenge Competition**

Thank you to all students who entered the Black History month 'Challenge Competition'. We had some great entries inspired by a range of contemporary black artists including Kara Walker and Jean-Michel Basquiat.



Gwen 7F was the overall winner.

The following students were highly commended for their efforts- *Samira* 7G, *Demy* 7C, *Noura* 7G, *Romayassa* 8W and *Edith* 7F.

Both *Samira* and *Gwen* were highly commended by the headteacher.





Ms Wills Head of Art





# **Music For Youth Primary Prom**



Earlier this term our Year 11 Steel Band had the honour of performing at the Royal Albert Hall for the Music For Youth Primary Prom. They amazed an audience of five thousand people with a variety of pieces from television and film. A highlight was their arrangement of Forcefield from The Crystal Maze.

Our students were a picture of professionalism throughout the day and their collaborative attitude was a testament to their teacher Mr Murphy. They received extremely positive feedback from the organisers of the event and the audience.

Special thanks to Mr Jalil, Ms Careless-Pye and Mr Murphy for making this trip possible.



#### Year 9 visit Canary Wharf



Twenty six Year 9 students took part in a very educational and exciting career insight trip, which occurred in a very well-known bank (HSBC headquarters) in Canary Wharf.

The day was focussed mainly on finance and managing money. We were put into groups and had to gather words that related to the word 'money'.

Later on the employers gave us a main business task to plan on building a road, any place of our choice and to work out how much money was needed in order to build the road. We had to convince a panel of judges why 'our' group had the best idea and this was all shown in our presentation.

Many thanks to Ms Philippou for organising this pleasant trip as I gained a better understanding of how I should manage my money, and I am hoping more trips like this are organised for more year groups in the next academic year.



# Dominica Day 2017



Thank you so much to everyone who supported our Dominica Fundraising event by dressing in the colours of the Dominican flag and raisings funds .

It was such an enjoyable day and it was great to see so many colours walking around the school from bright green lipstick to red shoes. Students wore their Dominica badges with pride. The Dominican themed food by Olive Dining was delicious – and received a special compliment from Mrs Johnson from Goodwill Secondary School, Dominica who came to spend some time with us.



Congratulations to raffle prize winners and thank you to those of you who came to the LRC to participate in the poetry reading and storytelling with Jane Grell.



Jane was brilliant and created a fantastic atmosphere with her heartfelt and personal stories. I really hope we get to work more with Jane in the future. A special thank you to the very proactive Year 9 students who organised and ran the assemblies and events on the day. And thank you also to all of the charity reps who stepped up and chipped in!

We have now raised over £700 for Dominica. I have been in touch with the Headteacher (Mr Charles) of our partner school, Goodwill Secondary school and we are able to send the funds to them directly. He would really like to spend the money from us updating their technology once the school is up and running

which will also help us to run more joint projects with them. I will keep you updated on the progress. And will let you know of any future events.

Congratulations WSFG!

Ms Philippou Assistant Headteacher



# Enterprise Challenge Day Winners' Trip to The Shard



The winning team of an enterprise challenge day with students from Willowfield School visited the Shard. It was an amazing trip, the students were a credit to both schools and it was a pleasure to accompany them. Here is what they had to say:

The Shard was amazing! The view and lighting were also great! It would be good to organise more trips with other schools to build our social skills.

Ann 10G

The view was breath-taking and a fantastic experience for a school student. It expanded our mind to the world around us and developed our GREEN skills. Karthika 10W

The view was beautiful! It was great to organise a cross- school trip too.

Jessie 10S

The trip was really good as it was nice to go with another school and meet new people. The view was amazing and I would definitely recommend it! Thank you very much!

Laila 10S

Ms Desbenoit. Year 10 SPL / Diversity Co-ordinator.



# "My Money, My Future" Workshop - MyBnk Money Twist



The whole of Year 8 took part in workshops to boost their understanding of how to manage their finances in the future and how banks work.

We continue to work closely with the financial education charity MyBnk who support students in all year groups with workshops and projects to improve their financial awareness which will give them greater understanding and vital skills to carry them through later life.

MyBnk is a company that teaches people (from age 11-25) how to manage their money and how to make their own money.

MyBnk came to our school for two lessons. We learnt about "how to become a millionaire", how to keep your money safe, how to manage your money and banks.

We had to make our own bank, which was fun. We had to create special features, special offers, our own way of unlocking/accessing our accounts, our bank name, slogan, logo and we had to decide what our banked money was spent on. Then we had to present our work.

The activities were amusing and fun!

Tabassum 8H

The students really enjoyed the sessions and learnt a lot.

# Ms Philippou Assistant Headteacher



# Jack Petchey's Court" SPEAK OUT" Challenge!

Thirty lucky Year 10 students were selected to attend the Jack Petchey "Speak Out Challenge" Workshop. The training was great fun and very interactive. The workshop included speaking games and challenges. Students had the chance to speak several times and learn to think on their feet. They found out how to prepare a speech; they delivered a short speech based on a personal experience such as a holiday, an achievement or a memorable event; and a longer speech about a subject of their choice. They learnt how to speak in front of a group with more skill, confidence and enjoyment and gained skills that will last a lifetime. Here are some of their reviews of the training:

"I really enjoyed the training session. It developed my skills and boosted my confidence." Aleena

"It was super fun and we learnt so much from the trainer. I learnt about other people and gained confidence" Fatma

"It was amazing, it really helped me to get what I want to say on to paper and then from paper to my peers" Eli

"It throws you in at the deep end but it helps you to find your feet quicker"

Emily

They did brilliantly and it was really hard to choose finalists. Well done to all participants!

The five semi-finalists were: *Rachel* 10C, *Kate* 10G, *Sophie-May* 10G, *Eve* 10H and *Firdaous* 10F. All speeches were excellent and interesting. Kate was chosen as reserve with her funny speech on "Imagination and Cardboard" The finalist was Firdaous with her wonderful speech "Hollywood is Racist".

The Speak Out challenge was held at Lammas school and although *Firdaous* didn't win on the night she was wonderful. Her speech on stereotypes in Hollywood was thought-provoking and funny. It is a great achievement for her as she was one of 16 finalists chosen out of 536 students trained for the Speak Out challenge in Waltham Forest! BRAVO! Congratulations to Abdelraouf from Leytonstone school for winning the first place, and to all the other participants for being very worthy competitors. You can watch his speech on YouTube. Check out the Speakout Challenge website for more pictures and videos of the night.

Ms Desbenoit Student Progress Leader Year 10 Diversity Co-ordinator Here is Firdaous's speach:

"Hollywood is Racist" by Firdaous 10F

Almost every single one of our favourite films, TV shows, practically anything that appears on our TV screens share one exact common problem. They are all racist.



Now before you all start accusing me of being racist and making sweeping declarations and generalisations, I mean, really, how can nearly every film be racist? Aren't I treading on slightly controversial territory? No. No I'm not. Let me tell you why. How many of us in here are currently binge watching a Netflix series or generally have a favourite TV show or film? Now honestly keep your hand up if the majority of that cast is white. Take a look around the room and really think to yourself, am I still treading on slightly controversial territory? You see it's become so normalised to just see a bunch of white men on our screens that we don't even question it anymore. We just think it's the norm. But it's not.

Now really think about some of our favourite sit-coms and films that are classics, "How I Met Your Mother" and "Friends". Great shows, hilarious. Until you realise that there isn't a single person of colour in the main cast...

Now I'm not saying that there aren't any roles for people of colour in Hollywood because believe me there are. It's just that Hollywood likes to do this thing where it will grab Jake Gyllenhaal and slap on a bit of sun kissed bronzer in the shade of "this isn't your colour" and then call him the Prince of Persia. Yes, "The Prince of Persia" was an actual film starring Jake Gyllenhal as the Prince of Persia. Now I'm not going to lie to you, I haven't met many Persian people in my life, but I can guarantee you that none of them are called Jake! I mean they'll either do that or they will cast people of colour in their films, but they'll cast the Latino to be the drug dealer, the black guy to be the thug and the Muslim girl as the shy girl turned terrorist. It seems as if the only reason we exist is to cater to Hollywood's racial stereotypes of us.

Now I know what you all may be thinking. What's the point of me standing here and delivering a 3 minute long speech about how un-Persian Jake Gyllenhaal is? Well the point is that representation in the media matters so much more than we all think it does. We hear so much about these hate crimes aimed mainly at people of colour, with police brutality and these acid attacks. But honestly what do we expect when practically the only way we're getting represented in the media is as that thug and that drug dealer and that terrorist.

Hi, hello I'm a Muslim girl and I am not a terrorist. Hollywood knows that. People like you and me, it sees us. The problem is it just doesn't show us."



# Visit to the Creative Quarter at the Victoria & Albert Museum



A group of Year 9 students had a very informative and enjoyable day at the Creative Quarter event at the Victoria and Albert Museum. They participated in a Theatre Design Workshop and attended lectures from two senior designers at Jaguar.

They also had a Q&A session with the inspirational architect, Peter Ayres, Director at Beep Studio. The students participated in lots of drop in activities: finding out what is involved in being a makeup artist for stage and television, what does

creativity mean to you? watching a fashion show and talking to many graduates involved in creative sectors.

What I liked most about the day was the

This is what the students had to say about the day:





architect's talk, he explained how you can take lots of different skills into architecture and this helped me to improve my growth mindset.

Erin 9W



An eye opening experience to broaden your horizons for the future.

Eva 9C

The visit to the Creative Quarter was motivating and inspiring.

Naimah 9F

A fantastic experience, I was glad I took part in it. There were really inspiring talks and a variety of creative activities, overall a great day.

Leila 9W

This trip really broadened my mind and inspired me to take more opportunities available in the future.



Judah 9G

Ms Healy STEM Coordinator

# Kate Osamor MP visits WSFG

Below is a student's account of an MP's recent visit;

Last week, Year 7 and 8 students were invited to attend a conference with local Labour MP for Edmonton, Kate Osamor. The conference took place in the Walthamstow School for Girls' library, and its duration was around an hour long.

Once the students were seated, Kate introduced herself. She mainly talked about being part of a community and helping one another. Afterwards, she gave priority to the Year 7's questions and then the Year 8s had their 'fair share'. The questions varied from political to personal and Kate answered them all to the best of her abilities. The conversations went back and forth in an informal manner, with her answers giving us an insight on local politics and how the community is involved.

It has been a delight to have met her, and I'm sure that she is an inspiration to all girls at WSFG. We would love to meet her again, as well as meeting other local MPs, who inform and inspire us.



#### Amanta 8S

# Visit to the McLaren Technology Centre

We were treated to a VIP experience at the McLaren Technology Centre in Woking. It was a busy and exciting day where students worked in groups, with students from two other schools, on STEM based activities. They learnt about the McLaren Brand and its impressive place in motorsport history. We had a tour of all the amazing F1 cars including the race wining cars of Prost, Hunt, Senna, Hamilton and Button to name a few. It was a privilege to be able to get up so close to beautiful examples of engineered high performance cars and other products. We saw new products being developed and students worked planning and implementing their own production line. The girls from WSFG always make me proud, especially when *Esther, Anna, Sarah* and *Maddy's* team were chosen as the winners for their group challenge and presentation by the judges. *Anna* was selected as the person who made the biggest contribution by her team mates and she was awarded an extra special prize of a Supercar poster singed by the designer.

The students participated in a fascinating Q&A careers session by staff. The girls were inspired by the passion of the staff, the amount of varied job roles within McLaren and especially how girls are encouraged to apply for engineering apprenticeships.

Thanks to all at McLaren for making us feel so welcome and the students for making it a great day.

# Ms Healy STEM coordinator



It was great to learn about the history of McLaren and meet the employees. We liked listening to how they got to where they are today via different routes. Shizza and Esme 11S

I really enjoyed the experience, I was able to build my communication skills because I got to talk to new people. I am now more aware of the STEM subjects and how they are relevant in the workplace. I found the trip really enjoyable.

Amina 10W



This STEM trip was very enjoyable, and has made me more interested in Maths and Physics. I got to meet lots of new people and talk to employees about their jobs.

Zara 10W

It really opened my eyes to the range of opportunities available within STEM. I enjoyed the Q&A session and finding out about jobs within McLaren.

Kate 10G

I really enjoyed the day at McLaren. It was very interesting because we got the opportunity to see some very exclusive and cool things, such as lots of the F1 cars. Overall is was a great experience, I know I would not normally get the chance to see all this as a member of the public.

Maddy 10G

It was a very interactive experience that helped me build my confidence working with other students that I did not know. We talked to lots of McLaren staff and found out how they got their dream jobs by studying STEM subjects such as engineering. Hafsah 11H



# University of Oxford Year 7 Workshop

Earlier this term, the Year 7 Challenge Ambassadors participated in a workshop with Dan Pugh-Bevan the School Outreach Coordinator from St Peter's College the University of Oxford.

Here is some feedback from the girls:

Dan helped us to explore and think like detectives. He asked us some very interesting questions and gave us a booklet full of evidence to help us to work out what we needed to know. Dan really helped us to use our mind in a new way. It was a very interesting experience.

Gwen 7F

Meeting an ex-student from Oxford was really exciting and interesting as we learnt a lot about the process of applying and then actually what it is like to be there. I enjoyed feeding back to my form what I learnt and was able to answer questions about the experience.

Flora 7F

The session with Dan was very useful and interesting. I know a lot more about how to apply to the University of Oxford. There should be lots more sessions like this so that more people can benefit and understand.

Vanessa 7H

The exercise developed our thought processes. It was very good because it helped us to work out things based on evidence. I found it really useful.

Alba 7H

I enjoyed the session with Dan very much. He taught us about life at Oxford and gave us a booklet full of evidence. We had to work things out and it was very interesting.

Simrah 7H

The meeting with Dan was fun and interesting as we had to decipher using our analytical skills. It was also good to hear about Oxford.

Naima 7H

The reason I wanted to be a Challenge Ambassador is because I like informing people about events. I was very pleased to meet Dan and to discuss interesting evidence with him.

Demmy 7C

It was a very interesting session with Dan. We solved problems by looking at population graphs and made conclusions from what we found out.

Zahra 7S

*I decided to apply for the role of Challenge Ambassador after an assembly where it was explained what the role would involve.* 

We were told there would be meetings and that we would get to work with top universities such as Cambridge and Oxford. I decided that this would be a great opportunity for me since I would like to study Biology at Cambridge in the future. So far, I am turning out to be correct in how I thought the role would be and I think I made a great decision.

Julia 7W

I applied to be a Challenge Ambassador to help promote trips. Dan helped us to use evidence to find out other things and that we didn't know. We learnt key skills that we need to develop for our future applications.

Edith 7F

I was very pleased to attend the session with Dan. He gave us all a booklet and it asked us lots of questions. We had to work things out from pictures and graphs. It was all very useful and interesting.

*Aliza* 7F

Future activities for Year 7 include a trip to the Royal Veterinary College in January and a trip to Goldsmiths College in March. Thank you to Challenge Ambassador Vanessa, for facilitating the trip to Goldsmiths.

Ms Robinson



# **Origami for Mindfulness Club**

A group of around twenty Year 7 students have been regularly attending the Origami for Mindfulness Club this term.

They have learnt and practised how to make many mathematical shapes as well as flowers and animals.

This culminated in several members of the club making some very impressive and professional models to sell at the recent Craft Fair.

Here is a reminder of just a few of the many benefits of doing Origami:

- Releases stress while folding, we can forget any stress we may feel in our daily lives as we become enthralled in the activity
- Relaxation effect Folding relieves tension in the body
- Activates the brain Due to the many nerve endings in our fingers which are connected to the brain, blood flow to the brain is increased, which aids concentration.





- Improves handwriting if you would like to improve the neatness of your writing, regular folding will help.
- Enhances creativity and joy Making beautiful creations out of paper gives a sense of accomplishment and satisfaction.
- Make new friends meet other students who share your passion
- Make money for charity by selling your creations
- Develop your patience, empathy and communication skills – by teaching others and spreading the word

If anyone else would like to join, let me know. In the New Year, as the hours of daylight become longer, we will revert to meeting after school. Dates and times TBA.



Ms Robinson

# ALTHANSTON SCHOOL FOR GIRLS ALUMAE FUNDRAISING QUIZ NIGHT

Thursday 3rd May 2018 7.00 p.m.

# Tickets £5.00 per person

Adults only - open to staff, parents, alumnae and friends over 18 Bring YOUR own food and drink Tables of up to ten

#### **Booking essential**

To book a place please contact

Lesley Winter on:

020 8509 9410

Or email

lwinter@wsfg.waltham.sch.uk

School Calendar for 2017-18						
Spring Term 2018 Start: Thursday 4th January	End: Thursday 29th March					
Thursday 25th January	Year 11 Parents/Carers Subject Evening 4.30-7.30pm					
Half Term Monday 12th February - Friday	16th February					
Thursday 22nd February Thursday 15th March	Year 9 Parents/Carers subject Evening 4.30–7.30pm Year 8 Parents/Carers Subject Evening 4.30–7.30pm					
Good Friday Bank Holiday 30th Easter Monday Bank Holiday 2						
Thursday 26th April	Year 7 Parents/Carers Subject Evening 4.30 –7.30pm					
Summer Term Start: Monday 16th April	End: Friday 20th July					
May Bank Holiday Monday 7th	Мау					
Monday 14th May - Friday 22nd June	Year 11 GCSE Examinations					
Half Term Monday 28th May - Friday 1st J	lune					