

3RD DECEMBER 2021

# NEWSLETTER

Harrow High School

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HARROW  
HIGH SCHOOL



# MR HALLAM

## YEAR 7 NEWS

We were delighted to send Year 7 learners on their first aspirational trip last week, to Middlesex university, to gain an understanding of what life would be like in further education. It was a fantastic experience for learners, who got a chance to build their own university, learn about what career paths you could follow and even complete a campus quest. We were very proud of how the Year 7s handled themselves, and they were a credit to the school. We can't wait to take them to the pantomime in December.

In other news, Year 7 completed their first assessment window last week and we look forward to sharing results with you in the coming weeks. Once again, learners behaved impeccably and set a high standard for how they should behave in future exams.

With four weeks left until Christmas break, we implore you to keep working hard, set high standards and continue enjoying life at Harrow High School.

**'Once again, learners behaved impeccably and set a high standard for how they should behave in future exams.'**



# MR INGRAM

## YEAR 9 NEWS

Firstly I would like to welcome Miss Tucker to Harrow High and the Year 9 Pastoral team. Miss Tucker has written a few words.

'Hello Year 9, Thank you for welcoming me to the school.

I am looking forward to being the Assistant Head of Year 9 where I aim to support all students to meet their best potential. Before this role, I was working as a Youth Worker with vulnerable young people involved in violence and would mentor and support them in different ways so they were safe and happy. Before Youth Work I had been in different schools for 5 years as a Behaviour Mentor and Pastoral Support so I am very much looking forward to being back in a school and seeing Year 9 have a successful year.

Miss Tucker'



After three tough rounds the Year 9 Badminton team finished second in the Plate tournament. They only narrowly lost to a very strong John Lyon team boasting the national champion as their first seed, who Shravan Patel did very well against. The team included Shravan, Mohammed Hussain, Mourya Nagdeve, Sayed Sameer Sadat & Jatin Tolani.

### DATES FOR THE DIARY

Year 9 Aspiration trip to the Natural History Ice skating rink on 7th December.

Mr Ingram's History club will be back up and running from next week.



# MR GONCALVES

## YEAR 10 NEWS



We had some girls making it to the KS4 Girls Football Team, who competed for the first time in a Borough Tournament held at Nower Hill High School. Teodora, Yosra, Tiya, Krishma and Weronika G did extremely well and helped the team achieve second place, only narrowly losing in the penalty shootout.

We are also very proud of our Y10 boys football team for winning last week's fixture against Whitmore 5-2. An exceptional performance from the team showing excellent teamwork and sportsmanship. Massive well done to Romeu (2 goals), Hysni (1), Matthew (1) for being our goal scorers! Special mention to Daniel O'Shaughnessy for stepping up and having an excellent debut in goal.

The tutoring programme is well underway and the feedback received from both learners and tutors has been fantastic. Learners have been extremely engaged and tutors have recognised learners commitment and hard work.

They mentioned learners have been going above and beyond in completing their tasks! We are looking forward to seeing the impact of these sessions in their academic progress.

The GCSE Drama group attended the theatre, as part of their GCSE Curriculum. Learners watched "The Woman in Black" and showed fantastic behaviour throughout the trip. They embodied the spirit of Harrow High, which was so visible that a member of the public made a concerted effort to tell our staff members how well learners conducted themselves. Extremely proud of them!

The Year Team received a number of emails praising learners for their work in lessons! It's amazing to hear that learners are engaged in their learning and are taking the first year of GCSEs seriously.





## MS BARRETT YEAR 11 NEWS

As we are approaching the end of term we have a very busy schedule.

College and Sixth Form Taster Days ran on Thursday 25th November - An excellent Sixth Form and Stanmore College day had by all last week!

A massive 'Thank You' to Mrs Motiwala

& Mr Patel for making this day happen. Also a massive 'Thank You' to all staff that supported in the organisation for this.

PPE week started Monday 29th November - Well done for your hard work you did yourselves proud.

## MR PATEL SIXTH FORM NEWS



Firstly, well done to both year groups for their excellent efforts and conduct throughout the last week of PPE exams. Parents will receive the outcomes on the PPE series by the end of this term.

Last week Year 12s visited the John Lyon Universities and Careers Fair. This event gave them the opportunity to speak to a variety of Universities and careers professionals, where they could explore the options available to them after Sixth Form. We really enjoyed watching them all interact with the exhibitors. A special thank you to John Lyon for hosting a great event.







"We really enjoyed watching them all interact with the exhibitors"



# UCAS APPLICATION CYCLE – 2021–2022

## ADMISSIONS INTERVIEWS UPDATE

We are delighted to announce that in addition to their pre-assessment examinations, Amaan, Jake and Pranvera have all been shortlisted and asked to interview at The University of Cambridge in the coming weeks.

Anun Waseem has also been invited to attend an interview at Brunel Medical School.

Jake Edwards (English) will attend two virtual interviews at Homerton College. Both are academic in nature and require close examination of two unseen extracts.

Amaan Hamza (Computer Science) will also attend two interviews at Homerton College. His knowledge of mathematics will be assessed by subject specialists.

Pranvera Merkaj (Chemical Engineering) will attend two virtual interviews at Magdalene College. In addition, she is required to sit the Magdalene College Neuroscience test.

Anum Waseem (Medicine) has also been invited to attend an interview at Brunel Medical School. She will participate in the Virtual Multiple Mini Interview format – designed so that candidates engage in a number of short interviews, using a range of different interviewers positioned at 6 stations.

We wish them all the very best of luck and will update you on their progress in due course.

## YEAR 12 NCS PROGRAMME

Harrow High School have partnered up with the National Citizen Service (NCS) to give our Year 12 students an exciting and exclusive opportunity to take part in the NCS programme for free. Over the past two weeks, NCS have been running 6 days' worth of outdoor activities and workshops, all specially designed to help boost our young people's confidence, take them out of their comfort zone and give them skills to support their personal and professional development. Activities included Go Ape, Bushcraft skills and Climbing the O2!

It was great to see so many of our learners challenge themselves to face their fears and develop key skills. A special well done to all of you for your work on your social action projects. It was lovely to see you develop your public speaking skills and speak with passion about important issues. We'd like to thank NCS for the opportunity to participate in these great activities.



# SIXTH FORM TASTER DAY

We were so happy to welcome 90 Year 11 learners to the Sixth Form last week for our annual Sixth Form Taster Day. As part of the day, learners experienced what a day in the life of a Sixth Former would be like, including form time, break time, wearing their own clothes, and even having a free lesson in our recently refurbished common room. Many learners reported that the highlight of the day was the subject taster sessions, where they experienced sixth form lessons. Many learners saw the benefits of learning in smaller classes, where the learning was tailored to them, by expert teachers.

We are hoping to introduce A-Level PE to the Sixth Form curriculum next year, and feedback from learners was very positive, so watch this space! We are really pleased that over 80% of those who participated said they will be placing Harrow High Sixth Form as their first choice sixth form, when applying in January 2022. Good Luck to all of our Year 11 learners, and I hope to welcoming many of you permanently into the Sixth Form in September 2022.









# SCHOOL NEWS

## THE LONDON EYE TRIP

Merlin Entertainment invited one school from each of the 32 boroughs in London to take flight with us in an exclusive and historic moment for London's skyline – and Harrow High School was chosen!

The overall aim of the project is for learners to be **INSPIRED** by the place in which they live, to celebrate the borough of Harrow and to think about its unique personality.

As part of this incredible experience 9 UCL :

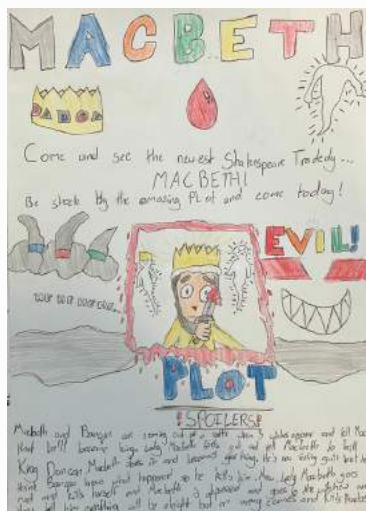
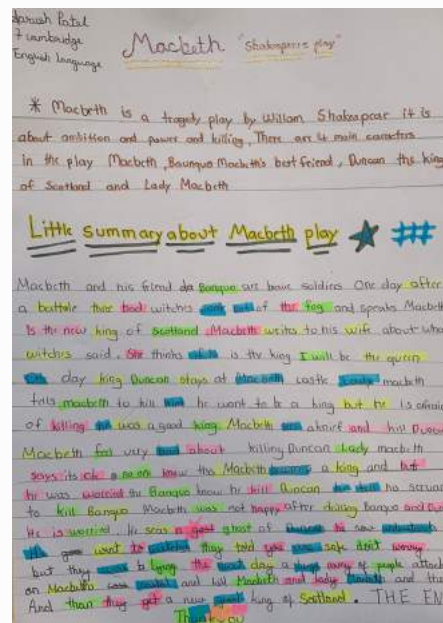
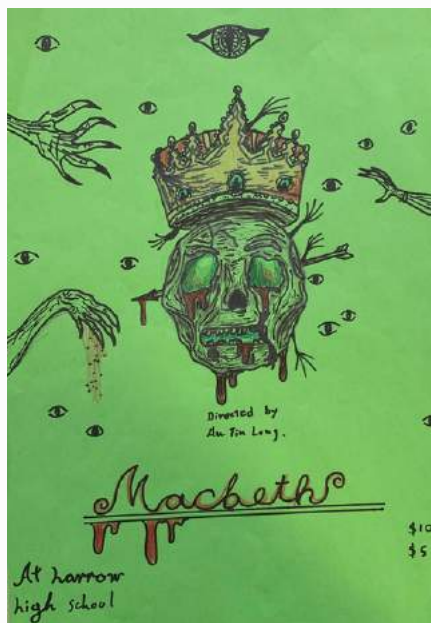
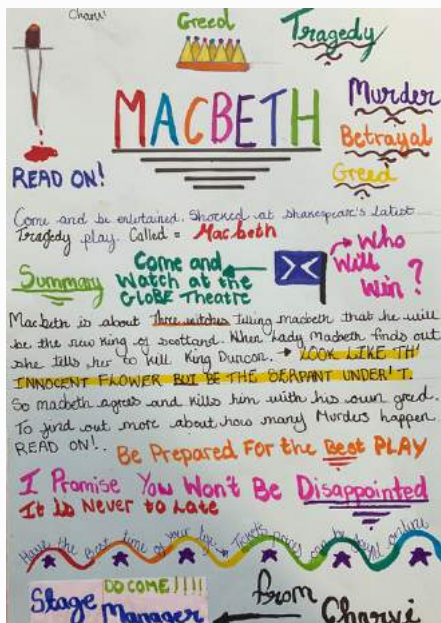
- Have taken a flight: participated in a 30-minute flight over the skyline to celebrate the London Eye's 20th anniversary.
- Will create an inspired identity: create a **SINGULAR TYPOGRAPHY DESIGN** that showcases how students are inspired by their local borough.
- Be a part of history: their work will be designed and printed on the side of one of the London Eye's 32 pods for the rest of the birthday year.
- Share their inspiration with others: their work will be shared in a UK social campaign.





# SHAKESPEARE POSTER COMPETITION WINNERS

This term Year 7s have been learning about Shakespeare and some of his most famous plays. A big congratulations to students in 7 Oxford and 7 Cambridge for producing some wonderful posters for homework! These are some of the selected winners of the poster competition, so a massive well done! Over the next couple of weeks we will be studying Shakespearean Sonnets, as an introduction to poetry.





# **GCSE COMMUNITY LANGUAGES AT HARROW HIGH SCHOOL**

Harrow High continues to celebrate the multiculturalism of our school and of the local, national and international community of which the school is a part. We are enriched by the diversity of the many languages that our Community speaks. To this end, we provide an added opportunity for our Learners to sit a GCSE in their community language if available. In addition to the taught languages of Spanish and Italian, Learners are able to be entered for a GCSE in German, Greek, Japanese, Arabic, French, Russian, Mandarin, Urdu, Biblical Hebrew, Persian, Turkish, Portuguese, Gujarati, Bengali, Polish and Sinhala.

This is dependent on the availability of the examination and suitable examiners. This opportunity is available to current Years 10 and 11. Please note that there is no GCSE examination for Romanian or Dutch. All Learners will be able to express an interest in being entered for a GCSE exam in their community language. Please note that it is important that Learners are able to read and write fluently as well as to speak fluently. They may be asked to submit evidence to this end. They will have access to a google form in Google classroom to submit interest.

This form will become available from Monday 29th November 2021. It will remain open until Friday 7th January 2022. Any requests after this date will be treated on an individual basis.

For more information please contact Mrs Bansal CTL MFL  
[kbansal.310@HarrowHigh.com](mailto:kbansal.310@HarrowHigh.com)

## **MATHS SUPPORT – EEDI WINTER LEAGUE**

Eedi has offered all families free access to Eedi Winter League, a 100% free maths learning league designed to motivate children to build maths confidence. With the Eedi tutoring platform, students will get unlimited access to practice questions, review videos and the chance of winning prizes for their commitment and consistency. You'll also get weekly reports from Eedi on how they're doing. Eedi is designed to feel more like a fun game rather than extra work. Your child will earn Streak points by setting a Routine and sticking to their weekly learning.

Eedi will hold weekly competitions and prize draws to boost motivation and engagement, giving away real prizes (from iPads to Amazon vouchers) for students and schools as they build their streak scores.

If you have questions on the invitation, please contact Eedi directly on [family@eedi.com](mailto:family@eedi.com).

# ALL ABOUT APPRENTICESHIPS

Completing an apprenticeship is a fantastic opportunity for people of all ages to start and develop a career in a range of industries. Apprentices complete a job but also get provided with classroom-based training, so they can earn a wage whilst they learn and become fully trained in their chosen occupation by the end of the apprenticeship. They allow you to improve your skills and progress in your career, by completing a variety of qualifications, as outlined in the infographic attached below.

Apprenticeships offer a chance to work towards qualifications through an employer whilst earning. For example, you might work in an entry-level job for four days of the week, and study at an FE college or designated training centre on the fifth day. The careers support programme At Harrow High focuses on encouraging each learner to consider a wide range of career pathways and provides the support to make their goals a reality.

Our learners focus on apprenticeships in:

Year 10 – 1/2 term of activities during tutor time (October '21– December '21)

Year 11 – A session during careers day delivered by Apprenticeships UK (28th Jan '22)

Sixth Form – 1 Personal Development sessions

Whole School – Meet Apprentices at our Careers Fair and as part of National Careers Week (7th – 12th March '22)

For more information and guidance go to:

<https://www.apprenticeships.gov.uk>

<https://successatschool.org/advisedetails/1204/a-parents-guide-to-apprenticeships>

<https://apprenticeshipguide.co.uk/>

<https://www.unifrog.org/>



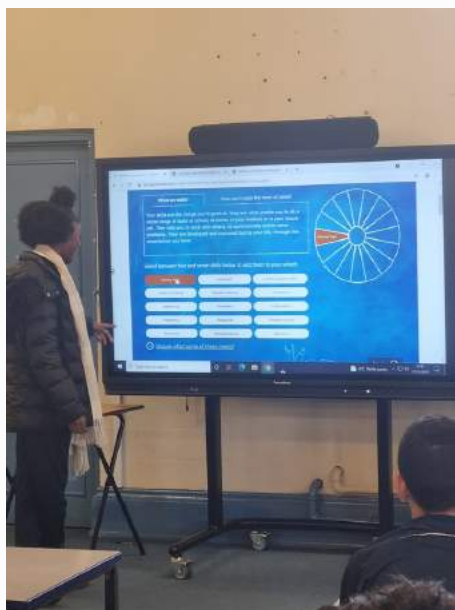
# BARCLAYS LIFE SKILLS WORKSHOP

This week Year 8 took part in the first of their four face to face Barclays life skills workshop.

These sessions are designed to help young people learn how their aspirations, skills, personality traits and interests can lead them to making rewarding career choices. It may also inspire discovery and investigation of jobs they have not previously considered.

The activities in this session involved a combination of personal reflection and working as a group to identify their strengths while relating these to aspirations. This included highlighting the difference between realistic and more ambitious goals.

Learners identified what their interests, strengths and personality traits were before considering what they needed to improve.



## ALTERNATIVE GCSE MATHS TRIP

Our Year 11 students taking the alternative GCSE Maths option have been working on improving their skills in budget management. As part of their coursework they explored the prices of household items at the local supermarket. They analysed offers and made judgements on how they can spend their money effectively.

"I liked exploring the supermarket with my class. We looked at food and other products and we found which options are best for us. It makes me more aware of how easily money can be spent. We looked carefully at prices and we compared them. We thought about how long a product will last and if they would go off before we finish them. In the end we learned that we have to think carefully about spending our money."



# PARTNERSHIP GROUP GRADUATES

Congratulations to Partnership Group Graduates!

Whilst all learners in the Partnership Group (Y7/8 Bristol) continue to work very hard on developing their receptive and productive English skills and learning key aspects of Science, Drama, PE, Spanish, IT, Maths and Life in the UK, we have had three learners who did extremely well in their Autumn 1 tests across all subjects. They are: Michelle Y8, Ouiam Y8 and Huseyin Y8. In addition to their excellent learning and progress, they demonstrated outstanding attitude to work, teachers and their peers. We are very happy for their success and wish them good luck!



# YEAR 11 DRAMA TRIP

The year 11 Drama learners ventured out to the fabulous 'Troubadour Wembley Park' Theatre on Thursday 25th November to see the innovative National Theatre adaptation of 'The Curious Incident of the Dog in the Night Time'.

The slick, technically ambitious, production which uses a 'box' stage capable of interaction with the Neurologically diverse character of Christopher Boone' was matched by the 10-strong ensemble's incredible physical theatre skills.

High points were seeing Christopher space walking through the galaxy and the superbly timed, and sensorially overwhelming, sequence as he travelled into, and across London with his pet rat to find his 'dead' mother. The gasps and 'awwws' of delight when Christopher was presented with a puppy were equally charming.

Learners were visibly both impressed and spellbound by the piece throughout and were a credit to Harrow High School.



# YEAR 8 ART

This week Year 8 have been painting 'Cabeza', by Jean Michel-Basquiat.

Jean-Michel Basquiat was a pop icon, cultural figure, graffiti artist, musician, and neo-expressionist painter.



# SAFEGUARDING

## ANTI BULLYING WEEK

– MR HALLAM

Anti-Bullying Week took place nationally between the 15th-19th November this year, with a strong message of 'One Kind Word'. This phrase falls perfectly in line with what we already are attempting to do here, at Harrow High School, promoting kindness within excellent communication. Learners all actively participated in the week, being part of assemblies, looking at VFS and the impact of bullying and even explored bullying within the curriculum.

We are incredibly lucky to have such a lovely cohort of learners at Harrow High School, who look out for one another, but we want to hear from you. Please talk to your form tutor or head of year if you have any suggestions of how we can do better.

Also, please remember that we are a telling school, and want you to communicate with us. Whether that be to a teacher/parent in person, on our online reporting system 'See it. Report it. Stop it' (<https://www.harrowhigh.com/form/?pid=214&form=16>) or confiding in a friend. Remember, we are all Anti-Bullying Ambassadors at Harrow High School. Please know that any issue, big or small, will be dealt with.

## ANXIETY – MENTAL HEALTH GUIDE

– MRS BULGARIU

“For me, anxiety feels as if everyone in the world is waiting for me to trip up, so that they can laugh at me. It makes me feel nervous and unsure whether the next step I take is the best way forward.”

### What is anxiety?

Anxiety is a normal reaction to a challenging, unfamiliar or stressful situation. It is the thought that you can no longer cope with a situation or the continuous worry that something bad will happen. Everyone experiences anxiety and it is very common among young people. This is a normal part of growing up because adolescence is a time when emotional, physical and social changes take place all at once.

Some level of anxiety is beneficial and normal and, for most teenagers, it does not last. However, anxiety can become a problem when a person feels



overwhelmed or stuck and when it prevents them from their day-to-day routine. It is the kind of worrying that is going on over a long period of time.

### What contributes to a young person feeling anxious?

A young person may feel anxious for various reasons, depending on the individual. Experiencing lots of change in a short period of time (moving house or school), struggling at school, feeling overwhelmed by work, peer groups or exams, bullying or feeling unsafe, experiencing family stress around finances or housing can have a great impact on a young person's mental health.

### Signs to look for in your child

Generally, a person who is suffering from anxiety will worry excessively about different aspects of life, such as health, safety, relationships, family or school. This may go on every day, sometimes a whole day.

More specifically, signs to look out for are:

- feeling on edge
- being easily fatigued
- has difficulty concentrating
- irritability
- sleep disturbances (difficulty falling or staying asleep, or restless, not feeling rested)
- repeated stomach pain or digestive problems for no obvious reasons
- headaches
- sleep issues
- trembling or shaking
- shortness of breath or breathing difficulty

### Helping your child face anxiety

**Acknowledge your child's fear.** It is important for your child to feel taken seriously, so ignoring or dismissing it is not the best solution.

**Encourage your child** gently to face the things they are anxious about, but do not force them to face those situations.

**Help them to set small goals** for themselves and help them towards achieving them.

**Remind them** that you believe in them and that you will always be there to support them

Share your experiences to help them see that anxiety is a normal part of life and that it can be overcome.

Try to be a good role model by managing your own stress and dealing with your own anxiety.

If you are still worried, talk to a trusted member of school staff or GP who can point you towards sources of help.

A young person's mental health is more likely to be maintained and improved by a strong parent-teenager relationship. Your support can have a direct and positive impact on their mental wellbeing.

