



## MATILDA THE MUSICAL

**O**n the 14th December, our stage was set alight by the amazing cast of Matilda Junior, and what a show it was!

The students had been working on the show since September, attending rehearsals sometimes 4 times a week, to ensure the performance was of a very high standard. The backstage crew really helped out by ensuring all the sets and props were ready and they knew when they were needed. Ms Horton is especially grateful to those Year 9 & 10 students who took the lead on that with Ms Okasili's help.

We hope the sell-out audience enjoyed the show we and are looking forward to the next one! Thank you to all staff who supported in the run up and on the night itself.



## STEM CHALLENGE

**S**ixth Form students, Nizar and Mohammad tell us about their award winning project:

*"The Maker Challenge, run by Imperial College, empowers local young people to solve real-world problems through design and engineering."*

*Our project involved making a device that can help those who are visually impaired to learn braille. This project won us first place. Taking part in the Maker Challenge has been a fantastic learning opportunity for us. This experience has not only broadened our technical knowledge, but also enabled us to think*



*creatively and work as a team. We are excited to carry these skills forward and apply them to future endeavours."*

## XMAS CARDS

**H**ere is our beautiful school Christmas card designed by Thivani in Year 10, and also some of the other lovely entries.



### The Economist

London, the invincible city  
US media and the 2024 election  
Russia's overheating war economy  
The seismology of 70,000 Swifties  
DECEMBER 16TH - 22ND 2023

► phenomenon, go west.

Known as "Little India", the western suburb of Southall is studded with Punjabi and Afghan restaurants, mosques and Sikh temples. Nathan Walters, head of the local Featherstone High School, says 85% of its pupils use another language at home. Almost a third receive free school meals (a standard measure of poverty). Whether or not they speak English themselves, parents are "unfailingly positive" about education; results far outstrip the national average. Proximity to opportunity is a motivation, says Mr Walters. Pupils "can almost see it from their bedroom windows".

**A** mention for Featherstone in The Economist - a school "...where parents are 'unfailingly positive' about education; results far outstrip the national average."

# HEADTEACHER'S MESSAGE

NEW YEAR 2024

**T**It has been a pleasure to welcome the children back to school and I hope you and your families all had a restful and enjoyable break. As we begin a New Year, it is the time for the annual tradition of New Year resolutions. Of course, New Year resolutions are notoriously difficult to sustain but as I have been saying to the students this week in assembly, it is possible to begin again every day.

In fact, when we explore the idea of new years we realise that there are many of them not just the one associated with the start of a calendar year. There are new years associated with all the



major religions, most of which are represented at Featherstone; it is also possible to consider a new year every time a birthday or anniversary comes around; there is also the new school year which starts in September not January and finally, and more for the adults, there is the annual new tax year.

So, the concept of a new year comes around quite frequently, and we can resolve each time to start afresh and make our resolutions. However, we live more closely in days rather than years and it is probably better to make a resolution every day to be the best version of ourselves. In this way, we are living in the present and not putting off to tomorrow in the increasingly vain hope that we will get things done. As the famous Swiss psychologist Carl

Jung said, "You are what you do, not what you say you'll do."

That said, I am also sure that some mid to long term planning is also key to getting things done and provides a roadmap for the way ahead. For example, for all our exam years, it is crucial that they have planned out their revision and their preparation so that they can maximise their chance of success in the summer. For all of us, we need to balance out our living today with planning for the future. Perhaps that could be a New Year's resolution that we all subscribe to this January.

Thank you for all your ongoing support and we look forward to a wonderful term and year here at Featherstone.

**Mr Walters, Headteacher**

## THANK YOU

**W**e want to thank Ms Kuldip Kaur who left us at the end of last term, having worked as a cleaner at Featherstone for nearly 24 years.

Mr Walters and her colleagues wished her well for the future. Thank you for your years of service.

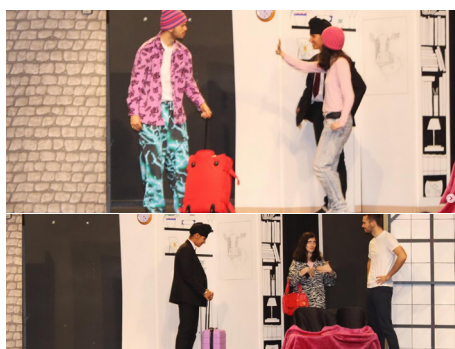


## FHS CHRISTMAS CHOIR

**T**hank you to students and the Music Department for performing at the switching on of the lights at The Green Quarter.



## LEARNING THROUGH THEATRE



**T**he Onatti Theatre Company made a return to Featherstone, presenting an all-new Spanish play for our Year 9 & Year 10 students.

A special shout-out to Harmanpreet who was not only invited to take part in the action on stage but also managed to steal the show with his remarkable knowledge of Spanish!

## ENGLISH SPEAKING UNION DEBATE

**T**hree sixth formers Nabila Yusuf, Joel Watson and Mohammad Alim represented Featherstone High in an English Speaking Union debate against Nishkam School West London. Featherstone supported the motion 'This House would broadcast court cases in the British justice system'.

It was a fierce debate but Featherstone were able to successfully pass through to the next round which will be held next term.



SCAN ME

IF YOU HAVEN'T SEEN OUR SCHOOL FILM, SCAN HERE AND TAKE A LOOK!

CARE

RESPECT

CHALLENGE

RESILIENCE

PARTNERSHIP

INCLUSION



## HOW SOCIAL MEDIA CAN AFFECT YOUR READING EXPERIENCE NEGATIVELY

**C**ascia in Year 11 has been reflecting on the impact social media can have on our reading.

Extensive research proves social media shortens one's attention span through short videos (e.g. Tiktok) and quickly changing panels which are used to entrance and captivate your mind. Shortened attention affects various things, for example your

reading ability as you cease to read each and every single word of an appearance-repetitive book, turning instead towards your phone. Thus, beginning an infinite scroll of entertainment rather than reading 'lifeless' pages in books. However, reading is greatly beneficial in the improvement of vocabulary, writing style, thought processes, and empathy, as books often display a variety of topics

for example difficulties of being Jewish in 1942 (The Diary Of Anne Frank) or issues considering being a different race (The Hate You Give). Reading can also hugely improve one's English Language skills (especially in creative writing). This short article's purpose is to shed light on social media's effects and to renew your love for reading.

## BOOK FAIR

**A** very successful book fair took place in November with students buying over £1000 of books and stationery and earning lots of free books for the library.

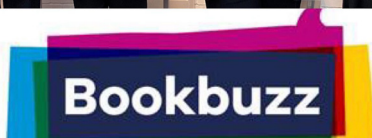
Thanks to the volunteers who helped to run the fair.



## BOOK BUZZ

**A**ll Year 7s have chosen and received a free book from the Bookbuzz scheme which is run by the Book Trust and aims to inspire a love of reading.

These students were very excited to receive their books and get reading.



## READING BUDDIES

**S**tudents in Years 7 and 8 have been partnered up with volunteers from Years 10 and 12 and meet twice a week to read with their buddies.

This project challenges students to develop resilience, confidence and fluency in their reading with the support and encouragement of their older reading buddies.



## NEW PUPIL LIBRARIANS

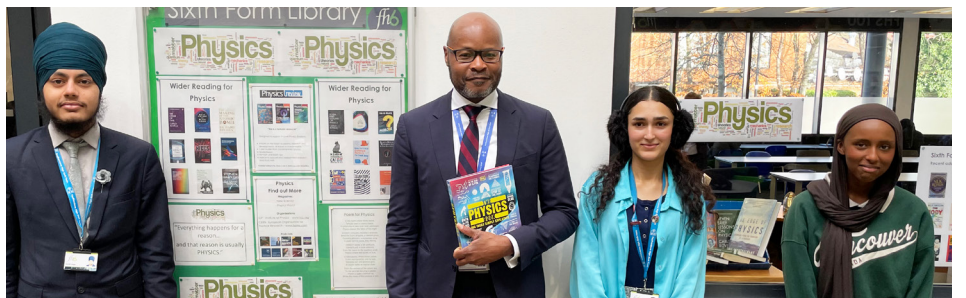
**A** group of very enthusiastic and community-minded Year 7s have volunteered to be pupil librarians, giving up

their own time to learn new skills and work in the library at lunchtimes.

Some members of the team are pictured here.



## PHYSICS BOOKS & RESOURCES



**M**r Awosile, Head of Physics, worked with library staff to promote books and other resources to encourage students to read and research more widely and develop their interest, understanding knowledge of the subject.



# DEBATING WITH RESPECT

Picture News and Asti (Association of Science and Technology Malaysia) held the first round of a debate competition in November.

A group of Year 11 students: Ruby Brar, Mahmood Abdi, Salman Adam, Hamid Ahmadi and Risha Hussain took

part. The premise was, 'Will AI change the world for the better?' The judges were impressed with the quality of their arguments, and the way that they presented them. They have now been shortlisted along with 8 other teams from the UK to debate live with pupils from schools in Malaysia, exploring engaging and topical news topics.

# UKMT MATHS CHALLENGE

Congratulations to all the Year 12 and Year 13 students at Featherstone High School that participated in the UKMT Senior Maths Challenge competition and achieved exceptional results!

Your dedication to mathematics is truly commendable, and your success is a testament to your hard work and determination. We are particularly

proud to announce two remarkable achievements within our school community. Shubhkarman Singh Nijjar has demonstrated outstanding mathematical aptitude by securing the highest score in Year 12, while Mohammed Tasikul Islam has earned the highest score in the entire school. These accomplishments are a testament to your exceptional abilities. We are immensely proud of your achievements



# YEAR 12 YOUNG ENTERPRISE

Young Enterprise students in Year 12 have formed their company and have got off to a great start!

The business is known as "Infinite Power". The idea behind the business is to sell power banks, a solution to helping people who may have run out of battery on their devices. The Unique selling point of their product is that they offer a personalisation on the powerbank for a small fee. They will be setting up a stall in school in the new year and are looking forward to their first trading opportunity at Spitalfields Market in February.

Please support them by following their instagram and sending a DM for further information



[@Infinitee\\_power](https://www.instagram.com/@Infinitee_power)



# COMIC RELIEF



Once again our fantastic Sixth Formers have been raising money for Children in Need with a popular Bake Sale.

Well done for your charitable endeavours!

# THEATRE TRIP

On Thursday 23rd November, a group of Year 9 students attended a matinee of Frozen at the Theatre Royal Drury Lane.

The show was spectacular - the singing, acting and special effects were incredible, and the students were thrilled to see it. They were impeccably behaved and one student even said that despite not being into the film, they loved the show to see so many effects



on stage and such good acting. The trip was part of the Go Live Theatre project work we have done this term, building on in-school workshops to ensure students have access to theatre. We are very grateful for the opportunity and the Performing Arts department look forward to more trips in the New Year.



[@FeatherstoneHS](https://www.instagram.com/@FeatherstoneHS)



[@featherstonehighschool](https://www.facebook.com/@featherstonehighschool)



[@featherstonehigh](https://www.instagram.com/@featherstonehigh)

# EMPLOYABILITY PROJECT

Thirty students from year 12 are once again taking part in an employability project with SEGRO, a major real estate employer across West London, the UK and Europe.

SEGRO and Palletline, a key customer, recently visited school to meet students

for a networking event to explore the different career opportunities across the two companies. Palletline bought a lorry used on deliveries across the capital so students could experience at first hand the working environment of the logistics sector.



# GSK STEM CAREERS

The Year 12 Glaxo Smith Kline STEM Careers Programme kicked off last term.

A range of GSK employees visited the school to share their career journey, and offer support to students with their career goals.



Following on from this, 25 students will visit GKS for a day to learn about career

opportunities in the pharmaceutical industry.

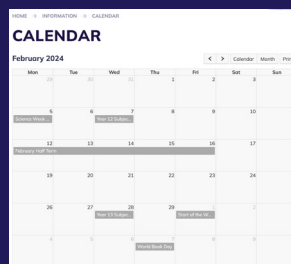
## DIARY DATES

Half term: Monday 12 February to Friday 16 February 2024

End of term: Thursday 28 March 2024

Easter holiday: Friday 29 March to Friday 12 April 2024

Visit our website for the full calendar: <https://www.featherstonehigh.ealing.sch.uk/schoolcalendar>



# RESET PROJECT

Nine of our Year 9 students have successfully completed the ReSET Project and have collected their completion certificates - well done to you all!

They attended eight workshops, as well as two 1:1 meetings and two research sessions conducted on tablet computers. They have learnt a host of strategies which they can use in their everyday lives in order to promote positive wellbeing. The group enthusiastically participated in role plays and activities so they could practise these strategies. Thank you to our ten Year 8 students who also participated in two research sessions.

We can't wait to start work with our next cohort of students in the Spring Term!



# MY VOICE

My Voice is a brand new online reporting system that empowers you, a parent/guardian of a Featherstone student, to report a safeguarding concern related to your child or another student/young person. You can also use this form if your child is a victim of online or face to face bullying. [You can follow this link.](#) Please include your name and the name of the child, so that a member of the Safeguarding team can contact you.

Please note that the Safeguarding team only monitor the concerns raised during school days and during normal hours (8-5pm). If you are in immediate danger, please call the police on 999.



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[Featherstonehigh1](https://www.youtube.com/Featherstonehigh1)



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[@featherstonehighschool](https://www.facebook.com/featherstonehighschool)



Ealing Mental Health Support Team

# WORKSHOPS FOR PARENT/CARERS

SPRING TERM 2024



Over the spring term, Ealing Mental Health Support Team will be running a variety of workshops for parents and carers of children who attend a school in Ealing.

If you would like to sign up to one of our workshops, please do so on the below website or scan the QR code.



<https://forms.gle/jmUT9kJNRPNdBUAh6>



If you have any questions, please do email us on:  
Ealing.mhst@nhs.net

## PRE AND POST-ATTENDANCE GUIDE

### Step 1

Use our QR code to sign up for a workshop(s) of your choice

### Step 2

You will be emailed a Microsoft Teams link several days before the workshop

### Step 3

You'll receive another email reminder on the morning of the workshop

### Step 4

All workshops start promptly on the time advertised. Please note we cannot guarantee access to the workshop if sign up is on the day so do sign up as early as possible

### Step 5

To ensure you receive resources from the workshop you have attended, please complete the feedback form provided at the end of the session



### SUPPORTING ANXIETY IN CHILDREN AND YOUNG PEOPLE

This workshop is aimed at parents of children attending **Primary** and **Secondary** who would like to learn more about how to manage anxiety in young people, as well as helping to build their confidence.

**Date: January 16th 2024**

**Time: 11am - 12:15pm**

### TEEN LOW MOOD

This workshop is aimed at parents of **secondary**-aged children, who would like to know more about what may cause low mood and gain knowledge of strategies that can help to improve low mood.

**Date: January 25th 2024**

**Time: 1pm - 2:15pm**

### AN INTRODUCTION TO AUTISM

This workshop is aimed at parents of children attending **Primary** and **Secondary**, who would like to know more about Autism and how to support children where Autism may be suspected or diagnosed.

**Date: January 26th 2024**

**Time: 1:30pm - 3:00pm**

### SUPPORTING FRIENDSHIP IN CHILDREN

This workshop is aimed at parents of **primary**-aged children to provide information to help you support your young person with building and managing friendships, including supporting with social anxiety.

**Date: February 12th 2024**

**Time: 11am - 12:30pm**

### UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS

This workshop is aimed at parents of children attending **Primary** and **Secondary**. The workshop introduces how and why behaviours may occur in children with a range of additional needs, and how to support positive behaviours in children.

**Date: February 13th 2024**

**Time: 11:30am - 1pm**

### MANAGING EXAM STRESS

This workshop supports parents of **secondary**-aged children to identify and manage exam stress in adolescents, and will provide strategies to promote wellbeing in students before, during and after exams.

**Date: February 22nd 2024**

**Time: 1pm - 2:15pm**

### UNDERSTANDING MENTAL HEALTH IN ADOLESCENT BOYS

This workshop supports parents of **secondary**-aged children. It aims to introduce parents to the causes of declining mental health in adolescent boys and equips parents with strategies to promote positive mental health.

**Date: March 14th 2024**

**Time: 11am - 12:30pm**

### AN INTRODUCTION TO AUTISM IN ADOLESCENTS

This workshop supports parents of **secondary**-aged children. It aims to introduce parents to the changes and impact of adolescence within autism, equipping parents with strategies to promote positive mental health among autistic teenagers.

**Date: March 19th 2024**

**Time: 10:30am - 12pm**

### SUPPORTING POSITIVE BEHAVIOUR IN CHILDREN

This workshop supports parents of **primary**-aged children. It introduces parents to common behavioural difficulties, factors that influence behaviour and strategies to manage your child's behaviour. It'll also consider the impact of screen time and how to promote boundaries with this.

**Date: March 28th 2024**

**Time: 11am-12:30pm**







**FREE**

# online parenting workshop

## UNDERSTANDING YOUR TEENAGER

Tuesday, 23rd  
January, 2024  
10am-12pm  
via MS Teams

Delivered by  
Sabrina Meakins  
Counsellor &  
Psychotherapist

Adolescents feel like a great mystery to their parents, often left wondering what they get up to when they close their bedroom doors once they get back from school, or simply what they are thinking

### The session will cover:

- Child and adolescent emotional development
- Understanding your child better
- Empathising with your child
- Adolescent emotional and mental health
- A chance to have your questions answered



The session is aimed at parents/carers of young people aged 12-18

email [parentingserviceadmin@ealing.gov.uk](mailto:parentingserviceadmin@ealing.gov.uk) to register or for more info