



FHS NEWS

JANUARY 2026

KINDNESS DURING THE FESTIVE SESSION YEAR 8 & YEAR 9 COMMUNITY AMBASSADORS IN ACTION!

Our brilliant Year 8 Community Ambassadors spread Christmas joy by supporting the Delivering Joy appeal at Dunelm for Age UK.

The students selected and donated gifts adding thoughtful handwritten letters to each bag, making every gift extra special. They loved being part of an initiative that gave back to the community, and were delighted by the generosity shown by our Year 8 Tutors and staff, who also contributed items and donations. As a collective year group they raised £119 for Age UK Charity! Age UK said: "Thank you for your incredible contributions...we are so grateful!". The Salvation Army also received some toys from Dunelm and sent a "huge thank you" for helping them with their free toy store for families who could not afford to buy gifts.

We are incredibly proud of the compassion and community spirit shown by our Year 8s!



FOOD PARCELS

Fetherstone students are known for their kindness and Year 11s, Mohammed and Deiwin truly embodied this by giving back to their community.

They raised funds, planned, packed, and distributed Christmas bags filled with essentials, treats, and small gifts for local families in need. Well done to both of them.



The year 9 Community ambassadors were hard at work just before Christmas.

They decorated Christmas decorations and gingerbread men which they then gifted to family members and teachers. Some Year 8s also joined in to help. They will continue to work as a group in the Spring arranging tournaments to raise money for charity.



CARE HOME VISIT

Our fantastic sixth form students and staff visited a local care home to bring some Christmas joy to the elderly residents and carers.



They packed thoughtful gifts, performed Xmas songs and chatted to the residents. The students showed great maturity and kindness. Well done and thank you to Norwood Care Home for welcoming us.



HEADTEACHER'S MESSAGE

As we begin a new term in a New Year, I would like to extend my warmest wishes to all members of our school community. A new year always brings with it a sense of renewal: a chance to reflect on what we value and a chance to refocus ourselves on the things that truly matter in education and in life.

This week, I am leading the school assemblies for each year group and my focus is on character development. While academic success remains vital, we know that education is about more than examination results alone. The qualities our young people carry with them – integrity, resilience, kindness, curiosity and courage – will shape not only their achievements, but also the way they contribute to the world around them.

This week's assembly takes a phrase from classical antiquity which

captures this idea powerfully: *Omnia mea mecum porto* – “All that is mine I carry with me”. It is attributed to the Greek philosopher Bias of Priene, one of the Seven Sages of Greece. According to legend, when his city was captured and people fled carrying their possessions, Bias walked away empty-handed. When questioned, he replied that all he truly owned – his wisdom, values and character – were already with him.

This story offers a timeless reminder. Knowledge, skills and material success can be important, but it is our character that sustains us through change, challenge and uncertainty. Character is something that cannot be taken away and something that grows through reflection, effort and the support of others.

Throughout this year, we will, of course, continue to focus on outstanding

academic performance but we will also place deliberate emphasis on developing these inner resources in our pupils: through our curriculum; our pastoral work, our focus on the school values; our enrichment activities and the everyday interactions that shape school life. By doing so, we aim to ensure that every child leaves us not only well-qualified, but also well-equipped for whatever lies ahead.

Thank you, as always, for your continued partnership and support. I wish you and your families a happy, healthy and purposeful New Year.

Mr Walters, Headteacher



WINTER CONCERT

At the end of December, we held our annual Winter Concert.

The students had been practising since the start of the year and were very excited to finally perform to an audience. The night kicked off with a festive scene performed by the drama club, which was followed by

an energetic dance performance. The musicians then performed with passion and enthusiasm. All three departments came together to create a special night for those watching.

The concert was a resounding success with excellent feedback from the audience and was a brilliant example of the talent we have at Featherstone High!



ARTS WEEK what a week!

In November, we held our annual Arts Week, which keeps getting bigger and better! This year, we had workshops in school on 'choosing a creative career', and the Rose Theatre working with Year 11 students to inspire their exam preparation 'From Page to Stage'. We had trips to the Royal Albert Hall for the Music Makers national event, the National Theatre for a backstage tour, Questors Theatre in Ealing for a workshop and tour, a British Library workshop, a Globe Theatre trip, and a workshop at Pitzhanger Gallery - to name just a few! We are thrilled to be supported with the Arts at Featherstone High School and to be able to give students such amazing experiences to visit places they otherwise might not be able to go. Thanks to all the staff who led trips and made the event possible, and to the students for engaging in the activities so well - we had such positive feedback from all those we visited or hosted. Here's to the next one!



FHS LIBRARY NEWS

CHRISTMAS & NEW YEAR

Students celebrated Christmas with some festive fiction, crafts and colouring, and have started 2026 with the slogan “New Year – New You”.

Students are encouraged to try a new hobby, learn a new skill, join a club, or bring positivity, health and wellbeing into their lives.



National Year of Reading

We will be supporting this Department of Education and Literacy Trust initiative which aims to address the decline in reading amongst children and young people. There is already a big focus on reading at Featherstone.

Look out for more special events and activities throughout the year.

READING BUDDIES

Students 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.

BOOK FAIR

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

Thanks to the Year 9 and 10 volunteers who helped to run the fair and to parents and carers for supporting this event.



THE READING ROOM

The Library Reading Room is a calm and quiet space where students can relax and enjoy reading for pleasure without any distractions.



FHS READS

The latest editions of the FHS Reads and YA Reads are full of recommendations for some great wintery reads. featherstonehigh.ealing.sch.uk/reading

ARTS WEEK IN THE LIBRARY

During Arts Week the Library staff hosted a series of special events including playing classical music, designing illuminated letters, and reading poetry, Shakespeare and The Classics.



YEAR 7 BEDROCK LEARNING

Year 7 have been using an innovative online platform to narrow the vocabulary gap by improving their understanding of the words that they need to be successful in school.



Bedrock Learning is an award-winning platform designed by teachers to support students' literacy. All Year 7 form groups have been enthusiastically engaging with Bedrock and competing to achieve the highest combined scores. So far, the leaders in the year group are 7SYC, 7LDN and 7OAK. One student Aliza praised Bedrock Learning, saying, "the questions are very interactive and based on your reading skills", Gursukh added, "It helps me learn new words and their meanings which helps with my studies."

THERAPY DOG



We have been delighted to welcome a very special visitor to school recently.

Biscuit is a therapy dog who represents the charity Canine Concern. Some of our students and staff have had the pleasure of stroking her, giving her treats and throwing her favourite ball to chase around our wonderful school garden. Special thanks to Biscuit's owner Juliet for bringing Biscuit and being so generous with her time.

READ AND WRITE LIKE A GEOGRAPHER

Well done to the Year 11 students who participated in the Read and Write Like a Geographer programme this last term!

Led by a student ambassador from the School of Oriental and African Studies (SOAS), the sessions took place on Tuesday after school, providing an enriching opportunity to develop their geographical skills! Congratulations and well done for your dedication and commitment to the completion of the programme!



SOAS LECTURE

Year 12 History, Politics and Economics students had the opportunity to attend an insightful lecture on the Opium Wars and China's global trade connections.

YOUNG CARERS AT FHS

Written by Mehreen and Sukmani

We held a festive end of year celebration for Young Carers with a plethora of activities and food and drinks, such as pizza and karaoke, as a way to celebrate the wonderful progress all the young carers have made throughout the year.

We wanted to show our appreciation for the young people who do so very much for our local community. It was a brilliant afternoon, filled with fun and festivities. The young people who were incredibly joyous and delighted with the occasion. Because this event was a wonderful success, we hope to continue this in the new year looking at other ways to celebrate our young carers.

Please contact Mrs Rughani - Young Carers Lead (0203 836 6270) at the school if you feel that your child is caring for someone in the family who has an illness, disability, mental health issue or addiction.



DEBATE WORKSHOP

Thirty Year 12 students travelled to St Katherine Dock to the Northeastern University London's central campus to participate in an all day workshop that was delivered in partnership with Debate Mate.

This carefully designed workshop will to equip the students with essential employability and communication skills whilst giving them a taste of university life. The day included a full-day professional debate training with Debate Mate's expert mentors, a campus tour by current Northeastern University London students and ended with a real debate competition where students applied their newly acquired skills.



The programme was designed to develop the students' critical skills that universities and employers actively seek.

Great fun was had by all and many of the students stated that they would like to take part in more debates.

The session was delivered by Professor Lars Laamann (pictured here), a leading expert from SOAS University, and provided students with valuable historical context and academic perspectives to enrich their understanding of the topic.



KS3 REWARD MOVIE AFTERNOON



One hundred and twenty Year 7, 8, 9 pupils were invited to a KS3 Reward Movie afternoon last term.

These were pupils who have excelled and were selected by their Head of Year and Form tutors. These pupils have shown all the FHS Values and have been outstanding members of their form group and the year group! Well done to all selected!

YEAR 12 TECH SCHOOL STUDENTS



On the 27th November employees from AI Company: Monday. Com delivered a workshop with Year 12 Tech School students about different avenues into the corporate world of tech and how

it is accessible to people from all backgrounds.

The students learnt about the growth of tech businesses, the variety of job roles available and how to network. It was very enjoyable and students had lots of their questions answered.

IMPRESSIONABLE MINDS

Thank you to the fantastic speakers from Impressionable Minds who worked with our Year 11s covering topics such as relationships, drugs and gangs.



Personal testimonies and an engaging style really resonated with our students and we hope this will have a positive impact on them.



ANTI-BULLYING WEEK

Written by Jeeva Piratheepan

During Anti-Bullying Week, the Anti-Bullying Ambassadors (Sashvin and Manya in Year 7, Nour in Year 8, Jasleen, Dylan and Manraj in Year 9, Anamika and Saif in Year 10 and Jeeva in Year 12) held assemblies focusing on this year's theme: Power for Good.

We conveyed several crucial messages; especially that everyone has the power to make a positive difference. The assembly highlighted the difference between being a bystander and being an 'upstander'. A wide range of activities such as Odd Socks Day, an anti-bullying stall, lunchtime sports, and an anti-bullying poster competition made the week more impactful.

RESET PROJECT

At the start of November, Ms Witts attended the ReSET Project conference.

Featherstone were lucky to be one of the 12 schools selected to participate in the programme, which was an academic study designed to improve the mental health of UK adolescents. Excitingly, the results showed that the project has the potential to significantly improve young people's mental health! Well done to our Year 10 and 11 cohorts who made up some of the 560 young people who took part in ReSET. Your participation will have a big impact on future work to support young people's mental health.



MATHS CHALLENGE

Congratulations to all our talented Year 12 and Year 13 students who dedicated their time and effort to participate in the Senior UKMT Maths Challenge!

Your passion for mathematics is truly commendable, and your participation

showcases your individual mathematical talent. We would also like to give a special congratulations to Zaeem Mohsin for getting the best score in the school and Hamid Ahmadi for topping his year group. We are incredibly proud of your achievements and the dedication you've shown towards enhancing your mathematical skills. Well done on your outstanding performance!



PARLIAMENT TRIP



Sixth form students visit the House of Commons.

BASKETBALL HOOPS



The playground hoops have had a face-lift: fresh paint and logos to brighten them up. Thank you to the Facilities Team.

MANAGING YOUR CHILD'S DIGITAL LIVES INFORMATION FROM THE CHILDREN'S COMMISSIONER

Parenting today can feel overwhelming especially when childhood looks so different from when we grew up.

There's no manual, and it can be hard to keep up with the fast-changing digital world your child moves through every day. [This guide](#) aims to make those conversations easier and to help you support your child with confidence.



Family Support Website

Browse resources, programmes and support services available for families.

Please scan the QR code:



Scan the QR Code and Scroll down to browse resources, programmes and support services available for families or Visit: <https://padlet.com/featherstonehigh/featherstone-high-school-family-support-6fnipm4nh102br3i>

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Dear Students & Parents

Ealing Council invite you to The Great Ealing Apprenticeship Fair 2026, a fantastic opportunity for anyone looking to explore apprenticeship pathways, meet employers, and discover new career options.

Date: Thursday, 12 February 2026

Time: 1:00pm – 4:30pm

Location: Greenford Hall, Ruislip Road, Greenford, UB6 9QN

This free event is designed to help you connect with employers and training providers offering a wide range of apprenticeship roles across multiple sectors.

What to Expect:

- **Inspiring panel conversations with real apprentices and employers**
- **Insightful talks that break down everything you need to know about apprenticeships**
- **One to one career support for help with CVs, applications, and interview prep**

Whether you're just starting out, exploring a career change, or supporting a young person into work, the fair offers practical guidance and real opportunities.

Book Your Free Place

You can sign up directly through Eventbrite using the link below:
<https://www.eventbrite.co.uk/e/the-great-ealing-apprenticeship-fair-2026>

If you have any questions, you can contact the team at:
apprenticeships@ealing.gov.uk

January
2026

Ealing Mental Health Support Team

Your Termly Newsletter

NHS

West London
NHS Trust

Is your child feeling....

Demotivated? Anxious? Stressed?
Worried? Sad? Irritable? Low?
Panic? Tired or lacking energy?



You said, we did!

Thank you for sharing your voices with us. Parents have told us Emotionally Based School Avoidance (EBSNA) is an area of need in Ealing, this is an ongoing challenge across the UK.

In response, we have started a project to understand how we can further support this need. We hope to strengthen links with mental health services, and introduced more regular wellbeing check-ins for pupils, as well as offer staff training to increase understanding of EBSNA.

[Click here to find out more about how you can support your child](#)

We can help you and your child

Ealing Mental Health Support Team (MHST) supports the wellbeing of children and young people.

In Primary schools, we offer 1:1 support to parent's whose children feel:

- Worried and present with behaviours that challenge



In Secondary Schools, we offer 1:1 support to young people who sometimes feel:

- Anxious or low in mood

If you have any questions about the above, please speak with your schools Mental Health Link Worker.

Dates to remember:

February 9th-15th: Children's mental health week

Random Acts of Kindness Day: 17th February

Stress awareness month: April



Promoting hope & wellbeing together

ELP
Ealing Learning Partnership

Upcoming Workshops

Back to school:

Going back to school can be a difficult time. Maybe your child is worried about having a new teacher, feeling motivated or homework. It's good to remember that these feelings are common.

Helpful Tips:

- Get organised - use planners, diaries and apps to keep track of things
- Set goals - make sure they're small and manageable
- Look after them and yourself: take time to do the things you enjoy!

Children's Mental Health Week

The theme of Mental health awareness week this year is: '**this is my place**' which is all about belonging and feeling supported.

Create a fun "Belonging Passport" with your child using folded paper or a small notebook. Add pages like:

- My Safe Place
- People Who Help Me
- What I'm Good At

Let your child decorate with colour, stickers or photos. Talk together as you fill it in and celebrate each answer. This simple activity builds confidence, helps children share feelings, and strengthens their sense of belonging at home and at school.

- Why Is My Child So Anxious & How Can I Support Them? **Thursday 22nd January 12:30 - 13:30**
- What Is My Child's Behaviour Really Telling Me? **Tuesday 27th January 12:00 - 13:00**
- How Can I Support My Child With OCD? **February 5th 10:00 - 11:30**
- How Can I Help My Child Cope With Exam Stress? **February 13th 12:00 - 13:00**
- Is My Child Low in mood or Depressed & What Can I Do to Help? **Wednesday 4th March 12:00 - 13:00**
- How Can I Help My Anxious Child Make Friends? **Monday 16th March 12:00 - 13:00**
- How Do I Look After Myself While Parenting? **Wednesday 22nd April 12:00 - 13:30**

Specialist Workshops

- Introduction to Autism (primary school age) **Friday 30th January 12:30 - 13:30**
- Understanding Behaviour in SEN(D) **Monday 13th April 12:00 - 13:00**
- Autism and Adolescents **Thursday 30th April 12:00 - 13:00**

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



[MHST Workshop Sign up](#)

Your paragraph text



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