



FHS NEWS

JULY 2025

ANNIE THE MUSICAL



Over two nights in July, months of rehearsal and preparation for the cast, band and backstage crew culminated in a brilliant performance of Annie Junior.

Forty students, ranging from Year 7 to Year 12, had been rehearsing since February half term, taking part in a range of roles both on and off stage. Some had taken part in our musicals before but most had not - and boy, did they do us proud. Thank you to all parents and

carers who encouraged and allowed the students to take part, to all the staff that supported in various ways, and to anyone who came to watch, but most importantly the students for being such an amazing cast.

LONDON YOUTH AWARD WINNER

Year 10 student, Mohammed Asraf was awarded "Young Leader Award" at the London Youth Achievement Awards in Central London in May.

Hosted by the London Assembly and the London Youth Assembly, the awards recognised the huge impact made by young people in the capital.

He was commended for his work setting up a Food Bank over the Christmas break. He also packed shopping bags for families during Easter and the Summer Term.

Helped by the Fulfilment from Food Charity, Your One Wish Foodbank, Asda Hayes and the Southall Community Alliance, he was able to plan and run a pop up food bank for our families and local community who are experiencing hardship over the Summer Holidays.

Assisted by his brother, Syed, Ms Thompson and Ms Nixon from Featherstone High School and Juma



and Dee from the Featherstone Sports Centre, he offered a collection service and packed shopping for families.

Mohammed said: "Our Summer food bank event was a great success. We served a huge number of families distributing canned goods, and essential household items.

Thanks to the help of staff and generous donations, we were able to meet the needs of our community with compassion. The feedback was positive, and many attendees expressed deep gratitude".

40 YEAR CLUB!



Recognising service at FHS.

Mr Kang has worked here for over 40 years! An incredible achievement and we thank him for his service.

CARE

RESPECT

CHALLENGE

RESILIENCE

PARTNERSHIP

INCLUSION

HEADTEACHER'S MESSAGE

Sometimes, the most powerful lessons take place far from whiteboards and textbooks.

Throughout this term, a group of our Sports Leaders went around the local primaries helping them deliver their sports days. The results were incredible. All the feedback spoke of our students' commitment and enthusiasm for the role and how they led the younger students in an inspiring way.

One school had previously used semi-professional sports people from a club with a national profile, but they told me our students were better!

Our students didn't boast. They didn't post it on social media. They simply got on with the job in hand; to them it was the obvious thing to do.

Another example also springs to mind. On a school trip on the Elizabeth Line to Greenwich this year, our students were always open to giving up their seat to a more needy traveller. Again, there was no fuss, no boasting, just an awareness of

the right thing to do. I could point to lots more examples too.

On those school fields, on those cross-city trains, away from classrooms and lessons, we saw our values in action: care, respect, resilience, inclusion, challenge and partnership.

Moments like that remind us that education is not just about exam results or Ofsted ratings—though of course, we can be incredibly proud of these things too.

This year's Outstanding Ofsted inspection reflected the daily hard work of our students and staff, the rich opportunities we provide—from lessons to themed weeks to whole school events—and the ongoing support from you, our parents and carers.

We've seen students perform on stage, speak in debates, volunteer in the community, run charity events, and commit to everything from student voice to sports fixtures, from music events and to the all-important revision sessions.

Each time, what shines through is a deep sense of belonging, commitment and responsibility.

At the heart of it all is our motto: "Together we Achieve." And this year, we truly have—because of the combined effort of teachers, students, families, and the wider community.

So, as we close the school gates for summer, we carry with us the stories—both big and small—that show how our young people are not just learning how to succeed, but how to make a difference.

Thank you for walking with us every step of the way. Nothing would be possible without your support. We wish you a joyful and restful summer—and we cannot wait to see what we'll achieve together next year.

Mr Walters, Headteacher



HEADTEACHER TEA



Celebrating success over tea and cakes!

The top two students from Year 7, 8 and 9 met with Mr Walters, Mr Adams and Ms Stribbling to talk about their year and reflect on their successes.

MENTORING



Five young people in Year 12 recently completed a programme of online mentoring with staff from GSK.

Facilitated by Spark!, a local charity, the students worked with their mentors to plan pathways after leaving Year 13 next summer.

YOUNG CARERS

Many young people take on the responsibility of caring for someone who is ill, has a disability, mental health condition, or struggles with addiction.

At FHS, we're proud to lead the way in offering support to our Young Carers.

Students have been organising events for young carers such as a cup cake cooking session: a chance to take some time for themselves, build friendships and bake together. Thank you to Sukhmani and Mehreen in Year 10 for organising this as part of the award winning project: Young Champions.

Following on from this, Young Carers Week was a great opportunity to raise awareness and getting students and staff talking about the challenges young carers face and the support available.

Students led assemblies and stalls during lunch times, sold cakes and ran competitions.

Remember, you are not alone, you can speak to our Young Carers Lead, Ms Rughani or put a note into a Telling Box.



CARE

RESPECT

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YEAR 12 TRIP SPANISH NEWS

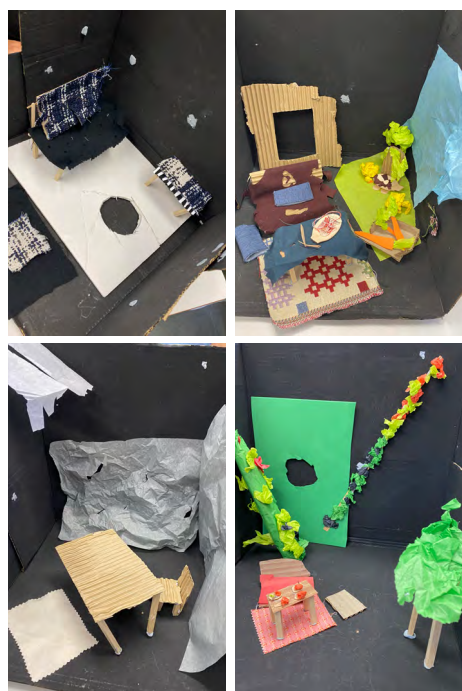


The Year 12 rewards trip to Puttshack Westfield was a great day out and a nice chance to celebrate success.

OLD VIC WORKSHOP

Students took part in a final workshop as part of our participation in the Old Vic schools club project.

This one was set design and the students did brilliantly! They based their designs on a play they saw as part of the project and had to justify their design decisions in a presentation at the end of the workshop.



Our Year 9 students had the exciting opportunity to attend a Spanish theatre play as part of their language and cultural studies.

The immersive experience brought classroom learning to life, allowing students to hear authentic dialogue and to take part in the dialogue themselves. The play, filled with humour and emotion, was both engaging and educational. Students were enthusiastic about the experience, and many said it boosted their confidence in understanding spoken Spanish.

During July, we had the pleasure of welcoming around 65 enthusiastic students from Featherstone Primary School for a fun-filled session of Spanish language learning.

This marked the third consecutive year of our exciting collaboration, and once again, it proved to be a great success.

A highlight of the day was a special workshop led by our talented Year 10 students who took the lead in planning and delivering an engaging



lesson focused on how to order food in Spanish. Their creativity, confidence, and use of the target language was outstanding and greatly impressed both staff and visiting students.

We would also like to commend the primary pupils for their exemplary behaviour throughout the day. Their curiosity and eagerness to learn made the atmosphere even more vibrant.

A huge well done to everyone involved – we're already looking forward to continuing this wonderful tradition next year!

RARE DISEASE DAY EVENT



Rare Disease Day is an international day celebrated in over 100 countries to raise awareness amongst the general public, the clinical community, and decision-makers about rare diseases and their impact on people affected and their families.

The annual Rare Disease Day event

was held at Roehampton University and was tailored to secondary school years 10, 11 and 12. It included live talks, live exhibition, speed-dating and hands-on activities. The event touched on medicine, genetics, genomics, biomedical research and societal aspects of rare diseases, as well as university life and other general topics. These themes were of particular interest to students considering health-related and science careers.

CULTURE DAY 2025

YEARS 7, 8 & 9 WITH VOLUNTEERS FROM YEAR 10 CELEBRATED TOGETHER & LEARNED FROM EACH OTHER.



DANCE PERFORMANCES AND WORKSHOPS



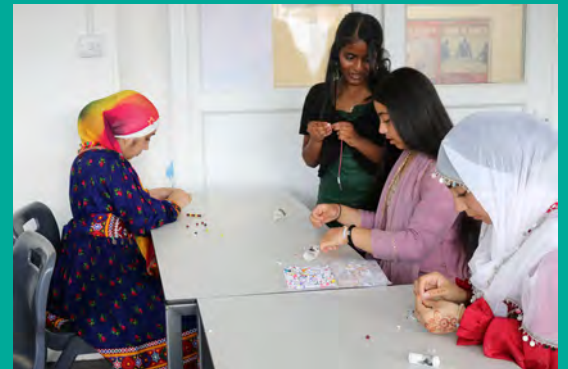
OUR GLOBAL COMMUNITY



RAISING MONEY FOR CHARITY



POET KING KIMBA GAVE PERFORMANCES AND RAN WORKSHOPS



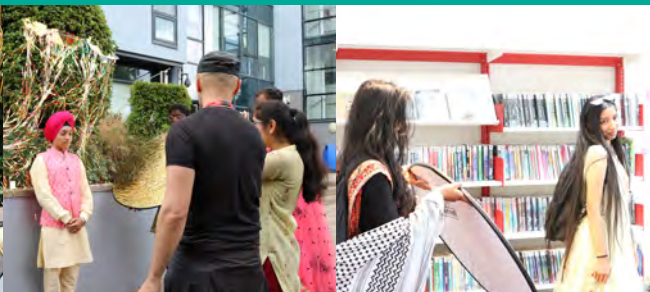
BEAD MAKING WITH THE COMMUNITY ALLIANCE



A SEA OF COLOUR IN THE PLAYGROUND



GARDEN WOKKSHOP TO LEARN ABOUT EDIBLE PLANTS AND PLANTING



MAKING A FILM ON A RETRO CAMERA WITH THE UNIVERSITY OF THE ARTS



MORRIS DANCING LESSONS WITH MRS SCOTLAND

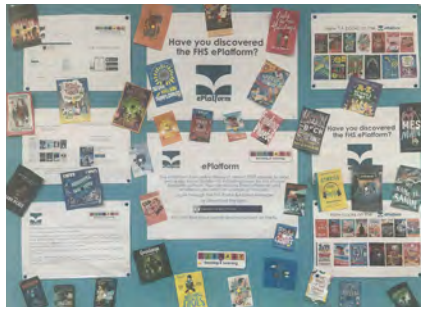


SOME OF OUR FANTASTIC STUDENT VOLUNTEERS

FHS LIBRARY NEWS

KEEP READING DURING THE SUMMER

The FHS ePlatform is a library of 2000 ebooks and audio books available to students wherever and whenever they want, even during the school holidays when school is closed.



Access through the FHS portal or download the ePlatform app, and get reading!

JOIN YOUR LOCAL LIBRARY

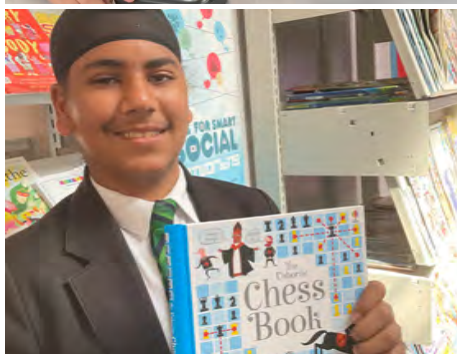
Have you visited your local library recently? It's easy for all the family to join; just take along identification and proof of signature, complete the application, and start borrowing. Under-16s need an adult to recommend them.

Books are free to borrow, and most libraries also offer ebooks, audio books and online resources.

CHESS CLUB

The Chess Club members challenged each other to an end of year tournament, complete with our new chess clocks.

The winner was Parmvir Singh 8CDR.



SUMMER READING CHALLENGE

Keep a Reading Log, Play Book Bingo, or write a Book Review.

Bring it in to the Library in September and earn points and prizes.

SCHOOL SPORTS WEEK



Sporty students were encouraged to exercise their brains by reading information books about a range of sports, or discovering some great stories set in the world of sport.

These new biographies of famous football stars are very popular.



YOUNG CARERS WEEK

The Library supported this special week with a display of books about young carers and wellbeing.



STUDENT LIBRARIANS

Our new Year 7 student librarians were awarded their certificates and badges and enjoyed a special reward party.

Thanks to them and all the librarians for their hard work and help in the Library.



CREATIVITY AT FEATHERSTONE

GCSE ART EXHIBITION



VINTAGE FILM MAKING



Four of our Sixth Formers have been taking a cinematic time machine creating experimental films using vintage Swiss Bolex cameras from the 1920s–40s — just like the ones used for classic Pathé News reels.

In collaboration with Mahenderpal, senior lecturer at the University of The Arts, they crafted a unique piece

over three days, blending live music performances and location shoots.

The film will be available to view in the Autumn Term.

THE MOZARTISTS

We welcomed the Mozartists in to work with the Year 8s.

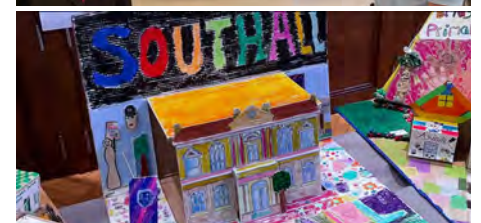
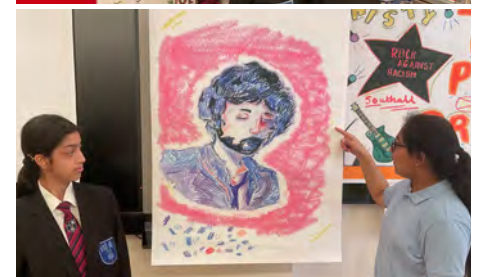
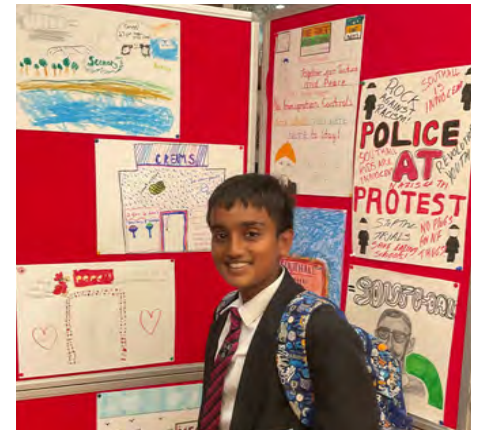
Two very talented opera singers and a fabulous pianist got even the most shy students singing and performing together. A really uplifting session.



YOUNG VOICES

We had an inspiring morning at the Young Voices event.

Our Year 7 artists got to see their work produced at school displayed in an exhibition. They listened to a presentation about their local community delivered by the Southall Community Alliance in association with artist Mahenderpal from the University of The Arts and funded by the John Lyon's Charity. Many thanks to Villiers for hosting the event.



YEAR 8 V&A VISIT



SCHOOL GARDEN UPDATE



A VISIT FROM SCHOOL FOOD MATTERS TO DISCUSS GROWING FOOD AND HEALTHY EATING



AROUND EALING VISITED THE GARDEN TO RUN A STORY ABOUT THE HARD WORK AND PROGRESS IN THE GARDEN WITH PARTICULAR INTEREST IN OUR NEW POND



WORKING WITH SOUTHALE TRANSITION TO PLANT NEW EDIBLES



WEEDING THE PLANTERS



THE GOOD GYM HELPED STAFF Tidy AND WOODCHIP THE PATHS (MATERIALS SUPPLIED BY BERKELEY HOMES)



THE POND IS THRIVING WITH NEW PLANTS



TEACHING SCIENCE AND GEOGRAPHY IN THE GARDEN - OUTDOOR LEARNING



HARVESTING BLACKBERRIES

JUNIOR MATHS CHALLENGE

Congratulations to all our talented Year 7 and Year 8 students who dedicated their time and effort to participate in the Intermediate 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 Ahiyan (Year 7) and Karanveer (Best in school). We are incredibly proud of your achievements and the dedication you've shown towards enhancing your mathematical skills. Well done on your outstanding performance!



INTERNATIONAL PUBLIC SPEAKING COMPETITION

On Friday May 16th a group of year 8, 9 and 10 students visited the Royal Institution in central London to enjoy a wonderful learning experience. They were invited to meet and engage with students from around the world, from different backgrounds and nationalities. This challenged them to move out of their comfort zone and talk with students who were participating in this global competition.

After the initial ice breaker event the students were then invited into the auditorium to listen to the international



finalists deliver their speeches: outstandingly articulate young people from all over the world. This year Sashane Dassanayake from Sri Lanka won with his engaging speech, titled 'Carbon'. If you are interested in watching the speech, you can access it on the link below: <https://www.esu.org/ipsc/>

IMPERIAL COLLEGE OUTREACH WORK WITH FEATHERSTONE

Four second year Bioengineering students from Imperial College created a game for their research project to raise awareness about the field, which is often unfamiliar to schools and students.

As part of their outreach efforts, they visited us to test the game with Year 8 students, who had previously attended a Bioengineering taster event at Imperial.



The students were highly engaged and enjoyed the experience.

CHRISTMAS LECTURES

You have probably heard of the Christmas Lectures at the Royal Institution.

Started by Michael Faraday the Christmas Lectures at the RI in 1825, to engage and educate young people about science.

The institute has offered 6 students at our school the opportunity to attend six Saturday afternoon Masterclasses in October and November covering the following topics.

- SQL: An introduction to data science
- Robotics: search and rescue robots
- Game Development with Snake
- Flock XR: an introduction to 3D animation
- Creative coding with p5js
- Fun with language: large language models



The lucky students who will have the pleasure of visiting such a prestigious organisation are: Hunarpreet, Jasleen, Snedon, Riaz, Sophia, Huzaifah.

Without a shadow of doubt this is going to be a fantastic experience for the students and we would like to thank their parents in advance for enabling the children to attend.

FHS SPORTS DAY 2025

THANK YOU TO THE PE DEPARTMENT FOR ORGANISING SUCH A FUN DAY FOR OUR STUDENTS, WE ARE GRATEFUL TO ALL THE STAFF WHO HELPED MAKE THIS HAPPEN.



RESET PROJECT

July marked the culmination of the ReSET Project; a government-funded research study on student wellbeing which has been running for two academic years.

Years 9 and 10 were surveyed to assess their social relationships and wellbeing, and this anonymous data will be compared with the data gathered at the start of the project. Alongside information collected from the workshops which 30 students attended last year, the team at University College London will assess whether the intervention is something which could benefit students in the future. Thank you to Year 9 and 10 for your involvement in this important project.

STEM WORKSHOP

Thank you to the Smallpiece Trust for running an excellent STEM workshop based around HS2.

Learning real world skills in a fun environment helped show our Year 8 students how they could be future engineers.



ATTENDANCE AWARD

We have been recognised once again for our excellent attendance.

Thank you to our amazing staff who have worked with students and parents to achieve this.



TRASHQUACKER!

Featherstone students, who designed the 'Trashquacker', have been awarded the Engineering Excellence & Commitment Award in this year's Clean Canals Challenge!

Their project stood out for designing a working prototype in their own time and delivering an innovative, well-executed solution that demonstrated dedication beyond expectations and truly impressed the judges. As part of this award, they will receive certificates to recognise their achievement, along with £100 worth of vouchers for the school to be spent on something that supports teamwork, creativity, and learning.



JACK PETCHY FINAL

On Monday 7th July 2025, Mrs Amiri and Mrs Kaur took a group of Year 10s from Featherstone to watch the Jack Petchey finals, where the best 15 young speakers from across London and Essex came together at the Cambridge Theatre, London to share their stories.

Our students were able to engage with and experience a range of speeches and styles in public speaking, something which they are also covering in their English lessons as they prepare their own speeches for their GCSEs.

Some of the judges were: Professor Jason Arday, a professor of Sociology of Education at Cambridge University, where he was the youngest black professor ever appointed, and Josh Tedeku who is an actor on Netflix's Supacell and BBC's Boarders. Our students had a great experience and were inspired by the diverse topics presented.



LESSONS IN BUSINESS



Lessons in business from Chisola Chitambala at the University of West London.

From nurse to business owner to The Apprentice Candidate, Chisola took time out of her busy schedule to speak at an event at the University of West London. Sixth former Areena attended and heard about Chisola's career journey and got some top business tips!



START OF AUTUMN TERM 2025

Start of Term Arrangements – Tuesday 2nd September and Wednesday 3rd September.

Students will return to school on different days according to their year group as below:

New Year 7 and Year 12 students will begin at 8.30am to 12.30pm on Tuesday 2nd September. Students should be in school by 8.20am.

All other year groups will begin at 10.30am on Wednesday 3rd September. Students should arrive at school during the break period (10.15 - 10.30am). Students in Years 7 and 12 should also arrive between 10.15 and 10.30am on this day.



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



[@FeatherstoneHS](https://twitter.com/FeatherstoneHS)



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



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

Ealing Mental Health Support Team

WORKSHOPS FOR PARENTS/CARERS

AUTUMN TERM 2025



Over the Autumn 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/498J1SG2WXZ4q71h9>



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 POSITIVE BEHAVIOUR IN CHILDREN

This workshop supports parents/carers of primary-aged children. It introduces parents to common behavioural difficulties, factors that influence behaviour and strategies to manage your child's behaviour.

Date: 18th September 2025
Time: 10:30am - 11:30am

AN INTRODUCTION TO AUTISM IN ADOLESCENTS

This workshop supports parents/carers 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: 26th September 2025
Time: 12pm - 1:30pm

SUPPORTING ANXIETY IN ADOLESCENTS PART 1

This workshop is aimed at parents/carers of young people attending **Secondary school** who would like to learn more about how to manage anxiety in young people, as well as helping to build their confidence. Part 1 will focus on what anxiety is and how it's maintained.

Date: 1st October 2025
Time: 12pm - 1:30pm

INTRODUCTION TO OCD

This workshop is aimed at parents/carers of **Primary** and **Secondary** school-aged children who would like to learn more about the signs and symptoms of Obsessive Compulsive Disorder (OCD) and ways of supporting young people to fight back against compulsive behaviours.

Date: 3rd October 2025
Time: 11am - 12:30pm

UNDERSTANDING BEHAVIOUR FOR CHILDREN WITH ADDITIONAL NEEDS

This workshop is aimed at parents/carers 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: 10th October 2025
Time: 12pm - 13:30pm

SUPPORTING APPROPRIATE TECHNOLOGY USE IN CHILDREN

This workshop supports parents/carers of **primary**-aged children. It introduces parents to strategies in managing and promoting healthy technology use in their child/young person.

Date: 16th October 2025
Time: 12pm - 1pm

SOCIAL MEDIA AND SELF-ESTEEM IN CHILDREN AND YOUNG PEOPLE

This workshop is aimed at parents/carers of **Primary** and **Secondary** school-aged children. It will explore the top tips for using social media, signs of positive and negative self-esteem, tips to support healthy self-esteem, and the relationship between social media and self-esteem.

Date: 22nd October 2025
Time: 10:15am - 11:30am

SUPPORTING ANXIETY IN ADOLESCENTS PART 2

This workshop is aimed at parents/carers of young people attending **Secondary school** who would like to learn more about how to manage anxiety in young people, as well as helping to build their confidence. Part 2 will focus on strategies to manage anxiety in teens.

Date: 12th November 2025
Time: 12pm - 1:30pm

AN INTRODUCTION TO AUTISM

This workshop is aimed at parents/carers 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: 18th November 2025
Time: 12pm - 1:30pm

SUPPORTING FRIENDSHIP IN CHILDREN

This workshop is aimed at parents/carers 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: 25th November 2025
Time: 12pm- 1pm

TEEN LOW MOOD AND SLEEP

This workshop is aimed at parents/carers 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 and sleep.

Date: 1st December 2025
Time: 12pm- 1pm

ADOLESCENT EXAM STRESS

This workshop supports parents/carers 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: 8th December 2025
Time: 12pm- 1pm

