



FHS NEWS

JUNE 2022

PLATINUM JUBILEE LUNCH

We Celebrated the Queen's Platinum Jubilee at FHS with a special lunch and activities in lessons.

The hall was filled with bunting and flags and the canteen served special 'jubilee trifle', Victoria Sponge and red, white and blue biscuits!



WE ARE WORLD CLASS!

We we recently advised that we have been re-accredited as a "World Class School." Congratulations to students and staff. More information to follow in the next newsletter.

MR SHARMA, MP VISITS FHS

Mr Virendra Sharma, MP visited FHS and met with students and staff.



Mr Sharma spoke to politics students, discussed projects such as the Holiday Activities and Food Programme, and our World Class Schools Application.

World Class

He met with the School Council to discuss local issues and hear their views about the local area.

OZOBOTS!



Thank you to Brunel University for a fantastic STEM workshop - Robo-Coding little Ozobots!

Year 7&8s learned how to code the robots, learning through trial and error, and then competed against one another.



JOE WICKS VISITS OUR PARTNER SCHOOL



It was fantastic to see our partner school being featured in a documentary, aired on the BBC!

[Woodlands Academy in Ealing](https://www.bbc.co.uk/programmes/p0c3qmzy) (Part of the Grand Union Trust) was visited by fitness coach and author **Joe Wicks** as part of a TV documentary on the importance of mental wellbeing. You can watch the show by clicking here: <https://www.bbc.co.uk/programmes/p0c3qmzy>

HEADTEACHER'S MESSAGE

I do hope you and your family enjoyed the half term break against the backdrop of the national celebrations for the Queen's Platinum Jubilee. As we now enter June and the final half term of this academic year, one sometimes imagines that the pace of activity at Featherstone will slow down a little. However, it would seem that, if anything, the pace has in fact picked up as we approach the summer! Alongside the usual recruitment drive and general planning for next academic year, we are also preparing for the post Covid re-emergence of our Curriculum Enrichment Week, Sports Day, Art Exhibition and our Annual Musical Production, We Will Rock You. As you will know, we strive to give our students the best possible experience



at Featherstone, both in and out of the classroom, so the restrictions that Covid imposed upon us over the last two years meant that several significant events in the school calendar could not go ahead in their normal format. I am therefore delighted that we are all able to experience and enjoy this half term's enrichment events as a school community. We have recently been advised that following a rigorous assessment process we have been re-accredited as a "World Class School." This award is eligible to schools where the curriculum enrichment offer is rich and broad and allows students ample opportunities to develop those all-important personal and social skills. Many congratulations Ms Horton and to all the students involved in leading our submission.

Students in Years 11 and 13 continue to complete their respective external

national exams and in most cases have been positive about the examination papers they have sat. With students in all other year groups now completing internal assessments, the assessment 'season' is now well and truly in full swing. Many teachers are therefore very busy marking the exam papers and we look forward to sharing results with the students over the coming weeks. It is entirely appropriate to recognise the exemplary way the students have approached the public exams and internal assessments so far; their attitude, conduct and behaviour throughout the assessment period has been very pleasing. Thank you for your continued support in ensuring that the all important hard revision is going on at home.

Mr Wadwa, Headteacher

VISIT TO THE FESTIVAL HALL

The Music Department was finally able to go on what is normally an annual trip to the Royal Festival Hall to watch & hear the London Philharmonic Orchestra.

17 Year 10 students got the chance to watch a full orchestra playing pieces based on the GCSE curriculum. Along with the orchestra, there was also commentary and slides explaining the various styles used and information about the composers.



DECIMALISATION

Our Maths Department marked National Numeracy Day with special activities!

Students learnt about Decimalisation Day in 1971 and about what our money system looked like before that.



@FeatherstoneHS



@featherstonehighschool



@featherstonehigh

MATHS CHALLENGE

On Wednesday 27th of May, 47 Year 7 and Year 8s took part in the Junior Mathematical Challenge online.



This is an after school, multi-choice challenge, encouraging mathematical reasoning, precision of thought and fluency in using basic mathematical techniques to solve interesting problems.



VISITING ROEHAMPTON UNI

Forty Year Seven students spent a day at the University of Roehampton as part of The Talent Foundry's 'Powering Transformation' programme.

Working with university undergraduates, the students explored issues facing the planet before pitching their ideas to show how technology can help make Earth more sustainable.

Students also had the opportunity to quiz undergraduates before experiencing the



university's media centre to see how cutting edge technology is used in film and e-sport production.



SCHOOL COUNCIL

Our fantastic School Council have been meeting regularly to bring issues from the student body to their Head of Year, Senior Leaders and the Headteacher.

Each form group has two Reps who meet with their Head of Year. The Year Reps then get together to discuss the ideas that they want to speak to Mr Wadwa about. Some of the areas of school life the Council have been involved in are:

- The School Council helped interview for top jobs at FHS (two this year). They wrote the questions, chaired and ran the meetings and gave detailed feedback to assessors
- Members of the Council have helped shape the new House and Form system which will be launched in September.
- A prayer area has been set up and managed for students.
- Year 7s now leave their lessons five minutes earlier to help them move around the school safely.

ECO-TEAM

The Year 10 Eco-team created a PSHE lesson to help students learn about the major environmental challenges that are now affecting the world. In addition to this they also created a week of reflections and an assembly.

The team (Fiaza, Malika, Bebemarwah, Hadia, Joel and Nabila) were also able to discuss their ideas with our local MP, Mr Sharma who invited them to parliament later in the year, to discuss government environmental policy. Click the link below to see their work:

https://www.featherstonehigh.ealing.sch.uk/wp-content/uploads/2022/06/student-made-environment-1_compressed.pdf



CHARITY EYE GLASS COLLECTION

We are collecting used & unwanted, good condition prescription eye glasses for charity. The collection box is located in the school reception.



- The Council have given the canteen manager lots of feedback, inviting him to meetings so they could have a discussion about food on offer.
- Adding playground markings for the younger year groups to stay entertained has been agreed.
- The idea for a whole school culture day was presented to the Headteacher by the Council. This was approved and will happen at the end of the term. Members of the council are helping to plan the day.

LIBRARY NEWS



YEAR 7 READ CHALLENGE

Year 7 students have been taking part in the READ Challenge, our in-house programme designed to encourage students to read widely and regularly and to develop a love of books and reading for pleasure.

They record each book they read on a READ bookmark and then discuss the book with a teacher or librarian who will guide them on future choices. They are able to earn merit points and rewards as they read more books. There are a



number of students who have read over 50 books!

Research shows that developing strong literacy skills at an early age has a very positive impact on academic attainment in all subjects, so it is good to see so many students engaged in and enjoying reading.

Follow us on Instagram:

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

AUTHOR OF THE MONTH

Students have been celebrating the life and work of Michael Morpurgo who was Author of the Month for May.

He is one of Britain's best known authors and has written over 100 books, some of which have been made in to stage plays or films such as War Horse. Many of these books were available to borrow from a display in the library. There was also a special Reading Café, where students completed quizzes and discussed their favourite Michael Morpurgo stories.

STUDENT LIBRARIANS

A dedicated team of student librarians have volunteered to give up their time to work in the library at break, lunchtime and after school throughout the year.

They have helped to issue, return and tidy the books and also carried out other duties. Emma in Year 9 says "It was great because I made new friends and it was also really nice to help people". Some of the team are pictured here at the library counter. We would like to say a big thank you to them all for their help and support.



UPSKILL PROGRAMME

Seven students from Year 12 took part in the UpSkill programme delivered by 7 Stars Media, the UK's largest independent media agency.

Student, Rohit, tells us about the experience: I took part in the Upskill programme where we had to work together with two mentors from different industries, to come up with an idea which was influenced by the UN sustainable development goals. The programme was designed as a competition where the best business idea would receive a prize of Amazon vouchers. Our idea was influenced by the sustainable development objective 13 'Take Urgent Action to Combat Climate Change and Its

Impacts' which led us to achieve a second-place. This project gave me the opportunity to improve my presentation skills, interpersonal skills, and allowed me to contribute to our win.

If the Upskill programme taught me one thing it's how hard it is to think of a business idea and how to get your product out their i.e how to market the products to the point that you start getting some sorts of customers. As well as this it helped me build my confidence to be able to present our business idea. This programme really took me out of my comfort zone which is one thing that I like doing, although it was hella tough we got through it and also the mentors were the best people and support you all the way through which is amazing.

FHS READS

The latest issues of FHS Reads for KS3 and Young Adult readers have been published. Click [HERE](#) to read about some great new books plus author and genre features.



<https://www.featherstonehigh.ealing.sch.uk/wp-content/uploads/2022/06/ya-newsletter-may-22.pdf>

FEATHERSTONE PE NEWS

FOOTBALL FINAL

The Year 10 Boys Football team reached the Borough Finals this term for the first time in 10 years.

The team played a very strong team from Twyford but were slow to get going

and unfortunately conceded several goals. The team rallied in the second half and produced the performance that they were capable of. The overall result was a disappointing 6-1 defeat but nevertheless the boys should be very proud of their silver medals.



CRICKET AT LORDS

The PE department had the wonderful opportunity to take eight Year 10 pupils to Lords Cricket Ground.

The students were able to look around the famous ground, visit the museum,

and play some Kwik Cricket in the indoor pavilion.

The students were also entertained by a thrilling county game between Middlesex and Notts. All students had a memorable experience.



BOROUGH ATHLETICS

Featherstone High School took part in the Ealing Borough Athletics Competition on the 21st April. Taking part in the competition was a junior team (Year 8/9) and an Intermediate team (Year 10/11). They competed against 11 other schools.

Write up by Kiranjot Kaur: As challenging as it was, I think that the athletics competition was really fun; I did enjoy all the races from 100m to 800m, although being humbled by some. All athletes on track gave it their best which raised the levels of competition present and as much as not wanting to admit it, the track really did intimidate me. And of course helping out Mr Hodge with measuring the amazing distances in shot put was probably the most relaxing thing throughout the whole day. This day wouldn't have taken place if it weren't for the PE teachers taking us there, so I do thank you. Overall, it was an amazing experience and I would love to go again next year.

A special congratulations to Rusanthan Kagenthirasa 10CUR on winning the 800m Intermediate final. As he won the Borough Competition he will now go through to the Middlesex finals and compete! Well done.

CLUBS

Extra-Curricular Activities:

We have had a great uptake this half term in for our Summer Sports. We welcome all pupils to come and try an extra-curricular club. We will also be running Softball on a Tuesday 3.45- 5pm.

<https://www.featherstonehigh.ealing.sch.uk/wp-content/uploads/2022/04/PE-Clubs-summer-2022.pdf>

SEN PANATHLON

I recently participated in two panathlon sports events to encourage children with special needs or those who are differently abled. The Panathlon charity offers thousands of young people the opportunity to compete in competitive sports.

My first event as a panathlon leader was a swim competition. I was given the opportunity to assist students from KS2, helping them feel confident. I felt joy being in the water knowing that my participation made a positive impact on other children. Participants competed in a variety of competitions, including

pushing a float across the finish line or collecting the most sinkers underwater.

I also led an event that was similar to an athletic competition. The children were enthusiastic and couldn't wait to win and achieve high scores. They watched the children work together and shout with enthusiasm and excitement motivating their teammates to achieve high scores. To help them feel as if they are a part of a team, we gave every participant a black-coloured participation medal to cherish. All of the students returned to their schools/homes with a smile on their faces and an experience they will never forget.

Written by Eshani Verma



PHYSICAL EDUCATION CHANGING ROOMS

Pupils have embraced coming back into the changing rooms this summer term and the PE department would like to thank them for their positive attitude.

Why are we getting you changed?

We have returned to our pre-covid protocol in PE. We ask you to change out of your PE kit for hygienic reasons. In your lessons you are exercising and therefore will sweat. If you do not change your clothes you are susceptible to irritant rashes, acne/folliculitis, and bacterial or yeast infections. For example not changing your socks and trainers can result in athlete's foot, which is extremely itchy and can be very uncomfortable, but it is completely avoidable by changing socks and footwear. It is also in case you get wet in the lesson, so you are not walking around in wet shoes or clothes all day.

Helping you to feel more at ease

To help the transition back into the changing room, we have sectioned off individual numbered areas, where pupils can change around others with whom they feel comfortable.

The PE department ask you to hand in your valuables when requested and to take any water bottles or medication needed out with you to your lessons.

We are listening to you

You have said you wanted more space, so the section at the back of the changing rooms has been made bigger to allow more space for changing, they are also getting a new coat of paint. This update will happen in the May half term.

If you have any more comments then please feel free to raise them with your form reps who will talk to Mrs McKeever, she will be in the next student council meeting.

DIARY DATES FOR PARENTS

27th June to 1st July will be a Curriculum Week

(Therefore contrary to the calendar the week beginning the 4th July becomes week A)

Wednesday 22nd June on site lessons will end for all students at 12.45pm to accommodate the Ealing Teachers Subject Conferences

To allow our Heads/Deputy of Subjects to attend this important conference, all students will finish a little earlier on this day. On site lessons will end at 12.45pm and students will be set online work to do at home for their final lesson. All students in Years 9, 10 and 12 who want to access lunch will do so from 12.45pm up to 1.15pm.

Year 6 Transition Day Friday 1st July On line Learning Day for most students

The Ealing common induction day for Primary to Secondary school students takes place on Friday 1st July. Due to teaching staff being involved in delivering lessons throughout the day, students in Year 7, 8, 9 and 10 will have an online learning day. Year 10 students studying Geography will be travelling to Stratford to undertake the Human Fieldwork investigation whilst all Year 12 students will be visiting either Reading or Roehampton University. If your child is in Year 10 and studies Geography or in Year 12, you will receive further information regarding arrangements in due course.

End of term: Wed 20th July 2022

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PARENTAL INFORMATION

VAPING

E-cigarettes are battery-powered smoking devices. They have cartridges filled with a liquid that usually contains nicotine, flavourings, and chemicals. The liquid is heated into a vapour, which the person inhales. That's why using e-cigarettes is called "vaping."

Vape pens are becoming "increasingly popular amongst secondary school children. They are sold in many shops on our high streets and unfortunately children are being sold them sometimes by shopkeepers and in some circumstances older children who buy them and sell them on for a profit.

Please read this guide on how you can support your child if they are using a Vape pen: <https://drugfree.org/wp-content/uploads/2018/11/What-You-Need-to-Know-and-How-to-Talk-to-Your-Kids-About-Vaping-Guide-Partnership-for-Drug-Free-Kids.pdf>



Vaping puts nicotine into the body. Nicotine is highly addictive and can:

- slow brain development in kids and teens and affect memory, concentration, learning, self-control, attention, and mood
- increase the risk of other types of addiction as adults

E-cigarettes also:

- irritate the lungs
- may cause serious lung damage and even death
- can lead to smoking cigarettes and other forms of tobacco use
- Vape pens can look like highlighters and can be easily hidden in pencil cases, bags and blazer pockets.



WHY THEY'RE A PROBLEM...

Underage Sales

Alarming, disposable vape are becoming increasingly popular amongst secondary school children, despite the law restricting their sales to over 18's only.

These devices should NOT be:

- Sold to anyone under 18, or
- Bought for anyone under 18

It is a criminal offence for the sale of these devices to under 18's

It is a criminal offence to purchase these on behalf of under 18's

Non-Compliant or Counterfeit

Some of the devices on sale:

- Exceed legal nicotine levels (over 2% or 20mg)
- Contain too much liquid (over 2ml)
- Are incorrectly labelled and have no traceability
- May contain banned substances
- Are associated with organised criminal gangs and fund other criminality
- Are easily accessible to under 18's
- May lead to undesirable contact between buyer and seller

Often containing 50mg of nicotine - that's **150%** more than legally permitted for adults

ATTENDANCE & PUNCTUALITY

Please note that we do not authorise absence unless there are very exceptional medical or social circumstances. If your child's attendance is persistently below 90% or you take any unauthorised extended leave from school, your local council can give you a fine of £60, which rises to £120 if you don't pay within 21 days. If you don't pay the fine after 28 days you may be prosecuted for your child's

absence from school. Please refer to our Student Attendance, Absence & Punctuality Policy which clearly outlines the law and our expectations.

<https://www.featherstonehigh.ealing.sch.uk/wp-content/uploads/2022/01/Student-Attendance-and-Absence-Policy-2021.pdf>



OUTSTANDING ATTENDANCE = OUTSTANDING ACHIEVEMENT

POOR ATTENDANCE = UNDER ACHIEVEMENT

IMPROVED ACHIEVEMENT

97% - 100%

Outstanding attendance. No risk of poor attendance impacting on grades

96% - 96.9%

Risk of underachievement, maybe a quarter of a grade per subject. Close monitoring by Form Tutor and referral to Head of Year

At least 34-46 lessons missed.

94% - 95.9%

Risk of underachievement, up to a third of a grade per subject. Head of Year aware and monitoring. Education Welfare Officer (EWO) aware.

At least 46-68 lessons missed.

90%-93.9%

Severe risk of underachievement linked to attendance. Nearly the equivalent of one academic year of Geography or History lessons missed. EWO monitoring closing.

At least 68-114 lessons missed.

Below 90%

Extreme risk of underachievement. Risk of court action. There are 120 hours of guided learning in one GCSE qualification, at this level, the equivalent of a whole GCSE missed.

At least 114 lessons missed.

EVERY SCHOOL DAY COUNTS

Attendance

Make sure your son/daughter arrives on time and attends every day. Every missed day counts!

It is a fact that the greater the attendance the greater the levels of attainment.

Statistics tell us that if your child's attendance is 88%, they have a 3% chance of achieving five 5-9 GCSEs.

Missing one day of school per week equals one year of school missed over the course of five years.

Applications for Leave During Term Time

Only emergencies or exceptional circumstances will be considered.

Holidays or family gatherings will not be authorised.

Fixed penalty notices will be issued by Ealing. In some cases Ealing will prosecute parents.

Applications are to be made via Operoo on the Parent Portal.

Punctuality

School starts at 8.30am/10.30am (depending on your child's timetable). Students need to be in school before these times as the gates will be closed promptly at 8.30am/10.30am.

Students arriving late are asked to go to Gate A, where they will be met by Senior Staff to explain their reason for absence.

The school gates will close at 8.50am/10.50am. After that, access to school is by the main school reception.

All students are expected to arrive on time at school, ready for lessons. Good punctuality at school is essential for students to achieve their full educational potential. It is also vital for students to form good habits for later life. Punctuality records form part of references passed onto employers or higher educational institutes.

We would ask parents to support us in maintaining good punctuality by:

Ensuring that their children get up in plenty of time to be ready and prepared for school.

Ensuring their child has organised their bag and equipment the night before so that this does not delay departure in the morning.

Discussing any issues of lateness to ensure this does not become a habit.

Monitoring their child's attendance record when it is sent home and looking for patterns of lateness.



Coping Skills

Anxiety

Deep Breathing

Deep breathing is a simple technique that's excellent for managing emotions. Not only is deep breathing effective, it's also discreet and easy to use at any time or place.

Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow: Time the inhalation (4s), pause (4s), and exhalation (6s). Practice for 3 to 5 minutes.



Progressive Muscle Relaxation

By tensing and relaxing the muscles throughout your body, you can achieve a powerful feeling of relaxation. Additionally, progressive muscle relaxation will help you spot anxiety by teaching you to recognize feelings of muscle tension.

Sit back or lie down in a comfortable position. For each area of the body listed below, you will tense your muscles tightly, but not to the point of strain. Hold the tension for 10 seconds, and pay close attention to how it feels. Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

- | | |
|------------------|--|
| Feet | Curl your toes tightly into your feet, then release them. |
| Calves | Point or flex your feet, then let them relax. |
| Thighs | Squeeze your thighs together tightly, then let them relax. |
| Torso | Suck in your abdomen, then release the tension and let it fall. |
| Back | Squeeze your shoulder blades together, then release them. |
| Shoulders | Lift and squeeze your shoulders toward your ears, then let them drop. |
| Arms | Make fists and squeeze them toward your shoulders, then let them drop. |
| Hands | Make a fist by curling your fingers into your palm, then relax your fingers. |
| Face | Scrunch your facial features to the center of your face, then relax. |
| Full Body | Squeeze all muscles together, then release all tension. |

Coping Skills

Anxiety

Challenging Irrational Thoughts

Anxiety can be magnified by irrational thoughts. For example, the thoughts that “something bad will happen” or “I will make a mistake” might lack evidence, but still have an impact on how you feel. By examining the evidence and challenging these thoughts, you can reduce anxiety.

Put thoughts on trial. Choose a thought that has contributed to your anxiety. Gather evidence in support of your thought (*verifiable facts only*), and against your thought. Compare the evidence and determine whether your thought is accurate or not.

Use Socratic questioning. Question the thoughts that contribute to your anxiety. Ask yourself:

“Is my thought based on facts or feelings?”

“How would my best friend see this situation?”

“How likely is it that my fear will come true?”

“What’s *most likely* to happen?”

“If my fear comes true, will it still matter in a week? A month? A year?”

Imagery

Your thoughts have the power to change how you feel. If you think of something sad, it’s likely you’ll start to feel sad. The opposite is also true: When you think of something positive and calming, you feel relaxed. The imagery technique harnesses this power to reduce anxiety.

Think of a place that you find comforting. It could be a secluded beach, your bedroom, a quiet mountaintop, or even a loud concert. For 5 to 10 minutes, use all your senses to imagine this setting in great detail. Don’t just think fleetingly about this place—really imagine it.



What do you see around you? What do you notice in the distance? Look all around to take in all your surroundings. Look for small details you would usually miss.



What sounds can you hear? Are they soft or loud? Listen closely to everything around you. Keep listening to see if you notice any distant sounds.



Are you eating or drinking something enjoyable? What is the flavor like? How does it taste? Savor all the tastes of the food or drink.



What can you feel? What is the temperature like? Think of how the air feels on your skin, and how your clothes feel on your body. Soak in all these sensations.



What scents are present? Are they strong or faint? What does the air smell like? Take some time to appreciate the scents.