

10W4 Girls' Achievement Form Newsletter: Term 1

Introduction



Firstly, I would like to celebrate 10W4's brilliant start to the year. It has been a pleasure getting to know them and I know that we will be a dream team!

What we have been up to in Term 1

This term, 10W4 have used form time to expand their knowledge and confidence in various life skills. We have had a series of sessions on '**Money Matters**' using some resources from Barclays, where the girls have learnt to budget, how rent/ salaries/ expenditures work, what payslips look like, how student loans work, and they have even practised how to do a weekly shop with a set budget! Please do continue to have these important conversations at home.

Alongside this, we have had a real focus on **mindfulness** and have explored various ways of staying grounded when life gets overwhelming. We have done 5-minute guided meditations, creative outlets and have learnt how to start recognising emotions, triggers and when 'our cup is getting full'. Speaking about mental health and being conscious of our mental states is something I want the girls to have the vocabulary and power to speak about so have spoken about. At home, you could use a 'traffic light' system where children share their 'reds' (negative feelings) and 'greens' (positive feelings) about their day with you to develop that openness and awareness.



The girls have amazed me with our **Friday Form Presentation** slots where the girls have prepared and delivered a 10-minute presentation to the form in pairs. We have had a complete range of topics, from K-pop to the fur industry, 'music and the teenage brain' to true crime cases! Whilst the girls were initially nervous about presenting in front of the form, they have all shown courage and resilience in delivering these; I hope that these skills will be transferred to their lessons too.

Celebrations

- ★ *Hodan: 79 character points since September!*
- ★ *Herman: 92 character points since September!*
- ★ *Nilufa: 106 character points since September!*



Before half term, 10W4 had a celebration morning to celebrate those with no or very low behaviour points and high attendance- there 16 amazing girls invited! We did some biscuit decoration, henna and clay modelling- a bit of creative downtime was what we all needed after a hard term of work. We will be doing a similar celebration on the last day of this half term too.



Reports

I am currently in the process of writing you each an individual and informal report on how your daughter has settled into year 10 and how her interim grades look from my perspective. Please expect an email from me by the end of term.

Key dates for 10W4

- Final day of Autumn Term: **Wednesday 21st December** (students will leave at 10:30)
- First day back at school for Spring term: **Thursday 5th January**

For any questions, or for a specific discussion about your daughter, please contact: Miss Chloe Altman- 10W4 Form Tutor caltman@greenford.ealing.sch.uk

10M4 Boys' Achievement Form Newsletter: Term 1

Introduction

I would like to take this moment to celebrate the hard work displayed by 10M4. This term the boys started the most crucial years of their schooling and began to transition into young men ready to take on the world. They have gone outside their comfort zones to have mature conversations, learn about careers and focus on their mental health.



What we have been up to in Term 1

Each Wednesday, I have led 10M4 in conversations about mental health. In our 'Wednesday Wellbeing' sessions we have begun to have open discussions about how we are feeling, develop support networks within the class and learn coping strategies for panic moments. I have shared my experiences with 10M4 to illustrate the importance of men being open with each other.

Each Tuesday, I have led career sessions with 10M4 to help them gain a stronger sense of what they might want to pursue later in life. At the start of the year, the boys came up with a list of careers they found interesting, and I have led spotlight sessions exploring jobs from being a GP, to a barber, to a sports journalist.

Finally, on Wednesday lunchtime, I have introduced a football club for the boys to blow off some steam in the sports hall. This has been an excellent way for me to get to know 10M4 outside of the classroom and as the boys like to remind me, they have outplayed me every week!



Celebration trip!

On Monday 30th January, 10M4 will be heading to the home of English football, Wembley Stadium.



10M4 will be going into the heart of the stadium where their footballing heroes have played. The boys will be able to take their picture in the press conference room, find the shirt of their favourite player in the England dressing room and line up in the players tunnel in the footsteps of legends.

A letter to parents will be sent out soon!

Students with the most Character Points this year

- ★ Ahmos
- ★ Orfeusz
- ★ Prajwal
- ★ Eshan
- ★ Joel



We are incredibly proud of these five students who have collected over **300 Character Points** between them this year. Their strength of character is recognised by everyone at GHS, who regularly tell me how wonderful these students are. Please congratulate them at home!

Key dates for 10W4

- Thursday 5th January – Greenford High School return to school for start of Term 2.
- Monday 30th January – 10M4 will be travelling to Wembley Stadium for a tour.

For any questions, please contact: Mr George Lanigan – 10M4 Form Tutor

glanigan@greenford.ealing.sch.uk