


Friday 8th December 2023

School Leadership Messages	Contents									
<p>End of Term Teaching</p> <p>We are looking forward to having all our students in lessons until the end of term. While tutors will take the opportunity for festivities during the last week, students will be receiving normal teaching. Please could parents and carers not take their children out of school before the end of term.</p> <p>Christmas Lunch Thursday 14th December</p> <div>  <p>Celebrate Christmas Join us on 14th December 2023 to Celebrate Christmas</p> <p>Main Course Roast Turkey with Sage & Onion Stuffing Served with Roast Potatoes, Carrots, Honey Roasted Parsnip, Brussel Sprouts, Mini Chipolata Sausages and a Rich Gravy Sauce.</p> <p>Main Course (v) Roast Vegetable Lattice Served With Roast Potatoes, Carrots, Honey Toasted Parsnip, Brussel Sprouts, Sage & Onion Stuffing, Cranberry Sauce and a Rich Gravy Sauce.</p> <p>Dessert Traditional Christmas Pudding with Double Cream & Custard Mince Pie Festive Chocolate Log</p> <p>Students £3.50 Adults £4.20</p> </div> <p>Harrisons are serving Christmas Lunch in North Wing & South Wing Canteens next week</p>	CoHeads' Weekly Roundup									
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<p>Talking Turkeys Be nice to yu turkeys dis christmas Cos' turkeys just wanna hav fun Turkeys are cool, turkeys are wicked An every turkey has a Mum.</p> <p>Benjamin Zephaniah 15 Apr 1958-7 Dec 2023</p>										

Co-Headteachers

Weekly Roundup

The tinsel is very much out at Fortismere and we are on the brink of getting stuck into our Christmas festivities. Yesterday we joined in with the National Christmas Jumper day and the yuletide tempo will be picking up this weekend with our annual Winter Fair which is taking place in South Wing on Sunday. We do hope you will all be able to join us for some mulled wine, gingerbread and a pleasant opportunity to purchase gifts from one of the stalls there. We are going to shamelessly plug Fortismere's very own brand of honey which is being sold at the fair by our staff and students (both former and present students) who have manufactured this delicious product as part of their work looking after our bees in the Vik Sharma Garden. The Winter Fair is not only an important opportunity to invite our community into our school but also one of our major fundraising events. We are also very much looking forward to our Christmas Music and Drama productions taking place in the last couple of weeks of term so if you can't join us this weekend there will be further chances to join us in celebration before the end of term.

Our students have also been busy on other fronts: we wrapped up the last of the StandUP presentations with Year 10 students on Monday and today a group of Year 10 students are taking part in the Jack Petchey Speak Out Challenge, a public speaking workshop and presentation where they will speak to their peers on a topic close to their hearts. We are excited to hear how they did.

The Autumn Term is a long one and while it's wonderful that we get to end with a flourish of activities we are mindful that the pressure is on for our Year 11 and Year 13 students who are in the final phases of preparations for their Mock GCSE and A level Examinations which begin right after Xmas. In fact all Year groups have usual curriculum activities to focus on, therefore excellent attendance and punctuality is vital, right up until the end of term because despite the festive fun there is still a lot of important learning to get through.

Wishing all of our Fortismere families a wonderful weekend.

Fortismind - Supporting Mental Health at Fortismere

Managing Stress & Anxiety

Stress and anxiety are common feelings and it's important to be able to recognise them and know where to get support when you need it. [The Mental Health Foundation](#) has useful information and resources. Erisa Jolla, one of our Sixth Form Mental Health Leaders, has written for us this week on the topic of managing stress and anxiety: Stressful situations come in all shapes and forms, whether you are having a hard time revising for a test, have an upcoming deadline that is stressing you out, or even have had a recent argument with someone. A recent student well-being study found that 71% of students feel anxious about their classes and coursework and less than half feel comfortable asking questions. The research also found that more than half of students also struggle to practise healthy habits, and 64% have difficulty sleeping.

So how can we recognise stress and anxiety symptoms?

Stress can manifest in various ways, including physical symptoms like headaches, cognitive issues like poor concentration, emotional symptoms like crying, irritability, and edginess, and negative behaviours like overeating or smoking, according to Dr. Webster from Harvard University.

How can we manage stress/anxiety?

To manage stress and anxiety, it's crucial to understand your triggers and then change your reactions to them. Relaxation techniques, such as meditation, yoga, and deep breathing exercises, can help lower your blood pressure, heart rate, breathing rate, and stress hormones.

Setting goals, for your work, relationships, creativity, play, and health, can also help create a positive sense of commitment, control, and optimism. By understanding and managing your triggers, you can better cope with stress and maintain a healthy lifestyle.

Miss Jones

Mental Health Champion

Extra-Curricular & Enrichment

Sweet Stuff!

Many of you may not be aware that Fortismere has its very own beehive and this year we're thrilled to announce that our students and the bees have successfully produced some honey! **Our very special Fortismere Honey will only be available to buy at the Winter Fair this Sunday** and in very limited quantities so make sure you get there early before stocks run out.

Our honey is the result of the hard work of some former Fortismere students, Patrik Chema and Matthew Price who have dedicated their time and effort to maintaining the bee colony. Plus a group of current students who have contributed to and been involved in the beekeeping process, Sabri Yakup Y10, deserves a special mention for his hard work and enthusiasm this year. Our bee colony is situated in Vik Sharma's Memorial Garden and we utilise the National hive method, which is based on Langstroth hive design principles.

Patrik has introduced an alternative Flow Hive, a new beehive invention that streamlines the process of collecting honey with a novel spigot system that taps into specially designed honeycomb frames. We hope to have some more honey for you next year and will keep you updated on news from the hive.



House News

Charity Movie Night - Wednesday 13th December 5pm-7pm (Year 7-9)

The **Franklin and Keats Charity Ambassadors** are arranging a Christmas movie night after school on Wednesday 13th December from 5pm till roughly 7pm (we'll know the precise end time when we have selected the film) in SW Hall. The evening is open to students in Years 7, 8 & 9. The dress code is either Christmas jumpers or pyjamas (this is optional, however!). Tickets cost £5 and this includes entry to the film as well as some sweets/popcorn and a drink. There will be extra snacks available to purchase. All of the money raised will be donated to our house charities for Franklin House it's the West London Rape Crisis Centre and for Keats House it's Centrepont.

If your child would like to attend, please fill in [this google form](#) Once the film has been selected, we will post it to the year group google classroom with an updated end time - ask your child to check this if you will be collecting them.

Miss Jones & Mr Ward



Charity Gingerbread Decorating Competition - Tuesday 12th December 2023 Lunchtime

The **Turing Charity Ambassadors** are running a gingerbread decorating competition next week on Tuesday 12th December at lunch time (in both North Wing and South Wing under the canopies). It costs £1 to enter and this includes the gingerbread and icing. All money proceeds go to the Turing charity, Cancer Research UK. Remind your children to bring £1 to be in with the chance of winning a prize and to supporting a good cause.

Miss Brough



Inter-House Chess Competition

Last week, students from Years 7 -11 took part in the Inter-House Chess Competition. Each year group played 3 games of chess using an online platform. It was great to see students engaging in healthy competition in the hopes of winning points for their house. A big thank you to Mr Owayolu for organising the event and for setting up the competitions. Thank you also to Y10 student Oscar Sarihadie for helping out at all 5 competitions across the week! The scoreboard is below - congratulations to Keats who won the Chess competition with 310 points overall.

Keats	310
Turing	202
Wollstonecraft	152
Selvon	111
Franklin	93



Modern Languages Department

Oxford University Flash Fiction Student Competition

This year's Oxford University Flash Fiction Competitions in French and Spanish are now open and students in Years 7-13 are invited to submit a complete story of no more than 100 words, in French or Spanish, for the chance to win up to £100. The judges are looking for creativity, imagination and linguistic accuracy. There are three age categories: Y7-9 (ages 11-14); Y10-11 (ages 14-16); Y12-13 (ages 16-18). The deadline for submitting your story is 12 noon on 27th March 2024. For more information [see this link](#)

Drama Department Notices

Christmas Production: Nearly Night (Twilight The Musical) - 12th December 7pm NW Hall

A reminder that our **one night only christmas production is next week**. We're looking forward to seeing lots of you there.



Library Notices

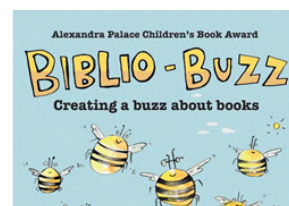
Top Tips to Keep your Children Reading

Top Tip No 11: Flood your house with books and reading for pleasure this year by holding your own Jólabókaflóð. This is a fabulous Icelandic Christmas tradition which roughly translates to "Christmas Book Flood". On Christmas Eve, people exchange gifts of books and then read them straight away, snuggled up in front of the fire, eating chocolate or drinking hot chocolate.



Alexandra Palace Children's Book Award Club

The Year 7 APCBA/Bibliobuzz group started in the library last Monday. It's not too late to join us! Students can bring a packed lunch (nothing hot or smelly!) this coming Monday and take part in the fun activities as we talk about the 6 shortlisted books ready for our wonderful day out in March next year.



Astoundingly Cheap Book Sale!

There is a mammoth book stall at the Fortismere Christmas Fair this Sunday 10th December, 11am till 5pm. We will be selling **BRAND NEW BOOKS** for all ages at a bargain £1 each. Bring carrier bags and plenty of cash!



Recommended Reads of the Week

Our library decorations are up, so it must be time to recommend some wintery/Christmassy stuff!



Benjamin Zephaniah 15th April 1958-7th December 2023

We were saddened to hear of the death of Benjamin Zephaniah this week. He was a pioneering poet and author whose work paved the way for Black British authors.



Fortismere Music Centre Notices

Community Choir Christmas Concert - Saturday 9th December 7pm St Andrews Church

Some tickets are still available for the ever-popular Community Choir Christmas Concert tomorrow and today is your last chance to buy Early Bird tickets at £12! Tickets on the day will be £15. Full details and to Order online from [this link](#)

Student Christmas Concerts - Monday 18th & Tuesday 19th December 7pm

Due to popular demand, there will be as always two christmas shows at which our students will be showcasing their musical talents. The line-up will include the Jazz Band, Senior and Junior Choirs, Big Band, Samba, String Ensemble, solos and more... [Book Mon 18th Dec tickets here](#), and [Book Tues 19th Dec tickets here](#).

A Level Music Technology & Music Open Morning - Saturday 13th January 2024 10am-11am

We are holding an open morning from 10am-11am on the first Saturday of next term to give potential students a chance to look round the Music Department, to see the facilities on offer, and to ask any questions about studying A Level Music subjects at Fortismere. All Fortismere students are welcome and the session is also open to non-Fortismere students as well. Register for the event using [this link](#)

School of Rock starting Saturdays 2024

There are not many places left on our new Saturday School of Rock! Please send in the registration forms as soon as possible to ensure you get one of the last places for your child, especially if they are applying with friends. More information and forms are available on the FMC website [here](#)

PE & Sports News

Year 7 Girls On to the Next Round

Congratulations to our Year 7 Girls team who played an exciting match against Wren Academy Finchley this week. We scored first but were losing 3-2 at half time. But hard work and determination paid off and we ended the match winning 7-3! Leni scored 5 goals and Farah got 2. Everyone played really well - Leah, Bar, Anna, Selin, Millie, Sarah and Gigi but the Player of the match was Anna.



Netball Teams Through to Semi-Final

Well done to our Year 8 and our Year 10 Netball Teams who have both qualified for the semi-finals of the Haringey Cup. Year 8's beat Woodside 9-2 on Tuesday. The semi-final is against Heartlands on Monday 11th December. Good luck!



Fortismere Retain the Cup

Well done to Lara, Alex, Leila, Hannah, Fatima and Dilara for winning the Haringey Volleyball Cup for the second year running. There was some excellent individual and team play.



Fixtures Next Week

Monday 11th December - Year 8 Girls Netball v Heartlands

Wednesday 13th December - XI v Nowerhill Away 2.30 pm

Fortismere School Holiday Camps

New Year Holiday Camps 2nd-5th January 2024 - Booking Now Open

Fortismere Holiday Camps run from **Tuesday 2nd January 2024 to Friday 5th January 2024.**

Activities on offer include Sports, Art, Drama, Cooking and Early years fun. The camps are led by experienced practitioners and offer a full day of fun and entertainment. Activities take place at Fortismere School (Tetherdown, London N10 1NE) from 9am to 4pm and cost from £80. There is an option for an early drop off and/or a late collection for an additional cost. Please contact Ms Demetriou

mdemetriou@fortismere.org.uk Extended Schools Manager, if you would like to take up this option or want more information on any of the activities. **Booking information and details for all the camps are on the school website - [Fortismere Holiday Camps](#)**

Safeguarding at Fortismere

Safeguarding Contacts

If you wish to speak to the Designated Safeguarding Lead (Ms Sullivan) about any safeguarding matters or concerns please email safetalk@fortismere.org.uk alternatively contact your child's Head of Year

Year 7	Ms Fox kfox@fortismere.org.uk
Year 8	Ms Jackson kjackson@fortismere.org.uk
Year 9	Ms Cuenca icuenca@fortismere.org.uk
Year 10	Mr Aldridge saldridge@fortismere.org.uk
Year 11	Ms Boot aboot@fortismere.org.uk