

## Co-Headteachers' Weekly Roundup

Welcome to all our parents and carers to the Spring Term. While students were enjoying an extra day in bed on Monday, staff at Fortismere were participating in training around aspects of behaviour management and leadership. One of the outcomes was a change to the way in which teachers meet and greet students at the start of lessons. We hope that your sons and daughters have been coming home with tales of teachers shaking hands with them, formally welcoming students to lessons and ensuring that every student begins the lesson with a personal acknowledgement. The purpose is to make sure that no student is overlooked and that all lessons begin with a positive interaction. We also believe that for the students, learning how to meet someone formally is a skill for life. Some students will struggle with offering their hand and we have adopted a flexible, sensitive approach to support diverse cultural norms and the social and emotional challenges some of our students experience.

The handshake forms part of a 30 day trial that will be reviewed on 6 February. If you would like to pass on any opinions, views or comments that your son or daughter has made, please feel free to pass these on to either Ms K Sullivan or Ms Fineberg.

Although this is only the first week back, we are already counting down to Fortitude, our Summer Fair. We are very keen to encourage members of our parent and carer body to volunteer to support the organisation of the event. Although much of it is already planned, there is still work to be done. The FSA has a very important role in the life of the school and sometimes it is a case of 'ask

not what your school can do for you – ask what you can do for your school' (apologies to JFK). In addition, we have a number of social fund raising events preceding Fortitude, including a quiz evening and of course, the Panto. If you have not already bought your tickets for a performance to rival 'Hamilton', then we urge you to do so.

We wish you all a peaceful and not too blustery weekend.



Ms Zoe Judge



Ms Jo Davey

# fortismere

## School Association

charity number: 801227

## Dates For Your Diary

- 16 January 8X Bank Parents Evening 15.30-18.30 South Wing
- 17 January Parent Workshop: How to support your child with Self-Harm 09.00-10.00am
- 23 January—School Early closure at 3.00pm
- 23 January—Year 9 options Evening, from 3.05pm
- 23-26 January Aladdin Panto 19.00
- 30 Jan 8Y Bank Parents Evening 15.30-18.30 South Wing
- 11 February Parent Forum North Wing 19.00

DON'T  
MISS  
OUT

# Messages

## Parent Forum Monday, February 11th, 7pm. North Wing Hall

Come to the Parent Forum on Monday, February 11th, 7pm - 8:30, North Wing Hall  
(Governor's surgeries beforehand, from 5:30pm)

If you would like any topic to be discussed, please email your thoughts, ideas and concerns to the following email address: [parentforum@fortismere.school](mailto:parentforum@fortismere.school)

Hope to see you there!

Wendy Sloane  
Vice Chair Governors

## Year 8 Parents' Evenings – 8X Bank 16 January, 8Y Bank 30 January – 15.30-18.30 South Wing

Year 8X Bank Parents' Evening opened for booking Tuesday 8 January. All Year 8 Parents/Carers will have received a Parentmail communication on Monday 7 January with the booking link, however only 8X Bank will have access to the booking site.

Year 8Y Bank Parents' Evening will open for booking Tuesday 22 January.

We look forward to meeting with you and your child for this important evening.

## Year 9 Options

Please see below the timeline of events for our Year 9 students as they begin the process of choosing their KS4 options. All information relating to options is being updated and will not appear on the website until 21 January 2019.

<b>fortismere</b>		
<b>OPTIONS: Time line of events for 2019</b>		
<b>SPRING TERM 2019</b>		
<b>JANUARY</b>	Mon 07 - 25	Tutor chats- (3 weeks in VT)
	Mon 21	Y9 Assembly 1 – NWH - Choices and timeline explained
	TBA	Taster lessons/ small group talks for students by request
	Mon 21	Options Booklet published on website
	Wed 23 <sup>rd</sup>	Options Fayre and Talks 3.05 – 5.05pm TALKS in South Wing Hall <ul style="list-style-type: none"><li>3.05 – 3.45 Alexandria / Colosseum / Ephesus</li><li>4.00 – 4.40 Rhodes / Olympia / Petra</li></ul> (Arrive at 3pm onwards for tours)
<b>FEBRUARY</b>	28 <sup>th</sup> Jan- 1 <sup>st</sup> Feb	Guidance Meetings during school with SLT
	Wed 6	Y9 Assembly 2 – Options – SOUTH WING HALL
	Thurs 7	Options forms ONLINE
	Fri 1 <sup>st</sup> March	Options forms DEADLINE FOR COMPLETION
	TBA	Follow-up Guidance Meetings for some

...learning on the hill

# Messages

## Parent/Carer Voluntary Contributions 2018/2019

Thank you to all our parents and carers who have already made a voluntary contribution, this is very much appreciated. For those who may still wish to contribute, the autumn term communication from the Chair of Governors and Co-Heads which provides more details is available on

<https://www.fortismere.haringey.sch.uk/page/?title=Voluntary+Contributions&pid=90>

## Lunches

A new lunch rota will be in place from Monday 14<sup>th</sup> January; the year group going third will be changing wings. Please see the attachment.

	lunchtime rota from 14jan19											
	SW	NW	SW	NW		SW	NW					
Mon	7	8	9	10	11	O	P	R	A	C	E	
Tue	11	9	10	7	8	O	P	R	A	C	E	
Wed	10	11	7	8	9	O	P	R	A	C	E	
Thu	8	10	11	9	7	O	P	R	A	C	E	
Fri	9	7	8	11	10	O	P	R	A	C	E	

## Skateboards

Please could parents and carers remind their sons and daughters that skateboards should not be brought into school. We reserve the right to confiscate any skateboard brought on site.



## Leavers Hoodies Class of 2019

With a cohort of 270 students we have only had 110 students who have bought a Leavers Hoodie on our online shop. The shop was due to close today but I have been able to extend it until Tuesday 15th January 9.00 am so you have the weekend to order your child's Hoodie. If you do not order a Hoodie by the deadline the shop will be closed and any future orders are increased in cost as they will be produced as a one off production Hoodie. This makes the Hoodie £10 more expensive dependent on the style you would require. This is the last opportunity to buy a Leavers Hoodie on the online shop at a cheaper rate and the date will not be extended any further. Students have also been informed of this and have had this set as a homework in their Google classrooms for some time. Your link to the online shop:

<https://www.schoolleaverscompany.co.uk/>

Navigate to the login on the top right had of the home page and add the details below.

USERNAME: SL43782

PASSWORD: 43782fort

Please make sure you receive an email from the company to verify your online purchase.

# Messages: After School Clubs and Extra Curricular

## Badminton Club Monday After school

Ms Bailey will be running Badminton Club on Monday's after school in the Sports Hall 3.20-4.30pm. You must change into your full PE kit to attend, everyone welcome.

## Judo club @Fortismere—Wednesdays in South Wing Gym, 3.00– 4.30 PM

All years welcome.

Starts Wednesday 16<sup>th</sup> January 2019



## Yoga Club

This term we are introducing Yoga Classes for students twice a week on **Monday and Wednesday lunchtimes**. Classes will start on the **28th January**. There are 30 spaces available and these will be allocated on a first come first serve basis. Full details of the course are provided below and if you would like your child to attend please make the appropriate payment via Parentmail. Each session costs £6 and therefore the total cost until February half term is £36. All proceeds will go to the school.

Sessions will be led by Vesna who is an experienced and passionate Yoga instructor with over 17 years of teaching. Vesna hopes to ignite a passion for yoga in her students so that it becomes a part of their everyday life and a refuge from the stresses of modern life. Vesna brings together several aspects of classical yoga: the understanding of structural alignment in the asana practice, the refinement of mental and emotional patterns through the practice of pranayama, and access to a place of stillness, relaxation and meditation. The teaching is based on applying the eight vital principals in yoga practice:

1. The meditation state of mind (the no –doing of the mind)
2. Relaxation (the not-doing the physical body)
3. Intent
4. Rooting
5. Centring
6. Aligning
7. Breathing
8. Elongating



### The programme:

Regular practice of techniques including stretching movements performed mindfully, with full attention underlie these benefits. Many of the yoga postures (downward dog, tree, snake) offer an opportunity for the physical expression of imagery, with which children are usually very comfortable. They provide a means whereby those who are shy, withdrawn, or physically less able, can shed their inhibitions. When they are given a chance to express themselves physically, they grow creatively. Balancing postures are especially effective in promoting concentration and calmness. Breathing exercises, relaxation techniques and meditation help in effective stress management and are particularly beneficial prior to exams. They are also useful for combating insomnia and ensuring sound, refreshing sleep.



# News from the Library

Make it your new year's resolution to come to CoverUp, our parent/staff reading group. The next meeting is, unusually, on a Tuesday (22nd January) to avoid clashing with Aladdin, and we will be talking about award-winning *The Seven Deaths of Evelyn Hardcastle* by Stuart Turton. Here's an article to whet your appetite <https://bit.ly/2Fd1OnV> . 7pm in the library, all welcome, refreshments provided.

The Young Poets Network is the Poetry Society's online platform for poets up to the age of 25. There are updates about poetry, competitions, events and more and we know that many of our students are accomplished creative writers. Get them to take a look and enter competitions! <https://bit.ly/1U8XLZe>

As you know, Fortismere/Blanche Nevile alumnus and poet Raymond Antrobus delighted many of our students last November; he especially inspired our hearing impaired students as well as invited guests from Blanche Nevile. He wants to do much more work, including personal mentoring, with BN and deaf young people so he's set up a Patreon - please take a moment to read this moving message <https://bit.ly/2RK0z3O> . The library will of course be inviting Raymond back to Fortismere in the future.

Something we already knew, but in different words! Always worth reminding ourselves why we read... <https://bit.ly/2ruTGVD>

## Recommended Reads of the Week

We currently have a big display of funny books to beat the January blues! A couple by J A Buckle - *Half My Facebook Friends Are Ferrets* and *My Smoky Bacon Crisp Obsession*- really get into the hilarious brain of a teenage boy. And Louise Rennison's *Confessions of Georgia Nicholson* series still create those LOL moments. Both are in diary format, so easy and quick to read. Warning: can be embarrassing on crowded public transport.



And not a book, but a must-see – *The Wider Earth* at the Natural History Museum is a beautifully staged play about Darwin's adventures on The Beagle. Evolutionary, religious, historical and moral concepts explained simply with excellent acting and delightful War Horse type puppetry <https://bit.ly/2NfXO41>



# Music Department

## **Charity Band Night – Thurs 7 February 2019, 6.30pm Music Hall, North Wing**

Any students, parents, carers, friends, staff, ex-students, neighbours; in fact anyone from our local community who want to perform at our fabulous Charity Band Night, please get in touch with Head of Music & Music technology, Ms S. Ogilby [sogilby@fortismere.org.uk](mailto:sogilby@fortismere.org.uk)

We are looking for variety and a range of performances which will generate profit for charity.

Performances can be instrumental and/ or vocal in any popular/ world genre.



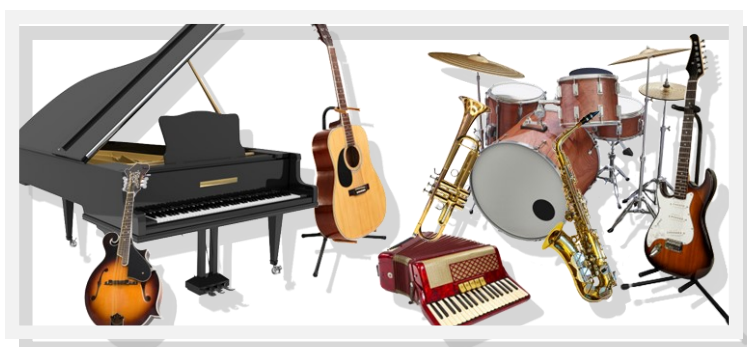
## **Orchestra restarts Monday 21 January 2019, music hall, 3.30-4.15pm**

New members welcome



## **Instrumental and Vocal lesson restart from Friday 18 January**

Invoices and timetables will be forthcoming as soon as possible.




## ALADDIN PANTO

Tickets are on Sale!!! 23-26 January 2019. Hurry - we expect it to sell out early! Tickets here – [www.fortismere drama-aladdin.eventbrite.com](http://www.fortismere drama-aladdin.eventbrite.com)

**N** PRODUCTIONS AND **fortismereDRAMA**  
PRESENT AN AMATEUR ADAPTION OF...

# Aladdin

BY  
**JOEL HORWOOD**



**23 - 26 JANUARY 2019**  
**7:00pm** Doors open 6:30pm  
**£15 / £10 CONCESSIONS**

**f i t @fortismere drama**  
North Wing Hall, Fortismere School,  
Creighton Avenue, Muswell Hill,  
N10 1NS

Tickets available at [fortismere drama-aladdin.eventbrite.com](http://fortismere drama-aladdin.eventbrite.com) Supported by **TATLERS**



# Quiz Night



Get your tickets for our fantastic Quiz Night on **Saturday 23rd March!**

It will be hosted by the brilliant Pauline Eyre and this is why we know she's going to make the Quiz a night to remember:

"I've been standing up since...well, a long time ago. Now doing it in front of audiences."

REGIONAL FINALIST Funny Women Awards 2017/18

FINALIST Colchester New Comedian of the Year 2016

SEMI-FINALIST Leicester Square New Comedian of the Year 2016

QUARTER-FINALIST Amused Moose Awards 2016

SEMI-FINALIST Funny Women Awards 2015

"Funny Women is always seeking out new talent like Pauline Eyre. She excels as a stand-up and we have recently encouraged her to MC. The result is that this role plays to Pauline's natural level of warmth and comic ability. She instinctively engages with the audience and creates an environment that is welcoming and fun for them and the other performers. A true skill." Lynne Parker, Founder and Chief Executive, Funny Women Ltd.

Tickets available from "Hilarious jokes, impossible poses from this original act" Heavenly Comedy. Tickets are £10 per person to make up teams of 8-10 people. Smaller groups will be arranged to make up a full team. There will be a bar but bring food to share with your team.

Tickets available from <https://www.eventbrite.com/e/fortismere-quiz-night-tickets-54343065572>

We hope to see you there!