


School Leadership Messages:	Contents						
Industrial Action: Update <p>The NEU has voted to postpone next week's industrial action following a vote this afternoon. The postponement is in response to the talks on Wednesday and will be discussed by the Governing Body next week.</p>	CoHeads' Weekly Roundup						
Social Media in the News <p>Many parents and carers will have watched the Netflix series Adolescence and be aware of the Online Safety Act. Both of these recognise the impact of social media on the mental health and wellbeing of young people. At Fortismere we have enforced a 'no smart phone' ban for a number of years but this does not prevent children and young people from accessing potentially harmful content at home or with friends. The debate about the best approaches to adopt to protect our children and young people will continue but we are very interested in hearing from students themselves. Muireann Exton-Abbas in Year 7 has produced an extraordinarily well researched and beautifully written article about the topic. You can find it below the Co-headteachers' message and we would urge parents and carers to read it.</p>	FortisMind						
	Departmental News & Notices						
	Safeguarding Information						
	Calendar						
	<table> <tr> <td>02.04</td><td>Y10 Parents' Evening 3.45pm-6.30pm (online)</td></tr> <tr> <td>04.04</td><td>End of Term 12.30pm</td></tr> <tr> <td>23.04</td><td>Summer Term Begins 8.35am</td></tr> </table>	02.04	Y10 Parents' Evening 3.45pm-6.30pm (online)	04.04	End of Term 12.30pm	23.04	Summer Term Begins 8.35am
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Emergency Contact Details <p>The school requires more than one emergency contact number for each student to ensure that a parent/carers can be contacted urgently if needed. We are increasingly finding that mobile numbers provided are unavailable or turned off. Could you please ensure that you provide an emergency contact number that you expect to be available at all times during the school day. The emergency contact does not need to be a parent/carers or family member but can be any responsible adult.</p>	 <p>See Time Out for the best places to see cherry blossom in London. Crouch End and Ally Pally are listed. What about our beautiful trees?</p>						
SIMS Parent App Issue <p>There is a known issue with SIMS not reflecting all of a student's data in the Parent app. SIMS Support are working to resolve it.</p>							

Co-Headteachers

Weekly Roundup

We are very much enjoying the warmer weather at Fortismere and we are all feeling as though we are emerging from the gloominess of winter. Our students have very much enjoyed using the outdoor spaces that we are privileged to have access to at Fortismere, giving them the opportunities to stretch, run round and dose themselves up on vitamin D between lessons. We were very pleased to note that the forecast for next week looks settled and sunny (dare we say Summery?) so have taken the decision to fully open the field for students to access during break and lunchtimes. We are aware that April can be a very up and down month in terms of rainfall so we will monitor this on a week by week basis. However, for next week our students will be able to enjoy the benefits of getting a little closer to nature during their break times (well grass anyway!)

Many of our older students took the advantage of attending our very own University Fair on Wednesday. This took place in South Wing Hall and was offered to all of our Year 12 students and some of our Year 11 students also attended. The event was organised by our 6th form team and led specifically by Mr Lewis. Our students had the opportunity to listen to presentations from representatives from various universities including some of our very own Fortismere Alumni. The event had a real buzz and feedback from our students was that they had really enjoyed the opportunity to have such an experience in their own school and were excited to take what they had learnt for the event and consider what higher education might really look like for them. Thanks to Mr Lewis and the team for organising such a wonderful event for our students.

Next week, as we move into April we are also moving into World Autism Acceptance Month and through this month we will be finding opportunities to talk about Neurodiversity and how we as a community must not only be alive to the daily challenges that those in our community who are Autistic face but also recognise the great value that difference and diversity brings us all, not just to us all at Fortismere but also to society as a whole. We thrive because of our diversity. We are very much looking forward to sharing these messages with our students during the course of the month via assemblies and tutorials and hopefully we will be able to share with you all in due course some of our students' reflective work.

In the meantime, we'd like to wish you all a lovely weekend in the sunshine.

FortisMind

Student Article - The Impact of Social Media on Adolescent Mental Health

Good mental health is imperative, but it is especially important for teenagers to feel secure and have a strong mental health as it affects emotional development, relationships, and overall well-being during a crucial stage of growth that affects the rest of their life. A strong mental health helps teens build resilience, cope with stress, and navigate life transitions. There is an increasing amount of concern for teenagers' mental health and the possibility that social media may be harmfully affecting it.

Data from the WHO Regional Office for Europe reveals a sharp rise in problematic social media use among adolescents, with rates increasing from 7% in 2018 to 11% in 2022 and more than 1 in 10 adolescents (11%) showing signs of problematic social media behaviour, struggling to control their use and experiencing negative consequences.

The rise in problematic social media use raises significant concerns about potential impacts on young people. Previous research has found that problematic social media users also reported lower mental

and social well-being and higher levels of substance use compared to non-problematic users and non-users. While the report highlights the risks, it also underscores the benefits of responsible social media use. Adolescents who are heavy but non-problematic users reported stronger peer support and social connections. "This study reveals both the promise and the pitfalls of digital engagement for our young people," said Dr Natasha Azzopardi-Muscat, WHO Regional Office for Europe. "It's crucial that we take steps to protect youth to allow them to navigate the digital landscape safely and equip them to make informed choices about their online activities, maximizing the benefits while minimizing the risks to their mental and social well-being. In short, they should rule social media, and not have social media ruling them."

The British government is expressing concern on the matter. Peter Kyle, the British technology secretary announced further research into the impact tech such as smartphones and social media was having on young people, claiming there was currently "no firm, peer-reviewed evidence". Also, The Safer Phones Bill is calling for: chief medical officers to put out guidance on the use of smartphones and social media use by children within 12 months; the education secretary to come up with a plan for research into the impact of use of social media on children within 12 months; the government to come back within a year to say whether it will raise the digital age of consent from 13 to 16. Data Protection and Telecoms Minister Chris Bryant has asked the University of Cambridge to run a feasibility study into the impact of smartphones and social media and that it would work to "roughly the same timetable" as the bill was calling for.

Social media's impact on adolescent mental health is a growing concern for the general public and government who are taking steps to secure and protect adolescents during an important time in their development. Many platforms are being forced to adjust their policies and features in order to address concerns about mental health and addiction. As social media continues to shape the lives of adolescents, ensuring they have the tools and support to navigate these platforms responsibly will be key to protecting their mental well-being.

This is an abridged version of Muireann's article - read the whole piece and see the references [here](#)

Sixth Form News

Higher Education Fair 2025

On Wednesday Year 12 students took part in our annual Higher Education Fair. The day began with talks on UCAS and Competitive applications from the Universities of Bath and Bristol and students were then able to speak to representatives of twenty two Universities in South Wing Hall. It was also a welcome opportunity for our Year 11 students to come to discuss their post-16 choices and career pathways. The



feedback from our visitors was very positive, they were impressed with the quality of our students' questions and also the wide range of subjects they are interested in. It was also a real treat to welcome three Fortismere alumni back to school as representatives of their Universities with Zeynep Yavuz and Horatio Farquhar-Smith attending for Northeastern University London and Renaye Roberts-Sinclair for the University of Exeter. Well done to our Year 12 and Year 11 students for being fantastic representatives of our school.

LINC Department Notice

Parent/Carer Session: Sharing an Autism Diagnosis - Monday 31st March 10am-12pm

This session is organised by the Haringey Language and Autism Support Team and will give parents and carers the chance to meet others and hear their stories of how they have shared an autism diagnosis with their child. Date: Monday 31 March 2025, from 10am to 12pm. Location: The Autism Hub, Chad Gordon Campus, 20B Waltheof Gardens, Tottenham, N17 7HS. [Book a place here](#)

Breakfast and Homework Clubs

A reminder of the LINC before and after school clubs - no need to book, students can just turn up on the day.

Breakfast Club: Monday to Friday from 8.00-8.30am in Room Linc 8 (1st floor 6th form building)

Homework Club: Monday to Friday from 3.30-4.00pm in Room Linc 4 (Ground floor 6th form building)

Drama Department Notices

Year 13 A Level Drama Dress Rehearsal Evening

Congratulations to the Year 13 students for their hard work on their exam pieces.

Parents were invited this week to watch a dress rehearsal and we wish the students luck for the exam next week.



Year 12 Drama Trip to the Donmar Warehouse

Year 12 students were moved to tears this week while watching a new play, *Backstroke*, at the Donmar Warehouse. Celia Imrie and Tamsin Greig play mother and daughter in this kaleidoscopic and compassionate new play, written and directed by Anna Mackmin. The students witnessed the cruel journey through dementia as we were taken through the memory book of this family's life. We laughed and wept as these two amazing actors jumped between the decades with a simple gesture or vocal intonation hinting at their current crisis or rite of passage, ending with a stylised swimming pool scene from where the title was coined. This was truly an acting class on stage and the students loved it.



Library Notices

CoverUp

We certainly enjoyed “Snow and the Works on the Northern Line” (Ruth Thomas) at our parent/staff reading group meeting last week and had some great discussions revolving around masculinity, social media, grief and mental health - not all directly related to the book... Our next meeting is on Thursday 8th May, 7pm in the library. We are trying something new – a Poetry Share. We’re all going to bring a favourite poem/collection/anthology/pamphlet and will hopefully leave inspired and refreshed!



Screen Free Friday

This was a huge success last week. After initially gazing at blank computer screens for a few minutes at lunchtime, the students soon settled into different activities and it was great to hear the gentle hum of them actually communicating with each other.

Recommended Reads of the Week

It's Mothering Sunday this weekend. Here are some books we have in the library that feature mothers – in one way or another.



Sport & PE Notices

Middlesex Cup Finals



Fortismere qualified for not just one but two Middlesex Schools Football Cup Finals. The first final was last Thursday in The Chris Ampofo Shield against Channing School. Our girls had heard that they have a few Tottenham players and that it was going to be a tough match. We got off to a great start with Hanna scoring a super goal but they came back soon after and scored from a corner. It was a tense second half. We had a few shots saved and so did they. Sharon put us ahead again and then it was a case of defending our lead until the final whistle - which the girls did brilliantly! We are all very proud of them. Well done Etta, Jessie, Maria, Eilidh, Hanna, Lula, Luce, Sidra, Sadie, Hannah, Ariel, Izzy and Sharon who won player of the match.

The other final was in The Jan Harding Cup on Monday this week versus Highgate School. It was a tough match and unfortunately, we were missing a few players through illness. The pitch was massive and it was a warm afternoon making it even tougher. Highgate scored first to take the lead but we managed to get a goal back quickly after Hanna ran through their defence and placed the ball beautifully. Unfortunately they got the better of us in the second half and scored a few more goals. Our girls battled on but it didn't happen for them this time. Really well done to Etta, Eilidh, Hanna, Millie, Leni, Alex, Ariel, Farrah, Jessie, Emily, Izzy and Hannah.

Middlesex Cricket Finals

Along with our Junior team, our Senior Girls Cricket team also made it to the Middlesex Schools Cricket Finals. We made it through the group stages and into the semi final versus Lady Eleanor Hollis School. We scored 49 runs but their batting was excellent and unfortunately they progressed. Well done to all our girls for getting so far in such a prestigious tournament. Elizabeth, Eliz, Alba, Evie, Genevieve, Lola, Pippa, Kristina and Mia.



And a very well done to Selin in Year 8, who represented Haringey in the London Youth Games Cricket Competition at the weekend - Haringey finished 4th in the whole of London.



Fortismere Hosts Kwik Stix Hockey Tournament

Last Friday we played host to twelve Haringey Primary Schools who were taking part in the Kwik Stix Tournament. It was a great afternoon of Hockey and our Fortismere Student Leaders were brilliant - they played a major role in the smooth running and officiating of the tournament. Well played to all the schools - Coldfall were the overall winners.



Haringey London Youth Games

We have lots of keen basketball players at Fortismere so encourage your child to think about taking part in the London Youth Games Haringey Team Trials on Sunday 6th April from 12pm-2pm at Grieg City Academy. Open to students born on or before 01/09/2008. [Sign up here](#) and more details [here](#)

Modern Languages Department News

Wilkommen Zurück Alexander von Humboldt Gymnasium

On Wednesday it was a pleasure to welcome back our German partner school, the Alexander von Humboldt Gymnasium from Bornheim, to Fortismere. During period three we had 45 German students taking part in wide range of lessons and in period four our Modern Languages students took part in speaking activities as part of a mutual cultural exchange. It was great for staff and students to reconnect with the AvHG as this is a relationship which goes back more than twenty years. A big thanks to all the staff and students involved.



As a reminder we are a school that takes part in the **Goethe Institut's GIMAGINE award** which can be used for student's DofE skill. Students can sign-up to take advantage of this programme: [here](#)

Science Department News

Year 11 British Physics Olympiad

The Physics department are very pleased to highlight the recent success of five of our Year 11 students who competed in the British Physics Olympiad Intermediate Physics Challenge. These students all trained in the run up to this event by completing past paper questions and getting extra support from the Physics teaching team at after school support sessions. Well done to all the students who took part in this challenging challenge! The outstanding performance came from Dylan Zwickler who gained a gold certificate and has had his exam sent to be reviewed by the University of Cambridge Team.

Overall the results were:: Dylan Zwickler (GOLD); Abhijay Haldankar (Silver); Peter Dolan (Bronze) Isobel Elkan (Bronze); Lilia McDonough (Bronze). I hope all these students will go on to take further Physics Olympiad competitions in the future.

Mr Commons

Music Department Notice

Come and Sing Musicals With Us!

Come and sing **La La Land** and **Les Miserables** with the Fortismere Community Choir next term! Rehearsals begin after the Easter break on Wednesday 23rd April. We will be singing two medleys of songs from the musicals La La Land and Les Mis, culminating in a performance at the school's Summer Festival on Sunday 6th July. For more details contact the Centre Manager Mattie Morgan at fmcinfo@fortismere.org.uk

Student Health & Well-being

Community Vaccination Catch Up Clinics

Please see this message from the Haringey & Islington School Vaccination Team: As we approach the Easter holidays, we want to ensure that all children are up to date with their vaccinations. We will be hosting community clinics to provide this opportunity. If your child has missed any vaccinations (Diphtheria, Tetanus & Polio, Meningitis ACWY, MMR, HPV) please scan the QR code or use the contact details below for further details on the clinics, dates and locations.

Phone: 020 8017 7925

Email: haringey@v-uk.co.uk

Email: islington@v-uk.co.uk



Reminder: Free School Meals - Changes to Eligibility

There are some important changes to Free School Meals (FSM) eligibility and the introduction of FSM auto-enrolment. Please have a look at the information [on our website here](#)

We want as many eligible parents as possible to sign up for free school meals. Not only does it provide your child with a free lunch at school and vouchers during the holidays, it also means that the school will receive extra Pupil Premium Funding. If you have any queries please contact Ms Kidd in the Main Office admin@fortismere.org.uk

Safeguarding at Fortismere

Safeguarding Contacts

If you wish to speak to the Designated Safeguarding Lead about any safeguarding matters or concerns please contact Ms Sullivan on safeguarding@fortismere.org.uk

Alternatively you can make a safeguarding referral using My Voice [use this link](#) or the QR code. You can also contact your child's Head of Year or Pastoral Support Manager.

