
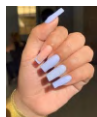





Friday 24th November 2023

School Leadership Messages	Contents		
<p><b>Health and Safety for students.</b></p> <p>Crocs: Further to our message last week regarding the wearing of Crocs to school, we would like to remind parents and carers that wearing Crocs is a dress code violation and will result in a negative point. Crocs are not safe <a href="#">footwear</a> and as the site becomes more slippery and the weather becomes colder, they are not suitable footwear.</p> <p>Acrylic nails: Nails of an excessive length prevent students from full access to the curriculum in DT and PE, as well as when conducting a science experiment or even holding a pen correctly. The snapping of acrylic nails can also be extremely painful. Please can students only use SHORT acrylics.</p> <div></div> <p><b>Year 11 and Year 13 January Mock Exam Timetable</b></p> <p>The timetable for the Year 11 and Year 13 mock exams has been published. Mock exams start on Monday 8th January 2024. This is also available to download from the school website <a href="#">on this page</a>.</p>	CoHeads' Weekly Roundup		
	School Events		
	Fortismind		
	Departmental Notices		
	LINC News		
	Holiday Camps		
	Safeguarding information		
	Calendar		
	29.11.23	Y7X Parents Evening	
	6.12.23	Y7Y Parents Evening	
10.12.23	Winter Fair 11-5pm		
<div></div> <p>Fortismere is Croc Free Zone!</p>			

## Co-Headteachers

### Weekly Roundup

For those in the community who struggle with Christmas arriving increasingly early each year, we're afraid that we are going to begin this week acknowledging the fact that Christmas is coming! There's no appetite for 'bah humbug!' at Fortismere. Our staff and students are incredibly busy with preparations for our annual celebratory events such as our Drama performance, Christmas concerts and our Christmas card and Cake competitions. We are also receiving donations from parents who are supporting preparations for the annual Christmas Fair (which is only a couple of weeks away!) We'd like to take the opportunity to invite you all to attend at least one community event at Fortismere this season as it not only supports the school in raising funds but is a valuable chance for us to come together to enjoy the season's offerings.

This week students have begun to take part in the Stand Up! Programme of events which is being offered to all students in Year 7 -11 over a two week schedule. Stand Up! Is an anti-discrimination interfaith project Years 7 and 8 have already taken part in workshops which has brought Jewish and Muslim educators into school to facilitate informal conversations, creating safe spaces through interactive workshops. Their sessions empower students to learn about hate and act against racism and discrimination in a safe space. So far our students have found the sessions very impactful. The sessions are continuing at Fortismere into early December. Please do take the opportunity to ask your children about how they found the sessions.

On Wednesday a group of Year 8 Dance students took part in a TV production that was being filmed onsite. The production team described the students as 'the best they had ever worked with' and had nothing but praise for their confidence and engagement in the events. Thanks to Ms Jackson for organising this opportunity for the students. We'll let you know more about the project when the filming is available to view.

November always feels like a long month in the school calendar but we are almost there. We hope that you all have a lovely restful weekend.

## School Christmas Events

### Winter Fair - Sunday 10th December 11am-5pm

It doesn't feel like a year since the last one but it is - it's Christmas Fair time again so get ready to get festive with us on Sunday 10th December! There will be mulled wine, food, fun and games and Santa's grotto. Entrance is via Tetherdown and costs £3 for adults and £2 for children.

**In the run up to the Fair we need your help please with donations and any support you can give us on the day or helping to set up and get organised before.**

**Christmas Hampers**, put together by us, raised a lot of money last year so we are looking for food and gifts to fill them with. Things like mince pies, jams and marmalades, biscuits, puddings, teas and coffee, chocolates and treats (but not meat or cheese products). Also Christmas Crackers, beauty items and bath products and baskets, old hampers and nice boxes to put everything in.

**Tombola items and prizes** are also needed, bottles, chocolate & sweets, clean vintage or interesting clothing items.

**Food and drink is** always welcome but anything containing alcohol must not be brought into school by students. Please contact Maria Demetriou if you have any alcoholic drinks to donate.

Please send all items in to school as soon as possible (no later than Friday 8th December) to the South Wing reception. Cakes to be dropped off on Friday or Sunday morning to SW Reception.

If you can help or have questions please contact [mdemetriou@fortismere.org.uk](mailto:mdemetriou@fortismere.org.uk)

### Festive 40th Bake-Off at the Winter Fair

We thought it would be good to combine Fortismere's 40th and Christmas in a fun cake baking competition as part of the **Winter Fair**. Parents, staff and students are invited to make a cake that celebrates Fortismere's 40th year - the cake should include the number 40 somewhere but other than that the design and ingredients are up to you.

The cakes will be judged by members of the Senior Leadership Team (Maria tells us that she did ask Paul Hollywood to judge but unfortunately he's not available on that date!) We would love to see lots of entries from the whole school community and extra house points for students who enter a cake. Cakes should be brought to school on Friday 8th December or on Sunday morning.

Please contact [mdemetriou@fortismere.org.uk](mailto:mdemetriou@fortismere.org.uk) with any queries or questions

### Fortismind - Supporting Mental Health at Fortismere

#### Top Tips for Good Mental Health

The Fortismere Mental Health Ambassadors' have drawn up a list of their Top Tips for looking after your Mental Health. We're sharing the first 5 top tips this week.

- 1. Listen to Music** - I have anxiety, and it can be a real struggle, especially in school. What I do now to help with my mental health is that I listen to music. It really helps calm me down if I'm anxious about school or homework or anything outside of school. Music also takes me away to another place away from my worries. Talking about music to my friends and asking them what kind of music they like to listen to also helps me. Music is now a part of my life and I also play a bit of music on a piano which helps a lot.
- 2. Do some baking** - I find baking useful for when I'm stressed out and having a hard time. It's nice to bake because it's easy to take your mind off whatever you are struggling with. Step 1: Choose what you want to bake. This forces me to think about what I want to eat instead of my anxiety. Step 2: Buy ingredients. This gets you outside and going to the shops and you might even see some friends on the way. Step 3: Mixing your ingredients. If I'm ever mad at someone or I'm really not having a good day, it's very easy to take out my anger by beating sugar and butter. Step 4: Eating. Now you've completed your dish and you've relieved your stress and you've now hopefully got a nice bake that you can enjoy and share.
- 3. Go outside** - I sometimes feel a bit depressed but when I feel low, I go to the park or just sit outside. It's really nice to just listen to the birds or look at the trees. Being outside makes me forget the bad stuff and helps me feel better. Nature is like a friend that never judges. It's cool how just being outdoors can change how you feel inside.
- 4. Sleep well** - Sleep is where the brain recharges, processes memories and gets ready for the next day, it is essential for human health. Not only does sleep have physical health benefits, it also has many benefits linked to mental health. Sleep can reduce stress and improve your mood. It also affects how well you think, react, work, learn, and get along with others. Without sleep, the brain cannot function properly and sleep-deficient people are more likely to feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. I usually find myself in a better mood and more energised for the day after a good night's sleep. Here are some tips to having a good sleep: Be consistent with the time you sleep and wake up and have a sleep routine. Try to sleep at least 7 hours a night. Avoid caffeine and electronic devices (blue light)

before sleep time. Relax before sleep and create a cosy sleep environment

**5. Do some Exercise** - As someone with ASD and ADHD; one of the ways I like to help reset my mind if I have had a hard week, is to take my bike and go on a long bike ride. Exercise can really help to pump up your endorphins and in general improve your mood. This has really helped me to focus on the positive things in my life, and really helped me to focus on my homework and school work. In addition it is also just a fun and enjoyable way to get exercise as well as improve your mental health.

Miss Jones

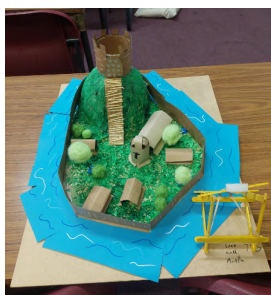
Mental Health Champion

## House News

### Inter-House History Competition

Well done to all those students who participated in the Y7/Y8 Inter-house competitions, and to the House Ambassadors who helped to set up the events and judged the competitions!

**Year 7 created models of Norman castles** - they were given the task of either creating a motte and bailey or a stone keep castle. Well done to the winners, but also to all the participants because participation means points! Well done to: Matthew Gomez Dransfield - Franklin (1st); Maxime Ropiquet Knight - 7X1 - Turing (2nd) and Dex Jordan and Ariella Shapiro - Wollstonecraft (3rd)



**Year 8 recreated Renaissance paintings** - there were some excellent works of art and well done to Arkady (Keats) who came first, and also to Lora Vida (Turing) 'Moona Lisa' is an excellent pun and work of art! Well done to: Arkady Flury - Keats (1st); Lora Vida - Turing (2nd); Talia Greenberg - Turing (3rd) History teachers felt that the following students deserved a teacher commendation due to their excellent effort! Arlo Mockridge (Selvon) and Emma Galichyan (Keats)



### Wollstonecraft Fundraising for War Child

Wollstonecraft Ambassadors are raising funds for [War Child](#) who work for a world in which no child's life is torn apart by war. They protect, educate and stand up for the rights of children living in war zones. By making a donation, you will be making a difference to thousands of children whose lives have been turned

upside-down by conflict. You'll help War Child provide the emergency care and support they need to overcome the emotional and physical toll of conflict, as well as access to services to catch up on lost education that will help to transform their futures for the better.

Ambassadors have organised a “**Anything but a backpack day**” on Thursday 30th November, students are encouraged to leave backpacks at home and bring their school supplies in a different type of bag or container! Ambassadors will collect £1 donations during tutor time. Families can also [donate online via our just giving page](#)

Ms Turner

Head of Wollstonecraft House

## Sixth Form Notice

### Please Support our Fortismere Food Drive

The Sixth Form Student Community Engagement Leads are working to give back to their local community and are organising a collection for the **Muswell Hill Food Bank**. They would like the school community to support the local community by sending in as many donations as possible please. Collection boxes will be located in South Wing Hall from **Monday 4th December to Friday 8th December**. Students and staff can bring their donations at break and lunchtime.



They have come up with some suggested donations for each year group but these are just suggestions and any donation of canned, dried and packed items will be greatly appreciated.

Year 7: **Cooking oil, cooking sauces & chopped tomatoes.** Year 8: **Cereals and Sugar**

Year 9: **Coffee, tampons, sanitary pads.** Year 10: **Canned meat and fish** Year 11: **Toothpaste and Soaps.** Year 12: **Shampoo and Household cleaners** Year 13: **Washing powder, washing up liquid & toilet roll**

We would love as many people as possible to get involved so we can collect as much as possible and help those who are struggling, particularly in the run up to Christmas. If you would like to get involved or want to know more about volunteering with the food bank please contact us. Thank you for your support - every donation helps!

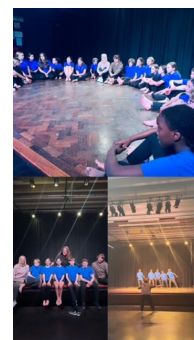
Charlotte Townson Meade - [townc045.309@fortismere.school](mailto:townc045.309@fortismere.school)

Freya Bielby - [bielf001.309@fortismere.school](mailto:bielf001.309@fortismere.school)

## Year 8 News

### Dance Workshop - Action Heroes

On Tuesday and Wednesday this week, twenty six Year 8 students took part in a dance workshop that was filmed by a production company and will be broadcast next year. The students were fantastic and our visitors commented that they were the most able and eloquent young people they have ever met! We were incredibly proud of the pieces they produced and how hard they worked. They were excellent ambassadors for the school and their families. Congratulations to our winning team; Hollie Bass, Annie Bass, JJ Kelly, Noah Plender and Patrick Pearce. Once the production is finished we look forward to sharing the final piece with you.



## Year 9 News

### Cyrus is a Real High Flyer!

Last week, Year 9 student, Cyrus Johnson, was chosen to take part in a Tutor Air Experience Flight flying course at the RAF Benson Oxfordshire military base. Cyrus attends 393 RAF Cadets Finchley Squadron and has always had a passionate interest in aviation, particularly flying, right from when he was very small. The flying course was a great experience and Cyrus did really well. During half-term he attended a STEM camp at RAF Wittering base during which he completed a flight simulator assessment, before embarking on the DoE expedition organised by the RAF cadets. Well done Cyrus. The sky's the limit!



## Art & Photography Department Notices

### Christmas Card Competition - DEADLINE THIS WEEK!

Design the school Christmas card for 2023! To celebrate 40 years of Fortismere, this year's theme is **'Festive 40'**.

We are looking for original, creative and colourful designs that also **include the number 40**. You can use any media including, painting, collage, recycled materials or digital art.



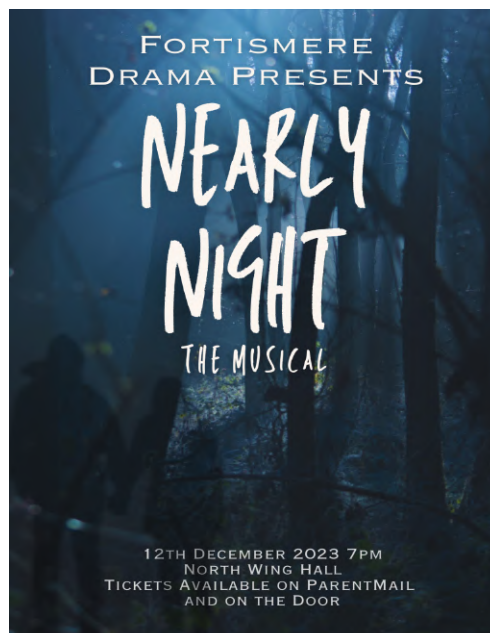
Entries must be handed into the Art department **by 3.30pm on Thursday 30th November**. The winning Christmas card will be chosen by the CoHeadteachers and shared with the school community. **The winning designer will also receive a bumper pack of art materials.**

## Drama Department Notices

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

**Tickets go on sale from Monday on Parentpay.**

Our Christmas production is always a very popular event so get your tickets early to avoid missing out!



## Careers & Work Related Learning Notices

### Opportunities for Students

**CBRE Apprenticeship Scheme** - CBRE is the world's largest commercial real estate services and investment firm with more than 100,000 employees serving clients in more than 100 countries. CBRE serves a diverse range of clients with an integrated suite of services, including facilities, transaction and project management and property and investment management. You will receive excellent training and mentoring from industry experts and specialists. The apprenticeship scheme is a four year programme that combines learning on the job and formal training. It is open to individuals with A-levels, who have chosen not to pursue a degree. You will work for four days a week and have a mandatory study day each week.

**Applications open on 4th December 2023** - [See here](#) for more information

**Investment 2020 Apprenticeships/Trainee Opportunities** - For post-A level school leavers, Investment 20/20 will give you your first step into a career in the global financial sector and access to a large network of investment management companies committed to helping school leavers start, grow and succeed in the industry. They offer a range of opportunities including apprenticeships and trainee positions. Opportunities are released throughout the year so sign up for information alerts. [See here](#) for more information

**University & Student Life Webinars from University East Anglia** - These are live online sessions that cover a broad range of higher education topics, including personal statements, student finance, and student life. [See here](#) for more information

**Virtual Work Experience Sessions** - Sign up for free virtual work experience with a range of different companies. [See here](#) for more information

## LINC Department Notices

### Meet the Team

This week I'm introducing **Nicole Brunette, our LINC & SEND Administrator**



#### Why did you want to work in the SEND department?

I grew up in Perth, Western Australia and went to a primary school that had a comparatively larger number of SEND students than other schools, so from a young age I was surrounded by peers with varying needs. I learnt a lot about SEND and how to interact with individuals with different needs. In high school, I volunteered at a day camp and enjoyed learning from the happy, creative and intelligent SEND students who were so naturally empathetic and caring. When the time came to look for work, I weighed up my skills and what I enjoyed; working in a school SEND department seemed a perfect fit!

#### What's the best thing about your job?

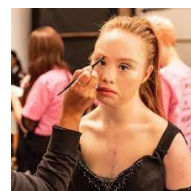
Although most of my work is done in the background in LINC, it is an essential part of supporting and creating the best learning environment for our students. My role, I know, is making a difference to our SEND students' lives even if they are not always aware of it.

#### What superpower would you like to share with the school community this week?

Every student has a superpower and this week I want our community to think about **Down Syndrome**.

Down Syndrome can be diagnosed during pregnancy or at birth and is when a baby is born with an extra chromosome. One in every one-thousand babies are diagnosed with Down Syndrome each year in the UK. Down syndrome is a lifelong condition; support early on will help children with Down syndrome to improve their physical and intellectual abilities through speech, occupational, and physical therapies. Children with Down syndrome will need extra help in school and many attend mainstream classes with support. I want people to know that having Down syndrome is not a barrier to success or reaching your goals.....

Madeline Stuart is a 26 year old Australian model with Down Syndrome who has made a name for herself in the international modelling world. After attending a fashion show, she knew she wanted to be a model, but also knew that it would not be easy. With the help and support of her mother, hard work and determination, she followed her dream and didn't give up. Today, she is a successful professional model and has made appearances at London Fashion Week and on countless runways around the world. As well as being a supermodel, Madeline is also a powerful advocate for inclusiveness and diversity and said *"We are all human and our differences are what makes society so beautifully, diverse and wonderful. The world would be boring if we were all the same!"* You can read more about Madeline's journey [here](#)



To learn more about Down Syndrome and find useful resources please see the links below. [Positive about down syndrome](#), [Down Syndrome Research Foundation](#), [GiGi's Playhouse](#) and [National Association for Down Syndrome](#)

### Information Evening: Access Arrangements - Thursday 30th November 5pm Online

A reminder that LINC is hosting an online information evening on **Thursday 30th November at 5pm** on Access Arrangements. Please use the **zoom link below** to join the online meeting.

<https://us04web.zoom.us/j/74893765302?pwd=bxxCr7sDEuJgyzWpvgm07KICfj5GT2.1>

Meeting ID: 748 9376 5302 and Passcode: 7sKtxd

## Fortismere Music Centre Notice

### School of Rock - New Saturday Music School

We're very excited to confirm that the School of Rock will be starting at the Fortismere Music Centre in January 2024. It will take place on Saturdays, during term-time from 9am to 12 noon and will be led by the musician James Wignall. James has extensive experience as the lead guitarist, principal songwriter, and vocalist in the band Cheatahs. Students will have a mix of guidance and sessions from James, plus time for the bands to practise on their own. Each term will end with a gig for friends and family. Band groups will be established in the first week or so, so if groups of friends are already in bands then sign up together for this great opportunity. The fee will be £150 for a term of 10 sessions. See the website for more information <https://www.fortismeremusiccentre.co.uk/schoolofrock> and submit the form on that page to apply!

## Library News

### Top Tips to Keep your Children Reading

**Top Tip No 9:** Bedtime is a great time to read. Turning off the "blue light" from devices for at least half an hour before sleep helps develop regular sleeping patterns. You know the science, you've seen the adverts! Just make sure the book goes back in the bag ready for the next school day.

## Alexandra Palace Children's Book Award Club

We're excited to announce that the first meeting of our Year 7 book club will be starting at lunchtime on Monday 4<sup>th</sup> December in the library. We've been talking to our students and are pleased that so many of them participated with APCBA/Bibliobuzz in Years 5 and 6; we're hoping they'll join us again this year as we think we might have one of the best shortlists ever! You can find out more about Bibliobuzz 2024 [here](#).

We're looking for keen readers of any level who like talking about books and engaging in fun activities. We then have a day out in March at Alexandra Palace meeting the authors, joining workshops and making lots of noise at the Award Ceremony in the fabulous theatre. Students can bring their lunch to the library (as long as it's not hot and smelly) for the lunchtime meetings. PS. Mrs Coles brings the most extraordinary biscuits... *(Pics from last year)*



## CoverUp

We had wonderful discussions around Malorie Blackman's autobiography, "Just Sayin'" at the last meeting of our parent/staff reading group. Our next meeting is on Thursday 18<sup>th</sup> January, 7pm in the library, when we will be attempting our annual compare and contrast of two books. This time we are reading "The Blue Book of Nebo" by Manon Steffan Ross, which won this year's Carnegie medal and "Room" by Emma Donoghue, nominated for the Booker and numerous other awards. Both are great psychological explorations of a mother/child relationship.



## Library Opening Hours

We are sorry to let you know that the library will be closing at 4pm on Thursdays and Fridays for the foreseeable future. Apologies to all the students, especially 6<sup>th</sup> formers, who make the most of our quiet space after school for study.



## Recommended Reads of the Week

Doctor Who is celebrating its 60<sup>th</sup> anniversary and you probably won't find a more excited librarian for the new series. (Still say Christopher Eccleston was the best, but David Tennant is not a bad runner up as long as Rose is the sidekick!)



## PE & Sports News

### Well Done to Y9/10 Sports Ambassadors

Well done to our Sports Leaders for helping to organise and run the Haringey Borough Year 3/4 Football Competition last Friday. Louie Broadway, Ben Redland, Jude Dolling, Ramsey Quidan, Dominic Martin, Noah Helfgott, Joseph Barron, Luka Abashizde, Lucas Christiansen, Leila Hadari, Emily Husdsky, Genevieve Castle, Xanthe Grayburn, Dilara Bilici, Ethan Oliver. You were all great role models and a credit to the school.



### 1st XI's Unbeaten Run Continues

The combined Year 11/12/13 football team continued their unbeaten run in the Brigg Cup this week by beating Latymer School 6-2 on Wednesday. Jason Braune scored a hatrick and there were also goals from Charles Trezise-Bruce and Joey Kortbaek. Well done to all the players - they are top of their group!

### Next week's fixtures

**Monday 27th November**

Year 7 Netball v St Thomas More 3 pm @ home

Year 7 Girls Middlesex Cup v Wren Academy 3.20 pm @ home

<b>Tuesday 28th November</b>	Year 7 and 8 Haringey Netball Tournament 1 pm @ Channing School
<b>Wednesday 29th November</b>	1st XI v Highgate School -Away
<b>Thursday 30th November</b>	Year 9 and 10 Haringey Netball Tournament 1 pm @ Fortismere

## Thank You for Supporting Us

Thank you to everyone that made a donation towards our **Wear it Pink Day** we made a total of £150. Very much appreciated by us and **Breast Cancer Now!**

## Fortismere School Holiday Camps

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

The next Fortismere Holiday Camps will 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](mailto: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 [here - 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](mailto:safetalk@fortismere.org.uk) alternatively contact your child's Head of Year

<b>Year 7</b>	Ms Fox <a href="mailto:kfox@fortismere.org.uk">kfox@fortismere.org.uk</a>
<b>Year 8</b>	Ms Jackson <a href="mailto:kjackson@fortismere.org.uk">kjackson@fortismere.org.uk</a>
<b>Year 9</b>	Ms Cuenca <a href="mailto:icuenca@fortismere.org.uk">icuenca@fortismere.org.uk</a>
<b>Year 10</b>	Mr Aldridge <a href="mailto:saldridge@fortismere.org.uk">saldridge@fortismere.org.uk</a>
<b>Year 11</b>	Ms Boot <a href="mailto:aboot@fortismere.org.uk">aboot@fortismere.org.uk</a>