

School Leadership Messages	Contents		
<p><b>Israel and Gaza: Supporting our students</b></p> <p>We hope that you find the poster shared in today's newsletter about supporting children to deal with upsetting content useful. In addition to this, we have shared resources for tutors to help having conversations with students.</p> <p><i>Solutions not Sides</i> <a href="https://solutionsnotsides.co.uk/learning-resources">https://solutionsnotsides.co.uk/learning-resources</a> aims to enable young people to see those affected as fellow human beings, helping them to understand and embrace the complexity of the problem, and empower them towards seeking solutions. In particular, the resource 'Emotions in Conflict' is useful.</p> <p><i>Newsround</i>: for younger learners to facilitate conversation and discussion: <a href="https://www.bbc.co.uk/newsround/67038989">https://www.bbc.co.uk/newsround/67038989</a></p> <p><i>Managing Feelings about the News</i> <a href="https://www.educateagainsthate.com/resources/managing-feelings-about-the-news/">https://www.educateagainsthate.com/resources/managing-feelings-about-the-news/</a> this resource gives practical strategies and options for supporting young people in situations with challenging news content. Please see the 'Student mental health and well being' section for more support.</p> <p>We are also looking forward to having Stand Up! and Groundswell in school to work with all of our students on 'Communities countering Hate' and anti-bullying and anti-discrimination workshops.</p> <p>Finally, Fortismere operates a zero tolerance policy towards any kind of hate speech. If your son or daughter hears someone using anti-Semitic or Islamophobic language in any context, please ensure that they report it to a teacher immediately. It is essential that all of our students feel safe and supported in school.</p>	CoHeadteachers' message		
	Departmental & Year Group Notices		
	School Holiday Clubs		
	Fundraising Events		
	Safeguarding Information		
	Calendar		
	18/10	Y13 Parents' Evening 3.30pm	
	23/10-27/10	Half term holiday	
	30/10	Y7 Halloween Disco 5.30pm	
	2/11	Fortismere Fireworks Display	
8/11	6th Form Open Evening		
<b>Newsletter attachments:</b>			
<ul style="list-style-type: none"><li>• Please find attached an overview of the events different departments have been running since the start of BHM.</li><li>• We are also attaching an overview of the communication with the Linc Department</li></ul>			

## Co-Headteachers

### Weekly Roundup

As a school community, Fortismere has been deeply saddened and shocked at the terrorist atrocity committed last weekend by Hamas, at the end of the religious festival of Sukkot. World Mental Health Day took place on 10th October and its theme was 'Mental health is a universal human right'. For our students and staff, the impact of the terror perpetrated against Israel has, as we know, a significant impact on well being. We have students directly affected by the events on both sides of the border who are experiencing high levels of fear and anxiety. In addition, these events have reopened painful memories for a number of our students who have experienced different conflicts and disasters. We have a number of Ukrainian and Russian students, Turkish students who lost family and friends in last year's earthquake, students affected by the floods in Pakistan and Afghan and Syrian students. We are very mindful of our role as adults to ensure that school remains a safe, calm environment where students are supported in expressing and dealing with their very genuine fears. You will see from the message above that we have spent the week compiling extra resources to support our students (and staff) and also listening to community leaders. We have found [CST](#) invaluable in providing advice and we will continue to refer to the site regularly.

Social media can be a good source of information but also spreads both misinformation and disinformation. We are aware that there has been fake footage in circulation, aimed at further exacerbating an already highly volatile and dangerous situation. We would ask parents and carers to keep an eye on what your sons and daughters are accessing and if necessary, refer to the advice further down the page on having difficult or emotional conversations with your children.

We normally finish the CoHeadteachers' message on an upbeat note on the weather and having a lovely weekend. This week, we have been reflecting on family, friends and loss. This is a time when we need to hold each other close and remind ourselves of what really matters to us. As the Parents Circle Family Forum tell us, we will be sharing our sorrow but bringing hope:

Give us the grace  
simply to be kind.

Then peace must surely come  
to dwell among us

(Barbara D. Holender)

## Student Mental Health & Well-being

### Thank You for Your Ongoing Support

A big thank you to everyone who supported the #helloyellow campaign this week and either wore yellow or donated money to help *Young Minds* to provide mental health support to young people. We raised £114 and a huge amount of this was from the lovely Year 7s! I would also like to say a huge thank you to our Mental Health Ambassadors who helped to promote the day and collected all the money.

**To continue the whole school discussion around Mental Health, we are setting a homework task to all students this weekend.** Their task is to have a conversation with a parent/carer/family member or friend about something that is worrying them. A problem shared is a problem halved as the saying goes! Please support our young people with this assignment by checking in with them and asking if they have anything on their minds. It is amazing how much of a difference it can make when you start the conversation.

#### **Mental Health Announcement** (available in year group Google Classrooms)

In light of any current political concerns that students may be experiencing about the conflict in the Middle East, I wanted to ensure that all students are aware of the help that is available in school if they are worrying about anything.

Students can always speak to their form tutor or a trusted adult if they feel comfortable doing so. We have place2talk which is a drop in session where students can have a chat about anything that is worrying them and we have place2be 1:1 counselling sessions if they need more regular help. We have other counsellors in school who have availability on different days. And finally, we have Trailblazers who offer sessions on practical ways to manage anxiety.

If you think that your child would benefit from any of these, encourage them to speak to their form tutor or Head of Year, or email me directly at [ejones@fortismere.org.uk](mailto:ejones@fortismere.org.uk)

Ms Jones  
Mental Health Champion

### **Discussing Upsetting Events**

With the world currently experiencing so many uncertainties, it can feel to parents and carers that their children will not be able to avoid exposure online to unsettling images, stories and ideas. Reassuring a worried child or concerned young person can be difficult especially when it feels as if bad news is everywhere. National Online Safety have put together some advice that parents and carers may find useful when discussing upsetting events with their child – see the document *attached* to the newsletter.

### **Place 2 Be - Support in School**

A reminder that students can get support with their well-being through Place2be, a mental health charity working alongside schools to support students well-being and mental health. Here at Fortismere Place2be offer two services to our students - **Place2 talk** and short term **1:1 Counselling**.

- **Place2talk** is a counselling drop-in service offering 30 minute sessions for students to share their concerns during periods 1-4 on a Monday, Wednesday and Friday. Each student can have up to six Place2talk sessions per academic year. These can be used sporadically or back-to-back. If a student is coming for more than six consecutive weeks to Place2talk we will look to assess them for 1:1 counselling.
- The **1:1 Counselling** offer is short term, over 10 weeks, these sessions are held by counsellors on placement at Fortismere with Place2be. Students have 50 minutes with their counsellor every week on the same day but at different times to minimise disruption to lessons.

To access both these services we encourage students to self-refer by coming to see us in the Place2be Office - we are in the LINC Building at the top of the blue stairs. Nu works Monday and Wednesday and Becky works on Friday. The best time to come and see us to book a session is during break and lunchtimes.

If parents would like more information about the services we offer or advice on how to encourage your children to seek support please reach out to us via email: [nu.robinson@place2be.org](mailto:nu.robinson@place2be.org) (Monday & Wednesday) and [becky.ayers@place2be.org.uk](mailto:becky.ayers@place2be.org.uk) (Friday). You can also find more information on the Fortismere website by clicking [this link](#)

Nu Robinson & Becky Ayers  
Place2Be

## School Donations Needed

### Halloween Disco Items - Can You Help Please?

The Year 7 halloween disco is on Monday 30th October and we are hoping to source the following items to help make it a really fun event for the students.

- Halloween Decorations (we need to decorate SW Hall!)
- Disco lights (to lend or even donate some to the school)
- Two Polaroid cameras for our 'home made' photo booth (to lend or donate)

If you can help by lending or donating any of the above items we would be really grateful. Please email Ms K Fox, Head Year 7: [kfox@fortismere.org.uk](mailto:kfox@fortismere.org.uk) by Tuesday 17th October if you can help. Thank you.

## Sixth Form Notices

### Sixth Form Open Evening - Wednesday 8th November

Please note that our Sixth Form Open Evening (**for our current Year 11 students and families**) will take place on Wednesday 8th November. We will share timings and full details with you next week. **Please note:** current Fortismere students and families should not book tickets for the event advertised on Eventbrite - the ticketed event is only for students and families new to Fortismere - their event will have different timings.

### EPQ Update

On Wednesday, Year 12 students and sixth form staff took part in EPQ sessions led by Dr Doug Specht. Dr. Specht specialises in research methodology and is a renowned expert in helping students set effective research questions. During his engaging and interactive session, he covered various aspects of formulating research questions and emphasised the importance of clear and focused questions, as they serve as the foundation for any successful investigation. The session produced lots of interesting conversations between students about a wide range of possible EPQ topics. Students really valued the opportunity to work with Dr Specht, as it helped them to develop essential skills that will not only benefit them in their EPQ project but will also help them in academic and professional pursuits beyond Fortismere.



## Year 7 Notices

### Dungeons and Dragons After School Club

It is great to see our students coming up with their own initiatives for extra-curricular activities, Y7 student Louis Rogers is setting up a new after school club and writes: *Fortismere will be opening up a Dungeons*

*and Dragons Club starting next half term. It will be held in S11 after school on Thursdays - all students in Years 7-9 are welcome. Mr Kelsey will be overseeing this club.*

### **Y7 Halloween Disco - Monday 30th October 5.30pm-7.30pm SW Hall**

On Monday 30th October, we will be holding a Halloween disco at school for Year 7 students from 5.30-7.30pm. This will take place in South Wing Hall (entry through Tetherdown gate) Entry will be £3 cash on the door and free entry for students eligible for free school meals. There will be pizza slices and sweet treats available along with prizes for the best costumes among other things. There will also be some competitions such as 'Lucky Dip' run by House Ambassadors. These will cost £1 per play so if students wish to join in they may want to bring an extra pound or two with them. The money raised from the event will go towards our year group charity which will be decided before the half term holiday and will be announced in the Newsletter. Year 7 can (and are encouraged to!) wear a Halloween fancy dress. Year 7 parents will have received a Parentmail last week, including a google form to complete if your child would like to attend.

Ms Fox

Head Year 7

## **Community Programmes & Events**

### **Local Information for Parents and Young People**

PC Robinson, our Safer Schools Officer has shared some information on local programmes, events and initiatives to support parents/carers and young people in Haringey.

**Volunteer Police Cadets** - [see this link for information on joining the Police Cadets](#). There are links at the bottom to Haringey and Enfield contacts and details of the weekly sessions held in each borough.

#### **Free Social Volleyball, Netball & Basketball for 14-24 year olds**

Netball for Girls & Young Women - Tuesdays during term time 4:30-6:30pm, Down Lane Park Multi Use Games Area, Park View Road, N17 9EY. For information: Call 07947 672 465 Email [vmurray550@gmail.com](mailto:vmurray550@gmail.com)

Volleyball for Girls & Young Women - Fridays during term time 4:30-6:30pm, Down Lane Park Multi Use Games Area, Park View Road, N17 9EY. For information: Call: 07930 402 163 Email [Gary@volleyfirst.com](mailto:Gary@volleyfirst.com)

Basketball for All - Fridays 6-8pm, Selby Centre Sports Hall, Selby Rd, N17 8JL. For information: Call 07905 250 042 Email [hesketh.hba@gmail.com](mailto:hesketh.hba@gmail.com)

**Community 6-a-side football league for U11s & U13s** - Saturdays (September to February) 11.45am-1pm at Ferry Lane Cruyff Court, Jarrow Rd, N17 9PS. Bring 6-8 players, boots and shin pads. To register contact [admin@thrulife.uk](mailto:admin@thrulife.uk) or call 0794 485 4718

**Tottenham Hotspurs work Experience Programme 16-25 year olds** - This opportunity is for 16- to 25-year-olds living in either Haringey, Enfield or Waltham Forest who are currently not in employment, education or training. If you know someone who might be interested they should contact: Jordan Mattis (Tottenham Foundation, Employment Advisor) [Jordan.mattis@tottenhamhotspur.com](mailto:Jordan.mattis@tottenhamhotspur.com)



## Library Notices

### Top Tips to Keep Your Children Reading



**Top Tip 4:** Read Katherine Rundell's book "Why You Should Read Children's Books Even Though You Are So Old and Wise". All will become clear and your life will change.

### Author Visit Rearranged

We're delighted to tell you that the postponed visit from the magnificent Sophie McKenzie has been rearranged for Friday 3<sup>rd</sup> November. She will be meeting the Y7 classes originally booked to see her during Period 4, and will stay during lunchtime to personalise copies of her latest book, "Secret Sister", which will be on sale at the discounted price of £7. Put the date in your diary!



### CoverUp

Don't come to our parent/staff reading group on Thursday 16<sup>th</sup> October as previously advertised because a) the date doesn't exist and b) no-one else will be there! The actual date, when we'll be discussing Malorie Blackman's "Just Sayin'", is Thursday 16<sup>th</sup> November. But you all guessed that, didn't you?!



### Recommended Reads of the Week

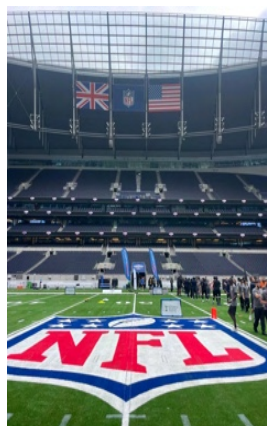
We are well into Black History Month, and our display of books with this year's theme of "Celebrating Our Sisters" is very popular with our students.



## PE & Sports Department News

### Year 11 - trip to Tottenham for launch of the Huddle Leadership Initiative

On Tuesday, we took a group of 15 very lucky and very excited Year 11 students to play on the pitch at the Tottenham Hotspurs ground. They were invited as part of the launch of a new NFL/Tottenham Hotspurs Leadership Programme for young people. The students took part in circuits of both football and American football drills around the pitch in the amazing stadium. Our students will be following a new certified course, being led at Fortismere by The Tottenham Hotspur Foundation, enabling them to become sports leaders.



### Haringey Table Tennis Competition

Well done to our table tennis players - the Y10s: Leila, Ella, and Dilara and the Y8s: Alba, Annie, Hollie, Maya and Saoirse - they managed to claim the bronze medal in a very competitive tournament against Alexandra Park School, St Thomas More, Highgate Wood and Dukes's Academy.



### Senior 1st Team Progress in Middlesex Cup

Well done to our Y11/Y12 senior boys team who beat St Thomas More 3-1 on penalties this week to progress to the next round of the Middlesex Cup. Not so good was some of the support on the sidelines - we love to see our teams supported but this must be done in a sporting manner.

### Contemporary Dance Club - Mondays

We are still recruiting for this after school club which takes place on Mondays. Please come along after school to South Wing Hall for contemporary dance taught by a brilliant teacher.

### Breast Cancer Awareness Day 20th October - Help Ms Vangucci by Wearing Pink

Next Friday 20th October is Breast Cancer Awareness Day - please wear **pink** and bring some cash for a donation to Breast Cancer Now. You can read about this and donate online on the [Just Giving page here](#). Thank you for your support.

Ms Vangucci

## Next Week's Fixtures

Monday 16th October	Haringey 5 a side Boys Year 7 and Year 8 Middlesex Cup U13 Girls v JCoss @ home
Tuesday 17th October	Haringey 5 a side Girls Year 7 and Year 8
Wednesday 18th October	Haringey 5 a side Year 9 and 10 Boys
Thursday 19th October	Haringey 5 a side Year 9 and 10 Girls Netball Year 9/10 Away v HGW
Friday 20th October	Haringey 5 a side Year 11 Girls and Year 11 Girls

## School Holiday Clubs

### Booking Open for October Half Term Holiday Clubs

Bookings are now open for the October Half Term Holiday Camps at Fortismere - these will run from **Monday 23rd October to Friday 27th October**. Activities take place at Fortismere School, Tetherdown, London N10 1NE from 9.00am to 3.00pm.

The cost for clubs for a full week starts from £80.00. There is also an early drop-off option (8am) which includes a light breakfast and a late pick up(4pm) option. Booking details are below.

**Tiny Twinkles Age 3-6:** Perfect for 3-6 year olds led by professional actors with a love for early years! Each day the children will explore all genres of creative arts-learning songs & dances, acting out role play adventures, exploring arts & crafts plus lots of games and crafts. [Book a place here](#)

**Multi Sports Age 5-6:** This club will give children the opportunity to have fun and interact with others through a range of sporty activities. [Book a place here](#)

**Multi Sports Age 7-14:** Children will have the opportunity to have fun and interact with others through a range of different sports and take part in fun competitions. [Book a place here](#)

**Drama Club Age 7-15:** This week the children will work on improvisation and comedy skills. There will be lots of drama games and exercises with the children to develop their confidence and drama skills. [Book a place here](#)

**Musical Theatre Age 6-12:** Each day the children will explore different styles of dance with an emphasis on ballet and tap. Children will work on technique, dance routines and choreography, as well as projects designed to encourage creativity when storytelling through dance. The participants will work towards final pieces and will be given plenty of time to interact with others and make lasting friendships! Leaders are professional performers with a background in theatre and dance. [Book a place here](#)

**Art Camp Age 7-15:** Experiment and explore core techniques in art using print, paint, pastels, pencil, plus more. The focus is to encourage children to engage with exciting materials, release their inner creativity and have fun. Themes across the week include Portraiture, Landscapes, Pop art and Typography. [Book a place here](#)



**Clay and Pottery Camp Age 7-15:** Children will have the chance to explore and experiment with clay and pottery and learn basic techniques during this camp. [Book a place here](#)

**Comic Camp Age 7-14:** Children will learn about comics and cartoon history and how they have been used as tools for storytelling and communication over the years. They'll look at basic anatomy and character design and how to fit this into stories. Storytelling including layout and structure, scripting and lettering and colouring are also covered. Using the skills gathered, students will work on their own comic strip and produce a complete 8-12 page comic. [Book a place here](#)

Please contact Maria Demetriou [mdemetriou@fortismere.org.uk](mailto:mdemetriou@fortismere.org.uk) if you have any queries or need more information about the camps. Early starts and late pickups must be booked in advance.

## School Fundraising Event

### Fortismere Fireworks Night - Thursday 2nd November 2023 from 5.00pm

It's already Firework time again so please remember remember the 2nd November! Put the date in your diaries because we will be putting on another spectacular firework display on the school field. Gates on Twyford Avenue will open at 5pm so you will have plenty of time to enjoy the Fun Fair, the bar with mulled wine, hot drinks and various hot food stalls before the fireworks start from 7.30-8.00pm. The event closes at 9pm. Apart from being a great night out you will be supporting the school to raise much needed extra funds so please buy your tickets now. If you purchase tickets in advance you can save money: Tickets are £7 each in advance or £9 on the gate. Tickets are on sale now from the school library (during break and lunch) or online via [Eventbrite here](#) We also need help on the night so if anyone would like to volunteer please get in touch with me [mdemetriou@fortismere.org.uk](mailto:mdemetriou@fortismere.org.uk)

## 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 Tutor or 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:about@fortismere.org.uk">about@fortismere.org.uk</a>