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<p><b>KS5 messages</b></p> <p>This week, Year 13s received their mock exam results and have begun thinking about how they can most effectively use the 13 weeks remaining until the first of the A Level exams on the 12 May. Students were asked to reflect on what they did to prepare for their exams, what their strengths and areas for development were, and what they needed to do differently in their revision to improve on their previous grades.</p> <p>A key emphasis of the assembly delivered by the Sixth Form team the day after students received their results was the importance of attending, on time, every lesson. We calculate that there are roughly 40 lessons left per subject until the end of Year 13, so every lesson missed will have a significant impact on a student's progress in the time that remains. Educational research is clear that any absence from school impacts negatively on educational outcomes, while students who maximise their attendance maximise the grades they get at the end of their studies. This is equally true for our Year 12s as the impact of attendance – good or bad! – is cumulative across the two years of A Level study. As a reminder, we require a parent to email in to <a href="mailto:SixthForm@fortismere.org.uk">SixthForm@fortismere.org.uk</a> to notify us of any reason for a young person in the Sixth Form's absence. Students cannot self-certify their absences.</p> <p>We encourage all of our Year 13 students to make the most of the support that is offered in school between now and their exams, not just in their lessons but also by making effective use of the Sixth Form study spaces in the library and in Tetherdown during their study periods, through the academic mentoring and study skills programme in tutor time, and by taking advantage of the support and intervention sessions offered by many departments across the school.</p> <p>We will also be sharing more information with parents on how to support their young people to improve on their study routines at home in the coming week.</p>	<p><b>CoHeads' Weekly Roundup</b></p>				
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<div> <p><b>Fortismere's Community Choir is recruiting new members!</b></p> <p>Come and sing with our fun, friendly and relaxed choir</p> <p>Meet other Fortismere parents</p> <p>Be part of the school's musical community</p>  <p><b>WEDNESDAYS 7 - 9 PM</b></p> <p><small>Email <a href="mailto:fmcinfo@fortismere.org.uk">fmcinfo@fortismere.org.uk</a> for more information OR just turn up at a rehearsal - Music Concert Hall, Music Block, North Wing (entrance via Tetherdown gate)</small></p> </div>					

## Co-Headteachers

### Weekly Roundup

This week we very much enjoyed seeing the parents of our Year 11 students for their first face-to-face parent subject discussion evening. With these conversations taking place right after Year 11 students having received the outcomes from their mock exams there was a lot of important academic information sharing taking place. We know that Year 11 will now be taking the advice they have received and putting it to good use in the preparations for their forthcoming examinations.

Our new food 'pod' has grown even more in popularity with our students this week. Our caterers are doing a roaring trade at both break and lunchtime to students from Years 7-11, some of whom have happily informed us that they have been going to the Pod for their starter and once the canteen queues have died down are going in there too for their main course! We are certainly glad to hear that they are enjoying the food on offer.

Today we were privileged, alongside some of our KS4 and Sixth Form students, to meet and listen to Hungarian Holocaust survivor John Hajdu, who as a local community figure has visited Fortismere on a number of occasions previously to talk about his life. Mr Hajdu shared his personal experiences as a Jew growing up in Budapest during the Second World War where he lived in the Budapest Ghetto where he narrowly avoided a Nazi attempt to destroy the ghetto and its inhabitants which was disrupted by its liberation by allied forces in January 1945. He then went on to live under Soviet rule in Budapest as a young man until he escaped and went as a refugee first to Austria and then on to the UK. Students and staff were moved and inspired by his story which served as the final piece in this year's commemorative events for Holocaust Memorial Day. We are grateful that Mr Hajdu was able to come to speak to us all and answer the many questions that our students had about his fascinating personal history.



Next week, the final week before our February Half Term will include the forthcoming charity band night. This evening has become a firm Fortismere favourite and we would encourage parents who have not had the opportunity to join us before on Band Night to do so and to support our students who are fundraising for Young Minds.

Until then, we wish you all a relaxing weekend.



## School Charity Event

### Charity Band Night - Thursday 13 February 2025 at 6pm NW Music Hall

On Thursday, 13th February Fortismere's talented bands will take the stage to support YoungMinds, a vital charity championing youth mental health. [YoungMinds](#) does incredible work providing resources, helplines, and support for young people needing mental health aid, whilst also giving vital education to parents who wish to support their child who may be struggling to cope. The concert is student-led by Year 13 students Kiran Sharma and Lydia Morgan, who decided to fundraise for this charity as they admired the work that it does in raising the profile of young people's mental health, and in providing practical support to young people and their families. All bar and ticket proceeds from the event will go to the charity.

So please join us next Thursday - you'll get to enjoy electrifying performances from our students and staff, you'll be supporting a great cause and you'll be making a difference to young people's lives. So get your tickets now! The bar will be open from 5.30pm serving wine, beer, snacks and juice (cards or cash).

**Tickets available to buy [here](#)**



## FortisMind

### Children's Mental Health Week at Fortismere

This week has been Children's Mental Health week. This is a week which aims to normalise talking about mental health, particularly in the context of young people, and to provide them with a better understanding of their own minds. It also seeks to promote positive strategies for looking after our mental health to develop resilience in the face of adversity. To mark the week, all of our students took part in a week of tutor time activities centred around mental health. This included a session on anger, and understanding that anger is a normal human emotion that everyone experiences. It is, however, our choice what we do when we become angry, and the session also looked at constructive things to do to calm down in the heat of the moment.



Students also completed a session on becoming better listeners. Young people, particularly boys, can find it very difficult to open up about their mental health, often because, when they do open up to their friends, their friends can respond by either minimising the problem or responding with humour. If we want our young people, particularly our young men, to become better at opening up, we need to first upskill them to become better listeners. Students explored the PAIRS acronym which provides a set of strategies for active listening and they had the chance to practice this in class. We also had a reading comprehension on the importance of kindness, one of our Fortismere Four, looking at a story where one boy's small act of kindness stopped another boy from taking his life and then allowed them both to flourish. Students also learned a bit more about the website Kooth, who provide anonymous support to young people 24/7. And finally, they have done a quiz to test how much they have learned this week and to hopefully win some points for their house!

I hope that all our students have got a lot from the week. Discuss these themes with your child and allow them the space to explore these ideas further. If you have any questions or would like more information please get in touch with me at [ejones@fortismere.org.uk](mailto:ejones@fortismere.org.uk).

Ms Jones - Mental Health Champion



## English Department News

### Jack Petchey Regional Finals

This week our Year 10 Jack Petchey Speak Out Challenge students were at Mulberry Academy on White Hart Lane for the Haringey Regional Finals. The Regional Finals are a real community event with teachers, supporters and family and friends attending and helping to make a really special atmosphere for the speakers. Our representatives, Carl Peanberg-King, Samuel Balint-Kurti and Maximillian Mavric-Neal attended a specialist workshop to hone their public speaking skills before taking to the stage and delivering their speeches. Our students performed beautifully, but sadly due to stiff competition their journey ended that night. Nonetheless we are very proud of how these students represented the school.



## Music Department

### Come and Sing With Us!

**The Fortismere Community Choir is recruiting new members.** Banish the February blues by coming along to our friendly singing sessions on Wednesdays during term-time, from 7pm to 9 pm. There is no pressure to learn difficult pieces or read music. It's a great way to meet other parents and join in with Fortismere's music making! Email Mattie Morgan at [fmcinfo@fortismere.org.uk](mailto:fmcinfo@fortismere.org.uk) if you'd like more information, or just turn up at the North Wing Music Block for 7 pm. You won't know until you give it a go!

### Saturday Music School Opportunities

We have a couple of spaces for piano or music theory lessons on Saturday afternoons, and for anyone wanting to join or form a band on Saturday afternoons as well. Students are welcome to come for a trial lesson before committing for the rest of term. Contact [fmcinfo@fortismere.org.uk](mailto:fmcinfo@fortismere.org.uk) if interested.

## Library Notices

### Muswell Hill Library

I have been meeting with the Friends of Muswell Hill Library regarding how it can help our students (and the wider community). I am pleased to say that they are hoping to re-open in June/July with improved access and facilities; the previous proposal of being open just 29 hours every other week has been replaced by a much higher total of 41 hours per week. The proposed week will be 9.30am – 6pm Monday-Friday, 10am-5pm Saturday, closed on Thursday/Sunday. The later opening 4 days a week will benefit our students who wish to continue studying after the school library has closed for the day, especially with an increase in computers and workstations.



### Library Closures

Apologies for the early closures of the library this week due to unforeseen staff illness. The library will not be open after school next Wednesday 12<sup>th</sup> February. Manga Club will be back to normal after half term.

## Care of Books

Please impress upon your children the need to look after school library books. The instances of wet books, ripped books and lost books are becoming more regular. It's time consuming chasing these up and costly buying replacements. Thank you for your support.



## Recommended Reads of the Week

What fun it's been injecting a little romance into our KS3 library lessons, getting our younger students prepared for Valentine's Day! Year 8s have been taking it slightly more seriously than Year 7s, who find the whole idea totally hilarious. After the guffaws, we also talk a little about how you should treat your crush with respect and kindness. Here are a few books to get the whole school community into the loving spirit...



## Sport & PE Notices

### Year 10 Haringey Football League

We played APS in an exciting local derby on Monday afternoon. The match took place on the astroturf as the pitch was waterlogged. Fortismere got off to a flying start with Sachin scoring within the first few minutes. Jasper was sin-binned for dissent but even with 10 players we managed to score again and then again - Blake and O'neil. APS were awarded a penalty but Yaya made a fine save keeping a clean sheet in the first half. We were leading 5-0 at the break, James and Sachin both scoring. APS were given another penalty straight after half time which this time they made sure to score. Sachin scored straight after this to make it 6-1, but APS were on a mission and fought well but running out of time in the end, the score ended 6-4. Well done boys.



## Haringey Badminton Competition

There were seven local schools competing in the annual Haringey Badminton Competition which took place at Dukes Aldridge Academy last Tuesday.

Our team was a mixture of students from Years 7-9. The girls played brilliantly and managed to reach the final where they beat APS 3-1 to take the winning trophy.

The boys played well too but unfortunately they were outplayed and outsized by lots of the other school competitors - they finished a very good 6th place.

Well done Maya, Mathilda, Etta, Ivy and Tati. Arlo, Dash, Kamil, Gael and Tom.



## Year 7 Progress in Middlesex Cup Competition

Unfortunately our opposition (Totteridge Academy) in the Middlesex Cup match this week couldn't get their minibus started so our Year 7 Girls won their quarter final by default and are now through to the semi finals of the competition. The girls were all ready to go so we took the opportunity to play against one another and enjoyed getting very muddy!!



## Middlesex Cross Country

Thank you to David Kirk for taking our cross country runners to Harrow School on Tuesday afternoon. They all ran really well and as always were great ambassadors for Fortismere. Well done Alex Kirk who finished 5th and will therefore go on to represent Middlesex in the English Schools Event. Ivy Gray finished 8th and also qualified for the English Schools Event. Jessica Lappin finished 27th and Jomah Morris 24th. Really well done all of you.



## London Mini Marathon 2025 - Haringey Trials

Haringey are recruiting for this prestigious event. If you are interested please see the poster for details and how you can qualify to represent Haringey.

For more details you can email [craigharingeysports@yahoo.com](mailto:craigharingeysports@yahoo.com)





## Girls Cricket Club Starts 10 February

Apologies for the delay we have been waiting for the funding to be approved. The Girl's Cricket Club will start on Monday 10th February in the Sports Hall straight after school. All years welcome.

## Upcoming Fixtures

**Monday 10 February:** U15 Girls Football v Channing Away 3 pm KO

**Tuesday 11 February:** Y10 Boys Football v Highgate Wood School. Y10/11 Basketball v APS Away. 2pm

**Wednesday 12 February:** Y7 & Y8/9 Basketball v APS Away 2pm

**Thursday 13 February:** GCSE Netball Moderation at Fortismere Netball Courts 2pm

## Drama Department News

### A Level Drama Students See Kyoto in the West End

Year 12 and Y13 Drama students saw the RSC 5 star sell out production of *Kyoto* this week. This immersive political thriller by the RSC and Good Chance, welcomes delegates (the audience wearing lanyards of different countries) to the Kyoto Conference Centre, 11 December 1997. The nations of the world are in deadlock and 11 hours have passed since the UN's landmark climate conference should have ended. Time is running out and agreement feels a world away. Students commented:

"It was amazing!" and "I felt like I was transported to 1997 Kyoto" "Best thing I have ever seen" and "It felt depressing to see how little change has happened since the 1990s and yet the conference and the arguments expressed on stage seem so scarily relevant today"

This show was an utter treat and will be a fantastic stimulus for their recent exam.



## School Fundraising Event

### Quiz Night - Saturday 8th March 6.30pm-10pm

Book your tickets early for this fun competitive night out. - this is not just a Quiz Night, this is a Fortismere Quiz Night and we've got a brilliant host for the evening in Pauline Eyre who will make sure that our Quiz Night is extra special. We've set ourselves a fundraising target of £7000 for this one so we really need your support to reach this amount. Tickets are £10 per person to make up teams of 8-10 people so round up your most knowledgeable friends and family to be in with a chance of winning. Don't worry if you are part of a smaller group as we will organise small groups into bigger teams on the night. **Tickets available [via Eventbrite here](#)** Drinks will be available (please do not bring your own alcohol onsite) but you can bring your own food and snacks to share. Any questions please contact Ms Demetriou [mdemetriou@fortismere.org.uk](mailto:mdemetriou@fortismere.org.uk)

## LINC Department

### Take Part in UCL Research Project

Researchers from University College London are looking at autistic students' experiences and views on school mental health. If you and your child would like to take part in their research please use the QR code or email [seyda.centintas.21@ucl.ac.uk](mailto:seyda.centintas.21@ucl.ac.uk)

Faculty of Education and Society

UCL

### Promoting and supporting autistic students' mental health in mainstream secondary schools in England



**Hello!** My name is Şeyda Çetintaş.



I am a doctoral student at  
University College London.

I want to hear from young people  
aged 11-16 with a diagnosis of  
autism and enrolled in mainstream  
secondary schools in England.

What are your experiences  
of **school mental health  
awareness** and **school  
mental health support**?



GRRAND



Child Development and  
Learning Difficulties Lab

#### What is involved?

- 1 Introductory online meeting session  
with parent and young person to share  
interview schedule and pre-interview task.
- 2 Online meeting with young person to  
discuss their photos, drawings, notes or  
poems to express their ideas about  
wellbeing at school.

#### How can you take part?

**For parents** → Scan the **QR code** below  
to access the expression of interest form.

#### Want to know more?

Scan QR code to access the online  
questionnaire along with the  
information letter, or email Şeyda at  
[seyda.centintas.21@ucl.ac.uk](mailto:seyda.centintas.21@ucl.ac.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](mailto:safeguarding@fortismere.org.uk)

Alternatively you can make a safeguarding referral using the My Voice [use this link](#) or the QR code

You can also contact your child's Head of Year or Pastoral Support Manager.

