

Friday 26th January 2024

School Leadership Messages	Contents												
<p>Important notice: Parent Surveys still open</p> <p>A reminder that we have launched two very important parental feedback surveys with our community:</p> <p>The first is to hear views on the improvements we have made to the school's pastoral provision this academic year and can be found here,</p> <p>The second is to take feedback from parents on their children's experience of Teaching and Learning at our school which can be found here.</p> <p>These surveys will close on Monday 5th February at 12 noon.</p> <p>School arrival</p> <p>Students are permitted to use the three entrances of Tetherdown, Twyford Avenue and Creighton Avenue in the mornings and afternoons. Please be aware that both the Twyford and Creighton Avenue gates close at 8.35am and any student who arrives after this time is late and must enter through Tetherdown where the late will be recorded. Students are NOT permitted to enter the school via the North Wing car park.</p> <p>All three gates are also open at the end of the school day but the Twyford and Creighton Avenue gates close at 3.40pm.</p> <p>During the school day all visitors must enter via the Tetherdown gate.</p> <p>Top Achievements Points This Week</p> <p>Well done to the following students who were the top ten scorers this week:</p> <p>Lora Vida (Y7); Dominic Marton (Y10); Anagha Anand (Y7); Hazel Pelling (Y8); Goknil Tujen (Y7); Tia Lytton (Y7); Huba Szabo (Y7); Awesta Jewayni (Y7); Archie Thompson (Y7)</p>	<p>CoHeads' Weekly Roundup</p> <p>Fortismind</p> <p>House News</p> <p>Departement News & Notices</p> <p>School Charity Event</p> <p>Safeguarding information</p> <p>Calendar</p> <table border="1"> <tbody> <tr> <td>29.01.24</td> <td>Y9 Science Exam</td> </tr> <tr> <td>06.02.24</td> <td>Y9 Guidance Meetings</td> </tr> <tr> <td>07.02.24</td> <td>Y11 Parents' Evening (Face to Face)</td> </tr> <tr> <td>09.02.24</td> <td>Y11 & Y13 Mock exams report</td> </tr> <tr> <td>12.02.24-16.02.24</td> <td>Half term holiday</td> </tr> <tr> <td>24.02.24</td> <td>Quiz Night 6.30pm</td> </tr> </tbody> </table> <div style="text-align: center;">  <p>HOLOCAUST MEMORIAL DAY 27/1</p> <p>Fragility of freedom is the theme for Holocaust Memorial Day 2024</p> </div>	29.01.24	Y9 Science Exam	06.02.24	Y9 Guidance Meetings	07.02.24	Y11 Parents' Evening (Face to Face)	09.02.24	Y11 & Y13 Mock exams report	12.02.24-16.02.24	Half term holiday	24.02.24	Quiz Night 6.30pm
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Co-Headteachers

Weekly Roundup

This week Fortismere has seen a number of events linked to Holocaust Memorial Day (HMD), which takes place tomorrow. Ms Temple has been delivering assemblies and the PRE Department has been conducting its annual visits to our local synagogue. HMD provides an important opportunity for reflection. The world can feel like an increasingly dangerous place for our young people and we see that reflected in the wellbeing and mental health of our students. As you will see below, today is London's Great Mental Health Day. The focus is on healthy, positive relationships in all our lives. It is very important that amidst the horror of the Holocaust we make reference to those who stood up against the violence, such as Sir Nicholas Winton, whose biopic was the subject of a Co-Heads' assembly last term. It is also important to let students know our strength as a school is based on the strength of our relationships; the mutual respect and kindness that makes Fortismere a safe space for so many.

A group of students for whom the stress is about to reduce are Y11 and Y13, whose mock examinations have now ended. We have been really impressed by how well our students have conducted themselves during the exams, especially Y11. Their generally mature and sensible approach has been commented on by everyone involved in the management of the exams and bodes well for the summer. Both year groups will have their results before the half term holiday.

On Wednesday evening Y9 parents were invited onsite for the Options Evening. The event is always extremely well attended and it was lovely to see so many parents. Choosing options can be very daunting with the breadth of the offer but all parents will have either a remote or face to face guidance meeting with a member of staff, including members of the Senior Leadership Team and Co-Heads. We are looking forward to discussing the future plans of some of our Y9s and hearing the views of our parents.

On the topic of parent views...thank you very much to those of you who have already completed the survey, we understand that there were some technical glitches with the Teaching and Learning survey that have hopefully now been sorted. The surveys provide useful evidence for future school planning as well gauging levels of satisfaction within the parent body. One of the joys of Wednesday's options event was the unsolicited positive comments the parents shared with the staff present, plus the comments emailed later. We are used to hearing when things go wrong so it's lovely to hear that we do sometimes get it right!

The days appear to be getting warmer and after our run of storms we deserve some calm weather. We hope you all have a lovely weekend in the winter sunshine.

Fortismind

Happy Great Mental Health Day!

Today is Great Mental Health Day, this London initiative is all about exploring the importance of meaningful connections and highlighting the power of relationships, community, and social networks. The aim of Great Mental Health Day is to get us talking about our mental health and wellbeing and to help break the stigma that often exists around the subject. It's also an opportunity to share awareness of local support services and act as a reminder that we can all do our bit to spread hope and kindness, and help each other.

Have a look at these resources: **Details of local support groups** in Haringey, Barnet and Enfield are set out in [this helpful Guide](#) there is lots on offer so find a group and reach out if you are struggling.

A message of hope and positivity is shared by Thrive LDN [in this video](#) - watch if you're feeling alone.

The theme of this year's GMHD is meaningful connections. So this weekend, to honour the day, I encourage you all to call or message a good friend that you haven't spoken to for a while. Have a chat, arrange to see each other if you can, and remind yourself that there are people who care about you and let them know that you care about them too.

Ms Jones

Mental Health Champion

Student Achievements

Karting Champ - Tyggi Brown

Year 9 student Tyggi had a busy 2023 out on the track, throwing his kart around different circuits, through glorious sunshine, torrential rain and biting frost. We're really pleased to hear that all the hard work has paid off for Tyggi. Competing in the year long Championship, the Mexico Cup, at Rye House, Tyggi took to the track for the final race in December 2023 in pole position. An exciting race saw Tyggi knocked off the track mid-battle and into last position, but he managed to fight back and end the race in 2nd place. This result put him 3rd overall in a tightly fought competitive championship. Really well done!



Judo Champ - Luka Abashidze

Huge congratulations to Year 10 student Luka Abashidze, who has won silver medal in the Scottish Open Judo Championships 2024. This is a massive achievement and the result of many years of hard work and determination. Well done Luka - we're all proud of you!



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each other if you can, and remind yourself that there are people who care about you and let them know that you care about them too.

Ms Jones

Mental Health Champion

House News

Selvon Charity Bake Sale - Monday 5th February at Lunchtime SW

The Selvon ambassadors are organising a bake sale to raise money for their charity, Cancer Research UK. This will take place on Monday 5th February at Lunchtime in South Wing (under the Canopy). Please encourage your child to bring in some cash to purchase some reasonably priced tasty treats and help us to raise money for a worthy cause! Thank you for your support.

Ms Garnett

Head of Selvon



Wollstonecraft Charity Events - 7th February & 9th February

Wollstonecraft student ambassadors are organising **As Many Clothes As You Can Wear Fun Run on Weds 7th Feb at tutor time** (on the astro turf) Anyone can enter and the more people that do the more we can raise for the [WWF, World Wildlife Fund for Nature](#). If your child would like to take part please tell them to give their details to their Form Tutor or you can email dturner@fortismere.org.uk

Students are also running a **Valentines Lucky Dip on Friday 9th Feb** with valentine cookies in South Wing (under the canopy). Come and pick out a pink heart to win a prize, also in aid of WWF.

Ms Turner

Head of Wollstonecraft.

Careers & Work Related Learning

New Opportunities

Please have a look at the [Careers pages](#) on the school website for some new opportunities for Springpod Virtual Work Experience Programmes (for 13+) and BNP Apprenticeship (post A level). Please also encourage your children to use the links and resources on our pages.

Mr Renner

LINC Department

Meet the Team

This week I'd like you to meet Ms Jones, who supports LINC as Mental Health Champion but is also the Head of Franklin House and a maths teacher!

Why did you want to work with the LINC department? In all my years of teaching, but particularly since the Covid pandemic, I've noticed that mental health is one of the biggest barriers to young people succeeding in school. We are in the midst of a mental health crisis with the number of urgent referrals to

mental health services up by 3 times (Young Minds, 2023). I want Fortismere to be a safe haven for our students; a place where positive mental health is promoted and students learn how to look after themselves well, but also somewhere that normalises not being ok and asking for help. For some students, taking regular exercise and eating well will not be enough and I want to help them to realise that this does not mean there is anything wrong with them, but that like physical health, everyone has ups and downs and that sometimes you can't deal with things yourself.

What's the best thing about your mental health role? I love working with the student ambassadors and hearing their thoughts and ideas. They offer such valuable insight into what young people are worrying about. They are open and honest and it makes me feel hopeful about how much progress has been made in getting young people to talk about their mental health compared with when I was at school.

What would you like to share with the school community this week? As daylight is still limited, Christmas is over and school work piling up as exams approach, it can be hard to find the positives at this time of year. Try to find pleasure in simple things: make sure you spend time outside in the daylight, spend time with friends, watch films, drink hot chocolate, and remember that you have already done 3 weeks out of 5 of this half term and I bet you didn't even notice!

What superpower are you telling us about? Stress! It's the body's response to feeling threatened or under pressure. In some cases, when we are too stressed for too long, it can have serious consequences for our health. However, I want to talk about the benefits of low level stress and how it can actually make you function as a superhero. When we encounter a stressful situation, our body enters fight or flight mode which causes our heart rate to increase, our breathing to quicken and our muscles to tighten. We tense up and become super-charged and able to cope with things that we would not normally manage. If we apply this to exam stress, for example, it can be incredibly useful. Stress whilst revising can lead to: greater productivity and increased focus; improved memory; and an increase in motivation. Many of us, myself included, can find it difficult to get things done without some degree of low level stress. Have you ever sat down and tried to do a piece of work weeks before a deadline and found that your brain won't switch on? But then, the deadline arrives and all of a sudden, you find that the words are flowing. This is thanks to stress! So next time you feel stressed, try to push through the feeling, it will mean that you can achieve your best work, be your most productive self and develop more resilience for the next time you feel stressed. This is a good thing! But if you do feel like you are experiencing abnormal levels of stress and you are feeling overwhelmed and hopeless, then please do speak to someone about it. Stress and well-being can impact everyone, even Zendaya! who has a colouring station in her home with colouring books and says *"In my house we all find it quite therapeutic. It helps me with stress."* For more advice and support on stress please use these links [Mind - Stress](#) and [Some stress is good for you](#)



Parent Information Session

It was really lovely to have over 70 parents and carers attend our information session this week. Dr Emily Hodes and Dr Maxine Aboagye, Educational Psychologists from Haringey EP Service delivered the session which focused on supporting neuro-divergent teenagers at home. Topics covered included:

- What it means to have special educational needs and/or a disability (SEND) and the SEND Code of Practice
- What to expect with adolescence and encouraging independence and life skills
- Executive functioning skills, what difficulties look like in this area and support strategies
- Emotional control and how to approach this in a constructive way
- Literacy difficulties

The session was interactive and parents were able to share ideas and discuss strategies in a really positive, constructive and respectful atmosphere. The feedback was overwhelmingly positive. If you were not able to attend and would like a copy of the presentation, please email lincadmin@fortismere.org.uk.

We will be putting on more of these events and have sessions planned on: Understanding and supporting anxiety – particularly school stress, exams, relationships; Understanding and supporting ADHD; Understanding and supporting Autism and a Dyslexia specialist presentation.

Details of future events will be emailed to parents/carers of students on the Fortismere SEND register but will also be shared in the newsletter as they are open to all parents/carers.

Mr Fari

Library News

Top Tips to Keep your Children Reading



Top Tip No 15: If it's totally not cool for your child to come to the school library because they think their peers may laugh (shame on them), join your local public library. And visit it. It's free. Their friends don't need to know. Borrow books for yourself as well – see if you can tear yourself away from your phone too...

Author Visit

One of the (many) brilliant things about our Patron of Reading, Dan Freedman, is that he tailors his talks to the questions of the audience – so we never see the same presentation twice. Staff members are getting wind of this, and we were pleased to welcome some extra adults to the library on Wednesday 24th January. Dan is intending to meet all our Year 7 students this year, and we're hoping to squeeze in an additional talk near the publication of his next book in June which is all about different careers in the sports industry. In the meantime, it was fascinating to hear of the inspiring people he's interviewed in the past in his role as sports journalist, and for the new book (he got the students to suggest questions for the Vice CEO of EA Games who he was meeting the following day!) It was lovely to see excited Y7s getting Dan to sign new books plus Jamie Johnson books they'd brought in from home.



Manga Club

A lovely relaxed club run by Lola Currie in Year 9 and Mrs Cockerham – Wednesdays after school in the library.



Recommended Reads of the Week

A slightly belated literary celebration of Burns Night (we enjoyed our Great Chieftain o' the Puddin'-race - with neeps and tatties - on Thursday 25th!) Here are some books in our library with a Scottish twist.



PE & Sports News

U13 Boys Cricket - A Super Super Over!

The Year 8 boys cricket team participated in a competition on Monday against two local schools, APS and Highgate Wood. Fortismere didn't play in the first game which was won by Highgate Wood. In the second game Fortismere were playing APS. Fortismere batted first and scored 33 runs from 5 overs and APS went on to win the game. In the last game, Fortismere faced Highgate Wood where they batted first and we were able to bowl them all out for 25 runs - Jack, Jacob, Rohan, Finley and Flynn got wickets with Flynn getting a caught and a bowl as well as JJ and Sami making catches in the field. We were then able to bat to score those runs with Finley getting many of them and Flynn finishing off the innings to win us the game.



The result meant we had to play a super over where the team that got the highest score would win - Highgate Wood bowled to APS, Fortismere bowled to Highgate Wood and APS bowled to Fortismere. APS scored 7, Highgate Wood scored 4 and Fortismere won with a score of 11 thanks to Jacob and Finley batting in the super over. Report by Flynn Clark Y8

Year 7/8 Indoor Athletics Teams

Well done to our Year 7/ 8 athletes who represented the school on Wednesday night at the Haringey Schools Indoor Athletics Competition. There were some excellent individual performances as well as brilliant team collaborations in the relay races. Well done all!



U13 Middlesex Cup Quarter Final v Highgate

We travelled to Highgate on Tuesday for our Year 7/8 Girls' Quarter final match. The girls had a tough task as the pitch was very muddy and water logged. Farrah Georgiades managed to score a great goal but unfortunately we lost to the stronger team. Well done for showing such resilience and good spirit girls.



Upcoming Sports Fixtures

Monday 29th January	Year 8 & Year 10 Boys Basketball v APS 1stXI v Christ College Quarter Final Away 3.45PM KO
Tuesday 30th January	U15 Girls London Indoor Competition William Perkin School 9 am-12 pm U12 Middx Cup Quarter Final v Highgate Away - 2 pm KO
Wednesday 31st January	1st XI v Mill Hill Middlesex Cup Quarter Final Away 2.30 pm KO
Thursday 1st February	U16 Girls v JFS Middlesex Cup Away
Friday 2nd February	GCSE Rock Climbing Moderation all day at Hertfordshire Young Mariners Base

School Fundraising Event

Quiz Night - Saturday 24th February 6.30pm

Don't miss a chance to test your knowledge and have some fun with friends and family at the annual Fortismere Quiz Night! This is our main spring fundraising event and we've set ourselves an ambitious target of £7000 this year, so please buy a ticket, have a great night out and help us to reach our target.

Our host for the night is the wonderful Pauline Eyre and we know that she will make it a very special and a very fun night! Gather together a team of 8-10 people. If you're a smaller group or if there's just one or two of you, don't worry, we will put you with others to make bigger teams.

Tickets are only £10 per person. There will be a CASH ONLY bar and bring food to share. Please note you cannot bring your own alcohol on site.

Fortismere Quiz Night: Saturday 24th February 2024 from 6.30pm [Book tickets here – Quiz Night](#)

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 alternatively contact your child's Head of Year

Year 7	Ms Fox kfox@fortismere.org.uk
Year 8	Ms Jackson kjackson@fortismere.org.uk

Year 9	Ms Cuenca icuenca@fortismere.org.uk
Year 10	Mr Aldridge saldrige@fortismere.org.uk
Year 11	Ms Boot aboot@fortismere.org.uk