



School Leadership Messages:	Contents						
<p>Energy drinks and the Development of the Teenage Brain</p> <p>Ms Jones, our Mental Health Champion, has an article (see below) inviting parents and carers to a talk by Nicola Morgan, who has written extensively on the teenage brain. Linked to adverse effects on the teenage brain is the consumption of caffeinated energy drinks. Please can we remind parents and carers that these drinks are banned from our site and please could you encourage your sons and daughters not to buy them.</p> <p>CHTs' assemblies</p> <p>The Co-Headteachers are delivering the assemblies for the next two weeks. As our theme we have been looking at the social experiments regarding smartphone 'detoxes' and in particular, the experiment conducted by the BBC. It's a fascinating experiment and we thought parents and carers may be interested in reading about it.</p> <p>Top Positive Points This Week</p> <p>Well done to the following students who are our top scorers:</p> <p>Anagha Anand (Y8); Bianca Chilosi (Y7); Caroline Constantino (Y8); Elvis Drijaj (Y10); Emmy Edwards (Y8); Lochlainn Egar (Y7); Neri Gordon (Y10); Ahmed Hussein (Y9); Sofia Medjoura (Y9); Nicole Nocco (Y9); Aria Osorio Malfitano John (Y8); Julia Redmond (Y8); Oliver Rozmus (Y7); Lily-Rose Salhany (Y9); Tom Samuel-Rome (Y8); Hugo Serpa Vieira Lima (Y7); Bea Walsham (Y7)</p>	<p>CoHeads' Weekly Roundup</p> <p>FortisMind</p> <p>Departmental News & Notices</p> <p>Extra Curricular & Holiday Clubs</p> <p>Safeguarding Information</p> <p>Calendar</p> <table> <tr> <td>29.01</td><td>Fortismere Comedy Night 6.30pm S Wing</td></tr> <tr> <td>29.01</td><td>Y9 Parents Evening Online (SchoolCloud) 3.45pm-6.30pm</td></tr> <tr> <td>05.02</td><td>Y11 Parents Evening Face to face. 3.45pm-6.30pm</td></tr> </table>	29.01	Fortismere Comedy Night 6.30pm S Wing	29.01	Y9 Parents Evening Online (SchoolCloud) 3.45pm-6.30pm	05.02	Y11 Parents Evening Face to face. 3.45pm-6.30pm
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	 <p><i>Saturday 18th January is National Thesaurus Day and honours Peter Mark Roget who created the first modern thesaurus published in 1852. Celebrate the day by using a thesaurus or playing a word game to expand your vocabulary.</i></p>						

Co-Headteachers

Weekly Roundup

On Wednesday we hosted our Y9 Options evening. It was very well attended and the number of parents, carers and students present made for a very buzzy event. The Art and Photography in the South Wing foyer brightened up the whole space and showcased some spectacular Y11 art work from both last year and this. All the work was of a very high quality and the ceramics were a particular highlight. It is always very pleasing to see the range of subjects offered by Fortismere at GCSE and how much excitement this generates with our Y9 students, particularly with the subjects they haven't encountered before. This year Sociology was a major hit with both parents and students.

At the other end of the scale, this week Y13 finished their mock exams. It's been a busy two weeks for our oldest students as quite a few had university interviews during the mock period. We have been very impressed by how they responded to the variety of challenges they have faced and will be pleased to welcome them back from Monday to their normal time tables.

We are way ahead of the Prime Minister in our desire to explore the possible benefits of AI while being mindful of potential pitfalls. Yesterday saw the first meeting of the Staff's AI working party, led by Ms Holder, a member of the Senior Leadership Team. We are excited by the possibilities presented by AI in the world of education. We can already use Generative AI to support the creation of schemes of work, presentations and mark schemes but we would like to explore more fully the potential for AI to support and enhance education for our students.

Holocaust Memorial Day is on January 27th and departments have been planning events to mark the occasion and also ensure that our students have a developed understanding of the Holocaust beyond the teaching in History lessons. On January 29th a group of Year 9, Y10 and Y11 GCSE Drama students will be involved in workshops and Performance of *Kindness a Holocaust Legacy*. The play is largely a verbatim play based on the testimony of Hungarian survivor Susan Pollack OBE and Mala Zimetbaum and Edek Galinski whose stunning love story and spiritual resistance is painted across a backdrop of one of the darkest periods in human history. Y9 will also be visiting Muswell Hill Synagogue, an annual visit for Y9s, on the same day as the performance. There will be reports in the Newsletter about both these events.

While the weather has warmed up a little it is still very cold. Students need to continue to wrap up warm - we recommend layers! We hope that all our families have a peaceful and restful weekend, away from the cold!

FortisMind

Teenage Anxiety and Resilience

See the information below about a virtual talk by young-adult fiction author Nicola Morgan on the important topics of teenage anxiety and resilience. This talk takes place in the middle of Children's Mental Health Week and will hopefully be both interesting and provide a deeper understanding of teenage anxiety. In my mental health assembly at the start of this year, I shared that approximately 32% of 11-16 year olds suffer from anxiety, so this talk is hugely topical and I'm looking forward to attending myself. Our librarian Ms Ward has seen Nicola speak and says that she is both an excellent speaker and very inspiring. Indeed, Ms Ward has most of Nicola Morgan's books available in the Fortismere library.

Ms Jones, Mental Health Champion

Nicola Morgan, also known as *The Teenage Brain Woman*, has written many best-selling books on adolescent brains and lives. In this online event, she will outline why young people may be more vulnerable to anxiety and then focus on how we, the adults in the room, can best help them flourish and become resilient. How can we turn anxiety into confidence, dependence into independence? Are there things we sometimes do wrong? What can we do differently? Nicola will raise lots of ideas to consider and there will be valuable resources to take away. This event is aimed at parents/carers, teachers, librarians and other professionals - any adult who lives or works with young people. Nicola is passionate about sharing deep understanding and useful advice with her audiences.



Wednesday 5th February: 7.00-8.30 pm on Zoom. Cost: £20 invoice sent on registration. Attendees will be able to access copies of the slides and handouts that Nicola has produced. [Register to attend here](https://tinyurl.com/AAUKNicolaMorgan)

Science Department Notice

British Physics Olympiad Year 13 Results

A number of our brightest Y13 A Level Physics students competed in the British Physics Olympiad in November last year. This annual competition requires students to attempt to solve the most fiendish Physics problems that would cause mere mortals to break down in tears! Well done to all our competitors this year and we are very pleased to announce the success of our entries:

Silver - Daniel Lehmann

Bronze I - Christabella Chau; Daniel Kennedy; Enzo Chorley

Bronze II - Maryam Uddevik; Isabel Sheldon-Floyd

Commendation - Toby Yorston

We look forward to helping bring on future successes in the BPhO and this starts from Y10 where Physics students are entered for various preliminary challenges. Our Y11 and Y12 students will be completing their first online competitions at the end of this month. Please encourage students that might see the British Olympiad as a future goal to start coming along to training sessions after school in Lab 10 on a Tuesday.

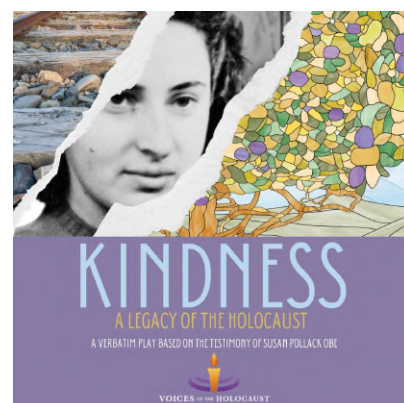
Mr. Commons

Head of Physics

Drama Department Notices

Holocaust Memorial Drama Event

On Wednesday 29th January, Fortismere will be joined by Voices of the Holocaust. Voices is a unique organisation that brings survivors' testimonies to life through ground breaking pieces of verbatim theatre to engage students. Their plays stimulate new knowledge and understandings as Holocaust survivors have done by speaking in schools and communities for the previous three decades. As Prime Minister Sir Keir Starmer reiterated in his speech last year, Holocaust education is a fundamental part of young people's learning and will remain a core part of all UK schools' curricula in the future.



At Fortismere we remain deeply committed to this work and by bringing Voices in, we will be able to engage our students with understanding in this rich and meaningful way. For more information on the charity, the play and their work, see www.voicesoftheholocaust.org.uk.

Parents of GCSE Drama students look out for a letter regarding this event.

Working in the Arts Careers Information

Thursday 30th January 3.30-5pm: Drama Careers Afternoon, NW Hall

Students may see this poster around school.

The Drama Department is collaborating with Jacksons Lane Theatre to offer students in Years 9-11 a Creative Careers afternoon.

At this event, students will have the opportunity to hear from three amazing creatives: playwright, dramaturg, events curator: Rhianna Ilube, actor: Juyddah James, and writer, director, actor: Tatenda Shamiso.

There will be a series of short performances or showing of works, followed by a Q&A. We encourage any student attending to start getting their questions ready for our visiting creatives. We want you all to get the most out of this event and hopefully be inspired for your future careers! As there is a maximum capacity for this event, please sign up for the event [here](#). Any questions, contact Ms Nagaria: nagaria@fortismere.org.uk



Work Experience at Royal Opera House

The Royal Opera House is the home of world-class performances by The Royal Ballet and The Royal Opera. This is a fantastic chance for students to explore the intricacies of the performing arts and understand the key roles behind stunning productions. Over the course of three days, students will gain insights into the essential skills required for three pivotal positions within The Royal Opera House: Planning & Operations Manager, Production Manager, and Stage Manager. The placement will take place on the 17-19th February from 9am-3pm and is for students aged 16-19, the deadline to apply for this placement is the 22nd of January. **Apply [here](#)**



KS3 Drama Club

The first Drama Club session of 2025 got off to a flying start with students creating their own devised short performances inspired by a Shakespearian theme. We're really looking forward to seeing what our students will do next! It's not too late to join Drama Club, so please sign up using the link below!

When: Every Tuesday 3.30 - 4.30pm

Where: North Wing Hall

Sign up via [this link](#)

Any queries, please email Ms Nagaria and Ms Bailey: nagaria@fortismere.org.uk

sbailey-wright@fortismere.org.uk

We look forward to welcoming you!



Library Notices

Author visit

Another top of the league visit from our Patron of Reading on Friday 10th January! Dan Freedman had our Year 7s buzzing with his interactive and inspirational talk.

A favourite part was when Dan was talking about how the context of text helps with understanding the vocabulary. He asked if the class knew what apoplectic meant; there was universal puzzlement and “No...” He then included the word in a long and funny sentence about an outraged Jose Mourinho; the class as a whole breathed “Ah! Yes!” Brilliant!



Alumnus News

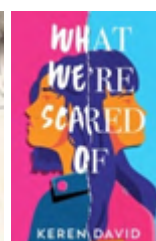
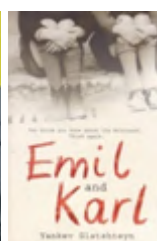
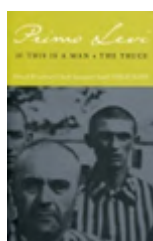
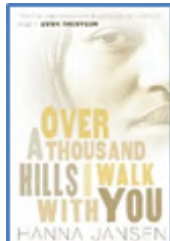
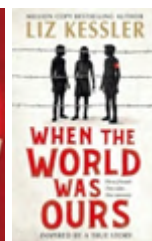
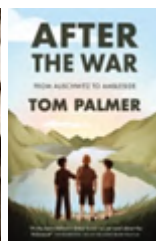
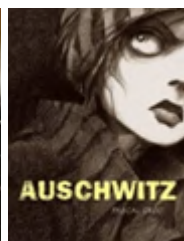
It was wonderful to see (and get a hug from!) former Fortismere and Blanche Nevile student at the TS Prize for Poetry Readings at the Royal Festival Hall on Sunday. Raymond Antrobus was shortlisted for the prestigious award for the second time and, although he sadly didn't win, his humanity and personality shone through in his performance.

His new anthology, “Signs, Music”, is now available to borrow from the library.



Recommended Reads of the Week

It's Holocaust Memorial Day on 27th January when we remember all those murdered by the Nazis as well as more recent genocides in Cambodia, Rwanda, Bosnia and Darfur. The library is prepared with a display of books, fiction and non-fiction, including these...



Sport & PE Notices

Fortismere Girls Are Cricket Winners

Congratulations to our Year 9/10 girls cricket team. They played some very close and exciting games in the Haringey Indoor Cricket Tournament on Tuesday this week. They lost their first match against Highgate Wood School but then went on to win against Channing School. Fortismere made it through to the final against Highgate Wood and were chasing 58 runs. Our girls took their chances brilliantly, Mia and Kristina needed 15 runs off of the last over and 3 off of the last ball. Well done all!



Year 8 Indoor Athletics

We travelled to St Thomas More School for the Haringey Indoor Athletics Competition this week. There were nine Haringey Schools competing and there was a fantastic atmosphere with so many competitors. The competition was fierce and some of the other Y8s seemed to tower over our students! Our teams really enjoyed themselves with every individual trying really hard in their events. St Thomas More were the winners in both the girls and the boys' competitions. Fortismere girls finished a very respectable 4th and the Fortismere boys finished 8th. Well done all..



Year 7 Indoor Athletics Trials - Monday 20th January Lunchtime

The Year 7 Haringey Athletics Competition is taking place next Wednesday 22nd January. The Fortismere team will be selected on Monday at the trials - **20th January Lunchtime in the Sports Hall**

Astroturf at Lunch Time

We are banning food from the astroturf at lunchtime because the amount of litter is out of control. Students will no longer be allowed to eat their lunch on the astroturf.

Upcoming Fixtures

Monday 20th January: Year 7/8 Boys Indoor Cricket 2.00pm Sports Hall

Wednesday 22nd January: Y7 Indoor Athletics at St Thomas More School 3.30pm-6.00pm

Wednesday 22nd January: 1st XI Boys Football v Northolt (A) 2.30pm KO

Music Department Notice

Instrumental Lessons - Spaces Available

Is your child interested in learning an instrument at school? There are currently some spaces available for brass instruments including Trumpet and Saxophone and also for Clarinet lessons. Learning an instrument is not just fun and creative but can also help increase skills such as confidence through performing to audiences and teamwork through playing in a band or an orchestra. There is a charge for instrumental lessons but students eligible for free school meals and families in receipt of certain benefits are entitled to discounts and reduced charges. There is an application form *attached* to this week's Newsletter and if you have any questions about instrumental lessons in school please email Mlzzet@fortismere.org.uk

LINC Department Notices

Free Haringey Educational Psychologist Consultation

Parents and carers concerned about their child's development, learning, emotional well-being or behaviour can book a free 40-minute one-off consultation with an Educational Psychologist to: talk through concerns; get support in identifying strengths and needs; discuss strategies and next steps; and find sources of support. These sessions are not suitable for families that are already working with a Haringey EP or if your child already has an Education, Health and Care Plan.

To book a session please email familyadmin@markfield.org.uk with your name, phone number, and your preference for an in-person or telephone consultation.

If you have any queries about any of the above please email sendiass@markfield.org.uk

Haringey EPS Webinars for Parents Spring Term 2025

Please see below details of free webinars delivered by the Haringey Educational Psychology Service:

Tuesday 4th February 9am-10am: A solution-focussed approach to parent/carers well-being

An interactive online session to support parents/carers to think about and discuss their own well-being so that they can effectively support their children. For parents of children of all ages

Wednesday 12th March 12pm-1pm: Anxiety

This webinar will focus on understanding and managing children's anxiety. For parents of children of all ages

[Sign up here](#) - If you have difficulty booking or events are sold out, email sendiass@markfield.org.uk

School Fundraising Event

Comedy Night - Wednesday 29 January 6.30pm-9.30pm

Please come and support our first fundraising event of the year and enjoy a cracker of a line-up with award winning comedians Tiffany Stevenson, Richard Todd, Sindhu Vee and our sensational host for the evening, Pauline Eyre. You will have a great night out with a lot of laughs and you'll be supporting the school to raise much-needed extra funds. What a perfect way to liven up a dark Wednesday evening at the end of January - [Book your tickets now via Eventbrite](#) Any questions please email Ms Demetriou mdemetriou@fortismere.org.uk



Extra Curricular Clubs & Activities

Can You Help the Crochet Club?

A reminder that the Fortismere Crochet Club is looking for donations please. They would be really pleased to have any crochet materials and supplies that you no longer need - even small amounts would be helpful. Any donations can be dropped off at the TA Office in LINC or at NW/SW Reception.

All skill levels are welcome - we meet on Thursday lunchtimes in Room DT4 and provide all the equipment needed. Thank you for your support. Ms Pirovano



Fortismere Holiday Camps

February Half Term 17th to 21st February - Booking Now Open

Bookings are now open for the February 2025 Half Term Holiday Camps at Fortismere. There are a range of different activities on offer including cooking, pottery, drama, multisports and Irish dancing. Details and booking links can be found on the school website [here](#)

Community Notices

Help Develop the Haringey Youth Strategy

Haringey Council is developing a Youth Strategy for 2025-2030 and is inviting students, parents/carers and local voluntary sector organisations to get involved and help shape the future of youth services in the borough. They want your insights, ideas and feedback to create a vibrant, inclusive and supportive environment for all young people in Haringey. You can find out more from this link and take part in the Survey [Haringey Council Youth Strategy - Take Part](#)

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 the My Voice [use this link](#) or the QR code

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

