


Friday 17th November 2023

School Leadership Messages	Contents
<p>Vapes</p> <p>Following on from our parentmail recently regarding our concerns around vapes containing illegal substances, you may have read more about this national concern on the news. See BBC item here This article also contains information you may find useful when having conversations about these vapes with your children.</p> <p>We are pleased to have been chosen as one of the Haringey schools taking part in the Super Zone Vaping Project. Research will:</p> <ul style="list-style-type: none"> Identify messages to engage young people around vaping and e-cigarettes. Explore attitudes and awareness of health implications of vaping among young people. Engage with parents, teachers and primary care providers within the three Super Zone areas. <p>More information will follow regarding this project.</p> <p>Crocs</p> <p>Please can you remind your sons and daughters that crocs are not appropriate footwear for school in any season and are not permitted. If you need a reminder of the Dress Code see this link</p> <p>Positive points</p> <p>Well done to the following students who all received 9 positive points this week:</p> <p>Amin Abshir, Anagha Anand, Martha Appleby, Halimah Begum, Rubai Harlow, Sam Harntha, Samuel Mitting, Bill Morten-Spencer, Michal Nowakowski, Huba Szabo</p>	Schools taking part in the
	Fortismind
	LINC News
	Departmental Notices
	Music Centre Notices
	Holiday Camps
	Safeguarding information
	Calendar
	29.11.23 Y7X Parents Evening
	6.12.23 Y7Y Parents Evening
	10.12.23 Winter Fair 11-5pm
	 <p><i>Fortismere looking autumnal earlier this month</i></p>

Co-Headteachers

Weekly Roundup

Keats' "Season of mists and mellow fruitfulness" seems to have been replaced by "Season of storms, sudden downpours and leaves blocking drains" (more of Keats later, in the Houses report). Students have been very good during the wet breaks and the new pastoral system of KS bases has supported students with their access to dry spaces. Y7 are making good use of their Common Room and KS4 have discovered the art of indoor conversations. We have had the NHS in this week, vaccinating students with the flu jab. They have, as usual, been impressed by the school's organisation of large scale vaccinations and the behaviour of the students. This was reinforced during one of the wet breaks when the nurses spent their lunch time (all needles packed away!) with some of our students in the S Wing Hall.

On Tuesday, a number of Y11 parents and carers attended a preparation for GCSE event. We have mock examinations coming up in January and this provided an opportunity to update parents and carers on the demands of the exams and the most successful approaches to learning and revision, delivered by the heads of the core departments of English, Maths and Science. We hope that parents and carers came away from the meeting with a clearer understanding of what their sons and daughters are facing and how both the school and families can best support our young people.

This week saw the launch of our late detentions. Students were generally good at turning up for the detention and understood why they were there. We understand that some students have difficult journeys into school but most of the students in the detentions live within walking distance of Fortismere - no excuse for being late! As you all know, there is a very close correlation between punctuality, attendance and students' achievements. Simply put - if a student isn't here, they are not learning. It is also disruptive to the learning of others if students interrupt learning by arriving late. These detentions are designed to be a deterrent: we don't want students in detention, we want students on time. We appreciate the support that parents and carers have given us over the introduction of the detentions.

In addition to being in school for learning, you will see from the House update (and the departments) in this Newsletter that there are a wealth of activities for our students to participate in. Our students work hard in school but there are plenty of opportunities for playing sports, getting involved in music or taking part in competitions and charitable events. Students who participate in school activities often report back how the experiences enrich their time at school: introducing them to new friends, enabling them to experience leadership, harnessing their creativity and just generally being fun. There is plenty of time this term for students who haven't already signed up for events and activities to get stuck in.

The week appears to be ending on a calm note. We will appreciate the sun while we have it and wish all our families a peaceful (but possibly damp) weekend.

Fortismind - Supporting Mental Health at Fortismere

Men's Mental Health Awareness Month

November is Men's Mental Health Awareness month. The focus is on destigmatising boys and men asking for help when they are struggling and debunks the notion that they should "man up". It takes great strength of character for someone to admit that they need help, and even more so for boys and men as they often grow up with the idea that showing emotions is somehow unmasculine. This month (and every month!) check in with the young males in your life. Parents, please speak to your sons; students, speak to your siblings and your friends. Ask them how they are doing and whether they have anything they would like to share. And remember that the strongest men are those who are strong enough to ask for help. I'd like to finish by sharing a poem written by Henry Bullock, a youth advisor for [Boys in Mind](#):

A message to young men.

Strength comes in so many forms: physical, emotional, mental, social.

We all have a unique and individual way of recognising our own strengths.

What makes us who we are is wonderfully ours.

It cannot be compared to our father's, uncle's, brother's or cousin's.

It is our strength and, by making efforts to connect with our most vulnerable strength, our emotional strength, we can go on to reinforce and encourage the growth of ourselves.

A society grows through diversity, and we as young men should hold our heads high in the knowledge that, by allowing ourselves to confront issues regarding our mental health, we are stepping away from an oppressive and ignorant mindset, and ensuring the future empowerment of other young people.

We make these attitude changes not only for ourselves, but to benefit everyone in society.

Be proud. Be hopeful. Be assertive. Be respectful.

Enjoy the things that make **YOU** a man, and do not tolerate any suggestion that we must all behave in a certain way to fit the male stereotype.

Ms Jones

Mental Health Champion

House News

News from the Houses

Meet the **Wollstonecraft House** student Ambassadors with House Captain, Victoria Peniaz and Deputy House Captain, Calliope Doukas.

Last week the Wollstonecraft Ambassadors ran a bake sale and as well as providing us with lots of sweet treats, managed to raise £70 for charity. Well done!



8KC - ODD SOCKS for charity!



8KC raised
£22.50!

This week all the tutors and forms are being encouraged by the Ambassadors to wear Odd Socks and to make a donation to support the Anti-bullying week campaign. **Franklin House** form 8KC has really entered into the spirit and has already raised £22.50 - we will let you know the final total next week.

And in **Inter-House Competitions** we recently asked students to design a poster for a World Food Day competition. We really liked all the entries but well done to our winning students: 1st: Julia Pule; 2nd: Nil Cetinkaya; 3rd: Romy Williams; 4th: Isabella Dean.



Ms Turner
Head of Wollstonecraft House

LINC Department Notices

Meet The LINC Team

This week we're introducing you to **Mrs Lorraine Hudson, who is a Higher Level Teaching Assistant (HLTA)/Keyworker** in LINC....

Why do you want to work in the SEND department?

I used to run a Rainbow group for children aged 5-7 within the Girl Guiding Association but was disappointed that no children with disabilities attended, as I felt this would have been a perfect opportunity to show the children that everyone is equal and valuable in society. When I was growing up there was no integration of special needs children into mainstream school, so we didn't know how to behave around others in wheelchairs, with Downs Syndrome or with hearing impairments for example. This is one of the main reasons why I wanted to work in the special educational needs department and I felt I could really support children by showing them they are not special but different - because we are all different!

What's the best thing about your job?

I'm going to use a current student to illustrate what I really enjoy about my job: they found the start to Y7 strange and settling in was hard, they wondered if the school was not the right environment - two big sites, many different teachers, changing classrooms and loud bells ringing before and after every lesson. The noise level was affecting their sensory stimuli and they found it hard to regulate and get ready for learning. During speech and language therapy (SALT) sessions I worked with the student to identify noise hot spots around the school and to work out a route that avoided these areas. We worked with teachers to create a plan that helped the student to self regulate and to prepare for learning by managing their environment. By focussing on the unique child we supported them to overcome obstacles and they're now in the sixth form.

What information would you like to share with the school SEND community this week?

I'm sharing the importance of **good communication skills** and how parents can support their child. Modelling techniques like **varying** - repeating what your child says in the correct manner or using different

language or **expansion** - adding extra words to your child's sentence to correct the structure, grammar, or speech sound, will help. Also use self-talk around your child - talk about what you're doing, what you're feeling, seeing, and hearing and encourage them to do the same.

Parents can make a difference - **Practice with your child at home** any strategies they have been given at school. **Focus on what your child can do** instead of emphasising what they can't do. Keep background noise and distractions to a minimum while working together. **Listen to your child and comment** and encourage them to listen. And finally **Read with your child** as this is so helpful for building good communication skills.

Why would a child need speech and language therapy?

There are lots of different reasons for why a child may struggle with speech, language or communication and need some support including disorders like autism, learning difficulties, language delay, stammering or hearing impairment. Some children struggle to find the right words or sounds or to put them in the correct order to make themselves understood.

Remember we are all different and even the most successful individuals can struggle with their communication.

Chris Rock was diagnosed with a nonverbal learning disorder (NVLD), which affects his ability to read nonverbal social cues and can cause him to take things literally. *"All I understand are the words.....those things are really great for writing jokes, they're just not great for one-on-one relationships."*



Samuel L. Jackson has struggled with communication and experienced stuttering throughout his life. *"There are still days when I have my n-n-n days or r-r-r days. I try to find another word."* He found that acting was a good way to work on the issue and a speech therapist encouraged him to pursue a career as an actor.

Ms Nankervis
Deputy SENDco

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

LINC is hosting another **SEND Information evening on Thursday 30th November at 5pm**. The topic this time is Access Arrangements. Please use the zoom link below to join the online meeting. It's a good idea to join early so you are ready for a prompt start at 5pm. We look forward to seeing you then.

Join Zoom Meeting

<https://us04web.zoom.us/j/74893765302?pwd=bxxCr7sDEuJgyzWpvgm07KlCfj5GT2.1>

Meeting ID: 748 9376 5302

Passcode: 7sKtxd

Sensory Differences and Behaviour - Haringey Parent Information Sessions

The Haringey Occupational Therapy team are offering virtual information sessions on sensory differences and behaviour to help parents understand why children have sensory differences and what can be done to support them. The sessions are for all parents who live in Haringey regardless of whether the child has a referral to occupational therapy or not. The first session is on **Friday 12th January 2024 10.00am-12.30pm** to book a place please email Makela.foster1@nhs.net

Clubs & Extra-Curricular Activities

Y10/11 Lunchtime Homework Club

Please remind your child that there is a supervised homework club for Y10/11 students in the North Wing N08 Computer Room during lunchtime every day. This is for key stage 4 students only and provides a quiet environment for any revision or homework.



Mr Ovayolu

Chess Club - Call for players

We are looking for chess players to play in Fortismere's team of six on Thursday 23rd November in an after school Prelim National Qualifier Tournament at Highgate School. There are trials on Monday and Tuesday next week (20th & 21st). We're lucky to have two nationally rated players and would have an excellent chance to qualify - please come along for a trial.



The Chess club Google class code is **g2zoaai** – this provides also access to over 300 chess lessons.

Mr Renner

Library Notices

Top Tips to Keep Your Children Reading



Top Tip 8: "I don't know what to read" is not a valid excuse when you can access our library catalogue at home as well as at school! On the Fortismere website, click on the "Student" tab, then scroll down to the third link – Library <https://uk.accessit.online/frt05/#!/dashboard> . You can use the big Search box for authors, book titles and keywords of what you're interested in or specific genres (eg "football" gets over 200 hits, romance gets 600+!) You can also scroll down our Quick Lists which we are adding to all the time.

Recommended Reads of the Week

One of our latest displays is called "Animal Magic". It's jam packed with books for all abilities – here's a very small sample.



PE & Sports News

Basketball Friendly versus Tommy More

St Thomas More school visited us last Friday afternoon for a friendly basketball fixture. Our Y10/11 and Sixth form students have been asking for a fixture against STM for a while now, and they were all very excited. It was a good game and many of our players got the chance to show off their skills on the court - however STM were just too strong for us! Lots of training and practice to do before our next fixture but well done to all of those involved.



Year 9/10 Girls Move Onwards in the Cup

Well done and congratulations to the Y9/10 Girls that showed up to play the match against JCROSS (please let us know in advance if you are unable to play for any reason!) We only had 10 players but still managed to beat JCROSS 7-0. Well done everyone and to Leila H, Genevieve and Ava for scoring the goals.



Year 7 Netball v Channing

Well done to all the Y7 Girls who took part in our recent match against Channing School. The team has a few fixtures coming up soon and a netball rally so we have lots to prepare for in our training sessions after school on Mondays.



A Special Visitor for our Y9 Sports Leaders

We were very lucky to have a visit on Wednesday from Grace Clinton, Tottenham and Lioness player.. She was visiting Fortismere to see how our Year 9 Sports Leaders Group are progressing and to join in with their activities. Even more exciting, she had a camera crew from Sky Sports News with her and our girls made an appearance on TV with her!. Our students were inspired and loved every minute of it



Fixtures Next Week

Tuesday 21 November: Trampolining Competition @ Greig City Academy 3.30-5.00 pm

Wednesday 22 November: 1st XI v Latymer Away

Wednesday 22 November: Year 7&8 Girls Football v APS, Heartlands and PVA Away at New River

Fortismere Music Centre News

Concerts This Term

Last chance to get early bird tickets for FCSO concert tomorrow

We were thrilled to have Bilal Alnemr join rehearsals on Tuesday, and again this evening, for this very special concert tomorrow at St Andrew's. His playing inspired the orchestra to new heights and it promises to be a wonderful performance tomorrow in the fantastic acoustics of St Andrew's. Discounted early bird tickets still available online (£12) or it's £15 on the door, students/U18s £8. [Tickets available here](#)

Tickets are also selling fast for the **Community Choir's Christmas Concert on Saturday 9th December ...** [Tickets available here](#)

Fortismere School Christmas Concerts - Monday 18th and Tuesday 19th December

The students are busy rehearsing for the first big concerts of the year and the standard of performances will, as always, be impressively high. The line-up for the Christmas concerts features bands, choirs and soloists from across the key stages. This promises to be great entertainment for all the family. Tickets are available now online (£10).

<https://www.fortismeremusiccentre.co.uk/events/school-concert-series-christmas-concert-2023-show-1>

<https://www.fortismeremusiccentre.co.uk/events/school-concert-series-christmas-concert-show-2>

Full details of all concerts and performances on www.fortismeremusiccentre.co.uk.

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 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 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 saldridge@fortismere.org.uk
Year 11	Ms Boot aboot@fortismere.org.uk