fortismere

Weekly Newsletter Issue: Friday 4th March 2022

School Leadership Messages

GCSE and A level contingency planning

We wrote to you in December regarding the DfE guidance on the contingency plans that should be in place in the unlikely event that Year11 and Year13 exams are cancelled this year. Whilst the exams are almost definitely taking place the DfE are asking that the schools ensure that they have assessed Yr11 and Yr13 students three times across the academic year and that we keep this evidence in the event that a Teacher-led Assessment (TAG) process replaces public exams.

In light of this we will be adding an in-class assessment to our calendar:

Year 11 Assessment for Progress Point 3 will be either the last week before the Easter Holidays [w/b 28/3/2022] or the first week back [19/4/2022]. Please ensure that the classes in your subject sit the assessment in the same week.

Year 13 Assessment for PP3 will be either the last week before the Easter Holidays [w/b 28/3/2022] or the first week back [19/4/2022] and also 26/27/28 April. Assessments cannot take place on the 28/29/30 March 2022 due to Drama exams.

Next week we will be sending out information regarding which topic areas will be assessed. It is important to remember that these assessments will only be used in the highly unlikely event that the exams are cancelled. As such, it is vitally important that students revise all the course content for their summer exams as well as the elements of the course being assessed in these in-class tests.

We will support you and prepare you for your assessments, so it is vital that you are in your lessons on time and ready to learn. It is important that students continue to focus on their work and follow the revision guidance given by their subject teachers and access all of the after school and Easter revision support that is being put in place.

Covid Update: New guidance

New <u>guidance</u> for schools was issued by the DfE on February 21. From February 24 Covid restrictions have been lifted but we will continue to promote good practice for hand and respiratory hygiene. We are aware that some students still wish to wear face coverings in the communal areas and we will allow them to do so. Contents

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8/3/22	International Women's Day
18/3/22	Red Nose Day
24/3/22	A Level Music Recital
30/3/22	7X Parents Evening
27/4/22	7Y Parents Evening



() International Women's Day



Co-Headteachers

Weekly Roundup

We have very much enjoyed celebrating World Book Day this week with our students. Key Stage 3 library lessons were visited this week by guest speakers from across the teaching staff. Teachers took the opportunity to read passages from books they have loved and share their reading journey, expressing what reading and literature has meant to them. Our Librarian Ms Ward has provided a report of the first few days of readings in this week's newsletter so that our whole community can see what reading and literature has meant to our staff. It would be great if our parents could share with their children this weekend the literature that they have loved and that has shaped their lives so far, however, we are delighted to see the sheer numbers of our students who are so excited by reading that they are taking part in book clubs and reading competitions in vast numbers and in their own time.

Also, next week is International Women's Day, an event that is always marked in some way at Fortismere. We very clearly remember that our IWD event was one of the very last events held in person in March 2020 and was marked in 2021 with an online event just after the second period of closure. Therefore, it was great to once again return to a live, in person event last night. Our Femsoc organised a packed programme of speakers, singers and readers with a focus on challenging bias, 'Break the Bias', and reclaiming space. It was an information rich event with inspiring speakers invited to talk about their experiences and achievements covering topics from advertising, health and entrepreneurship. As always, it is our students who inspire us most delivering performances that were both moving and impressive including some of their own musical and poetic creations. Fortismere's students did much to reclaim the space for female voices but we should pay specific thanks to Maya Darmon, Year 13 for her organisation of such an *inspiring* event. What better way to spend a Thursday evening in a South Wing Hall packed to the rafters with Feminists!

We are very sensitive to the fact that anxieties are running higher than normal amongst our student population given current events in Europe. We wanted to remind parents and carers that we are providing opportunities to understand and reflect on the current situation as part of our pastoral curriculum. Students will be given the space to discuss if they want to. If you have any concerns about your child experiencing heightened anxiety please do share these with their tutors who can monitor them while in school and if necessary signpost to available support.

We wish you all a restful weekend.

Safeguarding Notice

Warning about YUBO app

We recently received the following message from one of our local Police Officers and wanted to share it with our parents and carers:

I just wanted to raise some awareness over a problematic app that has recently had some media attention. The app "YUBO" formally known as "Yellow" is being touted as a dating app for under 18s referred to as "Tinder for Teens". I am sure that prospect alone raises some alarm bells and some of the most worrying features of the app are that it heavily promotes live streaming as the primary chat method, allows chat groups to be set up with



no filter on content or topics along with features very akin to apps like "Tinder" such as swiping left/right on profiles for people in your area. There have been reports of sexual offences after meetings arranged through this app and <u>The Times</u> ran an article about the appalling content young people can be exposed to using it, along with other media outlets such as <u>The Sun</u> and <u>New York Post</u>. Certainly an app to be aware of, especially if parents/carers are unaware of what it is used for.

School Information

School Holiday & Term Dates 2022-23

The school holiday and term dates for the next academic year (September 2022 to July 2023) have been published on the school website - <u>see this link</u>

Drama Department Notices

Cable Street - Year 12 Production

Year 12 Drama students are taking part in the National Theatre Connections Festival.

Cable Street is about two girls growing up in London's Jewish east end in the 1930s. Leah and Kitty are blood sisters, best friends and more... but they get caught up in the political turmoil caused by Oswald Mosley's fascist Blackshirts. As tensions rise and a battle seems imminent, will Kitty and Leah be able to overcome not only the conflict in the streets, but also the conflict in their hearts?

School Performance Dates Coming Soon

Arts Depot Performance Tuesday 28th April 8:30pm

We are looking for furniture and costume donations!

Our set design team is in desperate need of any kind of old, unwanted furniture (specifically items that could fit with the time period) wooden chairs, tables, stools and bed frames are favoured, however, we are open to all donations. Our costume design team is also looking for any pieces of clothing resembling 1930s/40s fashion. Anything helps! If you are looking to donate, please email <u>lovers@fortismere.org.uk</u> with a picture or listing of the items and we will get back to you. Thank you.

Year 10 TIE in the Community

Currently our Year 10 Drama GCSE students are doing some amazing work in the community. We are creating theatre-in-education (TIE) projects and have reached out to our feeder schools and also the nursery on our site. We are working with Year 7 classes, Kidz Kabin Nursery and Martins Primary School.

We have zoomed and met our target audiences and are now writing and devising work that fits in with their spring curriculum.

10A are creating a musical version of 'Street Child' by Berlie Doherty set in 1860s London. It focuses on a young runaway child and will be performed to all of Year 6 at Martins Primary School.

10B are creating a play about growing to fit with the early years curriculum aimed at the 3 year olds at Kidz Kabin Nursery.

10C are working on a theatre in education piece that responds to the Year 7 curriculum and social issues, as inspired by their dialogue with Year 7.

We are looking forward to performing these in the coming weeks.







Friday Lunchtime Drama Club

Don't forget our weekly Year 7 & 8 Drama Club meets in the North Wing Hall every Friday lunchtime to play drama games, rehearse and have lots of fun with friends.

Drama Wellbeing Garden

The Drama department are looking for any volunteers from our community to help create a **Drama wellbeing garden space** in a small green corner of our school. We have a lovely lawn area and a long flowerbed. We have a team of willing students and would like any green-fingered volunteers to help with our design and planting. We would also welcome any **seedlings, plants, benches you may want to donate**. If this sounds like something you are interested in, please email lovers@fortismere.org.uk



#ReportToOfsted

Report to Ofsted with us

#ReportToOfsted

Assembly: The Teacher's Play was commissioned by the Almeida Theatre and written by Sonali Bhattacharaya to highlight and celebrate the work of our educational workforce during the pandemic. It follows a group of teachers over the course of a year and is being presented as part of a series of plays called **The Keyworker's Cycle**.

The audience will watch three short plays in one evening, with each play highlighting the work of a different Keyworker group. The high point of **The Teacher's Play** is an act of collective defiance: students and their families are invited to use a special 'complaints' email address to report their school's online learning offer to Ofsted, the Office for Standards in Education. However, rather than complaining, all the students send emails praising and celebrating the astonishing efforts of their teachers and schools going above and beyond in extraordinary times. To take part in this letter writing effort - please see instructions HERE.

Climate Crisis Drama Workshop Year 8-13

We are hosting a free workshop from the Donmar on Wednesday 16th March at 3pm in school. The Donmar Warehouse are looking to work with young people aged 12-19 who are interested in performance and/or have something to say about the climate emergency and take part in workshops. There will be an in-school introductory workshop on Wednesday 16th March.

After this workshop there is a further opportunity to take part in an intensive devising week with the Donmar over Easter. From these workshops, the Donmar will recruit an ensemble of 12 young performers who will perform alongside three of the UK's leading actors on the Donmar's stage in Covent Garden in August 2022.



Sign Up <u>HERE</u> for a free workshop from the Donmar on **Wednesday 16th March at 3pm in school.**

Science Department Notice

The Peer Review

We hope you enjoy reading The Peer Review (attached to the Newsletter). This is the first release from the Fortismere STEM (Science, Technology, Engineering and Math) Society. We intend to capture what is happening and what is coming up for students to get involved with here at Fortismere. There are lots of regular opportunities to get involved including the STEM Club on Thursdays after school in Lab 12. The big events ahead include British Science Week from the 14th to 18th March and the launch of the Vikash Sharma Prize encouraging clear science communication to the widest possible audience in any form (so written articles or filmed pieces are equally welcome). Look out for future editions.



Library Notices

World Book Day – and beyond...

World Book Day was on Thursday 3rd March (although at Fortismere, every day is world book day!) To mark the event, we asked for volunteers from the Senior Management Team and senior teachers to come to all our library lessons and share their reading journeys.

On Monday ...

Ms Cuenca challenged Year 7 with her readings in Spanish. Very entertaining, and they managed to learn a few new words too, with one student volunteering to have a go with minimal persuasion. **Ms Davey** delighted with her excerpt from "Howl's Moving Castle" (Diana Wynne Jones) and it's testament to her persuasion that the book is now already borrowed with a waiting list. **Mr Fari** inspired students with his tips on how to cope with reading difficulties, and we have made a note of "books are windows into another world". Our graphic version of "The Handmaid's Tale" (Margaret Atwood) has been borrowed twice already - proof positive that you can engage students to read something they would not otherwise have even thought about. **Ms St Amour** talked of her love of Philip Pullman and his "Northern Lights" books.









On Tuesday...

Mr Orton shared part of his story and how he came to be a reader, and he excited the students so much about Stephen King that both his recommended books were immediately borrowed. The chapter he read from Arsene Wenger's autobiography showed the students how much you can learn and enjoy by absorbing yourself in another's life story and that non-fiction is a perfectly valid book choice. **Ms Brook**s came in with arms bulging with favourite reads from childhood and beyond and shared her early love of reading woven through the well-thumbed paperbacks. **Ms Sullivan** left us all wanting more "Poison For Breakfast" (Lemony Snickett) by reading the first two chapters. She also reminded us to access books in audio format which makes a long dreary

journey/commute so much more palatable. **Mr Aldridge** combined his favourite reads with his favourite subject (philosophy) and encouraged students to look for the meanings in texts – "Alice in Wonderland" was a great example. **Ms Doogan** took us back to our childhood days of being read to, and the students enjoyed the nostalgia of remembering their bedtime stories.



On Wednesday...

Ms Massey stepped into a last minute gap and read from the prologue to "Noughts & Crosses", leaving the class on a cliffhanger. **Mr Lewis** compared the English and French versions of "The Little Prince" / "Le Petit Prince" and got us all thinking. We enjoyed his reading journey, although some of us might have accepted the \$150 he was offered for an early copy of the last Harry







Potter... **Ms Arrowsmith** discussed the bards of the past and brought Virgil to life in the present. **Mr Orton** was another last minute gap filler and once again delighted and inspired our students. He read from "Fever Pitch" this time which gave us the chance to tell the students that part of the film version was filmed at Fortismere and has one of our ex-teachers in it!

On Thursday...

After the success of her previous visit, **Ms St Amour** returned, reminding us of the beauty of Pullman's writing with her reading from "The Secret Commonwealth". She talked about how it enabled her to escape during the start of the pandemic when the book was originally published. **Ms Jackson** read "The Day the Crayons Quit" – our students loved it, and they loved sharing all their World Book Day experiences with her. The first few chapters of Roald Dahl's "The Twits" were hugely enjoyed too.



CoverUp

A reminder that the next meeting of our parent/staff reading group is next Thursday 10th March, when we will be talking about Claire Keegan's "Small Things Like These", "Fountains of Silence" by Ruta Sepetys, and many more things besides! 7pm in the library, refreshments provided. Everyone welcome, even if you haven't read one or either of the books.



Recommended Reads of the Week

See above!



PE & Sport Notices

Top Table Tennis

Last weekend Year 9's Sam Gabriel travelled to Lancashire to represent Middlesex in an Inter-Counties Table Tennis competition. Sam, who represented Middlesex U15s (a year young) had a fantastic day and helped Middlesex seal the runners up spot. Sam's next venture is the National Individual Championships.

Well Done Sam and Good Luck in the Nationals!



Basketball Girls on Fire



Last Monday Fortismere hosted the U13 and U16 Haringey Girls Basketball Championships and I'm delighted to report that our teams performed superbly. Our U16 Girls finished as runners up whilst the U13s went one better and won the event! We're so proud of our teams especially as we've not had much training time so these results are remarkable. Well done all!



Bossing the Country

Year 7's Tal Querfurth-Waterman has been enjoying a fantastic cross-country season. As well as representing Fortismere so successfully Tal has competed for his club - Highgate Harriers – in the London Metropolitan league and in the North West London League. He also represented his club in the recent National Championship race. Tal trains three times a week and we are looking forward to him taking some of that fine cross-county form onto the track this summer. Well Done Tal!



Double Bronze for Hockey Boys



On Tuesday our U16 and U18 Boys Hockey Teams travelled to Southgate Hockey Club to contest the London finals of the National Schools Competition. Both teams performed superbly and finished in the Bronze medal position. We are so proud of all the boys. In a sport dominated by independent schools for Fortismere to finish as third placed school in the whole of London is pretty amazing. Well Done Lads!



GB Call Up for Sophie

I am delighted to report that Year 11's Sophie Games has made the Great Britain squad for Ice Hockey. This is an incredible achevement for Sophie and we are all soo proud of her. Sophie works so hard at her sport, but still finds time to represent Fortismere in a number of sports. Well Done Sophie!

Araya off to the Euros

Fresh from her performances for the England U18s I am delighted to report that Year 11's Star Football player – Araya Dennis - has been selected for the England U17 squad that will contest the U17 European Championships. Amazing News Araya and we will be cheering you all the way!

Kayakers we need you!

The team manager of Hariney water events is looking for students Year 7-Year 12 to compete at the London Youth Games in Kayak Slalom and Sprint events. You will need to be an experienced Kayaker (I know there are some in the school). This is a great opportunity to represent Haringey in a high profile competition. There will be a 'try out' afternoon before the event. If you would like to be considered please email me sorton@fortismere.org.uk with your Year group and relevant experience and any qualifications.

Anyone for cricket?

Alex Hughes, Participation Officer at Middlesex Cricket has been in touch about an opportunity for students to play some Indoor 'Tape Ball' cricket every Saturday morning (10am-12pm) at The Selby Centre, London N17 8JL. You don't need to bring any extra equipment and all abilities are very welcome. This is for students aged 8 to 15 years old.. Please email <u>Alex.hughes@middlesexccc.com</u> for further information.

Results & Fixtures

Results This Week Monday – Football Y8 v HWS & Heartlands (A) Depart after Lunch Y8 'A' v Heartlands Won 6-2 Y8 'A' v Highgate Wood Drew 3-3 Monday – Basketball U13 & U16 v APS (H) U16 Runners up U13 Champions Monday – Hockey Y7 Tournament at Haberdashers School all day Tuesday – Hockey U16 Regional Final at Southgate – all day Bronze Tuesday – Hockey U18 Regional Final at Southgate – all day Bronze Tuesday – Football v Harris Academy (A) 4pm KO Won 7-5 Wednesday – Football – 1st XI & 2nd X1 v UCS (A) 2.30 KO Postponed Thursday – Football – U16 Girls Middlesex Cup Semi-Final (H) 2.30 KO

Fixtures Next Week

Monday – Football Y9 'A' v Highgate Wood Monday - Football Y10 'A' v Heartlands (H) Monday – Football Y7 Girls v APS Tuesday – Football Y8 'A' v Greig City (H) 2.30 KO Tuesday – Y7 'A' v Harris (A) 4pm KO Wednesday – Football Y11 A & B v UCS (A) 2.15 KO Wednesday – Football Y10 A v Harris (H) 4pm Thursday – Netball All Teams v HGW 9a)

Follow us online

Just as a reminder and for information for any new parents, the Sport & PE department has both an active Twitter and TikTok accounts. Our Twitter is where you will find latest updates on fixtures, matches, information and all things sport so make sure you give us a follow. Twitter – Fortismere Sport 7 PE @FortismerePE Tiktok - @fortismeresport

Don't forget to let me have news of your sporting participation & achievements outside of school.

Fundraising & Development Notices

Feeling Fit for Study at Fortismere - we need your help

Supporting student well-being and mental health this project funds all aspects of our wellbeing programme, including Place2be and our Sixth Form Counselling Service. Students can access support with a counsellor in a one to one appointment, or at a drop in session at break times for some talking therapy. We are extremely proud of our on-site facilities but it is a challenge to maintain a service like this in the current financial climate. We know how important it is to our students and usage data from last year showed that nearly 100 students across the school were supported by the services.

Place2be has been working in partnership with schools to support children's mental health for 24 years and with Fortismere for over 5 years. They believe that children are less likely to suffer from serious mental health difficulties later in life if they receive support at an early age. This is why we feel so strongly that these services need to be in place and easily accessible to our students. We would like to raise £40,000 to fund the whole project this year. We're also applying for funding from external sources. Unfortunately, these are the projects that get squeezed when funding is tight and there is no additional support from Haringey. Your support will enable us to extend our services and help more students feel fit for study at Fortismere.

If you would like to donate to this particular project we would be most grateful and suggest a sum of £50 via ParentMail. However, any sum would be welcome and as always we are keen to stress that donations are not obligatory. Thank you so much for your support.

If you'd like to know more about the project please get in touch mdemetriou@fortismere.org.uk

Maria Demetriou Head of Fundraising & Development

Supporting the School

There are lots of different ways you can support the school.

Regular Gifts

Regular gifts can be made to Fortismere School by setting up a standing order on a monthly, quarterly or annual basis. Please fill in our Gift Form here

Single Gifts

You can make a one off donation to Fortismere School. Alternatively , if you wish to send a cheque please make it payable to Fortismere School. If your gift is eligible for Gift Aid , please fill in the form <u>here</u>

Payroll Giving

If your employer has a Payroll Giving scheme you can make a donation to the FSA from your gross salary. Donations are deducted from your salary as either a monthly payment or as a one off gift. Thus you get tax relief at the highest rate – for example, a donation of £10 will cost 40% tax payer only £6. Please quote charity number 801227 to your employer or your HR department

Company Giving

A Company or unincorporated association can make a donation to Fortismere School and can then claim corporation tax relief.

Gift Aid

By donating to Fortismere School and completing an online form <u>here</u> Please contact mdemetriou@fortismere.org.uk. Our bank details are Fortismere School account no. 21521365 sort code 40-20-30

Fortismere Easter Holiday Activities

Fortismere Easter Holiday Camps

With lots of fun and games to enjoy from Sports, Photography, Drama and Comics to Chess, the Fortismere holiday camps are ideal if it's a struggle to juggle work and keep your children entertained during the holidays. Our holiday camps will help children to develop new skills but also will also support their social interaction and development.

Activities will run during both weeks of the Easter holidays (not 15th April, Good Friday). Holiday camps start at 09.00 am -15.00 pm each day and take place at Fortismere School, Tetherdown London N10 1NE. A full week costs £80. There is also an early drop-off option (8.00am with a light breakfast) for an extra charge.

WEEK 1 ACTIVITIES

Mon 4th April-Fri 8th April

Tiny Twinkles for age 3-6 years SOLD OUT

Each day the children will explore different aspects of the creative arts - learning songs and dances, acting out role play, exploring arts & crafts plus lots of games and fun. <u>https://www.eventbrite.com/e/easter-holiday-camp-tiny-twinkles-early-year-age-3-6-tickets-249184877677</u>

Mon 4th April-Fri 8th April

Photography for age 9-15 years

Children will also learn about different photographic techniques and get to practise their photography skills. No prior photography knowledge or experience is needed. We'll start with the basics and have fun with all our projects. While not required, having some sort of camera (digital, phone with camera, disposable, etc) would allow your child to take part in all the adventures. The course is run by Maria V Kaz, a branding and

events photographer who works with a variety of corporate clients as well as people from the art world. She is passionate about art, books, film and photography.

https://www.eventbrite.com/e/easter-holiday-photography-club-age-10-15-tickets-257894658867

Mon 4th April-Fri 8th April

Comic Club for age 7-15 years LAST FEW SPACES LEFT

Children will learn a wide range of skills and produce their own comic strip. The course content covers: INTRODUCTION: An overview of comics and cartoon history and their role as tools for storytelling and communication over the years.

BASIC ANATOMY: Showing how the human body works and is designed to move.

CHARACTER DESIGN: How to work up designs for different types of characters and how they fit into the stories you want to tell.

STORYTELLING: Overview of comics storytelling, layout and structure.

SCRIPTING & LETTERING: A look at the basics of comics scriptwriting and how to produce clear lettering by hand for comics.

COLOURING: An exploration of different colouring techniques (including, if possible, computer colouring). Using the skills developed over the week, children will work on their own comic stories and by the end of the course will have produced their own complete 8-12 page comic strip.

https://www.eventbrite.com/e/easter-holiday-comic-club-age-7-15-tickets-257787628737

Mon 4th April-Fri 8th April

Chess Club for age 7-15 years SOLD OUT

Chess has been growing in popularity (online), boosted also by the popularity of the chess scenes in the recent Queen's Gambit TV show. This course aims to develop students' chess skills which can also indirectly help analytical and evaluative skills which are also important in the classroom. The chess course will look at tactics, strategy, chess openings and endgame play, helping participants to become better players.

https://www.eventbrite.com/e/easter-holiday-camp-chess-age-6-15-4-day-course-tickets-255991175497

Mon 4th April-Fri 8th April

Sports Club for ages 7-15 years

Children will have the opportunity to have fun interacting with others through a range of different sports including football, rounders, tennis and lots of fun competitions. https://www.eventbrite.com/e/easter-holiday-camp-multi-sports-age-7-15-tickets-249192139397

Mon 4th April-Fri 8th April

Drama Club for ages 7-15 years

During the fun-filled week children will work on learning improvisation and comedy skills. There will be lots of drama games and exercises to help children develop their confidence and learn new skills. <u>https://www.eventbrite.com/e/easter-cap-drama-age-7-15-tickets-260140636647</u>

WEEK 2 ACTIVITIES

Mon 11th April-Thurs 14th April

Tiny Twinkles for age 3-6 years

Perfect for 3-6 year olds and led by professional actors with a love for the early years! Each day the children will explore different aspects of the creative arts - learning songs and dances, acting out role play, exploring arts & crafts plus lots of games and fun.

https://www.eventbrite.com/e/easter-tiny-twinkles-early-years-club-tickets-249186983977

Mon 11th April-Thurs 14th April

Sports Club for ages 7-15 years

Children will have the opportunity to have fun interacting with others through a range of different sports including football, rounders, tennis and lots of fun competitions. https://www.eventbrite.com/e/easter-holiday-camp-multi-sports-age-7-15-tickets-249247956347

Mon 11th April-Thurs 14th April Comic Club for age 7-15 years Children will learn a wide range of skills and produce their own comic strip. The course content covers: INTRODUCTION: An overview of comics and cartoon history and their role as tools for storytelling and communication over the years.

BASIC ANATOMY: Showing how the human body works and is designed to move.

CHARACTER DESIGN: How to work up designs for different types of characters and how they fit into the stories you want to tell.

STORYTELLING: Overview of comics storytelling, layout and structure.

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COLOURING: An exploration of different colouring techniques (including, if possible, computer colouring). Using the skills developed over the week, children will work on their own comic stories and by the end of the course will have produced their own complete 8-12 page comic strip.

https://www.eventbrite.com/e/easter-holiday-comic-club-age-7-15-tickets-257788270657

Mon 11th April-Thurs 14th April

Drama Club for ages 7-15 years

During the fun-filled week children will work on learning improvisation and comedy skills. There will be lots of drama games and exercises to help children develop their confidence and learn new skills. https://www.eventbrite.com/e/easter-drama-club-tickets-260142321687

Community Notices

Parents & Professionals SEND webinar: Study & Memory Skills

Barnet and Enfield PATOSS (Professional Association of Teachers Of Students with Specific learning difficulties) online termly meeting will be presented by Beverley Kafka, Specialist Teacher and Assessor for people with Specific Learning Difficulties. Parents and professionals are welcome to attend on: Wednesday 16th March 2022 at 7.30pm-9.00pm. Cost £5. Venue: Via Zoom.

To book a place, please email: mail@beverleykafka.com

The session will cover the following:

- How to help your students study in school
- Helping your child at home
- Memory techniques to aid learning and revision
- Ideas for use in primary and secondary schools
- Spelling strategies that work
- Coping with test and exam nerves

Bags of taste - Free cooking course

Bags of Taste is a non-profit making organisation that works with people to show them how easy it is to cook delicious, low cost meals and reduce their food budgets. See <u>www.bagsoftaste.org</u> for more details. They have funding to offer Haringey parents an opportunity to take part in an amazing FREE cooking course.

They will deliver a bag of ingredients, weighed and measured out, for three delicious low cost meals that work out at less than £1 a portion. You can involve your children in the cooking while Bags of Taste mentor you by WhatsApp or phone over a two week period. The recipes are written clearly, and there are video links to YouTube. There is no designated time for the cooking so you can do it whenever it suits you. At the end of the course there is no further commitment, apart from giving some feedback when you've finished.

Shriya Mistry - Haringey Bags of Taste. Email: <u>Haringey@bagsoftaste.org</u> Call/text/WApp: 07759500485

