



Connaught
School for Girls



Newsletter



December 2022

2022-23 Issue: 44

Special points of interest:

- cross-curricular learning in MFL
- Food Technology produce outstanding meals
- great aerobic ability and determination shown in PE
- students attend their Jack Petchey award ceremony
- DofE update

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Message from the Headteacher

Dear Parents and Carers

What an exciting first term it has been as headteacher of this wonderful school! One of the best things about being the headteacher here is getting to know our fantastic students. This term, I have been particularly impressed by the confidence of Connaught students in public speaking and performing. We have had two groups of students delivering fantastic assemblies to the whole school for Disability History Month and Islamophobia Awareness Month. We were treated to some fantastic performances at the start of this term in the annual talent show, celebrating the end of Black History Month.

A personal highlight for me was watching the Year 10s who participated in our Jack Petchey Speak Out Challenge perform their speeches, several of which were so powerful that they moved me to tears, whilst others had me crying with laughter; what a talented bunch!

I also wanted to take this opportunity to congratulate the Year 11s for their focus and determination in their mock examinations. They have been working very hard, showing great resilience, and I wish them well with their results in January. This process is very important in helping them to practice and cope, not just with the exams themselves, but how to deal with the pressure of exams.

Our new school prefects have been recently selected in year 10 and have started their duties around the school. Congratulations to all those who have been selected for this role. I am looking forward to seeing how they develop in their leadership throughout the next twelve months.

School will finish by 1pm on Friday 16th December for the winter break, opening again on Tuesday 3rd January 2023.

I want to take this opportunity to wish our Connaught School community a very restful, safe and peaceful break.

Linsey Hand
Headteacher



Drama

Theatre Club

After an exciting first Theatre Club outing to 'The Lion, The Witch and the Wardrobe', we have secured the following shows for the rest of the year!!

What you need to know:

Trips will run in the evening and cost between £20-25, depending on the show.

Look out for adverts on the whole school Google Classroom about the next trip. If you are interested in reserving a ticket get a letter from Ms Jemal and return it the next day.

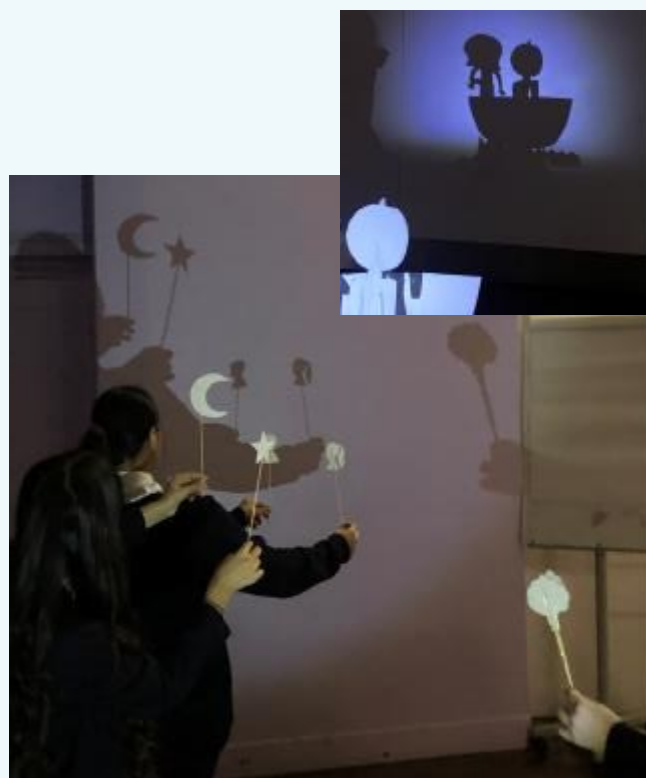
There are only 20 tickets for each trip!

Shadow Puppet projects

Year 9 have been working on Shadow Puppet projects this half term in Drama. From planning and writing their own stories to creating the puppets and sourcing the music and sound effects. Why don't you have a go at home with the family too? Switch the lights off, grab a torch and use your hands to make different shapes!

Ms Jemal

Head of Drama



"Switch the lights off, grab a torch and use your hands to make different shapes!"

Year 11 Walton-on-the-Naze Fieldwork

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The Year 11 Geographers braved some very unpleasant weather to complete their coastal fieldwork in Walton-on-the-Naze this November.

The students have studied coastal erosion in the classroom and this was an opportunity for them to see a range of methods for protecting the coast and to get an understanding of what factors influence decisions on how to defend certain areas.

We started the day by climbing up the Naze Tower; this gave the students the opportunity to see how erosion rates are rapidly cutting away at the cliffs north of the town and to compare that with the heavily defended beach to the south. They could also see how the size of houses changed as we moved into the town centre.

After the tower, we

walked into the town. On Tuesday, due to the strong winds we didn't go down onto the beach and instead the students focussed their attention to the changes in services and housing as we walked from the outskirts of Walton to the high street. The group was quick to spot the change in garden sizes and potential value of homes but they also identified that there were far more services (bus stops, play grounds, shops, etc.) as we got closer to the town centre.

On Wednesday, the weather brightened up so we were able to walk along the beach, completing surveys of the defences and the rates of erosion. The students found that sand and silt is being carried up the coast but that the defences are doing a good job of



slowing this down and protecting the town.

On both days the students were encouraged to speak to members of the public. Despite the inclement weather, the students were able to survey a large number of residents and we received numerous compliments on their manners and how friendly they were. As staff, we were very impressed with both groups, particularly with how incredibly cheerful and positive the Tuesday group was, despite some really horrible conditions. Well done!!

Ms Quinn

Head of Geography

"Despite the inclement weather, the students were able to survey a large number of residents and we received numerous compliments on their manners and how friendly they were."



Duke of Edinburgh update

In July, a select few DofE students, (then in Year 10) were chosen to be a part of the production of a video for the DofE website and YouTube! The students were able to present what the DofE meant to them and to promote it globally. Please type in this link into YouTube to watch the clip <https://www.youtube.com/watch?v=jgUn15MXtsk>

Summer Saeed and Mia Maitland, really stood out to the production team on the day and subsequently were asked to have a video

produced, focusing on them individually. So far, Mia's has been completed. She chose cooking for her skill, reading for her volunteering and jogging for her physical. Please find Mia's clip here: <https://www.youtube.com/watch?v=HDZ7rUEG7fM> Alternatively, go straight to the homepage of DofE to watch <https://www.dofe.org/>

A huge thank you to two Year 8 students, Joylyn Chasweka and Mia Bondzie, who were able to offer help to Mia and



the production team with the filming.

The DofE students will be finalising their Bronze award in the summer term by completing their expedition night away in Epping Forest.

A huge congratulations to all involved!

Ms Noakes

Head of Year 9 & 11

"Summer Saeed and Mia Maitland, really stood out to the production team on the day and subsequently were asked to have a video produced, focusing on them individually."



Textiles

This half term in textiles, three of the Year 8 students have been making felt Christmas ornaments to be sold at the MacMillan Cancer Support coffee morning. All three have given up their lunchtimes to sit and hand sew the decorations and I have been very impressed by their dedication.

Hibah Afzal, Zakeera Housee and Isbah Amir are all from 8C.

Mrs Rain

Head of Textiles



Jack Petchey

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Achievement Award

We have lots of congratulations to share this term!

Firstly, congratulations to our previous Jack Petchey Achievement Award winners who have finally been able to attend their long-awaited awards ceremony. Jessica Dai, Kallisto Agadi, Jorja Matthews and Maryam Zafar received their gold medallions at The Great Hall in Leyton, together with Ms Diamond, our previous Leadership Award winner.



Since these awards, we've given even more Jack Petchey awards; Elif Kaylaap, Sara Patel and Saleha Ingar have all won £300 each to spend on something of their

choice for the school. Ms Noakes is our newest Leader Award winner, securing a whopping £1000 to spend on the school. Well done, all of you!

Speak Out Challenge

Each year, thirty Year 10 students are invited to work with The Speakers' Trust and The Jack Petchey Foundation to build their confidence and skills in public speaking. Headteacher Ms Hand and Chair of Governors Mr Douglass were so hard-pressed to select a final winner that they put no fewer than

five students through to win a chance to compete against young people from across Waltham Forest. After a tough in-school competition, judged by Ms Ali and a group of Year 11 Student Leaders, including last year's winner of the Speak Out Challenge, Meerub Fatima came out on top. Meerub took her

speech entitled, 'Life Is Not A RomCom', to Leytonstone School where she competed against more than fifteen young people in the borough. Her powerful message of female empowerment was met with loud applause and we are so very proud of her achievements. Fatima will not go through to the grand final this time around; her personification of excellence and resilience makes her a champion in our eyes! Well done Meerub.

Ms Stewart
Assistant Headteacher

"Meerub took her speech entitled, 'Life Is Not A RomCom', to Leytonstone School where she competed against more than fifteen young people in the borough."



Enrichment

KS4 Financial Literacy Course

60 students in Year 10 and Year 11 were given the opportunity to attend a financial literacy course in October, where they learnt a variety of financial skills such as:

- different types of bank accounts and their purposes
- how to open a bank account
- how to understand a bank statement
- understanding credit cards and personal credit history
- the difference between revenue and income
- how to read a payslip
- the difference between P45 and P60 and when they are generated



- the purpose of and how to create a budget
- ways to save money and economise
- different types of investments - how they can be lucrative and volatile.

know the benefits of being financially stable. The mentors really helped me learn more from what I already knew."

"I feel as though I have been prepped for post-16 finance and how to look after my money and how to use it well."

Students learnt a lot about financial management and enjoyed the course. Here's what they had to say:

"I think I've benefited from this course because I have a much clearer understanding of what to expect after my school life."

"I feel this course has helped me realise and

"Absolutely! I have a strong knowledge on how to use money! I found this really helpful for me and for the future. I would recommend highly!"

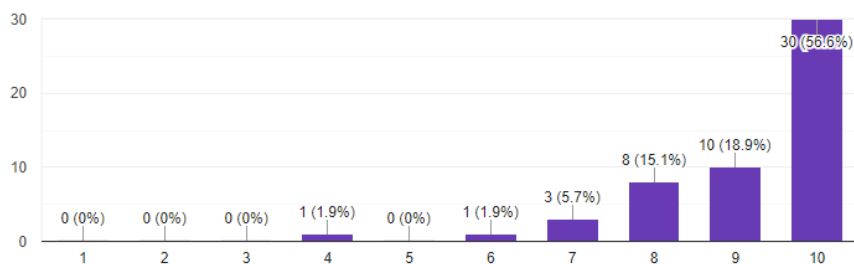
"I've learnt about very useful things that will help me in my future and has also made me think about my career."

Thanks to all the students who participated.

"I feel this course has helped me realise and know the benefits of being financially stable."

How would you rate the course out of 10?

53 responses



Enrichment (continued)

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Games Club

After its conception last year, our Games Club at Connaught is still going strong every Wednesday and attendance at the club continues to grow. Well done to the students in 10S who brought this to fruition and have established a legacy at Connaught for current and future students alike.

"Games club is really fun. It has so many games to learn and explore. I would highly recommend coming." - Emily 7G

"I enjoy games club because it's interesting and enjoyable. It is a fun

way to spend lunch time." - Arisha Khan 9S

"I come to games club because it's a safe environment full of nice people where you can play games and have fun." - Carissa 10W

"I come to games club because it's fun and I meet new people in the club and we also play games together." - Hadia Ifran 10S



"I enjoy games club because it's interesting and enjoyable."

Games Club

Danica Year 10
Games Club is run at lunchtime between 1:20-1:50pm every Wednesday in room 42 where students try out both new and old games. Games Club is a judgemental-free atmosphere where students can have fun and feel comfortable as a way to escape overwhelming challenges. As most of the current clubs are more curricular, we've decided to make a club mainly to relax and have fun, having an effect on students' well-being. Here are some opinions of some students who attended Games Club:

"I believe that, by running a club like Games Club, it can really help students' mindsets along with their mental health. By having at least 30 minutes of freedom, away from distractions such as noise from the playground or ongoing stress from previous lessons, it can make such a difference to your well-being. With this being said, I strongly recommend coming to Games Club because of how ambient the atmosphere is; it's overall just a peaceful place where you can just switch off your mind and relax without the pressure of anything. It's also a great place to socialize with new people or to strengthen your existing friendships."
Jorja Year 10

"I really like this club because my friends and I can go and have fun together and feel comfortable."
Zara Year 10



Enrichment (continued)

Kidzania

Year 9 students took a trip to Kidzania; Westfield, Shepherd's Bush, in November. They were able to role play a variety of jobs, earn 'Kidzos' to spend in the shops and speak to professionals from a range of industries, such as British Airways and WaterAid, ahead of choosing their options for GCSE.

The students were a credit to the school and Iqra Abdow, in particular, was praised by Don, an 80 year old veteran, for offering him her seat on the tube. We are proud of you, Iqra!

"The trip was very useful, enjoyable and a great opportunity. The experiences were realistic and therefore gave us an insight of the

future. I would recommend every Year 9 student to visit Kidzania." - Zahra Akbar, 9S

"I think that going to Kidzania was fun and interesting. I do feel like it has helped me to choose my GCSEs and my career." - Ameera Mohamed 10S

"I liked the Kidzania trip. As a new student, I met a new friend." - Audrey Wong 9S

"There were many different jobs and activities to do. I learnt many things about certain jobs and how difficult it is to earn money." - Jasmine Saeed 9W

"I found it useful for my future ambition, for example, the medical department." - Aicha Guettou 9W



"I do feel like it has helped me to choose my GCSEs and my career."

Enrichment (continued)

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Animé Club

Animé Club is still going strong and now has some new members in Year 7. Students come along to watch animé, read manga and generally talk about who is 'cultured'.

"I really enjoy Animé Club because the people are so nice and I really enjoy animé." - Ayesha Aweis 7C

"There is a good selection of manga available to read or free." - Mariam Year 10

"It has lots of animé movies. Animé is really interesting." - Arissa 7C

Enrichment articles by
Mrs El Khandari
Associate Assistant
Headteacher

'Fun Run' week

In the last two weeks before the Christmas break, our KS3 students took part in the "Fun Run" week.

What is this all about? The aim of the 'Fun Run' was for students to participate in a slow, long run that retrospectively stimulates an active lifestyle and urges them to experiment with their aerobic capacity. Furthermore, this type of exercise has many benefits, although it is most commonly known for increasing muscle strength and improving the cardiovascular and respiratory system functions.

Through the PE lesson, the students challenged their aerobic capability, tested their stamina, while constantly competing with themselves in a game of endurance.

Some students exceeded themselves and ran at a steady pace for 30 min and,

while this was not accomplished by everyone, it was a thrilling moment watching them support each other's effort and enjoying to the fullest.

They showed great aerobic ability and unparalleled determination throughout the PE lesson. Well done!

Finally, during their experience at the 'Fun Run', the students gathered some tips that can help a beginner runner.

Let's bear in mind the 3 tips for the long run:

1) Keep a steady pace if you do not want to run

out of energy.

2) Pace yourself, if you do not know what is the appropriate speed, start with low speed and pick up speed gradually.

3) When breathing, inhale and exhale using both your nose and mouth combined. Breathing through both the mouth and the nose will keep your breathing steady and engage your diaphragm for maximum oxygen intake. It also allows you to expel carbon dioxide quickly.

Ms Agilara

PE department

*"They showed
great aerobic
ability and
unparalleled
determination
throughout the
PE lesson."*



End of Term projects in Food Technology

Year 8 designing and making pizzas



Over the last few days, students within their Food Technology lessons have been extremely busy planning and preparing for their end of term projects.

In Year 8, students have been designing and making pizzas based on a range of specifications that they had developed. They also had the opportunity to design their own labels, taking into consideration the mandatory information found on a label and some of the useful symbols.

The process was very thorough and the end result was very rewarding. Here's what

the students had to say:-

"From this project I have learnt quite a few things. I learnt how to make a pizza dough and in terms of packaging, I now know what type of information to add on food products".

Ammara

"My pizza project was very delicious. It contained tuna, some crunchy bell pepper and much more."

Aisha

"In Food Technology, we had many practical lessons and my favourite one was making the pizza. We were able to design the pizza any way we wanted and we were able to experiment with different ingredients.

We were also able to use different themes, such as: Valentine's Day or you could even make a Christmas pizza.

Before we made the pizza, we made our own pizza boxes with our own design and brand. I really enjoyed these lessons when we had to prepare and make the pizza because I had never made pizza before.

It was really fun and simple to make and I was able to express my inner creativity. In addition to this, we had to write key pieces of information on the pizza package, which would be shown on other packages of



food.

Overall, I really enjoyed making my very own pizza".

Zainab



Year 9 Afternoon Tea

Meanwhile, in Year 9, students were planning afternoon teas. The students took on the task with a lot of enthusiasm and began planning in groups of five or six. Each group had the opportunity to make two products either sweet or savoury. The outcome was highly successful and professional, leaving everyone very pleased.

Photos on the next page

Ms Wallace

Head of Food Technology

"Before we made the pizza, we made our own pizza boxes with our own design and brand."





Modern Foreign Languages

Ms Noakes' Year 9 French class have been doing some cross-curricular learning by looking at clothing and fashion in France. Not only have the students been able to look at styles but materials too. They were then asked to give an oral presentation and create their own designs out of bin bags. Some even bought their own accessories!

Ms Noakes

Languages department



 Twitter:

@MFLConnaught

 Instagram:


@MFLConnaught



Homework:

Je vais porter une robe voilette, en coton avec de la broderie en forme de fleurs. Je pense que c'est très chic et genial parce que c'est la mode. Ma amies pensent que c'est très branché. J'adore ma robe!

Quand il fait beau, je porte ma robe voilette avec des chaussures blanche.




DESCRIBE:

Je porte une robe belle rouge avec beaucoup de fleurs. Je trouve que ce look est tendance et élégant. Je adore ça!!!

TRANSLATION:

I wear a beautiful red dress with flowers. I think this look is trendy and elegant. I love it!!!

due 04.11.22





WALTHAM FOREST HOLIDAY ACTIVITY AND FOOD PROGRAMME

WINTER HOLIDAY FUN



All activities will take place between
**MONDAY 19TH DECEMBER -
FRIDAY 23RD DECEMBER 2022**

To book your place and find
out more – scan here or visit:

**WALTHAMFOREST.
GOV.UK/HOLIDAYS**



Booking is essential on all activities so book early to avoid disappointment.
For queries please contact the Waltham Forest Holiday Activity Programme team on:
WFHOLIDAYACTIVITYPROGRAMME@WALTHAMFOREST.GOV.UK
OR CALL: 0208 496 4720

ARE YOU AGED BETWEEN
5-16 AND IN RECEIPT OF **BENEFIT**
RELATED FREE SCHOOL MEALS?
DO YOU LIVE OR GO TO SCHOOL
IN WALTHAM FOREST?

This Winter we have a wide range
of free exciting activities across the
borough for you to enjoy during the
winter holidays. The sessions will
provide you opportunities to try new
activities, learn new skills, have fun,
make friends and enjoy a free meal
every day.



Connaught School for Girls

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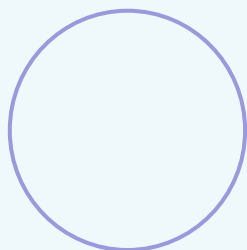
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seize the day

HEADTEACHER

MS LINSEY HAND



Published and
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Mr L. Simpson

Media Resources

Artist of the Month

The Art department would like to make a special commendation to Alexandra in Year 10 for the fantastic effort and amount of coursework she has been producing in Mr Pauro's GCSE lessons.

Mr Pauro says, "Alex has a high natural talent in drawing and has been producing work of an exceptional standard, consistently, throughout the term."

Mr Pauro also wanted to commend the Year 10 class for their commitment to the course and excellent production of work.

The Year 11 Art class have been making rapid improvements and as the end of the course approaches they also took part in their GCSE controlled assessment with some promising results.

Keep up the good effort and use the holidays effectively.

Happy Christmas! The Art Department. Below is a collection of Alex's work.



Dates for your Diary

Last Day of Term

-Friday 16th December 2022

First Day of Term

- Tuesday 3rd January 2023

Year 11 Parents' Evening

- Wednesday 25th January 2023

Year 9 Parents' Evening

- Wednesday 8th February 2023

February Half-Term Holiday

- Monday 13th to Friday 17th February 2023

Year 8 Parents' Evening

- Wednesday 1st March 2023

Year 10 Parents' Evening

- Wednesday 15th March 2023

Spring Term Break

- Monday 3rd to Friday 14th April 2023

May Day Bank Holiday

- Monday 1st May 2023

Year 7 Parents' Evening

- Wednesday 17th May 2023

Whitsun Half-Term Holiday

- Monday 29th May to Friday 2nd June 2023

Staff Training Day (closed to students)

- Friday 16th June 2023

Last School Day of the Year

- Wednesday 19th July 2023

www.connaught-school.co.uk