



**Connaught**  
School for Girls

# Newsletter

May 2023

2022-23 Issue: 47

## Special points of interest:

- Students enjoy cricket sessions led by Malik Hassan
- A sense of community and togetherness at our Eid breakfast
- awe-inspiring trip to Bletchley Park
- A memorable School Iftar 2023
- Frozen the Musical

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## Message from the Headteacher

Summer is finally upon us and Connaught is such a lovely place to be, our cherry trees have been in full bloom, the bluebells are flowering in the quad, the school feels bright and vibrant. Students are looking forward to culture day on Friday as well as an accompanying fashion show. We will share some photos of this in our next newsletter. Year 11 are mid way through their final examinations. As these continue, we want to wish them every success in everything which they do over the coming days, weeks and months. It is hard work and there are many obstacles but we know they are up to the challenge and are proud of their work to date. Year 10 are about to have their first set of formal mock examinations after the half term and had a special assembly this week to familiarise themselves with all the exam regulations and guidance. So, for our Key Stage 4 students the half term break will be an opportunity for some rest, yes, but also for some daily revision and study. I know all parents and carers will support their daughters in this by working with them to set realistic goals for home study time and helping them stay focused and motivated to succeed by working with them to get into positive daily routines.

This half term, we have been reviewing our behaviour and reward routines as well as our attendance and punctuality processes. A separate letter will be sent to you about this from Ms. Hickes. Thank you in advance to families for reading this update. At Connaught, we have the highest expectations of our students' conduct both in and out of lessons and we appreciate your support in reinforcing these expectations at home. Students have had assemblies to remind them of these expectations.

Ms. El Khandari has written to year 10 parents separately but we have also been discussing a work experience opportunity for our year 10. Students are currently seeking out placements and if you are an employer who may be able to support us in our Work Experience Programme, we would be delighted to hear from you. We have welcomed two new community governors to our governing body, Asif Bhayat and Julie Campell, both have strong connections to the school and I know they will be a real asset to the governing body.

This half term has seen a plethora of enrichment activities for our students, some of which you will find featured in the newsletter. My particular highlight was participating in the Drama Club trip to see Frozen. Not only was it a fantastic

## Message from the Headteacher (continued)

stage production but our students were brilliant company and I was so proud of their conduct and sensible behaviour on the trip. Visitors to the school regularly comment on what polite and friendly students we have, as do our local community and it makes me very proud indeed to be Headteacher at Connaught School for Girls. Some of our community, however, have written to me recently to express concerns around traffic issues during drop off and pick up times and I would like to ask all parents to be mindful of our local residents and pedestrians at these busy times of day.

The sun is set to shine this weekend and I hope you have lovely activities planned with your family for the half term break (in between regular periods of study for Key Stage 4). Look out for the notice in this newsletter from our PTA lead and I hope to meet many of you next half term at a PTA planning meeting. Get your thinking caps on for an exciting PTA event!

Best wishes

Ms. Hand



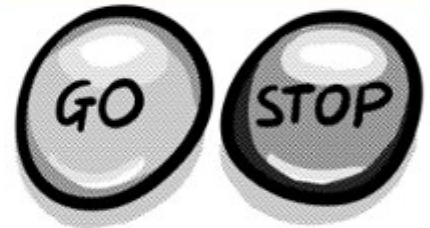
### Did you know?



Having a tidy space can reduce stress and improve productivity. Another way to maximise opportunities for work and reduce distractions is to ensure the space is organised with everything needed for studying: laptop, books, pens and any other equipment. If you want to go a step further, plants are shown to not only create a calm space but also aid concentration.

Many people find approaches like the Pomodoro technique help to increase their levels of productivity as it allows for focused 'work' time for 25 minutes, and then a 5-minute reward break. It is often surprising how much we can actually achieve in short bursts of time when we are fully focused, with no distractions, and know that there is a clear end when we'll get to do something we want to.

Experts in nutrition stress the importance of healthy diets for ensuring the most effective working of our brains. For example, although caffeine and sugar can provide bursts of energy, consuming these can lead to significant dips in focus and energy. We also know that easy swaps can lead to more balanced nutrition and energy levels, like using wholegrains, nuts and berries.



### What can you do?

Help your child to create a productive learning environment, a quiet space where they can work at a clear surface with as few distractions as possible. Encourage this to be a social media-free space.

Sit down with your child and offer to help them create a timetable of study. Work with them to map out the free time they could use to study and the free time that should be 'work-free' so they can do things they enjoy. Plan out the subjects and units they know they need to work on and schedule these into their 'work' slots. If your child is receptive to doing this together, it can help them to see that they aren't expected to use

all of their 'free' time to study, and that taking breaks and investing time in their hobbies and friends is important and valuable for them and their wellbeing. If possible, when your child is studying, bring them some snacks and a drink to help sustain them.

Encourage your child to prepare – either by themselves or with you – recipes from our Power to Perform recipe cards to ensure that they are eating brain-boosting foods. These recipes have been designed by an expert in the field to ensure that your child has brain-boosting foods and drink at their fingertips.

To all Parents of Connaught School Girls,

We are writing to you on behalf of the Connaught School PTA, before covid we were an established group of parents, carers and staff members who organised social events to raise additional funds to benefit the students of Connaught School.

We hosted popular Quiz and Curry Nights, Christmas mini fair linked with the annual music concert, plant sales and bake sales at year group parent evenings and social gatherings.

We have contributed by providing seating and picnic benches for the playground, provided funds towards an Electric piano to host events, contributed towards books for the school library.

Our objective is to raise funds for the school which will benefit the students with additional enrichment and to achieve that we need your help?

#### HOW CAN YOU HELP?

Join the core PTA group, which consists of a Chair, Vice Chair, treasurer, secretary and general committee member.

Help, assist and give ideas for hosting future events

Volunteer to help at events

Donate items for fundraising events

Bake cakes or Savoury snacks to sell at events

To have an Estate agents board outside your house to advertise an event hosted by the PTA for a couple of weeks leading to an event (the agents make a monetary donation to the PTA for this)

We are very keen with the support of our Head teacher Ms Linsey Hands to kick start the PTA with all the existing and new parents of Connaught school.

If you would like to find out more or help in any way please get in touch at [Connaughtschoolpta@gmail.com](mailto:Connaughtschoolpta@gmail.com) and we will add you to our mailing list and inform you when and how you can help.

We will be hosting a PTA Meeting soon and hope that you can join us.

Thank you for your time

Samim Patel  
Acting Chair of Connaught PTA.

## Assemblies

Week 7	Monday 5 <sup>th</sup> June	Who do you want to be? A look at the different virtues that define us. (HAN)
	Tuesday 6 <sup>th</sup> June	
	Wednesday 7 <sup>th</sup> June	
Week 8	Monday 12 <sup>th</sup> June	Youth Health Champions: Aspects of health (ALI +YHC)
	Tuesday 13 <sup>th</sup> June	
	Wednesday 14 <sup>th</sup> June	
Week 9	Monday 19 <sup>th</sup> June	20th June World Refugee Day (HIC)
	Tuesday 20 <sup>th</sup> June	
	Wednesday 21 <sup>st</sup> June	
Week 10	Monday 26 <sup>th</sup> June	Sports and wellbeing- sports day (ELK)
	Tuesday 27 <sup>th</sup> June	
	Wednesday 28 <sup>th</sup> June	
Week 11	Monday 3 <sup>rd</sup> July	Freedom and Liberty (MAN)
	Tuesday 4 <sup>th</sup> July	
	Wednesday 5 <sup>th</sup> July	
Week 12	Monday 10 <sup>th</sup> July	Making the most of the summer break (HAN)
	Tuesday 11 <sup>th</sup> July	
	Wednesday 12 <sup>th</sup> July	
Week 13	Monday 17 <sup>th</sup> July	End of term no assembly
	Tuesday 18 <sup>th</sup> July	
	Wednesday 19 <sup>th</sup> July	
		Final year assembly

## Frozen the Musical

On the 11th of June, 'Theatre Club' went to watch Frozen the Musical. It was every bit as excellent as the film. The Design team did an excellent job to transform the stage from a sleepy seaside Kingdom to an ice palace before our very eyes. The special effects and costumes were spectacular and the performers were very engaging. We were only disappointed that it wasn't a sing-a-long!

Our final Theatre Club trip of the year will be to watch 'The Play That



Goes Wrong' on the 6th of June. It has been another successful year with many children being given the opportunity to visit the theatre. These

opportunities provide school children with low cost tickets to witness and participate in an activity that will broaden their minds and enrich their appreciation of culture. We would not want anything getting in the way of that, if cost is still a barrier that stops you please have a chat with myself.

Ms Jemal  
Head of Drama

*"Our final Theatre Club trip of the year will be to watch 'The Play That Goes Wrong' on the 6th of June."*



## Eid Lunch 2023

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On Tuesday the 25th of April, students and staff were invited to partake in a special Eid lunch to celebrate Eid-UI-Fitr. The menu included pakora and samosa, chicken curry, chickpea curry, plain or pilau rice and cake. Huge thanks go out to Ms Kaylaap who very generously gave up her time and resources to come into school and decorate the hall for the occasion. It was lovely to see so many students and staff join in on the celebrations!

Mrs El Khandari Associate Assistant Headteacher



*"It was lovely to see so many students and staff join in on the celebrations!"*

## Black and British Literature

Year 10 were invited to The British Library for a workshop on Black and British Literature.

This workshop took students on a literary journey to uncover the last 400 years of Black British writing. From Olaudah Equiano to Andrea Levy, groups explored the plurality of themes in a range of Black British texts including novels, poetry and plays.

Students explored the rich history of Black writing and literature in Britain using digitised manuscripts from the Black Literature Timeline as well as manuscripts on display in the Treasures of the British Library gallery and sound recordings from the British Library collection. In addition, learners interrogated publishing practices and industry barriers Black writers have faced through the years.



Ms Rahman  
English department

*"This workshop took students on a literary journey to uncover the last 400 years of Black British writing."*



## School Iftar 2023

This year Connaught had decided to hold a special Iftar event for all those who wished to attend. Despite not having done this tradition in over 10 years it still proved to be a great success.

As you walk into the hall

you get a glimpse into all the hard work that was spent on the decorations and set up (special thanks to the parents who had helped out). The stage was lined with purple and gold balloons and ramadan ornaments hanging from the walls

and ceilings all done by a professional hand. The gold and purple colors created a rich and majestic atmosphere heightened by the soothing nasheeds playing in the backdrop of the guests bustling conversations. The

## School Iftar 2023 (continued)

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environment was inviting and intimate with groups of friends engaging in conversation on each table.

On the tables sat bottles of water, juice and dates (muslims typically choose to open their fasts with dates to follow the practise of their prophet Muhammad PBUH) ready for those who would be breaking their fast upon hearing the Azaan. The tablecloth was a lavish purple with golden embellishments. When it came to the time for eating, everyone quickly organised themselves and went to the canteen to serve themselves food buffet style. Parents and teachers were quick to help serve the appetizing

and flavourful dishes which included spicy biryani, chicken, freshly cut up salad and more.

In addition, students and staff were granted time to complete their maghrib prayer together- it was a beautiful & spiritual moment to witness bringing the community together as one. After the main course, individuals carried themselves over to the dessert table where a variety of different cakes were awaiting; everybody getting a plentiful slice.

The open conversations among students and adults alike and the fun an evening as precious

as this brought not only deserves to be celebrated but also deserves gratitude for having a school as inclusive as Connaught. A huge gratitude also to all the parents, teachers, staff and students who helped make it so memorable.

As the night drew on, people were getting ready to head back home with full stomachs but not without receiving special Ramadan themed party bags. It is safe to say this year's iftar event was a wonderful success and a lovely tradition that should be succeeded in the future.

Khadija Kousar Year 10

*"A huge gratitude also to all the parents, teachers, staff and students who helped make it so memorable."*



# Bletchley Park

Visiting Bletchley Park with my GCSE Computer Science students was an outstanding experience. The trip provided a rich and immersive learning opportunity that brought the subject matter to life in a way that textbooks and classroom lectures simply cannot.

One of the most impressive aspects of the visit was the historical significance of Bletchley Park. Walking in the footsteps of the codebreakers who played a pivotal role in World War II was awe-inspiring. It allowed students to gain a deep appreciation for the impact that their work had on the outcome of the war and the development of



computing technology.

The exhibits and interactive displays at Bletchley Park were exceptional. They provided a hands-on experience that engaged students and made abstract concepts tangible. The opportunity to see and even interact with original Enigma machines and other

codebreaking devices was truly remarkable. It helped students understand the complexity of the codes and the ingenuity required to crack them.

Overall, the visit to Bletchley Park was a resounding success. It provided a comprehensive and immersive learning experience that enriched students' understanding of computer science, cryptography and the history of computing. The trip sparked enthusiasm among the students and inspired them to explore the subject matter further. I would highly recommend Bletchley Park as an educational destination for GCSE Computer Science students.

Mr Ali

Head of Computing

I won the prestigious Jack Petchey Award and I decided to use the prize money to go on a trip to Bletchley Park and

*“Walking in the footsteps of the codebreakers who played a pivotal role in World War II was awe-inspiring.”*





## Bletchley Park (continued)

recently had an unforgettable trip there with my classmates. The experience was incredible as we explored the historical site, learned about the code-breaking efforts of World War II and even got to see the first electronic computer; Colossus. It was a fantastic chance since we even chatted with Tash, the facilitator of the learning session who informed us about the Enigma machine. This tour was extremely beneficial in helping my classmates and I understand the origins of ICT and enhanced our grasp of computing. We also explored the gift shop and enjoyed a picnic lunch with delicious meals and ice cream. We all had an awesome time on the trip, which was very peaceful.

Saleha Ingar 10F – GCSE Computer Science

We recently visited

Bletchley Park with our fellow computer science students and it was quite motivating to learn about and see the location where the Colossus, which was instrumental in the victory of World War II, was built. We gained a lot of insight into daily life and even got to see the mansion that served as the headquarters for MI6. The most essential thing we learned while touring Bletchley Park was how the Colossus functions and even a little bit about the people who created it, such as Tommy Flowers.

Amira Benkouiten 10F – GCSE Computer Science

The Year 10 GCSE Computer Science class had the opportunity to go on an exciting trip to Bletchley Park, the very place where the Enigma Code was broken in Britain by Alan Turing and his team.

Once the top-secret home of the World War

Two Codebreakers, Bletchley Park is now a vibrant heritage sight. The class got to step back in time to experience the stories and extraordinary achievements of the men and women who worked there. The girls got to visit the original Victorian mansion with Commander Denniston's Office as well as the Library, which has been recreated exactly as they were in World War Two. The GCSE class watched a short movie about the Enigma machine and saw a very realistic model of it too!

The girls enjoyed a picnic in the outdoor picnic space, watching swans and eating ice cream. The students even got to visit a recreation of Alan Turing's hut and saw the typical "technology" used at the time, such as typewriters. They visited the Huts, which also have rich backgrounds in history. For example, Hut

*"The GCSE class watched a short movie about the Enigma machine and saw a very realistic model of it too!"*



## Bletchley Park (continued)

Hut 8 was the Codebreaking Hut in World War 2. It now houses exciting interactive exhibitions which helped the girls to understand the different methods that the Codebreakers used to help them with their work. Hut 8 even houses Alan Turing's office. Also in Hut 8, is a short film on "The Petard Pinch" and a display run by the Royal Pigeon Racing Association, which our students got to take part in.

All in all, our Year 10 GCSE students had a wonderful time at Bletchley Park and we

hope to take the future GCSE Computer Science students here as well.

Meerub Fatima 10C – GCSE Computer Science

I had a great time at Bletchley Park. It was an educational voyage on which I learnt very useful information on the operation that was held in World War Two. We visited many facilities where historical events took place and learnt about very important people that were a part of the operation for example, Alan Turing, cryptography, WW2, enigma and the history of computing. It was also a



very beautiful location with lots of green scenery and beautiful buildings like the Mansion. In general, it was a great school trip with my classmates and teachers.

Chelsy Tactac 10F – GCSE Computer Science

*"It was encouraging to witness everyone come together and recognise the value of community and togetherness."*

## Eid Breakfast- Friday 28th April



Eid breakfast at Connaught is an enjoyable event that unites students and staff from many cultural and religious backgrounds. Sharing a meal to commemorate the conclusion of the holy month of Ramadan provides an opportunity to celebrate and embrace diversity. The celebrations were a feast for the senses, with a wide selection of delectable foods to suit every taste. The array is a monument to the

diversity of the Islamic culinary legacy, with everything from classic favourites like samosas to fresh fruits and juices. Overall, the school's Eid breakfast was a friendly occasion to encourage togetherness and inclusivity among the student body. It is continually a much-anticipated and

appreciated event. It is a time for students and staff to come together and share their delight and happiness while eating excellent food. It was encouraging to witness everyone come together and recognise the value of community and togetherness.

Mia Bondzie  
Year 8



# Cricket sessions

We are thrilled to share the enthusiasm and enjoyment our students experienced during the recent cricket sessions in Physical Education (PE) thanks to the collaborative efforts of Ms. Agilara and Ms. Diamond.

Led by Malik Hassan Shafiq, the Head Cricket Coach of Chingford, these sessions provided an opportunity for our girls to discover the joy of this dynamic sport.

Under the expert guidance of Coach Shafiq, the girls eagerly participated in various cricket activities and drills. From mastering the basics of batting, bowling, and fielding to engaging in friendly matches, the sessions offered a well-rounded introduction to the game. Coach Shafiq's

expertise and passion for cricket were evident, as he skillfully shared his knowledge, inspiring the girls to improve their skills and deepen their love for the sport.

Throughout the sessions, the girls demonstrated remarkable enthusiasm, embracing the challenges and relishing every moment on the field. Their dedication and commitment were evident as they absorbed the technical aspects of the game, honing their hand-eye coordination and developing their strategic thinking.

We would like to express our sincere appreciation to Coach Malik Hassan Shafiq for his exceptional coaching and guidance. His expertise, patience, and ability to inspire our students have been

instrumental in creating a memorable cricket experience for our girls.

As we witness the girls' growing interest and enjoyment in cricket, we encourage them to continue nurturing their skills and pursuing their passion for sports. These cricket sessions serve as a reminder of the power of sports in promoting teamwork, discipline and personal growth and we are proud to witness our girls embracing these values.

We look forward to witnessing their continued progress and success in both cricket and other sports, as they strive to reach new heights and make us proud.

Ms Agilara  
Head of Physical Education

*"Throughout the sessions, the girls demonstrated remarkable enthusiasm, embracing the challenges and relishing every moment on the field."*





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seize the day

HEADTEACHER

MS LINSEY HAND



Published and  
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Media Resources

## Artists of the month

This is a study I did based on a piece of artwork by David Morris. I chose this piece whilst I developed my ideas for my final exam piece. I particularly like this piece as I find it emotive and I really appreciate the tone and colours he used. His piece was completed in oil paint and I completed mine using water colour, gouache and tea. I used tea to create an olden effect. It's one of my most successful pieces



so far and I enjoyed working with Mr Pauro to develop my studies. Nusaybah Khan 11S

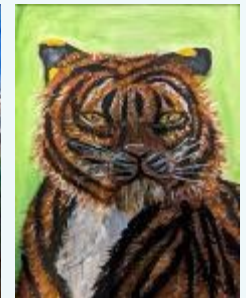


My multimedia page consists of a photomontage based around the introspective layers of birds from their beaks down to their feet, The piece interlinks my own drawings based on secondary sources such as reference images from magazines as well as cutouts from said magazines to increase a sense of texture and ability to feel the collage through the piece, as well as stickers and gold foil to tie in all the mismatched pieces, acting as an artistic glue bringing the piece together, why birds? Because they are derived from layers and are also commonly everywhere in the world. Maryam Hedayat 11W

I usually paint landscapes, animals, birds and flowers because I love nature. When I paint I use different paints such as watercolor, acrylic and oil paints. I painted a landscape with a hut and mountains, I got this inspiration from my holiday in Switzerland, I took a photo of a landscape and when I got home I painted it on a canvas.

I sometimes look at photos of animals and then paint, but sometimes I use my imagination when painting.

Zahra Zeeshan 7C



## Dates for your Diary

Whitsun Half-Term Holiday

- Monday 29th May to Friday 2nd June 2023

Staff Training Day (closed to students)

- Wednesday 14th June 2023

Year 11 Leavers' Event

- Monday 3rd July 2023 (4-8pm)

'Connaught Goes Out' Visits Day

- Thursday 13th July 2023

Last School Day of the Year

- Wednesday 19th July 2023

Years 9 & 10 depart at 12pm

Years 7 & 8 depart at 1pm

[www.connaught-school.co.uk](http://www.connaught-school.co.uk)