

12th September 2025

Dear Parents/Carers,

I hope this letter finds you and your families well. As always, I am pleased to share with you a Friday update at the close of our second week.

We have had a very positive start back at school. Our students have returned smart, polite and enthusiastic, which has been very encouraging indeed. They have gone out of their way to make our new Year 7s feel welcome, which is lovely to see. Thank you, as always, for your support in ensuring that your children have returned well presented, well equipped and ready to learn.

As a reminder, energy drinks have always been banned at school. Research is clear that they are not suitable for children: the very high levels of caffeine and sugar can affect sleep, concentration and behaviour, as well as longer-term health. The government is also moving towards an under-16 ban on their sale nationally. We ask for your continued support in ensuring that these drinks are not brought into school. Water bottles, which can be refilled throughout the day, remain the best way for students to stay hydrated and alert for learning, and we have new fountains in school to make it easy and accessible for them to be refilled.

In my first assembly of the year, I spoke about the idea of a fresh start for every year group. I reminded students of the importance of hard work both inside and outside the classroom, and of taking up the many opportunities that we provide, whether that is clubs, trips, visits or workshops. These experiences enrich students' time at school and help them grow in ways beyond the academic.

I include for your attention a letter from the Prime Minister, Keir Starmer, addressed to parents and carers on Best Start in Life. You can read it in full [here](#).

Free School Meals application

A timely reminder for all parents and carers: if your child is eligible for free school meals, please make sure to apply – even if they already qualify. Every application helps ensure our school receives the vital funding. For more information, please see [here](#).

Vaccinations

The following important message comes from the Waltham Forest Health Team, which we fully support as a school. Vaccination is the most effective way to protect children, families, staff, and the wider community from infectious diseases.

Thanks to vaccines, illnesses such as smallpox, polio and tetanus that once caused widespread illness and death are now eradicated or rarely seen. However, if vaccination rates fall, these diseases can return quickly.

Vaccination UK, commissioned by NHS England, will be visiting all Waltham Forest schools twice during 2025/26 to deliver routine vaccinations. This includes the flu vaccine for all year groups (autumn term), the HPV vaccine for Year 8 (spring), the 3-in-1 booster and MenACWY for Year 9 (spring), and MMR catch-up for any year group if needed.

You can read more about each vaccination here:

- [Flu](#)
- [HPV](#)
- [3-in-1 booster](#)
- [MenACWY](#)
- [MMR](#)

Please note that halal flu vaccinations are available and can be requested either when completing consent forms or by contacting Vaccination UK directly. We strongly encourage families to take up this offer, vaccination is one of the simplest and most effective ways of keeping our children and community safe.

Waltham Forest Mental Health Support Team

The Waltham Forest Mental Health Support Team has announced a series of upcoming webinars that students and parents might find helpful and informative. Please see [here](#) for more information.

Opportunity for children with disabilities aged 11 and over

An opportunity I would like to share for children with disabilities aged 11 and over to join The Together Troupe for weekly performing arts classes. Created by The Together Space in partnership with sisters Emily & Sophie from Down The Lens, this course offers a space for children with disabilities to explore, develop and showcase their creative skills. Build confidence through music, drama and dance with fun and engaging sessions - culminating in an end of term performance for friends & family. For more information, please see [here](#).

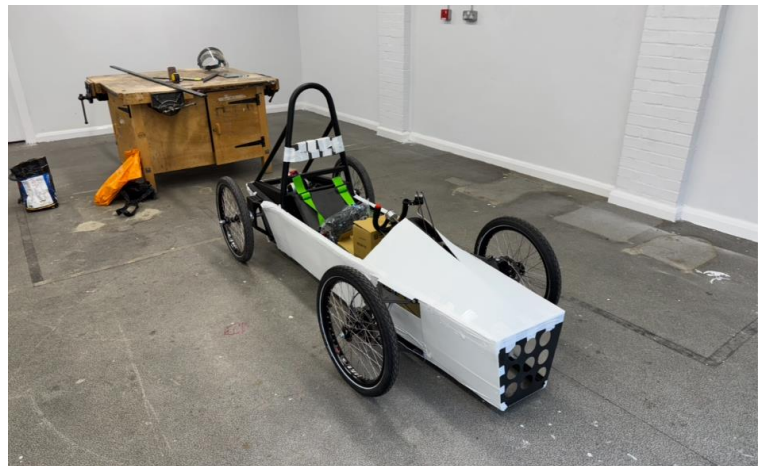
Next week's assemblies

Our assemblies will be about Harvest, and harvest festivals.

Green Power Car in association with Mercedes AMG

The racing car that the students will be working on and racing has arrived at the school, and the first session has convened. They will be choosing team colours, getting overalls and racing helmets and beginning testing and working on the car to make it faster! If you want

see the car, we will have it out and on stage at the open evening, as well as the pictures below:



Open Evening - reminder

On **Wednesday 17th September**, we will be holding our annual Open Evening at Connaught School for Girls. This is a wonderful opportunity for prospective students and their families to meet our staff and current students, explore the school, and gain a real sense of the vibrant learning community we are so proud of. We would be delighted if you could help us spread the word by sharing details of the evening with friends, neighbours, or colleagues who may be considering secondary school options for their daughters. Your support in promoting our school within the community is greatly appreciated and plays an important role in helping families discover all that Connaught has to offer. I have attached a flyer to the email and this will also be on the school Website and Social Media feeds.

The school will remain open late into the evening as staff and students welcome prospective pupils and their families to Connaught School for Girls. As the school will be in use until late that evening, we will operate a **later start the following day, Thursday 18th September**. Students should arrive at **9.50am**, ready to go directly to their Period 2 lesson.

Extra-Curricular Provision Survey

Please find below a link to a survey for you to give your feedback about the extra-curricular provision at Connaught School for Girls and to help us improve our offer for your child. We will be sharing a similar survey with students next week as well, but we would love to hear from you too.

[SURVEY LINK](#)

Attendance and Achievement Points

We have begun the new school year with great attendance.

Huge congratulations to both 10c and 11C who have achieved 98.57% attendance this week. Year 10 has the highest attendance so far overall with 96.44%.

All students are now being rewarded with Achievement Points (APs) by their teachers. APs can be awarded for excellent effort, excellent work, kindness and resilience. You will be able to see when your daughter is awarded an AP via the Arbor app.

Congratulations to Aiza (8F) who has received the highest number of APs so far in KS3 and to Aysha (10S) and Kerisse (10C) who have the highest number of APs in KS4 this week.

Uniform

We have started the year with very high standards of uniform; the students look smart and professional.

Please remember that students should not wear trainers (apart from their PE lessons) or boots; this includes Airforce type trainers.

Careers

Connaught x Goals4Girls x...Alessia Russo?

On Wednesday, two of our lucky students took part in a special Sky TV ad which launched a new Football initiative for Girls which will include a National tournament. They were invited by their football club Goals4Girls who will be the key liaison.

They were able to have a great conversation and kickabout with European Champion & Champions League winner Arsenal & England footballer Alessia Russo!

We are incredibly proud of Jasmine & Imaan, and we cannot wait to see their further success!. Goals4Girls x Connaught? Watch this space!



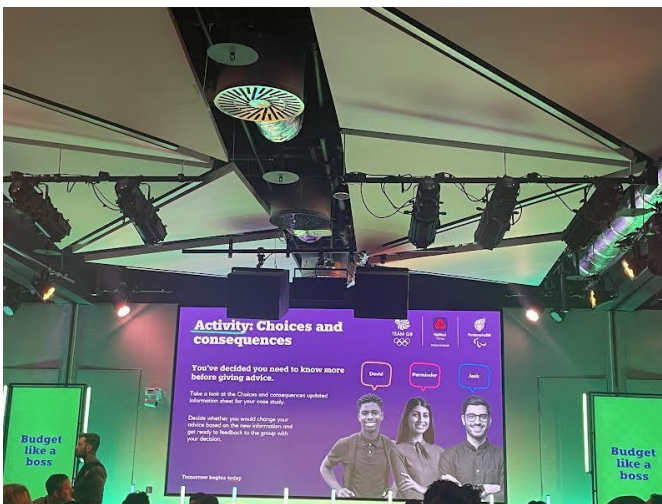
Year 9 visit to NatWest Thrive!

On Tuesday, 45 lucky Year 9s were invited down to Natwest's HQ in London, to take part in their flagship NatWest Thrive event. Braving the Underground strikes, and a journey which ended up taking 2 hours to reach Liverpool Street from Leytonstone, they embraced the different workshops and activities with a vigour and great aplomb



We are incredibly proud of their hard work and work ethic, and their resilience throughout the arduous journey! They were able to meet two famous celebrities - Social Media influencer Kit Brown and British Olympian Lola Tambling!

They also left with goody bags with a Water Bottle & hat!
We cannot wait for the next event!



As always, have a great weekend,

A handwritten signature in black ink, appearing to read "A. Silk".

Mr. Silk
Headteacher