

## Seize the day

EXCELLENCE. RESILIENCE. INCLUSION.

Headteacher: Mr Alexander Silk, MA , NPQH

**27th March 2026**

Dear Parents/Carers,

I hope this newsletter finds you and your families well as we come to the end of the Spring Term. A final Friday letter for the term, and an opportunity to reflect briefly on what has been a busy and purposeful period in the life of the school.

As we reach this natural pause point in the academic year, it is important to recognise the sustained effort, commitment and resilience shown by our students, and the professionalism and care demonstrated daily by our staff. The term has been characterised by a strong sense of focus and steady progress, underpinned by our shared values of excellence, resilience and inclusion. As always, this newsletter captures just a snapshot of the rich and varied experiences that make up school life, from student achievements and wider opportunities to important updates for families.

You may have seen recent national reports regarding cases of [meningitis](#) in Kent. While this is not in our local area, and current guidance confirms that the risk to our community remains low, we wanted to share this information as a precaution and to promote awareness rather than cause concern. Public Health colleagues locally have reassured us that the situation is not affecting our borough and is unlikely to do so, and they continue to work closely with local healthcare providers. As with any health matter, early recognition and prompt medical attention are very important. Symptoms to be aware of include a high fever, severe headache, neck stiffness, sensitivity to light, nausea or vomiting, drowsiness or difficulty waking, cold hands and feet, limb pain, pale or mottled skin, and in some cases a rash that does not fade when pressed. In younger children, symptoms may also include irritability, a high-pitched cry, poor feeding, or a bulging soft spot.

### Local opportunities

Two exciting opportunities to highlight now:

1. Students aged 12–16 are invited to apply for a Youth Advisory Board with Save the Children, focusing on campaigning to address child poverty in the UK. This is a really exciting opportunity for young people to have their voice heard and contribute to meaningful change. Applications close on Sunday 12th April. Further information and how to apply can be found [here](#).
2. The SC Johnson–funded Engineering Experience virtual course (25th–28th August 2026) is now open for applications to Year 8 and 9 students. Over four half days, students will take part in hands-on challenges in Cyber Security, Electrical Engineering and Space, while developing teamwork and problem-solving skills and exploring STEM career pathways. This is not a free opportunity; however, some fully funded places are available, and spaces are limited, so early applications are encouraged. For more information, please see [here](#).

A final reminder from me about Waltham Forest's Holiday Activities and Food (HAF) Programme, which will be running again over the Easter holidays. The programme provides funded holiday clubs offering a range of engaging activities, sports, creative opportunities, and healthy meals for eligible children and young people. This is a fantastic local initiative that supports families during the school break. Early booking is advised. For further details, eligibility information and guidance on how to book, please see [here](#).

### Visit to the House of Lords



Last year, Leah Chowdry visited



Connaught to speak about her journey with Inner Spark and the work she has done to support charitable causes. I found her talk really inspiring, and it encouraged me to sign up for the Inner Spark programme for young people. The programme focuses on empowering young people to create change and recognise that our voices are important and deserve to be heard. Through this, I became a member of the Bright Spark Council.

As part of the council, we meet once or twice a month, and we are given opportunities to speak at events such as galas and to people who can make a difference. On Monday I had the opportunity to speak at the House of Lords in front of MPs, invited guests, and Lord Raval. It was an

exciting and inspiring experience, and it motivated me to continue being involved in creating change.

Being part of Inner Spark has really improved my confidence. I wouldn't have felt able to speak in a setting like that before, but being surrounded by others who are passionate about making a difference has encouraged me to step out of my comfort zone. Overall, it has shown me the importance of using our voices to create meaningful change.

Arwa Alloune 11F

### **Non-Uniform Day – Thursday 26th March 2026**

We're delighted to report that our non-uniform day on Thursday 26th March was a huge success! Thank you to all our students who took part and brought their £1.00 donations. We were particularly impressed by how respectful and responsible our students were in their clothing choices, demonstrating maturity and understanding of what's appropriate for a school environment. We're proud to announce that we raised..... for *Breast Cancer Now*. This money will go directly towards the charity's vital work researching breast cancer prevention, improving treatment, and supporting those living with the disease. Every pound donated brings *Breast Cancer Now* closer to their goal of ensuring that every person diagnosed with breast cancer lives by 2050. A huge thank you to all parents and carers for your support and donations, to our students for their enthusiasm and participation, to form tutors for collecting donations during registration, and to the Student Voice team for organising this event. Your generosity will make a real difference to vulnerable children around the world and help fund crucial research into breast cancer.

### **CSFG Student Voice**

#### **Parent/Carer survey March 2026**

We place great importance on listening carefully to the views of our parents and carers, and we would very much welcome your feedback about your experience of Connaught School for Girls. Your insights are invaluable in helping us to recognise what we are doing well and, just as importantly, to identify the areas where we can continue to grow and improve. By sharing your perspectives, you play a direct role in shaping the priorities we set as a school, from the quality of teaching and pastoral support, to communication, enrichment opportunities and the overall well-being of our students.

Separately, we will also be gathering the views of students through a school-based survey, enabling us to triangulate feedback from both students and parents. This helps us to build a richer, more balanced understanding of the school experience and ensures that any improvements we make are informed by the perspectives of the whole community, allowing us to continue strengthening the quality of provision and the overall environment in which our students learn and grow.

We know that strong schools are built on strong partnerships, and meaningful engagement with parents is a vital part of that journey. When families take the time to reflect on their child's experience and provide thoughtful feedback, it enables us to make informed, evidence-based decisions that will benefit not only your own child but the wider school community. We are therefore keen to hear from as many parents and carers as possible.

Please do take a few minutes to complete our parent survey by **Friday 17th April**. The survey should take no longer than **10–15 minutes to complete**. Thank you in advance for taking the time to share your views with us. Your voice genuinely matters, and your feedback will help us continue to build a school where every student can thrive.

Use this link [HERE](https://forms.gle/k5q9S515UGSpsbJe6) or copy and paste this link to your browser:

<https://forms.gle/k5q9S515UGSpsbJe6>

### Assembly first week back

The assembly will focus on the start to the Summer term, with reminders about our values and expectations.

### Celebration Assemblies

We finished the school today with assemblies recognising and rewarding all the excellence of the Spring Term.

Huge congratulations to all our prize winners.

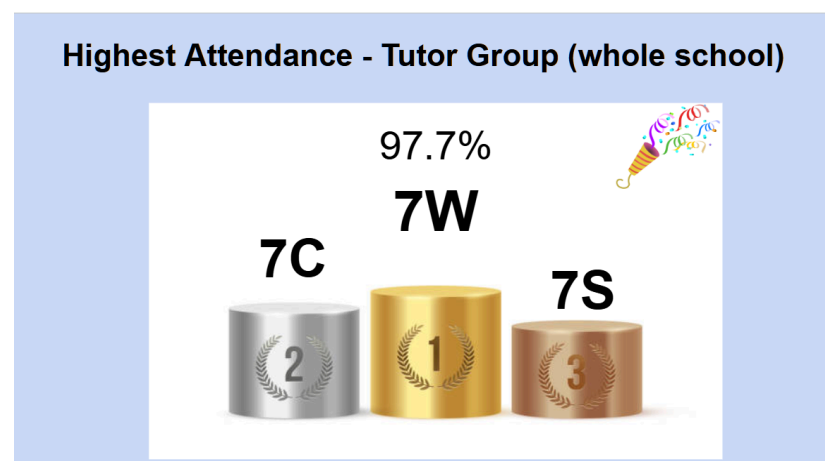
Highest number of Achievement Points (Individual):

Year 7	Year 8	Year 9	Year 10	Year 11
<b>Roseanna 7S</b>	<b>Aoife 8W</b>	<b>Zaiab 9S</b>	<b>Setaish 10F</b>	<b>Greta 11C</b>

Highest Number of Achievement Points (Tutor group):

Year 7	Year 8	Year 9	Year 10	Year 11
<b>7F - 1628</b>	<b>8W - 1806</b>	<b>9C - 968</b>	<b>10S - 1052</b>	<b>11C - 646</b>

Tutor Group Highest Attendance - Spring Term:



## Stir Food Catering

When students return from the Easter Break a new catering company will be providing school meals. After a short tendering process Stir Food Catering have been awarded the contract as new provider, over the last few weeks we have been working with them on student allergen information, menus, promotional material and mobilisation. I can confirm the price of a school meal will remain the same at £2.88. In the next academic year we will look at the possibility for students to choose from a variety of items if they prefer not to eat the set menu. Information about Stir Food and menus can be found here at

[Stir Food](#).

## Bedrock Leaderboard

The following students have gained the most points this week and are in the top 10! Postcards will be coming your way.

Leila Siraz 8C → 161 points

Aoife Rae 8W → 134 points

Rosanna Drew Rennie → 83 points

Gabrielle Djemili-Arnold → 68 points

Fatima Dehgamia 8F → 58 points

Nina Chen 8F → 55 points

Kaniskha Gnaneswaran 7S → 53 points

Maryam Rizwan 8W → 51 points

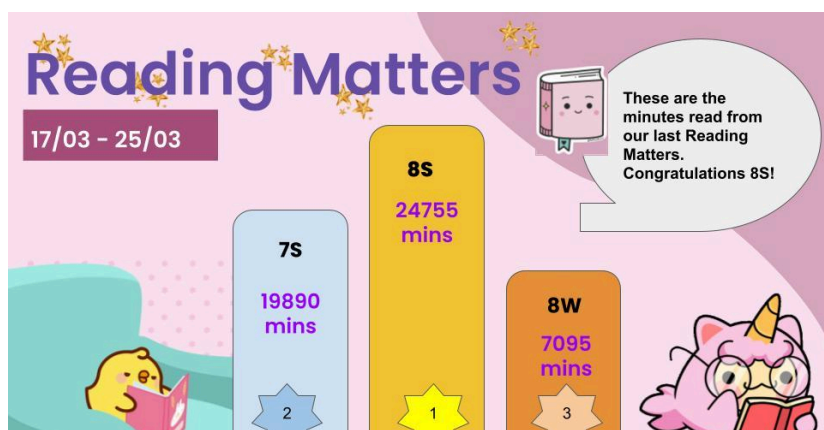
Tayba Hussain 8S → 50 points

Maryam Ali 8C → 49 points

*The student at the top of the leaderboard for the whole term is Aoife Rae 8W! Fantastic continued efforted Aoife! Aoife has been awarded a voucher to spend.*

## Reading Matters

Congratulations 8S on being this week's Reading Matters Winners!



Top reader of each form this week, and receiving a post card:

Year 7: Mahnoor 7C, Sumaiyyah 7F, Rosanna 7S, Imaan 7W

Year 8: Zairah 8C, Haniah 8F, Sofia 8S, Ozelle 8W

Year 9: Dixie 9C, Asma 9F, Ajwa 9S, Sakeenah 9W

*Special mention to our top reader of the year so far, Sofia Abid 8S who has logged 24,090 minutes! Sofia was awarded with a gift voucher.*

### **Young Poet Laureate programme**

A few months ago students were given the opportunity to become our region's Young Poet Laureate after a fantastic assembly lead by poet Blaize Alexis. In order to enter the competition, students were asked to enter a poem and a statement on why they wish to become a Young Poet Laureate. 20 finalists were chosen nationally, and two of our students are among the finalists, joining the others in London in April! *Congratulations to Sienna Amegashie 8F and Maria Rahman 9S!* We would also like to congratulate Mary Ellis-Williams 8F whose poem was highly commended by the judges and received a certificate from Simon Armitage, our current Poet Laureate.

### **Melanin Dreams by Sienna Amegashie**

My melanin shines, unbreakable and bright  
In my skin, I find my fearless light  
Confident, brave and strong I rise, I stand  
My head held high, free of speech  
Following my dreams with cautious hands.

My melanin shines, unbreakable and bright  
My skin tells narratives only I know  
A tapestry woven with courage and pride  
Stories behind my roots that never hide.  
A heritage of justice, deep inside

My melanin shines, unbreakable and bright  
Each tone a chapter, rich and intense  
In every shade, that history progress  
Dreams gushing down into your imagination  
Like rivers wild and free, and flow through your heart like  
Other such as you and me, in every pulse  
A whispered scheme.

But how now does my melanin shine,  
Unbreakable and bright, when society  
Still can't accept our power and light  
People that look like me face struggles and battles  
Yet they still fight through shadows and  
Stereotypes, they use their voice and  
Find that light to achieve their dreams.

But then again I say how does my melanin shine  
Unbreakable and bright, when they try to dim

What they don't understand from  
Microaggressions to colorism to discrimination  
It never ends, but I am much more than the struggles  
I face, I am a striking ball of light cracking through  
Darkness, a voice with dreams rising above the silence.

So you know what my melanin,

Does shine unbreakable and bright  
No matter what the world tries to say or do  
Or even change my melanin is my crown my  
Melanin is me, it tells a story of strength, resilience  
And beauty that cannot be erased nor be ignored,  
That's why with every step I take to claim my space, my worth and  
My dreams, I will pursue my right to shine  
Unbreakable and bright.

### **Orphan by Maria Rahman**

My steps echo in the hallway, coffee-colored floor boards glossy with water  
Frozen memories framed in gold  
Foreign eyes that follow me with each slap of my feet against the floor  
The walls cave, my heart clenches with a tight vice of my ribs  
I am an orphan, drifting within life  
Watching arms go around children.  
Every child but me.

The bedsheets smell like desperation and hollow eyes lick over my every movement  
Kids just like me, curled into balls by their bed sides  
They promise a better life, where the sun shines clearly and lands on faces in rivulets  
Where the curtains hang low in wisps and protect us from the danger outside  
But how many curtains can it take to protect us from the flame of danger lingering beneath our skin?  
Nothing, nothing can beat in the pain pulsing inside  
I can only watch from the tear-stained lens of my gaze

I take sips of fresh air outside  
Clouds dabbed against a cerulean background, tendrils of pale sunlight ripping through the clouds  
My heart is pounding, blood roaring in my ears.  
My eyes have gone distant, blurry even.  
It's hard to see when all you crave is those distant arms  
Arms, eyes, legs that are swallowed by earth

The sun rises and falls like my chest  
Within months, my mind have gifted me the present of forgetting  
I finally can cure my disease once thought inevitable  
No longer craving the foreign warmth  
I can finally exist for my body and my soul  
Not the ones resting down below.

**Do You Know My Name? by Mary Ellis-Williams.**

I look at me and she looks back those deep brown eye like chocolate  
“Nana do you know my name?” I ask her, praying she’ll say what I need to hear.  
But I am met with silence.  
I ask again “Nana do you know my name?”

She rolls her eyes at my persistence  
She hates being asked twice  
I wait for an answer I never got, but her eyes tell me that she knows my face but she just can’t remember my name.

But I’ll have to me okay with that.  
She won’t be able to listen to my rants about school  
Or when i get a good mark on my tests

I fear she’s forgotten my name but thats fine.  
It has to be fine  
I will stop bothering to ask “Nana do you know my name?”  
And start asking “Nana do you know who I am?”  
Hopefully she’ll roll her eyes

**Year 9 Sisterhood Project**

Now that the girls are nearing the end of their 6 week program, they have been spending time focusing on branding and creating content for their social campaign. For their campaign, the group has chosen to address the double-standards girls face in schools, calling it '**TheySayWeSay**'.

We wanted to take this opportunity to give a special shoutout to **Mysha Mohungoo (9F)** who wrote an incredibly moving 6-page poem - so moving it made one of the facilitators cry! She dedicated time to writing it in her own time in-between sessions and really used her voice to make her mark. Everyone was so impressed with it that it will now be used as the primary script and inspiration for their visual campaign. Well done Mysha!

**Extra-Curricular Provision**

Please find the ECP schedule for the Summer term below. To sign up for a club, students need to see the teacher who is leading the club in advance to sign up. If the club is at lunchtime, students need a note from them in their diary to be able to access early lunch and be able to enter the building by room 1.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
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<b>Before school</b>	Library Club 7:50-8:20 Library ET	Library Club 7:50-8:20 Library ET	Library Club 7:50-8:20 Library ET	Library Club 7:50-8:20 Library ET	Library Club 7:50-8:20 Library ET
	Breakfast Club 7:40-8:20 Dining hall PET	Breakfast Club 7:40-8:20 Dining hall DIA/PET	Breakfast Club 7:40-8:20 Dining hall DIA/PET	Breakfast Club 7:40-8:20 Dining hall DIA/PET	Breakfast Club 7:40-8:20 Dining hall DIA/PET
<b>Lunch time</b>	Year 8-11 Ted Team SIL HT Office	Year 8-11 Ted Team SIL HT Office	Year 8-11 Ted Team SIL HT Office	Year 8-11 Ted Team SIL HT Office	Year 8-11 Ted Team SIL HT Office
	LEGO Club CJ/DF Room 20	Homework Club NA Room 20	Homework Club DL Room 20	Homework Club RIC Room 20	Year 11 Biology Clinic AMR Mobile
	Key Stage 4 Art and Photography Club ELB Room 9	Key Stage 3 Reading Club RAH Room 36	Key Stage 4 Art Club HCO Room 17	Key Stage 3 Computing and Coding Club ALK Room 33	11x/Ma6 Maths Intervention RGN Room 3
	Year 10 Drama Rehersals MAL Drama Studio	Year 7 Cooking Club WAL Room H1	Year 7 Nuture Club ELK Room 42	11x/Ma3 Maths Intervention PET Room 10	Rollerskating Club DIA/GAG Gym
		Year 11 Geography Intervention DES Room 7	Year 11 Sociology Intervention KAD Room 5	Badminton Club GAG Gym Week B	Crochet Club HUS Room 17
		Year 11 English Literature Revision CAR Room 34	Textiles Club RAN Room H2	Year 9 Poetry Club BUR Room 35	Year 8 Connections Club ALI Room 38
		Year 11 History Intervention KLE Room 6	Green Ambassadors DES Room 7 Week A Only	Year 11 French Intervention FER Room 41	Drama Club MAL Hall
		Year 8 Attend Club ALI Room 38	Duke Of Edinburgh Support DES Room 7 Week B Only	Year 11 Chemistry Clinic AMR Mobile Week A Only	
		Drama Club MAL Hall	History Film Club KLE Room 6	Year 11 Drama Intervention MAL Room 8	
		Key Stage 3 Futsal Club KAD/GAG Gym	11x/Ma2 Maths Intervention ADO Room 4 Week B Only		

		11x/Ma5 Maths Intervention LAB Room 37	Dodgeball Club GAG Gym Week B		
			Year 7-10 Let's Celebrate KHL Room 39		
			Year 9 Teen Tech Awards KHN Library		
			Key Stage 3 Collage Club ELB Room 9		
<b>After school</b>	11x/Ma4 Maths Intervention AUL Room 1	Year 10 Maths Action Tutoring IN Room 4	Year 10 English Action Tutoring CAR Room 4	Year 11 Textiles coursework Club RAN Room H2	Year 11 Physics and Chemistry Intervention MUJ Lab 3
	Key Stage 4 Art and Photography Club ELB Room 9	Year 9 and 10 Debate Club KHN Library		Year 10 PE BTEC Booster Sessions DIA/GAG Room 32 Week B Only	11x/Sc3 Science Intervention Lab 4 IQB Week B
	Year 10 Drama Rehearsals MAL Drama Studio	Leyton Orient Football Club GAG Gym			
	Year 11 Spanish Intervention EMA Room 40	Year 11 Drama Intervention MAL Room 8			

Wishing you a wonderful Easter holiday. To all those celebrating, we extend our warmest wishes for a happy and peaceful Easter spent with friends and family.

We look forward to welcoming students back for the Summer Term, refreshed and ready for the final push towards the GCSE examination period and the culmination of another successful academic year.



Mr. Silk  
**Headteacher**