

3rd July 2026

Dear Parents/Carers,

I hope this newsletter finds you and your families well. We have a bumper edition this week! As another busy and successful week draws to a close, I would like to thank our students, staff and families for their continued support. There has been much to celebrate across the school community and many examples of students demonstrating the values that make us so proud to be part of the Connaught family. A Friday update for you, as always.

Recent reporting has highlighted growing concerns about the amount of sleep young people are getting and the impact this can have on wellbeing, concentration and learning. Experts are increasingly linking poor sleep to increased anxiety, reduced resilience, difficulties with memory and lower academic performance. As we approach the final weeks of the summer term, it can be tempting for routines to slip. We encourage families to continue supporting healthy sleep habits, including limiting screen use before bedtime and maintaining consistent routines. Good sleep remains one of the most important foundations for both learning and wellbeing. If students stay up late they are often tired in school and in the heat can find it difficult to focus and even to stay awake at times.

Bookings open on 22 June for the [Waltham Forest Summer Holiday Activity and Food \(HAF\) Programme](#), which runs from 27 July to 21 August. The programme offers a wide range of holiday activities and opportunities for children who are eligible for benefit-related Free School Meals, including specialist provision and support for children with SEND.

Families can find full details and booking information via the Waltham Forest website or by clicking on the link above. A limited number of places are also available through professional referral for vulnerable children who are not currently eligible for Free School Meals. Referral applications close on 13 July. We encourage eligible families to explore the opportunities available.

Researchers from [Queen Mary University of London have published groundbreaking findings](#) showing that the HPV vaccination programme has reduced the risk of dying from cervical cancer before the age of 30 to almost zero for those vaccinated in early adolescence. The researchers estimate that nearly 200 lives have already been saved in England, and for the first time there were no recorded cervical cancer deaths among women aged 20–24 between 2020 and 2024.

This is an extraordinary example of how scientific research, public health programmes and vaccination can transform lives. Vaccinations remain one of the most effective ways of preventing serious illness and protecting communities. We are grateful to all families who engage positively with school vaccination programmes and help ensure young people receive this important protection.

Waltham Forest Music Service is offering an exciting two-day Songwriting Course for young people aged 14–18 who are interested in creating their own music. Whether students play an instrument, write lyrics, sing, or are simply passionate about music, this course provides a fantastic opportunity to develop their creativity, confidence and songwriting skills. The course costs £85 per student with the final booking deadline is **8 July**. Places are limited and expected to fill quickly. Further information and booking details can be found at:

<https://summersongwriting.eventbrite.co.uk>

Finally, it is possible that [temperatures may rise above 30C](#) again next week. From Monday 6th July- Friday 10th July, students will again be permitted to not wear their blazers or ties in the extreme hot weather. We will send out further messages if we adapt the school uniform the following week as well. Students must have with them (and wear) their school lanyards clearly and visibly at all times. We hope this temporary adjustment will help students remain comfortable and focused on their learning during the hot weather. Students should continue to bring a refillable water bottle, stay hydrated throughout the day and apply sunscreen before coming to school where appropriate. As this adjustment is being made specifically because of the hot weather, students should not wear non-uniform sweatshirts, hoodies or other additional layers. If temperatures are above 30°C, there is little need for extra clothing, and we ask families to support us in ensuring that students dress sensibly for the conditions. [Stay well in the heat](#). Thank you for your support.

Assembly week beginning 06.07.26

Next week's assembly theme will be the Gaudí Centenary which commemorates the 100th anniversary of the death of visionary Catalan architect Antoni Gaudí (1852–1926). The assembly will be led by Ms Broadway, Head of Art and Photography.



Year 10 World of Work

On Monday 29th June, our Year 10 students began their two-week work experience placements. Following our visits this week, it has been wonderful to see how much they are enjoying the experience, with employers providing overwhelmingly positive feedback. Students are developing valuable workplace skills, including teamwork, initiative, problem-solving and customer service. We are delighted with the way they have embraced this opportunity and wish them continued success for the remainder of their placements.

Work experience provides our students with an invaluable insight into the world of work, helping them build confidence, develop independence and explore future career aspirations. We would like to extend our sincere thanks to all of the employers who have generously welcomed and supported our students. Their commitment to providing such positive and meaningful experiences is greatly appreciated, and we look forward to hearing more about our students' achievements during their second week.

Common Transfer Day – Welcoming Our New Year 7 Students

We were delighted to welcome our incoming Year 6 students for this year's Common Transfer Day. The visit gave students the opportunity to explore Connaught, meet staff and students, and take part in a range of exciting activities to help them feel prepared for September.

The day was packed with fun activities, giving everyone the chance to be creative, make new friends and become more familiar with our school. Students made fantastic clay owls in Art, designed their own bookmarks in Textiles, and enjoyed taking part in Drama activities. They also loved meeting Teddy, our friendly school therapy dog, who was a big hit with everyone!

A treasure hunt around the school helped students discover different areas of the site and become more familiar with their new surroundings. We also held a Q&A session, where they were able to ask questions and find out more about life at secondary school.

Our brilliant Year 9 students were on hand throughout the day, offering support, encouragement and a friendly smile. It was wonderful for our new students to meet some familiar faces who will be there to help them settle in when they start in September.

We had a fantastic day getting to know our future Year 7s and can't wait to welcome them back as members of our school community in September!

Duke of Edinburgh Award Expedition

Congratulations to our Year 10 students on the successful completion of their Duke of Edinburgh Award expedition!

Over the course of the expedition, 18 students demonstrated outstanding resilience, teamwork and determination as they completed a challenging 17km walk, taking approximately six hours to reach their campsite. After a long day of hiking, students worked together to pitch their own tents and prepare their evening meals independently, showcasing the practical skills they have developed throughout the programme.

Every student conducted themselves in an exemplary manner and were a credit to both themselves and the school. Their positive attitude, perseverance and support for one another throughout the expedition were truly impressive.

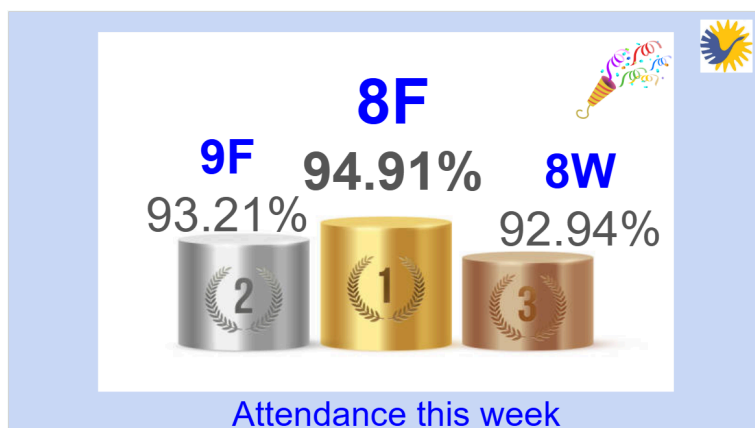
A huge congratulations to all of our Year 10 participants on this fantastic achievement. We are incredibly proud of everything they have accomplished and look forward to supporting them as they continue their Duke of Edinburgh journey. The following newsletter will also include some accounts from the students themselves so that the current year 9 and the following year 8 cohort can look forward to completing their own expedition.

Attendance Matters

The Department for Education published new analysis highlighting how seemingly small absences can quickly add up and have a significant impact on a child's education and future opportunities. The research found that children are up to 55% more likely to miss school on

their birthday and that absence rates rise significantly in the final week of term when schools do not finish on a Friday.

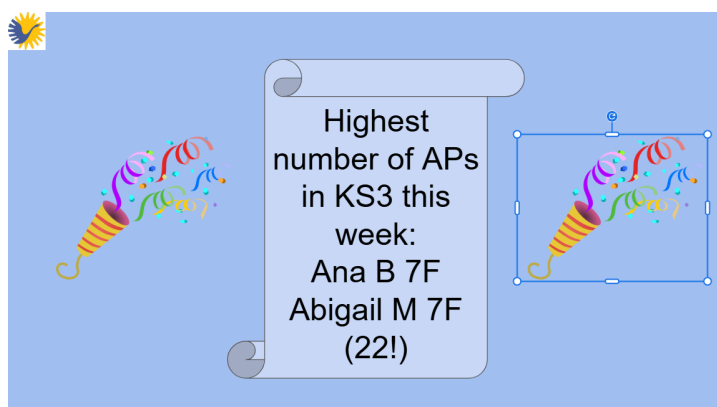
While an occasional day away from school may appear insignificant, the evidence is clear: regular attendance matters. Students with very high attendance in primary school are significantly more likely to reach expected standards in reading, writing and mathematics, while persistently absent secondary pupils are around three times more likely to become NEET (Not in Education, Employment or Training) later in life.



As we move towards the final 2 weeks of the academic year, I would encourage all families to continue making attendance a priority. Every day really does count.

Achievement Points

Congratulations to:



Careers

YR9 visit Ashurst!

As part of our school's continued partnership with Young Citizens UK, we were invited down to a very special Law Workshop at the esteemed law offices of Ashurst Perkins Coie. In a similar vein to our JP Morgan Law Workshops, our future Sociology cohort were treated to a discussion and sit-down with a range of lawyers, identifying career pathways and key elements of the legal profession. This was a great way for our Year 9 students to begin thinking clearly about their career choice and gain valuable insight from working professionals.

We look forward to sharing more opportunities with our Sociology Cohort over the next couple years!

During our Year 9 Sociology trip, we visited Ashurst Perkins Coie, an international law firm, where we had the opportunity to take part in an engaging workshop called "The Big Legal Lesson." The session was led by real lawyers from the firm, giving us a valuable insight into

the legal profession and how the law affects our everyday lives.

Throughout the workshop, we explored the differences between bills, acts, and laws, and learned about the process of how new laws are created. We also discussed how many laws have an impact on our daily routines, often without us even realising it. This helped us understand that the legal system is closely connected to society and influences many aspects of our lives.

One of the most interesting parts of the workshop was when we were asked a series of thought-provoking questions. One question that sparked a lot of discussion was, "If you could introduce a new law or change an existing one, what would it be?" Everyone contributed different ideas, showing how varied people's opinions and priorities can be. Some suggestions were light-hearted, such as making loud chewing in public illegal, while others focused on more serious issues, like legalising pepper spray for self-defence. Hearing such a wide range of viewpoints made the discussion both entertaining and insightful.

The workshop encouraged us to think critically, express our opinions clearly, and listen respectfully to the ideas of others. Speaking in front of a larger group helped build our confidence, while the open discussions inspired us to think creatively about how laws can shape society. Most importantly, the experience taught us that our ideas are valuable and that everyone has the ability to contribute to conversations about important social and legal issues. Overall, it was an enjoyable and educational experience that gave us a greater appreciation of the role law plays in everyday life.

Darcey S (9C)



Work Shadowing Day - Year 9

We are pleased to announce that Work Shadowing Day for Year 9 (current Year 8 cohort) will take place over two days in the upcoming academic year, on the 3rd & 4th December 2026. Please take this opportunity to begin planning for the two days ahead of a very pivotal next few months as you begin to decide upon your Options for GCSEs.

More information to follow in upcoming assemblies!

Girls into Electronics Visit at UCL

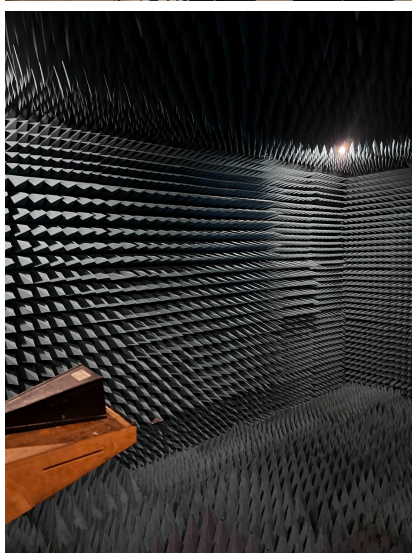
On 1st July 2026, six selected students from Connaught School for Girls attended the Get into Electronics event at University College London, led by Mr Ali, Head of Computing. The event gave students a valuable opportunity to explore electronics, computing and future career pathways through hands-on activities, including working with microcontrollers and programming. Students also had the chance to hear from industry professionals and learn how computing links to a wide range of subjects, including medicine, biology and engineering.

A special congratulations goes to Khadija and Ajwa, who came first place in a microcontroller programming challenge and won some fantastic goodies. Mr Ali said he was extremely proud of them, especially as they came first out of more than 60 students who attended from across wider London.

The visit was a fantastic example of the extra-curricular opportunities available at Connaught, helping students build confidence, develop technical skills and see where Computing can take them beyond the classroom.

Student Testimonial

“My experience at UCL was amazing. I really enjoyed the activities and feel that I benefited a lot from the visit. I learnt new things, such as how computing is needed in many subjects, including biology and medicine. I also won a competition based on programming a robot, which I found really enjoyable. I was very proud that my partner and I won against 60 other people.”



A visit to one of UCL's prestigious laboratories, including a soundproof room used for specialist experiments.

Extra-Curricular Provision

	Monday	Tuesday	Wednesday	Thursday	Friday
Before school	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
Lunch time	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 RIC Room 20	Homework Club NA Room 20	Homework Club DL Room 20	Homework Club/ Games Club RIC/ SM 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 Rehearsals MAL Drama Studio	Year 7 Cooking Club WAL Room H1	Year 7 Nuture Club ELK Room 42	11x/Ma3 Maths Intervention PET Room 10	Year 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		
		Jewellery Making Club SM Room 20	Year 7-10 Let's Celebrate KHL Room 39		
			Year 9 Teen Tech Awards KHN Library		
			Key Stage 3 Collage Club ELB Room 9		
			GCSE Art Coursework Catch Up Club HOC Room 17		
After school	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			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 great weekend.



Mr. Silk
Headteacher