

# Preston Manor Upper School

## December 2019

### Diary Dates

#### **Monday 6 January 2020**

Term begins  
Year 13 PPEs

#### **Thursday 9 January 2020**

09:00 SEND Open Morning

#### **Saturday 11 January 2020**

Music Academy start of term

#### **Monday 13 January 2020**

Staff Inset - school closed to students

### Awards Evening Celebration

Our Annual Awards Evening took place on Tuesday, 10th December 2019. Our guest speaker was former student David Adeola a Chartered Engineer at the world leading multinational conglomerate General Electric. The event was a great success and well attended by families of the students.

Attendees were also treated to excellent dance and music performances by students from all year groups. Dr. Donald Palmer, the Chair of Governors, and the Associate Headteacher, Ms. Sophie Welch, spoke with real emotion of how inspirational each of these students were to all in our school and local community.

Thank you to Mr Ward, Assistant Headteacher, and Mrs. Loreen Williams for their outstanding organisation of this

### Key Stage 3

<i>Art, Design and Technology:</i>	Marwa Aouil Ghamzi
<i>Citizenship:</i>	Adam Hyder
<i>Computing:</i>	Mazama Rustamkhil
<i>ICT:</i>	Daniela Lane
<i>EAL Leaps in Language:</i>	Mamata Thapa
<i>English:</i>	Hena Iqbal
<i>Geography:</i>	Sharley Patel
<i>History and Social Sciences:</i>	Zahra Al-Shakargi
<i>Leaps in Learning (SEN):</i>	Daria Boian
<i>Mathematics:</i>	Asma Tabibi
<i>Modern Foreign Languages:</i>	Andreea Prodan
<i>Performing Arts:</i>	Mariam Hatamikia
<i>PSHE:</i>	Chris Mutombo Ramazani
<i>Physical Education:</i>	Brandon Njoku
<i>Religious Studies:</i>	Maria Vasalie
<i>Science:</i>	Mathusha Sanmugarajah

## AWARDS EVENING 2019

### Key Stage 4

<i>Art, Design and Technology:</i>	Wadiah Lilya Jamal
<i>Business Studies:</i>	Shanae Griffiths
<i>Citizenship:</i>	Zery Ghous
<i>Computing:</i>	Jaymit Patel
<i>Drama:</i>	Aliyah Araz
<i>ICT:</i>	Azzah Abubacar
<i>EAL Leaps in Language:</i>	Kamylle Motta
<i>English:</i>	Mahek Parekh
<i>Geography:</i>	Disha Borse
<i>History</i>	Maariya Ali
<i>Leaps in Learning (SEN):</i>	Alif-Din Dadd
<i>Mathematics:</i>	Anisa Masruri
<i>Media:</i>	Yasmin Safieddine
<i>Modern Foreign Languages:</i>	Jakub Wlodarczyk
<i>Performing Arts:</i>	Maria Almeida
<i>PSHE:</i>	Habibatu Jalloh
<i>Physical Education:</i>	Cristina-Georgiana Bicher
<i>Religious Studies:</i>	Niya Rai
<i>Science:</i>	Antony Antoniou
<i>Sociology:</i>	Rebeka Koci

### Year 12 Awards

<i>Art, Design and Technology:</i>	Cleo Stern
<i>Business Studies and Economics:</i>	Elikem Katro
<i>Computing:</i>	Kush Khatri
<i>English:</i>	Marwa Ahmadi
<i>Health &amp; Social Care:</i>	Iqra Ali
<i>History:</i>	Aaron Addo
<i>Government &amp; Politics:</i>	Moin Dhami
<i>Mathematics:</i>	Manthan Patel
<i>Media:</i>	Sisham Kc
<i>Performing Arts:</i>	Michael Huang
<i>Psychology:</i>	Preet Naik
<i>Religious Studies:</i>	Naji Kubah
<i>Applied:</i>	Mehaira Abdelhamid
<i>Biology:</i>	Kerolos Sharobim
<i>Physics:</i>	Aashish Chapagai
<i>Sociology:</i>	Sadea Nasire

### Year 13 Awards

<i>Art, Design and Technology:</i>	Bozhidara Padarska
<i>Business Studies and Economics:</i>	Shakeel Ahmet
<i>English:</i>	Maryam Elawad
<i>Government and Politics:</i>	Monzer Mortada
<i>Health and Social Care:</i>	Janki Hirani
<i>History:</i>	Fatima Jeelani
<i>Information Technology:</i>	Elias Omar
<i>Mathematics:</i>	Vera Arabi
<i>Media:</i>	Hannah Kerai
<i>Modern Foreign Language:</i>	Arwa Syed
<i>Psychology:</i>	Sateesh Selvaradjou
<i>Religious Studies:</i>	Habashi Yasmeen
<i>Biology:</i>	Eesha Thakkar
<i>Chemistry:</i>	Hadil Kheirallah
<i>Physics:</i>	Praveen Kunaseelan
<i>Sociology:</i>	Jihan Ally

### Special Awards

<i>Head Boy:</i>	Zeyn Al-Sukhny
<i>Head Girl:</i>	Ifrah Hussein
<i>Year 11 Prefect Award:</i>	Yasmin Safieddine
<i>Jack Petchey Award:</i>	Chris Mutombo Ramazani
<i>Behaviour Panel Award:</i>	Ali Jaber
<i>Learning Mentor Award:</i>	Aurora Corazza
<i>Learning Resources Centre Award:</i>	Zahra Al-Shakargi
<i>School Council Award:</i>	Reem Al Shaheen
<i>Geraldine Burke Award for Perseverance, Determination and Hard Work:</i>	Tianna Reid
<i>Head's Award for Significant Improvement:</i>	Baker Hameed
<i>Dr Bannister Award for Outstanding Contribution to the Life of the School:</i>	Martim Freitas Pereira
<i>Godi Panzout Award for Good Character:</i>	Daniel Gouveia
<i>Mital Award for Courage:</i>	Mathushanan Vasantharaja
<i>Creative Writing Award:</i>	Aliya Nsemoh
<i>John Bowerman Award for Sports:</i>	Muhammad Armaan Nawaz
<i>Dan Graham Community Award</i>	Mohamed Hassan



### War Horse Performance

The Geography, History and English departments are working in collaboration to develop cross-curricular links and improve cultural capital through enrichment opportunities. Thus we took 30 Year 9 students to see 'War Horse' being performed at the new theatre in Wembley, providing students with the exciting opportunity to see this award winning adaptation of Michael Morpurgo's novel about World War One.

Students thoroughly enjoyed the performance as well as gaining greater knowledge of the topic they are studying.



## Art and Design

### Artist of the Month

The department has introduced an innovative student "Artist of the Month" initiative. High quality student work is selected and celebrated to showcase excellence. As part of the exciting build-up to Brent London Borough of Culture 2020, the Head of Faculty will be working closely with the Yr 10 DSD on an inspirational iconoclastic Mural to be designed by Preston Manor students and exhibited in Schools across the borough. The Brent 2020 City of Culture will have cross-curricular support from Art as well as Music, Geography and History.

### FAD Fashion Futures Final

Early in the term, Yr 11 student Larna Tamim represented Preston Manor on the catwalk of the FAD Fashion Futures Final. The following is the press release for the event;

*"This is the first time I've ever done anything like this. I'm only 15 so it's all very new to me. But in just a few months I've learnt how to make an entire dress from nothing. Ever since I was young, I really wanted to be a fashion designer and I thought it would go away, but FAD made me want to explore it way more. I've learned a lot of technical skills. I hadn't even used domestic machines before this. So I've learned using industrial! By the time I'm 20 I can say "5 years ago I was in London Fashion Week!"*

## English

This term students took part in the *Jack Petchey Speak Out Challenge* which is a programme managed and delivered by Speakers Trust, the UK's leading public speaking organisation and funded by the Jack Petchey Foundation. Thirty Year 10 students had the opportunity to develop their communication skills, build confidence, developing skills and creating platforms for them to share their stories and ideas. Students performed fantastically well and should be proud of their achievement.

# Business

## Business celebrations

Year 12 Business Studies students went to our lower school last week to help Year 5 and 6 with their business plans for the Christmas fair. They delivered an hour long business lesson to Willow, Maple, Poplar and Rowan where the upper school students helped with finance and marketing ideas. Year 12 students worked as a team to produce their teaching ideas and showed good leadership skills when taking the lesson.

Year 9 Business Studies students and involved with "Mosaic", a Prince's Trust organisation helping students develop life skills through being allocated business mentors conducting activities across a 12 week programme. The students have been positive and have progressed well and shown a growth mindset. The visitors have complimented the students on their work ethos and their contribution to the activities.

## Music and Performing Arts

### Music Mark

We are proud to be able to share that the Music Department and Music Academy have been awarded the Music Mark from The UK Association for Music Education and Associated Board of the Royal Schools of Music. We were nominated for this prestigious award by Brent Music Service because of the large amount of outreach work that our Head of Music takes part in plus Preston Manor's commitment to valuing music as a key part of our curriculum offer. A fantastic achievement for the department.

### Faculty of Performing Arts

As usual September got off to a flying start for The Faculty of Performing Arts as it was announced that the School had been awarded Roland's prestigious Champion School for Music status for a sixth year running. The faculty performed it's second all through '*Year 5 and 7 Faculty of Performing Arts Afternoon*' which showcased the range of activities available in Music, Dance and Drama in the upper school. Students enjoyed a drama extract about the dangers of smoking performed by Year 9, a solo violin piece, and several dances from both the Key Stage 3 and 4 dance groups as well as singing the, by now, legendary songs about the environment.

In October *English National Opera* made a welcome return to the school to deliver a workshop to prospective Year 9 GCSE Music and Drama students. During the two-hour workshop students explored vocal technique, movement and characterisation. Many also signed up for the *ENO Baylis youth workshop* that took place over the half term – something that our students have been participating in for a number of years now. A group of dancers from across the school visited the *Brit School* to see a showcase of a range of dance styles delivered by the *Kronos group*. As well as enjoying the performance given by students only slightly older than themselves, it was also a welcome chance to catch up with ex Preston Manor pupils now studying at the Brit School.

This December there were two performances of '*We Wish You a Jazzy Christmas*'. One with Year 4 in the lower school and the second at the Music Academy. Preston Manor musicians joined by community jazz band 'Old School Assembly' to perform jazz inflected versions of '*Away in a Manger*' and '*Jingle Bells*' arranged and conducted by Mr Crawley. We will also hear a special version of the Gershwin classic '*Summertime*' rewritten by the students to reflect winter or Christmas helping to address literacy for life through creative song writing.



## **Citizenship**

### **Black History Month**

Citizenship Lead Learners from Year 8 and Year 9 created two competitions; a portrait competition and an exhibition doors competition. Students had to choose a significant figure from black history who they researched and then exhibited information about on their form room doors. The Citizenship Lead Learners took full ownership for organising the competitions: creating the posters to advertise the event, the slideshow explaining the competition rules and also approaching members of staff to take part in the judging. The winners of the exhibition doors competition were: 1st prize to 7T for their door on Barack Obama, 2nd prize to 9P for their door on Magid Magid and 3rd prize to 9E for their door on a variety of figures from Black History. Congratulations!

# **Mentoring**

### **Structured lunchtime activities**

The Lead Learning Mentor, Ato Carboo, has been working with his regular cohort of intensive mentees and has organised highly successful football and basketball tournaments already this year with more planned for the future. This has seen teams made up of students from a variety of year groups in order to support inclusive and cohesive teamwork in a structured way during lunch time.

### **Black Boys Council**

The BBC are in the final stages of this year's programme before the new cohort takes up office in January. They have been working on a leadership programme, assisted with the basketball and football tournaments and have produced an extremely effective assembly for Black History Month on remembering the contribution of significant black figures in History and was delivered to all years in the upper school. We plan to adapt it for presentation in our own lower school and have had a request for it to be performed in a primary school in Harlesden.

### **The Preston Manor Basketball tournament 2019 was another huge success!**

The Black Boys Council (B.B.C.) organised this Basketball tournament at the student's request as the 2018 Basketball tournament they organised was so popular.

The B.B.C. made the tournament as fair as possible by creating application forms, distributing them to students, and collecting them in. Year 11 Captains selected an equal mix of players from Yr7 to Year 11. It was great to see students from all year groups and all abilities coming together and taking part in this tournament. There were over 200 students and staff that watched final which was an enthralling event.

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The Preston manor dance troop came and did a special Black History Month dance performance at half time which all the students and staff really enjoyed, so thank you to the dance troop and Ms. Robinson for organising that. Also big thank you to Mr. Callan who did a sparkling job of refereeing all the matches. There was an amazing atmosphere and for the entire tournament and it was played in the best possible taste and we saw some real talent emerge from the players. Well done to everyone that took part and made such an exciting, fun competitive event.

The (B.B.C.) are already in the process of organising a Spring Basketball tournament.





# The Carboo cup Winners 2019



## Carboo Cup Winners - West Ham

The Carboo Cup is a tournament was run by Mr. Carboo in the Mentoring department. The aim was to give students a focus for lunchtimes, get the year groups to mix and interact positively with each other, and develop respect, discipline, and leadership skills. The Carboo Cup has been a great tournament. It has been very exciting and the students have really enjoyed the fact the tournament consisted of four London Premiership teams; Spurs, Arsenal West Ham and Chelsea.

### Overview

4 staff referees

Yr11 students as managers of teams

Over 80 students involved from Yr7 – Yr11

Winning team rewarded with the Carboo Cup trophy displayed with their team photo in the hall, Pizza Party and FIFA 20 Tournament

Promotes social cohesion across the year groups

Promoting positive staff/student relationships

Two matches played simultaneously on Wed and Fridays

Large numbers of students would gather to watch the matches each day

Gave students a positive focus and topic of discussion

Students reported to of felt happier, more relaxed and had something to look forward to at school.

### Student quotes:

**Student 1:** The Carboo cup was a brilliant tournament. All years played together. It made everyone connect. It was good clean completion and we got to know the other year groups.

**Student 2:** The Carboo cup was organised very well, and we played two matches played at the same time every Wednesday and Friday. It was really exciting, it brought students together and developed us. But if you got a serious sanction in school you would be banned from the match!

**Student 3:** The Carboo Cup helped the older years build relationships with the younger students which we don't usually speak to. It built respect. We learned to play fairly, take a loss and Mr. Carboo made sure we always shook hands after matches.



# Science

## **Science Events**

Following the combined successes of previous clubs, events and showcases students going into Year 12 spent a portion of their summer developing a years STEMM program for Key Stage 3 and Key Stage 4. The first project has been completed and the group now has a loyal group of budding scientists from Year 7 and Year 8 working on their second investigation. This club has been developed and led by students, with teacher support in the form of providing a venue, structure and continued guidance.

## **Link events**

Last years lower school link events were developed with the structure and guidance afforded through the SSAT leadership legacy project. The series of events were celebrated and the write up is to be published by the SSAT as it was deemed a fabulous example of a 'whole student experience.' Later this month we repeated our molecular gastronomy showcase. Year 12s recruited Key Stage 3 helpers to put on a demonstration and taster session for 180 pupils and parents from the lower school. The event combines cross-phase, cross-curricular and parental engagement benefits, alongside a strong show of pupil passion. This years event has been up scaled to include pupils from across our whole school.

## **Lower School Collaboration**

This year the Upper School Science Department are working closely with colleagues from lower school to ensure better KS2-KS3 transition in Science. So far, we have had upper school science teachers observe KS2 science lessons as well as Jonathan Etan (Lower school science lead) join us for department meetings to discuss the curriculum. The upper school Science Department are also hoping to be able to support the lower school with providing specialised equipment for practical work.

## **Science Colloquium**

We held our first Science lecture on the 11th December. An Astronomy author and speaker is coming in to address all the KS4 separate science and KS5 science students to inspire them beyond the Curriculum.

## **ORBYTS project**

Next term we are hoping for our KS5 Physics team to continue their collaboration with UCL for a third year. This involves some of our selected physics students working on research lead by a postdoctoral student from UCL. Previously this has led to journal publications for some of our ex-students.

On Wednesday 11<sup>th</sup> December 2019 Preston Manor School held our first Christmas science lecture. The yr11 separate science and A level science students were treated to a one-hour presentation by the renowned Astronomy author, writer and speaker, Colin Stuart.

## **Science Lecture**

Colin Stuart has written 16 books on Astronomy which have sold more than 300,000 copies worldwide and have been translated into 19 languages. He has also written over 200 science articles that have featured in publications that include the Guardian, New Scientist, the Wall Street Journal and the European Space Agency. He has been a guest on Sky News, BBC news, Radio5Live and has also been quoted in many National newspapers. In recognition for his efforts to popularise astronomy, Asteroid 15347 has even been named after him.

During the lecture, he mentioned how colonising Mars was soon going to be a reality and the fact that the first Astronaut to land on Mars is of school going age.

The students listened intently and had many engaging questions answered. Some were even keen on knowing which subjects they needed to study in order to become an astronaut in the future. Who knows but maybe the first person to walk on Mars will an ex-student of Preston Manor!

# Year 8 celebrations

On Wednesday 6th November a group of 50 Year 8 Pupils went to visit The New College of Humanities in Euston. The objective of the trip was to raise their educational aspirations and excite them about their future. On the day, students were given the opportunity to be truly immersed into a unique university environment. With the support of Dell computers students participated in a range of activities which gave a glimpse into the various humanities subjects students study there such as Law, Philosophy, Politics and History.

The activities included working in teams, debating, delegating tasks and doing a presentation. The day included Student Ambassadors from the University speaking about their experiences and their journeys from school. Dell volunteers also gave an insight into Dell.

## Sixth Form

### Sixth Form Enrichment Programme

As always it has been a busy and productive term in Sixth Form. Fourteen students in Year 13 submitted Early Deadline applications to Oxford, Cambridge and Medicine and Dentistry courses and we are now working with them to prepare them for potential interviews. The five early deadline engineering students all went to the Engineering firm, *Buro Happold*, over half term, where our ex student, Peter Nugent, an established engineer for the firm, gave them all practice interviews on site. Last Friday after school, they also attended an Engineering workshop, hosted by another ex-student, Viral Gandhi, who has recently completed his Engineering degree at UCL with a 1st Class Honours and is now working towards his chartership. He presented interview style engineering questions for the Year 13 students while Year 12 students observed, gaining an insight into what is required for an Engineering application. This was followed by a Q&A session.

The Medicine and Dentistry applicants have benefited from a number of 1-1 interview practice sessions through Sixth Form Solutions. In December another ex-student, Namrata Gandhi, now a practicing GP, will be coming in to run a mock interview with selected Year 13 applicants with Year 12 students observing. This was an experience that Namrata benefited from herself when she was in Sixth Form, both as a Year 12 student and a Year 13 applicant.

Our applicant for Computer Science (Oxford) is getting one to one help via skype meetings from ex-student Ravi Shah who is currently studying Computer Science at Cambridge. Ex-student, Avni Chotai, currently doing a PHD in maths at Imperial, will be coming in to give one to one interview help to Oxford maths applicant, Ishaan Shah, while our physics department, Dr Pedram and Ms Ait-Brahim are giving additional time with physics applicant Ibrahim Najmudin.

In Year 12, all students have been working hard to build up their Enrichment profiles. All students complete a weekly Watch and Listen and Join the Debate in addition to building on their own chosen areas of independent study via MOOCs courses such as Future Learn. The More Able cohort have all been introduced to the HE+ Cambridge website and the OXplore website from Oxford University and will be using these to extend their learning. Many students have already taken part in a number of events this term including: *CV workshop hosted by the global food company Bakkavor*, *Dyson Robotics workshop*, *PWC workshop*. Year 12 have been encouraged and supported in applying for a number of Enrichment programmes including: *Kings+*, *SMF Aspiring Professionals*, *Pathways to Law /Banking/Property*, *the Young Lawyer Programme*. Students have also attended or applied to attend university events including QMUL's Global Health taster, University of Cambridge Masterclasses.





# Congratulations

Huge congratulations to Yasmin Safieddine who was the **highest performer** across all UK schools, in OCR's GCSE Media Studies Exam in June 2019.

Congratulations for this incredibly impressive achievement. She is an extremely dedicated and hardworking student, who we are very proud of.

## Parent Association

This term, the Parent Association had a very positive relaunch. This proactive parent forum invited themes proposed by parents and answered by staff and key members of the broader school community. In addition, a small sub-group called 'parents Focus' group has been formed, to set the agenda ahead of the PTA meetings. This is the first time that we have had a Parents focus group attached to the PTA, and it has brought further fresh ideas and initiatives from parents. The parents who joined the meetings were treated to some quality debates led by our School Support Officer PC Ramla.



# Social Inclusion

## **Buddies**

The new Year 8 buddies have been working with the Year 7 classes at least once a week during morning registration to help the students to settle into life at Preston Manor. They have been showing presentations on set topics such as Diwali and Black History month.

We have six Year 8 and four Year 10 reading buddies who visit the Lower school every Thursday morning to hear the lower school children read for 20 minutes.

## **Stepping Stones 2019/20**

There are 57 confirmed mentees and 21 confirmed mentors for our second cohort. Mentors went through training in July and have engaged in a introductory lesson. This year mentors and mentees will have a 30 minute breakfast club once a week. In addition, the mentors have been assigned as buddies to their mentees Year 7 form class one day a week. This is to add to the contact time with their mentees.

The program supports transition of Year 7 students into secondary school.

Lessons have started this half term (Autumn 2) with a targeted group. This is the first group in which we will have the PASS test (Pupils Attitude to Self and School) administered. Students have started the program well, working on goals and targets for this year.

## **Therapeutic Interventions**

Therapeutic interventions have recruited and trained 46 peer mentors who will be meeting their mentees in the next few weeks. We have also trained and matched staff mentors, to support students who require it.

## **Brent Centre for Young People (BCYP)**

The BCYP have worked with 33 students so far this year and will shortly be picking up another six through a therapeutic group aimed at promoting the wellbeing of Year 9 girls. A similar group will be starting soon for Year 8 girls. Stress and anxiety drop in sessions will be offered to exam classes through the PPE and exam periods. Students can request this support by making an appointment via email.

## **Remembrance Day**

On Monday 11th November, following the reading of the poem 'Aftermath', by Siegfried Sassoon, all students took part in a two minute silence at the end of period 2. A Citizenship registration had previously highlighted the significance of the poppy as a sign of remembrance and had also highlighted the contribution of troops from Asia, Africa and Caribbean to the First World War.



# The Behaviour Panel News

Nine students from Preston Manor Upper School went to the Brent Civic Centre to attend a conference that discusses anti-bullying and that this years theme is 'change starts with us'. Before the conference started students from Preston Manor were given a set of jobs to do to help prepare for the conference. Examples of jobs we were given are :being a receptionist, guiding guests to their seats or even handing out stickers, badges and wristbands to the children that were attending the conference.

Soon, when everyone had arrived Ali opened the conference by stating this years theme and explaining ways to make change. For example you can make change by asking how someone is or complementing them. We also learned that small things can make a great impact on someone's feelings.

Soon after that students and teachers from secondary schools in Brent were taken to a workshop. In the secondary schools workshop we were put in random groups to do a couple of group activities like 'naming 10 things that come to your mind when you hear change starts with us'. Soon after we were allowed to work alone or go in to a pair of our choice to make a song, poem or rap that connects to this years theme 'change starts with us'. The piece you made had to contain the following phrases:

Change starts with a conversation  
Change starts with us  
change starts now.

At the end (if you were brave enough) you had to perform your piece in front of all the primary school students. Everyone did really well but Hussien surprised us all when he played a soundtrack on his phone and rapped to the beat. He stunned the crowd. Sadly that was the end of it all but it was a great experience for everyone even for Ms Rhodes who has been to this conference multiple times.

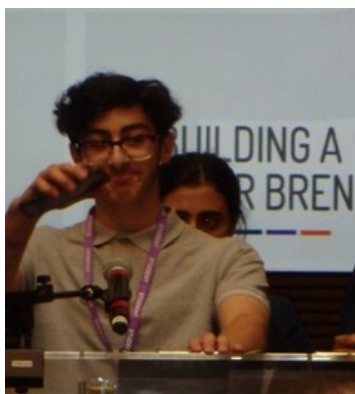
By:Hasan 9P  
Member of the Behaviour Panel



## **Behaviour Panel**

On 30th October the Behaviour Panel attended the Anti Bullying Council launch at Wembley Civic centre. The whole event was chaired by our own Ali Jabber in Year 9, who is currently the Chairperson of the Brent Anti Bullying Council. He welcomed 26 schools and explained what the theme was for anti-bullying week this year. Eight other Preston Manor students helped out at the event with the catering and handing out information at the front door. The students attended a secondary school workshop and then did a presentation to the primary schools which included one of our Sixth Formers performing a rap on the subject '*Change starts with us*'.

For Anti Bullying week the Behaviour Panel have prepared a Citizenship presentation urging all Form Tutors to create a 'Jar of Joy' which is filled with lovely kind thoughts that could help somebody who is having a bad day. The Behaviour Panel have created a 'Jar of Joy' for Reception. They have also presented an assembly on the theme of '*Change starts with us*' to each year group in the Upper school. They are urging students to speak more kindly to each other and not to use offensive language. A poster has been designed for each form group to display in their classrooms linked to the theme of '*Change starts with us*'. Finally the Behaviour Panel decided to run a kind note delivery service for the week beginning 18th November in which students were able to give a kind note to a student or teacher of their choice which would be delivered for free.



Hussein doing his rap about making a change.

Thanks goes to  
Ali Jabber 9R,  
Lara Hadidi 10M,  
Rudra Mange 7A,  
Hasan Draz 9P  
Anastasia Fenandes 7S,  
Eneni Woripaga 12T,  
Hussein Jaber 12O  
Annalisa Fernandes 7P  
Zahra Al-Shakargi 10M,

who represented Preston Manor at the conference.







# HOUSE NEWS



Joanne Benisty from Rays of Sunshine came into the house assemblies this term to accept a cheque for £2004.28 which was the total amount of money we managed to raise last year.

Rays of Sunshine children's charity was formed in 2003 to brighten the lives of seriously ill young people and their families across the UK by granting wishes and providing ongoing support in hospital and within the community.

The charity's work creates a positive distraction, reduces isolation, improves self-esteem and creates precious memories and smiles. Every day of the year, Rays of Sunshine gives brave and deserving young people the chance to put their illness on hold and enjoy a moment of escape. Rays of sunshine wrote to us to thank us for the money.

*'The money raised by Preston Manor School will fund a family of up to six to go on a five night stay to Centre Parks. Included in the trip is travel, accommodation for all of the family, activity and meal expenses for all of the family and a grocery pack to welcome the family to their lodge.'*

**Congratulations to the following students who got the most amount of house points for their house last year. They received a certificate and a £20 voucher.**



**WATER: Denisa Polici 656 Points**



**EARTH: Suraiyah Benn 433 Points**



**FIRE: Mahek Patel 638 Points**



**AIR: Adam Hyder 688 Points**



# Jack Petchey Awards



Congratulations to the winners of the Jack Petchey awards for this term. Below you can see why they gained the awards and what they spent the prize money on.

## September - Martim Freitas Pereira 11R

**REASON** – Martim has set a great example for all Preston Manor students. He is involved in many aspects of school life.

He has been a year 8 buddy, part of the eco committee, he is a prefect and he has a major role in the Behaviour Panel. He has demonstrated excellent organisational skills by attending all the meetings on time and has designed many of the anti bullying posters that are given out to each form class. He has also been part of many assembly presentations to promote that Bullying will not be tolerated at Preston Manor.

**BOUGHT** -He spent his money on 250 water bottles with the eco -committee logo on them to help reduce plastic waste.



## October - Rahman Yesufu 11E

**REASON** – Rahman has shown strong commitment to his role as part of the Black Boys Council ( BBC) . He was in the B.B.C. for 4 years. As a yr7 student he listened intently, followed the program, and showed great potential from day one. He is a role model to many students always being polite and well mannered. He was the main presenter in many BBC launch celebrations to parents, students and senior staff.

**BOUGHT** -He spent his money on personalised footballs and new boxing equipment for all students in the school to use.



## November – Mariam El Tobgy 12N

**REASON** – Mariam has been involved in many aspects of school life. She has been a prefect and she has a major role in the Behaviour Panel. She is now a member of the house captain team and helps to run the STEM club. She has demonstrated excellent organizational skills by attending all the meetings on time and has carried out all the tasks she has undertaken to a very high level. She is totally reliable and has been helping year 8 students to improve their own behaviour. She is always putting others before herself.

**BOUGHT** –She bought equipment for the STEM club.







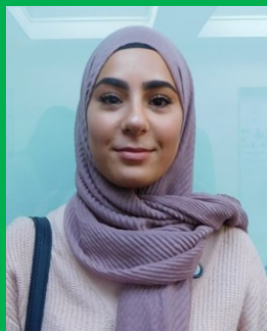
# HOUSE NEWS



## New House captains

In October, the whole school had the opportunity to vote for their new house captains after they had delivered a speech in house assemblies. The following students gained a house captain position: Earth - Nora Haji, Fire - Disha Borse, Air - Yusuf Bahadur, Water - Humza Khan. The remaining eight candidates have become vice house captains. We had a representative from 'Rays of Sunshine' come into the house assembly to accept a cheque for £2,004.00 that the house captains managed to raise last year. The house captains organised a Halloween themed fest on 31st October. They had a bake sale, a photo booth and showed the film Hocus Pocus. They also planned the Christmas fair which was well supported, helping raise further funds for charity.

### EARTH



House Captain  
Nora Haji  
12E



#### VICE CAPTAINS



Rebeka Koci 12P



Sarah Baig 12R

Rebeka Koci 12P

### AIR



House Captain  
Yusuf Bahadur



12E

#### VICE CAPTAINS



Kanvi Upadhyay 12R



Marjaan Roufi 12N



# HOUSE NEWS



**In October the students voted for their new house captains and the results were:**

## **FIRE**

**House Captain  
Disha Borse  
12O**



**VICE CAPTAINS**



**Mariam El Tobgy 12N**



**Krithika Dayananthan 12O**

## **WATER**

**House Captain  
Humza Khan  
12O**



**VICE CAPTAINS**



**Hibak Jama 12E**



**Niya Rai 12P**

Congratulations to all the successful students. We wish you the best of luck in your leadership roles.





# B.B.C. and S.T.A.R.S. Bonding & reward trip

Winter Half Term 2019



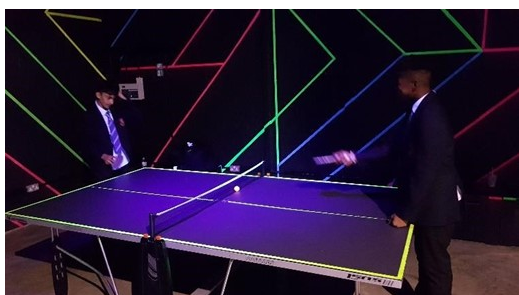
The B.B.C. and S.T.A.R.S. students started the afternoon by all sitting all and having a nice lunch together



Students played Shuffle Board in Lines



Table football games were pretty intense!



# B.B.C. and S.T.A.R.S. Bonding & reward trip

Winter Half Term 2019





This trip was organised by the Mentoring department as a reward for students that were doing the right things, trying their best in class and being role models around the school for all of the students of Preston Manor.

The students thoroughly enjoyed this reward trip where the B.B.C. and S.T.A.R.S. bonded, learned from each other and had a great afternoon of learning and playing games together.



Staff and student enjoying a game of connect 4



S.T.A.R.S. and B.B.C. boys playing Giant Jenga



Big game of Table football



B.B.C. and S.T.A.R.S. Students playing Chess



Actor Hepburn Harrison Graham who works with the B.B.C. Accompanied students on the trip



Mr. Carboo playing his favourite game, Connect 4!



# 100% ATTENDANCE—CELEBRATIONS



Student name	Reg
Taleen Aboudya	7A
Abdul Basit Hotak	7T
Ahmed Omer	7N
Anya Fernandes	7M
Ayesha Choudry	7N
Darius Mititica	7N
David Cole	7S
Diana Jeremie	7E
Erianny Mbombo Ramazani	7S
Fathiya Baana	7R
Gramin Pravin	7R
Hajirah Hussain	7P
Hemil Patel	7O
Hibat Allah El Khaddaji	7E
Hozaifah Basit	7A
Ilyas Osman	7A
Ioanna Ntosti	7R
Isra Hussein	7M
Israa Nazii	7N
Jaheim Meneil-Lloyd	7N
Joao Pedro Ramos	7M
Kalungi Lovell	7N
Kayman Wilson Thompson	7P
Laaiah Mohamed	7O
Lavinia Bucataru	7M
Layan El-Aloul	7M
Liviu Badalita	7P
Lorina Tarjanyi	7N
Luxsan Thushyanthan	7S
Lyubomyr Chubunov	7E
Matteo Conduraru	7N
Mishka Butt	7P
Moksha Carsandas	7E
Mubashir Naseri	7M
Nisha Dhakal	7O
Radhika Cangi	7R
Rebekka Vasili	7O
Rudra Mange	7A
Ryan Darby	7R
Sadaf Khalil	7A
Sana Mohammad Ali	7O
Sivya Khan	7R
Sophia Cardoso Neves Da	7S
Thanushri Chandrabalan	7M
Vagish Babugithas	7P
Zaakiyah Ali	7N

Thursday 12 December we held our celebration for those students who have achieved 100% attendance.

110 students have 100% attendance from the start of term.  
Well Done!

Student name	Reg
Aaliyah Hay	8N
Anas Mukhtar	8P
Antony Palmer	8A
Aseel Elnaiem	8A
Bayleigh Newell	8P
Cade Rodrigues	8M
Jigar Jignesh	8N
Levy Halip	8P
Lorena Galatanu	8P
Mahek Noordeen	8N
Misari Patel	8A
Octovian-Alin Mitoi	8P
Sarah Mirazay	8P
Tanees Zaidi	8R
Zara Mushqoor	8M

Student name	Reg
Adam Ghebrejorgis	9S
Alexandra Bicher	9E
Azaf Abubacar	9E
Chris Mutombo Ramazani	9E
Gabriela Pieptan	9P
Ghiyas Hamid	9R
Hasan Draz	9P
Hena Iqbal	9N
Ilhaam Elmi	9O
Iulia Mihailov	9T
Robert Gibson	9N
Safiy-Uddin Dhami	9T
Shohib Khalil	9A
Sundus Dahir	9N
Tyana Rose	9S
Tyrell Austin	9E

# 100% ATTENDANCE—CELEBRATIONS

Student name	Reg
Amarildo Hysa	10T
Azhar Rahim	10M
Eduard Halip	10S
Haidar Al-Nasseri	10M
Hajanujan Vasantharaja	10A
Hanah Omer	10M
Jay Cangi	10E
Jessica Gah	10M
Maria Vasalie	10T
Mariana Flore	10O
Mazama Rustamkhil	10P
Mohammed Raufi	10E
Muhammad Yousaf Chaudhery	10N
Nuno Do Vale Mata	10S
Prathiga Srikanthan	10T
Sarnijan Thayaparan	10S
Soham Khan	10O
Thiviya Paskaran	10P
Zain Khan	10P

Student name	Reg
Alexandra-Teodora Medintu	11O
Antia White	11O
Faiqa Rasool	11A
Hamaira Mohammad Ali	11O
Maria Gui Andreea	11P
Martim Freitas Pereira	11R
Nojika Selvapragash	11P
Rushil Bhudia	11M
Sean Woolley	11A
Thenushan Vikneswaren	11E
Thinujan Thayaparan	11M
Vithursan Thushyanthan	11M

**SCHOOL**  
Attendance





# Careers



The Autumn term 2019 has been quite eventful for the Careers Department!

## Year 11 Equal Engineers Careers Fair



In October, the Year 11 students attended the Equal Engineers London Careers Fair in Holborn. This outing was aimed at students whose ambition is to have a career in engineering. We wanted to inspire and motivate our students to build their confidence in speaking to providers independently and to also develop their research and interpersonal skills. The event also exposed our students' to different types of engineering and showed them a part London they may not have seen before. Our students' interacted with Google, the Department of Work and Pensions, Network rail and many more. This event also supported us in meeting Gatsby Benchmark 3 and 7.

## Year 11 Post 16 Applications

The Year 11 student have been taking part in Post 16 Application sessions supported by the Careers department. Session can be help in small groups or students can request one to one sessions to support then with personal statements and applications. The session can also be used to get post 16 information.

## Year 11 Skills London Careers Fair

In November, the Year 11 students attended the Skills London Careers Event at the ExCel. This Careers outing was aimed at students that are unsure of what they want to do Post 16. We wanted to encourage our students to look at different career pathways to encourage aspiration and to also build their confidence in speaking to providers independently and to also developed their research and interpersonal skills. The students had a chance to interact with representatives from the NHS, KMPG, Go Construct and many more.



## Bridge the Gap

Bridge the Gap is a medicine and dentistry program ran by Queen Mary University of London. The program is targeted at students, in Year 7 to 13, who are interested in pursuing a career in healthcare and eventually want to work in the medical or dentistry profession.

Before we break for Christmas, the Year 11 students have their annual meeting with Alasdair Robertson. They will be discussing entry requirements and university interviews.

## Raising Aspirations

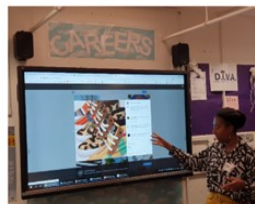
Another on-going program is Raising Aspirations for the Year 8 students. This programme is designed to boost motivation, raise self-esteem, and improve behaviour and confidence and to also develop the communication skills of our Year 8 students. With support from the Skills Builder's resources, the student to start thinking about their attitude and behaviour towards learning and their future aspirations.



## D.I.V.A. Programme

The Determination. Independence. Value. Aspiration programme, also known as D.I.V.A. Is a careers based, self-awareness, empowerment programme for BAME girls in Years 6, 9, 10 and 11. This Autumn, the students have met women from different careers paths, who have very different stories and inspiring words to share with the girls.

## Guest Speakers





The student met with Mika Abrahams a broadcast journalist, Abraham who has worked amazing brands such as MTV, Rinse FM and Francesca Danmole, a public policy professional with a wealth of experience in influencing governments on behalf of underrepresented groups. Her experience includes working with the Commonwealth Secretariat, UN, the British Council and the Government of Sri Lanka.

The student also met Danielle Turner. Ms Turner is a property inventory business own with an engineering degree. Her experience includes creating a footwear business and running a property management business. The students were very inspired by these amazing women and look forward to working with them again.

### D.I.V.A. Programme - Skills sessions

## Think Thursdays

The students on the D.I.V.A. programme have kept the debate going! 'Think Thursdays' has continued to give our students a voice to talk about subjects that interest them. The sessions are led by the students on the DIVA programme and are open to all years and staff. The biweekly session is a great opportunity for the students give their perception and debate mature topics chosen by them. The sessions also encourage critical thinking, self-control and allows students to articulate their thoughts in a safe and controlled environment.

The session also develops other soft skills. For the D.I.V.A. students they develop organisational, public speaking, time management and leadership skills, as the sessions are planned and ran by the students, with adult supervision. For the students attending the debates, they develop listening, presentation and problem-solving skills.



### **Upper and Lower School D.I.V.A. session**

TSB bank managers Steven Walker and Dawn Brady led the 'Banking and budgeting basics' workshop for the year 9 and 10 D.I.V.A.s, who were also joined by other students.

The feedback from this workshop was very positive:

***'I learnt different ways to manage my money'***

***'I now know the difference between a standing order and direct debit'.***

***'If you save it can help in the long run.'***  
***'I learnt how important it is to budget.'***

**Year 6 D.I.V.A. students** also attended the 'Let's get down to business' entrepreneurial workshop. They created a product and presented it to the group. This workshop will support them with the fundraising business module section of the Year 6 D.I.V.A. Programme.



The feedback from this workshop was also positive: ***'I learnt that I need to make my product interesting and useful.'***



***'How to start a business and budget and how to make products.'***

***'I learnt that the brand name is just as important as the logo.'***

The D.I.V.A. session were supported by Lower School D.I.V.A.

Ms Sara Lannaman and Upper school D.I.V.A.

Ms Christelle Nyakeru.



Our LRC Manager has launched a new programme to promote a passion for reading amongst some of our Y7 students. 'Reading Champions' runs every Wednesday morning in AM registration in the LRC, where 20 Y7 students receive support with their reading from Y12 mentors.

## **CHRISTMAS READS RECOMMENDED**

Keep warm this Christmas and snuggle  
up with a good book!

1. Shadows Winterspell by Amy Wilson
2. Coconut Unlimited by Nikesh Shukla
3. The Breadwinner by Deborah Ellis
4. Northern Lights/Golden Compass by Philip Pullman
5. Children of Blood and Bones by Tomi Adeyemi
6. The Poet X by Elizabeth Acevedo
7. Patron Saints of Nothing by Randy Ribay.



## The Benefits to Reading Regularly

# READ

20 MINUTES A DAY



**STUDENT A**  
reads at home



**20**  
min/day

**STUDENT B**  
reads at home



**5**  
min/day

**STUDENT C**  
reads at home



**1**  
min/day

THEY WILL HEAR

1,800,000

282,000

8,000

WORDS PER YEAR

THEY WILL HAVE READ FOR

851

212

42

HOURS BY 6TH GRADE

AND ON STANDARDIZED TESTS,  
THEY WILL LIKELY SCORE BETTER THAN

90%

50%

10%

OF THEIR PEERS





# CHRISTMAS — FAIR —

Monies raised

**£969.02**

**To support Kumasi Girls Senior High School  
in Ghana - raising funds for a Learning Resource Centre**

**Well done**

**Everybody !**



**Wishing all our families a restful Christmas break Best Wishes for 2020**



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