



# Preston Manor School

*Making school memorable by striving for excellence*

## Upcoming dates

**4th January 2021**

Year 11 PPE's

**11th January 2021**

Staff Inset

**12th January 2021**

Year 11 PPE

**14th January 2021**

Year 9 Options Evening

**18th January 2021**

PPE's Final week

## Meat Free Monday National Recognition -

### A little Help from our friends

Preston Manor is the featured School in the International Meat Free Monday program, co-founded by Paul McCartney. MFM confirmed that it would be absolutely fine to display Paul McCartney's quote:

"It is fabulous to hear that Preston Manor School has been supporting us for 10 years!"

- Here's a link to the actual case study : <https://smarturl.it/PrestonManorMFM2020>

## Praise Cube

## Remote Parents Meetings

This term, we had two remote Parent Forum meetings, with parents praising the School during the lockdown period.

Families were very happy with the level of parental communication from the School.

## BAME Initiatives

This term, we saw a very organised response to heightened concerns around race and racism and the need to be aware of the need for BAME staff and students to share experience find, improved solutions to sharing and support.

This term, remote and online recognition of Praise has taken great steps forward, with the production of the Praise Cube. The Praise Cube is an entertaining Power Point Presentation which features some of our students best work across the Upper School.

This praise initiative commenced during the early stages of lockdown. The cube proved popular with staff and students alike as a very effective and visually refreshing approach to sharing student achievements as diverse as:

- Literacy Task ( e.g. Best Handwriting )
- List of students awarded C.D.T.R.T.
- Jack Petchey Awards
- House Point tables
- National Competitions, of which some of our students may have excelled

The Power Point presentation is displayed across the school. The purpose of the presentation is to give students an opportunity to see what their peers have done and achieved throughout the term.



## Awards Evening - Achievements

This term our Awards Ceremony was remote. We had over 80 students receive awards throughout the ceremony. To ensure we were compliant with COVID 19 safety the ceremony was part live and part pre-recorded. Our special speaker for the evening was a former student Meeta Darji. Meeta is a successful business woman and spoke to our students about following their dreams.

The Awards Ceremony is available online click on link to view [Awards evening video](#)

### Key Stage 3 Awards

<i>Art, Design and Technology:</i>	Aeshal Rasool
<i>Citizenship:</i>	Shreya Gupta
<i>ICT:</i>	Andreea Prodan
<i>English:</i>	Manel Bensada
<i>Geography:</i>	Abdu Khamari
<i>History:</i>	Chris Mutombo Ramazani
<i>Leaps in Learning (SEN):</i>	Eshan Chavda
<i>Mathematics:</i>	Mitul Rajendrakumar
<i>Modern Foreign Languages:</i>	Firdaus Azam
<i>Performing Arts:</i>	Daniela Mendes
<i>PSHE:</i>	Kyle Modasia
<i>Religious Studies:</i>	Sienna Griffiths
<i>Science:</i>	Sanjeka Vaikunthan

### Key Stage 4 Awards

Art, Design and Technology:	Mahek Parekh
Business Studies:	Diti Shah
Citizenship:	Millie Glover
Computer Science	Archana Krishnaveni
Drama:	Iona Fernandes
ICT:	Jonathan Silveira
English:	Joy-Ann Mpitu
<i>Geography:</i>	Jay Cangi
<i>History:</i>	Thiviya Paskaran
<i>Mathematics:</i>	Lara Hadidi
<i>Media:</i>	Firdaus Beckford
<i>Modern Foreign Languages:</i>	Maria Vasalie
<i>Performing Arts:</i>	Rushil Bhudia
<i>PSHE:</i>	Janarth Kanagaratnam
<i>Physical Education:</i>	Cristina-Georgiana Bicher
<i>Religious Studies:</i>	Hamaira Mohammad Ali
<i>Science:</i>	Khushi Parekh

## Year 12 Awards

<i>Art, Design and Technology:</i>	Sandra Kemigisha
<i>Business Studies and Economics:</i>	Disha Borse
<i>Computer Science:</i>	Jaymit Patel
<i>English:</i>	Yasmin Safieddine
<i>French:</i>	Isshita Jaiswal
<i>Health &amp; Social Care:</i>	Neya Bhudia
<i>History:</i>	Hiba Quandil
<i>Information Technology:</i>	Yash Magane
<i>Government &amp; Politics:</i>	Daniel Vinnikov
<i>Mathematics:</i>	Bilal Arabi
<i>Media:</i>	Zainab El-Maslmane
<i>Performing Arts:</i>	Kirithika Dayananthan
<i>Psychology:</i>	Tiffanel Brooks-Stone
<i>Religious Studies:</i>	Syed Ali Raza
<i>Applied:</i>	Mohammad Ahmed
<i>Biology:</i>	Zaeema Syed
<i>Chemistry:</i>	Mariam El Tobgy
<i>Physics:</i>	Nandini Chavda
<i>Sociology:</i>	Rebeka Koci
<i>Spanish:</i>	Shivani Nileshkumar

## Year 13 Awards

<i>Art, Design and Technology:</i>	Aurora Corazza
<i>Business Studies and Economics:</i>	Santhusan Satkuruparan
<i>Computer Science:</i>	Kush Khatri
<i>English:</i>	Grace Simuchimba
<i>Government and Politics:</i>	Mohammed-Omar Diab El-Arab
<i>Health and Social Care:</i>	Harleen Kalsi
<i>History:</i>	Marwa Ahmadi
<i>Information Technology:</i>	Sebastian Amarei
<i>Mathematics:</i>	Aaron Addo
<i>Media:</i>	Sisham Kc
<i>Performing Arts:</i>	Michael Huang
<i>Psychology:</i>	Sahil Yunus
<i>Religious Studies:</i>	Naji Kubah
<i>Biology:</i>	Akshyata Joshi
<i>Chemistry:</i>	Shah Ishaan Elahi
<i>Physics:</i>	Bilal Akhtar
<i>Applied:</i>	Kavina Bhudia
<i>Sociology:</i>	Eikem Katro

## Special Awards

<i>Head Boy:</i>	Moin Dhami
<i>Head Girl:</i>	Foos Ahmed
<i>Year 11 Prefect Award:</i>	Hana Hadidi
<i>Jack Petchey Award:</i>	Daniela Lane
<i>Behaviour Panel Award:</i>	Martim Freitas Pereira
<i>Learning Mentor Award:</i>	Azzah Abubacar
<i>Learning Resources Centre Award:</i>	Mohammed Omar Diab El-Arab
<i>School Council Award:</i>	Latheesha Jesunesan
<i>Geraldine Burke Award for Perseverance, Determination and Hard Work:</i>	Jonathan Silveira
<i>Head's Award for Significant Improvement</i>	Khushi Parekh
<i>Dr Bannister Award for Outstanding Contribution to the Life of the School:</i>	Ali Jaber
<i>Godi Panzout Award for Good Character:</i>	Casey Clowes
<i>Mital Award for Courage:</i>	Shianne Kellar
<i>Creative Writing Award:</i>	Priyanka Maugi
<i>John Bowerman Award for Sports:</i>	Brandon Njoku
<i>Dan Graham Community Award:</i>	Disha Borse

## 100% ATTENDANCE

This term 146 students achieved 100% attendance covering the period 4 September to 10 December 2020.

We would like to congratulate them on this achievement. Please see below for a breakdown by Year group.

Year 7 - 39 Students

Year 8 - 41 Students

Year 9 - 21 Students

Year 10 - 24 Students

Year 11 - 21 Students

## VI Form News

As always it has been a busy and productive term in VI Form.

In Year 13, 17 students submitted Early Deadline applications to Oxford, Cambridge and Medicine and Dentistry courses and many of our students are now getting interviews for these highly competitive places. Due to the pandemic, all university interviews this year are conducted remotely rather than face to face. In addition to having a specialist university interview coach, it is great to be able to rely on our wonderful Alumni students who regularly step in to give extra support to our students.

For example, this year, ex-student Ravi Shah has given up his time to work with our 3 applicants for Computer Science at Cambridge University. Ravi has just successfully completed his Computer Science degree at Cambridge and is now working for a Fintech company. In addition, Ahir Shah, who graduated with a degree in HSPS from Cambridge some years ago has given up his time to work with our Head Girl, Disha, who is applying for the same course. Ahir is now a well-known writer and comedian.

The Medicine applicants have benefited from a number of intensive 1-1 interview practice sessions through VI Form Solutions in order to be interview ready. So we wish them all well! We are also delighted to be able to feature some of our Alumni students on the school website where we have an Alumni Gallery to view and some alumni videos to watch.

In Year 12, all students have been working hard to build up their Enrichment profiles which will make such a difference to their post 18 choices.

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.

### **Here is a taste of some of the activities Year 12 have been involved in this term**

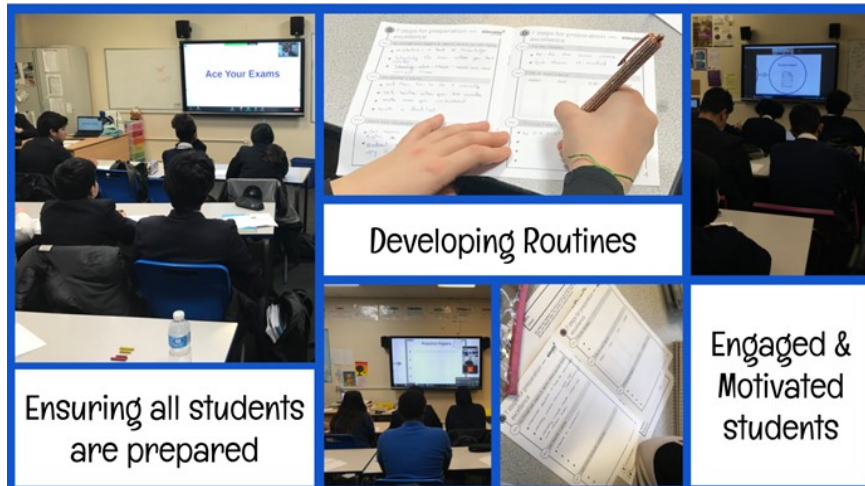
Virtual Workshops with PWC in Accounting and Technology  
British Medical Association (BMA) - Virtual Medicine conference  
London School of Economics (LSE) - Discovery Sessions  
Kings College (KC) - 2 year support program  
Social Mobility Foundation (SMF) - Aspiring Professionals Program  
Targeted Physics Students ORBYTS project in collaboration with PHD students from UCL

Of particular note, Martim Freitas Pereira WON a competition with Japanese international advertising DENTSU to design a seasonal greetings card for all their clients globally! Well done Martim! Other students took part in SSE's review of STEM resource materials and were awarded £20 in Amazon Vouchers

## Year 11 News

### Work Hard, Dream Even Bigger

Yes, that's right...despite everything that is happening in the world right now, our Year 11's continue to prepare for their examinations and home revision skills.



In conjunction with 'Elevate Education', they learnt key strategies that will help them to be successful. I think it is safe to say, they feel even more prepared for January, when they will sit their Pre-public examinations which is an opportunity to experience what their final examinations will be like.



## Design Technology

### RESISTANT MATERIALS

#### Year 7 Mirrors

The year 7 students had a busy term completing their mirrors. What a great job they did with some stunning designs!! They used MDF for the base shape and then cut out some acrylic mirror plastic to stick on top.

Below are some fantastic examples of their work.



Harsh Borse 7N



Pratyanksh Bhikhu 7A



Aaminah Daad 7N

#### Year 8 Keyrings

The year 8 had a keyring project this term where they learnt about the different groups of metals and how the casting process worked. They created their own mould in MDF and the molten pewter was poured in to make their own key ring shape.

Well done for all your creative efforts, two of which can be found below.



Zain Rauf 8P



Tudor Sirghi 8S

## Drama and Dance News

The Drama department has been working alongside the PSHE and Citizenship departments this term. All Key Stage 3 groups have been creating practical drama work around the themes and issues introduced in the PSHE recovery curriculum.

Students have been discussing and exploring the idea of increased use of social media over lockdown, and how this can lead to feelings of anxiety or loneliness. To explore this practically students designed a mask showing the two sides of using social media and the different ways people may try to present themselves on such platforms.

Students created comedy scenes where obnoxious online avatars came to life and competed for attention. Students also created a piece of physical theatre, using the masks they made, showing a character in lockdown feeling isolated.

Students wrote an acrostic poem using the title 'New Tomorrows' giving a positive message about what this phrase might mean now, in a post Covid world.

All Key Stage 3 students learnt how to meditate and used breathing exercises to clear their minds. They were taken on a guided imaginative journey into their futures, where they met their future best self. They imagined speaking to the most successful version of themselves and then wrote a letter to their 'now selves', from that imaginative place, giving advice and encouragement for the coming school year.

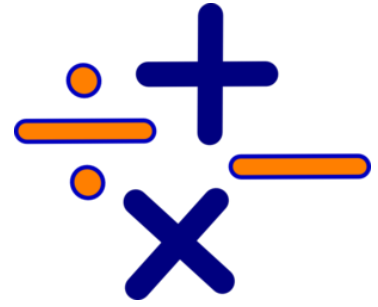
There has been a wealth of incredible work and below is small sample of what Key Stage 3 have been doing in school this term.







## Maths News



### UKMT Mathematics Girls Olympiad

The following students took part in the Mathematical Olympiad for girls in October. Zainab Tarabe 13R, Vithusana Thanenthiran 12P, Manisha Patel 11S, Nandini Chavda 13T.

It is one of the most challenging maths competitions for young women and requires mathematical thinking and deep understanding of concepts and all answers require written proofs.

All girls did a fantastic job, but particular congratulations goes to Nandini Chavda, who was placed in the top 25% of participants in the UK! Congratulations Nandini!

### Senior Maths Challenge

On 4th of November 2020 80 sixth form students participated in Senior Maths Challenge as it moved online for the first time. Tens of thousands of pupils entered the national competition, which aims to promote mathematical problem solving in pupils. Only the top-scoring participants qualify for a bronze, silver or gold certificate.

As a School we have achieved 5 GOLD, 1 SILVER and 17 BRONZE certificates. Congratulations to all who took part.



Special congratulations to our 4 A Level Further Maths students qualified for Senior Kangaroo which is a follow on round to the Senior Maths Challenge by scoring in the top 5% nationally. Well done to Nandini Chavda, Mohammed-El-Amine Boukerma, Jaymit Patel and Antony Antoniou.

### Simon Singh's Masterclasses

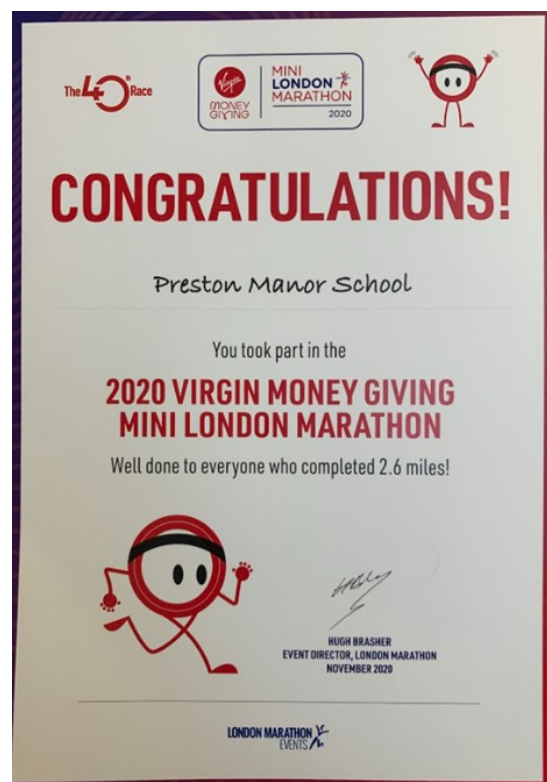
The Maths department is very proud to inform you that Ayush Jaiprakash, 9P, has been selected for Masterclasses by renowned mathematician and author Simon Singh. These Masterclasses are an intense programme of online Maths tuition designed to stretch and challenge the very best young mathematicians. In order to be selected he successfully completed weekly puzzles set online by Dr Singh. Well done Ayush!

## Physical Education

PE have had a quiet term with being unable to run extracurricular activities. We are getting plans together to hopefully have these back up and running in January-Watch this space!

While we were unable to run activities outside of lessons, students were kept busy in lessons through taking part in the Virgin Mini Marathon. Students took part in the 2.6 mile run in lessons with over 50 students completing this in one lesson, a great achievement!

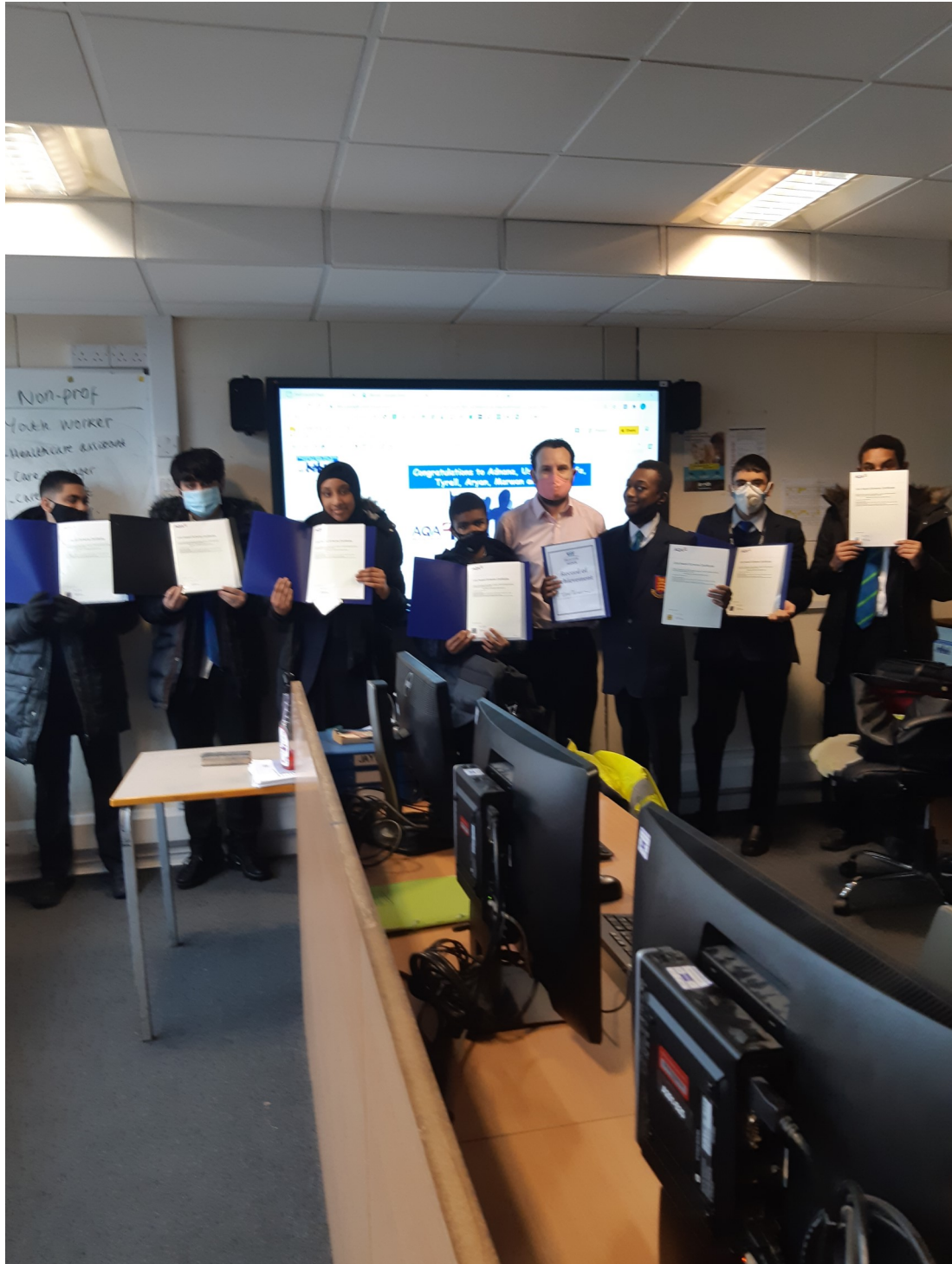
It was a pleasure to see all of our KS3 students up and moving again.



## SEN

Mr Callan presented 10D/SS1 with AQA Unit Award Scheme Certificates of Achievement for completing a unit of work on An Inspector Calls.

Well done to Usman Akram, Aryan Ghaimshahi, Adnana Ahmed, Tyrell Austin, Corey Turner, Mostafa Al-Tamimi and Marwan Maskat! Do congratulate them.

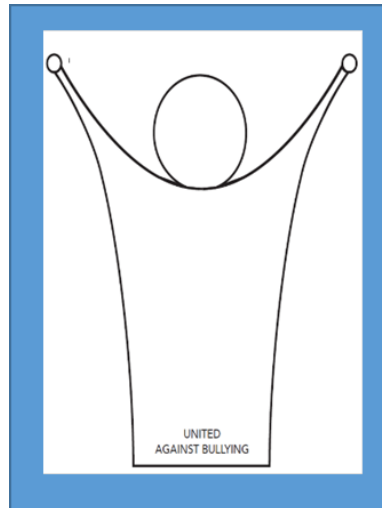




## Anti-Bullying Week - 'United Against Bullying'

The theme this year for anti-bullying week was being united against bullying, which considering our position of having to keep ourselves in 'bubbles' during this pandemic is more important than ever. The behaviour panel had to decide how we would show that the school is working together to fight this behaviour. They produced an assembly showing situations from the past when people had stood up for a cause they believed in and they thought it would be good if every student in every tutor group could write a pledge to stop bullying at Preston Manor. The panel designed an 'Anti Bullying Defender' figure and asked that the pledges were written inside the shape. The figure was based on our school logo and thought that it would show that classes were standing together to fight bullying. Form groups then completed their pledges which were then joined together and placed around the school fence to show solidarity on this important issue. It also showed that in unity we have a lot of power and can stand up against bullying.

**An Anti Bullying Defender Figure**



Pictures showing the Anti Bullying Defenders hung outside on the school fence.

A slide from the assembly presented that was delivered by the Behaviour Panel to the whole school.

**United Against Bullying**

We must stand together to fight against injustice of bullying.

Everyone can play their part- if you see it going on:  
**Speak out against it-**  
**Tell an adult-** keeping telling an adult until it stops.  
 If you can't speak to the bullies, **talk to the victim-** tell them they are not alone and encourage them to report it.

# The Behaviour Panel News



## Brent Anti Bullying Launch

This year's Brent Launch of National Anti-Bullying Week 2020 was a little different to our other launches mainly to do with the fact that it was hosted as a virtual event. The theme this year was 'United Against Bullying', and the National Anti-Bullying week was from 16th to 20th November 2020.

As the Chairperson of The Brent Secondary Student Anti-Bullying Council, I recorded a video about what and why we have a council such as this one and how we can fight against bullying, reducing it all over Brent and England. This was sent out to all schools in Brent that participated in the event.

- The Aims of National Anti-Bullying Week 2020 were to: recognise that we all have a role to play in reducing bullying in school and online
- To understand that we are an important piece in solving the problem
- To understand how we can unite against bullying.

We must unite against bullying because bullying has a long-lasting effect on those who experience and witness it and by channelling our collective power we can reduce bullying together. We must remember that we all have a part to play in coming together to make a difference.

**Written by Ali Jabber 10R**



<p><b>The Good Things that came out of the 'LOCK DOWN'</b></p> <p>By Preston Manor's Behaviour Panel</p>	<p><b>New Skills - Annalisa</b></p> <p>I learnt how to cook and also make a few art models</p>	<p><b>New Pets - Lara</b></p> <p>We had a new addition to the family- 'Charlie'</p>
<p><b>Community - Disha</b></p> <p>I helped design and deliver a radio talk show project with my local council. This talk show surrounds the idea of access to education within young people and how we can help increase levels of attainment.</p>	<p><b>New Interests - Chris</b></p> <p>Over the lockdown, I have been more invested in politics, and have taken an active interest in it.</p>	<p><b>Favourite Pastime - Martim</b></p> <p>I finally completed my graphics project, and was very proud of the grade 8 I received for graphics!</p> <p><b>Final Project - in situ</b></p>

The Behaviour Panel put a presentation together for the launch entitled 'The Good things That Came Out of Lock Down'

Thanks goes to Ali Jabber 10R, Martim Freitas Pereira 12S, Lara Hadidi 11M, Rudra Mange 8A, Anastasia Fenandes 8S, Syed Raza 13T, Annalisa Fernandes 8P, Zahra Al-Shakargi 11M, Disha Borse 13O, Chris Mutombo-Ramazani 10E who contributed to the presentation with their personal achievements and events.

It was great to see how productive students had been.



# HOUSE NEWS

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

## EARTH



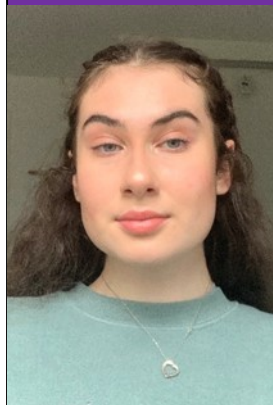
House Captain  
Khushi Parekh  
12S



Vice Captain  
Danial Khan  
12O



## AIR



House Captain  
Amelia Pilkington  
12T



Ayush Rana 12T



Hana Hadidi 12E

## FIRE



House Captain  
Aliyah Araz  
12O



Vice Captain  
Diwa Nero  
12P



## WATER



House Captain  
Tanya Osman  
12E



Vice Captain  
Fatimah Boukerma  
12S



The students will be arranging events to raise funds for charity. Congratulations to them all!!

# HOUSE NEWS

Congratulations to the following students who received the most amount of praise points for their house last year. They will have gained these points for a variety of reasons ranging from fantastic work ethic, high quality work and engaging in learning and development.

They received a certificate and a £20 voucher.



**FIRE: Radhika Cangi 7R**  
383 House Points



**EARTH: Arsallan Ayoub 7P**  
316 House points



**WATER: Firdaus Azam 8T**  
431 House points



**AIR: Neva Giorouk 8M**  
481 House Points





# Jack Petchey



Preston Manor is proud to again take part in the Jack Petchey Award. The Jack Petchey Foundation was set up to inspire and motivate young people across London and Essex by providing exciting projects and programmes for them to get involved in. We also recognise the outstanding achievements of today's young people by awarding them for their hard work and positive impact in their community.

This year our Jack Petchey award winners have raised funds to support celebration activities and purchasing books for the LRC.

## September - Shianne Kellar 11E

**REASON** – Shianne has excelled in her role as the executive assistant of the D.I.V.A programme. She has shown such growth in her attitude and resilience towards her work with the D.I.V.A. programme. She has organised, supported and assisted the setup of Careers/ D.I.V.A. events and never hesitates to lead group discussions and activities. During the lockdown, Shianne displayed her initiative and drive by leading the D.I.V.A.s Google Classroom 'Think Thursdays' online debates.



**BOUGHT** -She has decided to use her prize money on the year 11 year book that will be produced this year, making it cheaper for all students to buy as a memento of school.

## October - Annalisa Fernandes 8P

**REASON** – Annalisa is involved in many aspects of school life. She is a committed Year 8 Buddy and starred in our video to our new Year 7 students explaining what it's like at Preston Manor. She is also a member of the Behaviour Panel and has taken part in many assembly presentations to promote Anti Bullying Behaviour. She has demonstrated excellent organisational skills by attending all her different activities on time, in full uniform and with a positive attitude.



**BOUGHT** -She- spent her prize money on new books for the LRC

## November - Mazama Rustamkhil - 11P

**REASON** – Mazama has always contributed to social causes both in and out of school. In school, she excels as a Year 11 Prefect being a great role model for all Preston Manor students. She is an Anti Bullying Ambassador and was part of the schools Behaviour Panel she regularly presented the anti bullying messages across all year groups in assemblies. She also prepared citizenship presentations for all tutor groups to engage in.

At every opportunity she contributes by feeding back the views of students so that all students are heard.



**BOUGHT** –She has decided to put her money towards refreshments for the end of year 11 celebration.

## **The Preston Manor Music Academy – it's great to be back!**

On Saturday 7<sup>th</sup> November Preston Manor's quadruple award winning Music Academy re-opened its doors to Preston Manor students, their families in and to our local community.

A restricted range of instrument choice is currently on offer which includes socially distanced small group lessons in piano, keyboard, drums, clarinet, classical guitar, electric guitar, bass guitar and ukulele.

Currently we are working in 6 weeks blocks and hope to be able to safely add more classes in the new year. ``







Autumn term 2020 has gotten off to a great start.

Year 11 students have been researching their post 16 options through virtual tours, the post 16 open event spreadsheet and they have also started applying to their chosen placements. The after school Post 16 Application drop in sessions has supported students with their personal statements, applications and any questions they may have about the life after Year 11.

For students who have arrived recently from overseas we have held a Post 16 Session, where they learnt about the British education system, how to choose their post 16 placements and how to apply to them.



This term the students on the D.I.V.A. Programme worked with local charity, Sufra Food Bank and Kitchen.

The D.I.V.A's are aware that we are living in difficult times, so they volunteered to do a food collection and help those in need. They made announcements to their peers and arranged times to pack up the food collection, the project also supported the student's presentation skills, organisational skills and confidence levels.



The students also participated in the 'Women in STEM' Zoom session with Brunel University, where the students listened to the engineering students' journeys asked questions. The session feedback was interesting; with students saying:

'The session was interesting because I thought STEM subjects was very male dominated and it is nice to see that more girls are going into those courses'.

'I heard a lot about mechanics, so I think I might want to look into that'.

'The students were very friendly and easy to talk to'.

'The student who wanted to give back to her country was inspiring, they all were but she had good ideas' and 'Can we do another one Miss'.

'Think Thursdays' continued through self-isolation. The majority of the students participated in the Zoom meetings. The topic, 'Schools/parents should have access to student's social media accounts' was very emotive, the students had very strong opinions on this topic and were able to clearly articulate their point of view.



Honorary D.I.V.A.s and D.I.V.A. Champions were on hand to support with the annual 'Challenge One', where the students interviewed a member of staff. This task not only builds a better working relationship between staff and students, it also gives the students an opportunity to develop communication, time management and organisational skills.

D.I.V.A. Day was on Wednesday 9 December where the students celebrated their achievements and further developed interpersonal and employability skills, with support from our very own Honorary D.I.V.A.s.





**Everyone at Preston Manor School**