



Bentley Wood High School

Newsletter April 2024



Celebrating achievement at Jack Petchey Awards 2024

On Tuesday 5th March we were delighted to accompany 9 student winners, Ms Pooni and their friends and families to the Watersmeet Theatre in Rickmansworth for the annual Jack Petchey Achievement Awards Harrow celebration evening!

The Jack Petchey Award programme is run throughout the year, awarding 9 students and 1 adult leader each academic year. The Achievement Award winners are young people who have gone above and beyond to achieve – perhaps when others thought they might fail. The Achievement Awards are primarily about recognising those who put in the effort and do their best, and are not solely for academic achievement – they may be used to recognise a personal triumph for someone who has faced a challenge, a young person who has pushed themselves outside of their comfort zone or it may be an opportunity to recognise the outstanding efforts of a team player. They are extra special as they are nominated by students themselves. Young people achieve in lots of ways, including by:

- overcoming personal challenges and adversity;
- achieving sporting and musical success;
- volunteering and making a difference within their community.

We also recognise an Adult Leader each year who students believe has made a difference to the lives of young people here at Bentley Wood – it doesn't necessarily have to be a teacher – just someone who supports, inspires and motivates students to be the best version of themselves.

As a school, we are ever so proud of these young people and Ms Pooni, who represent the very best of Bentley Wood and our community. It was a wonderful evening, as always, showcasing the very best of what Harrow has to offer the future. Congratulations again everyone! We look forward to nominating another round of winners in the next term.

Mrs N Burridge



Don't forget to check our website for regular news updates:

www.bentleywood.harrow.sch.uk



Message from the Headteacher

Dear Bentley Wood Community

It is my pleasure to send you our latest Bentley Wood High School Newsletter. We have had a jam-packed term despite it being less than 6 weeks.

This half term has been full of achievements, with Bentley Wood students competing in a number of local competitions and doing so well. Please read the articles on Maths Feast, Ethics Cup, Jack Petchey Glee Club Competition and the Interschool Spanish Conjugation Challenge. Sara A 11MAK and Maria L 11MTM, our Jack Petchey Speak Out Challenge winners from last year hosted the regional final this year. Sara compered the evening like a professional and Maria took on the pressure of being one of the judges scoring the 17 Year 10 students from across the Harrow High Schools. As always, we are so proud of our students who step out of their comfort zones and represent the school so positively. Also, a special recognition to the staff who support our students so well and look out for all of these amazing opportunities.

Our Year 12 and 13 Ethics Cup regional finalists will be heading up to St Andrews in May for the National finals and our Glee Club finals will be in April. We would like to wish them all the very best.

As usual we have been busy right to the very last day, with the Year 8 Option Evening last night and the Year 10 interviews this week. Our Year 10 students really impressed our visitors with how well they prepared and presented themselves at the interviews.

I would like to take this opportunity to say thank you to all our parents and carers for being so supportive in attending all our evenings and events. Your support and commitment to the school is never taken for granted and it is undoubtedly the reason why our school community is so strong.

We are looking forward to celebrating the end of the school year with our Awards evening on Monday 1st of July, where largely students in Years 8, 11 and 13 are nominated for awards as they move from one phase to another in their curriculum journeys.

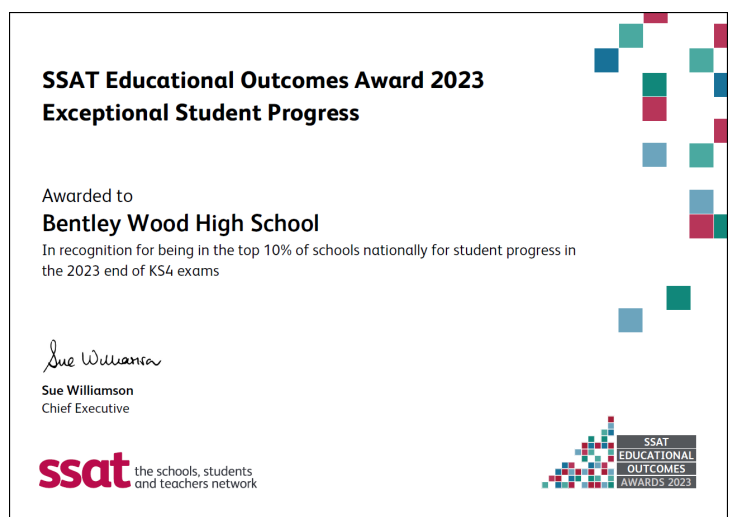
Our site improvements will continue over the Easter holidays with an inner circle of fencing being put in place. This inner circle will help support us in managing the flow of students and visitors as they move around the site. We also have a new set of catering contractors starting after Easter. Hopefully all these changes will be positively received by all.

A reminder for any students coming onsite during the holidays to make sure they sign in and out as directed in reception and follow instructions given to them by the staff who are looking after them at all times.

Please enjoy your Easter break with your family and friends and I look forward to seeing you all in April.

Naseema Akbar
Headteacher





Bentley Wood High School receives national recognition for performance

Bentley Wood High School are delighted that their excellent outcomes have been recognised by SSAT (The Schools, Students and Teachers Network) in this year's Educational Outcomes Awards.

The award recognises that Bentley Wood High School is among the highest performing secondary schools in the country, based on 2023 performance data and information from Ofsted.

Bentley Wood High School was recognised in two categories, receiving awards for being in the top 10% of schools nationally for student progress and in the top 10% of non-selective schools for student attainment in the 2023 end of KS4 exams.

The SSAT Educational Outcomes database compares all state-funded schools in England. To be recognised with an Educational Outcomes Award is a significant

achievement and a testament to the work of the whole school community.

Sue Williamson, Chief Executive of SSAT said:

"Congratulations to Bentley Wood High School on winning two SSAT Educational Outcomes Awards.

This success is down to the superb learning and teaching, outstanding support and inspirational leadership of students, staff, parents and governors. You have made a huge difference to the lives of the young people in your school.

Thank you."

Students take on creative and resourceful projects this term



La Saint Valentin

Students make beautiful valentines boxes in French lessons this term

For our French lesson with Miss Codrean, Year 7 had an independent project: to make a Valentine's Day box with 3 different types of chocolate.

It was a very fun, unique experience and at the end, multiple students were chosen to receive 10 achievement points for their eye-catching master pieces. Overall, it was a very fun process.'

Husna 7SCH

'This piece of homework was very fun and interesting. I enjoyed making the chocolate box as well as picking out

the right chocolates. I found this piece was a nice change to our regular writing homework.'

Aroush 7SCH

'This project was amazing! We got really creative and had lots of fun. The journey through the project was fascinating as we got to put all of our creativity in one project. Me and my classmates had lots of fun and I hope we do this project in many years to come at Bentley Wood.'

Fatima 7SCH

Students propagate seeds for allotment at Bentley Wood

Our students have recently germinated onions, radishes, peppers, carrots and peas to kick start our allotment. The girls were really excited to get started.

A massive thank you to Karl at Squires Garden Centre in Stanmore who has generously donated a variety of seeds and gardening equipment towards the project. We value building great relationships and establishing links with local businesses.

Mr Kerai

"It was fun to do gardening. I enjoyed planting and I am excited to see the plants grow."

Safiyah S 9CJG

"I enjoyed gardening. I loved watering the plants."

Hasenat H 9CJG

Both students said it would be nice to do more gardening sessions.

Mrs Howell

"I planted lots of seeds like carrots and spinach. I am excited to see them grow in April"

Maryam M 9SSH

SQUIRES
GARDEN CENTRES



World Book Day 2024

WORLD
**BOOK
DAY**

7 MARCH 2024

Students and staff get involved with World Book Day celebrations 2024

At Bentley Wood we are unabashedly passionate about sharing the joy of reading with all of our students, with conversations about books and authors taking place all the time between staff and students, inside and outside the classroom. We were therefore naturally very keen to make the most of World Book Day by dedicating the whole week to a discussion about the importance of reading.

Form time provided a daily opportunity for students to guess the "Mystery Readers" from voice recordings of teachers reading from a favourite book. Our Reading Ambassadors and Library Leaders also played their part, making book recommendations and sharing tips with less enthusiastic readers on how to get into reading.

World Book Day was non-uniform day for Years 7 and 8 who really stepped up to the challenge of dressing up as a character from a book. Classrooms and corridors were abuzz with a festive atmosphere, and everyone had great fun spotting Oompa Loompas, famous witches, members of the Addams family and other characters from the world of fiction.

Determined not to be outdone, our teachers dressed up in some truly wonderful costumes, with departments taking inspiration from a variety of fiction ranging from Stephen King creations to Dr Seuss and even Disney favourites.

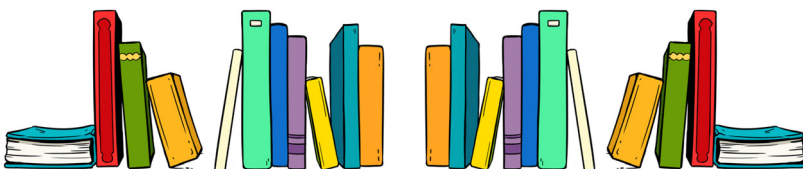
In the afternoon, 28 students were invited to a pizza party in the library as their prize for wearing some of the most creative costumes. The winners were selected by their Heads of Year, Mr Curtis and Mrs Manzi.

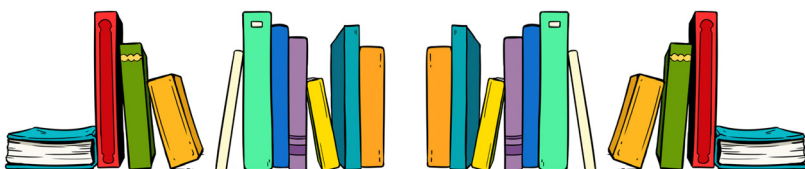
They were welcomed by Ms Akbar,

who brought along a few treasured books and shared stories about the people who inspired her love of reading.

The winners then tucked into some delicious pizza and cupcakes, enjoying each other's company - a memorable way to mark the end of a special day.

Ms Khan, Librarian





World Book Day 2024

WORLD
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7 MARCH 2024

World Book Day Portrait Competition

The library ran a competition to celebrate World Book Day which was open to all students. A feature wall in the library displayed AI generated portraits of 12 fictional characters with hints to help students guess their names.

During break and lunch, crowds of students gathered in the library, all eager to have a go at the chance of winning one of the five £10 Amazon prize vouchers on offer. There were some high scoring entries and our winners were:

Winners	
Kamila D	13AP
Farah N	13AP
Maryam A	13JG
Zahrah S	9SAL
Iman O	9TC

Well done to the winners and thank you to all the students who took part. As always, keep an eye out for upcoming library events and competitions which are posted on the General channel of the Student Enrichment & Engagement Team.

Ms Khan, Librarian



Clues

A tragic Shakespearean hero who fatefully falls prey to his foe's art of persuasion.

A legal guardian with evil designs on his ^{three} four orphaned wards.

An iconic sleuthing spinster.

Jane Austen's most famous hero.

A nephew on a dangerous mission on behalf of his uncle involving an item of jewellery.

A villainous professor. Or is he, in fact, a hero?

A secret agent working for MI6.

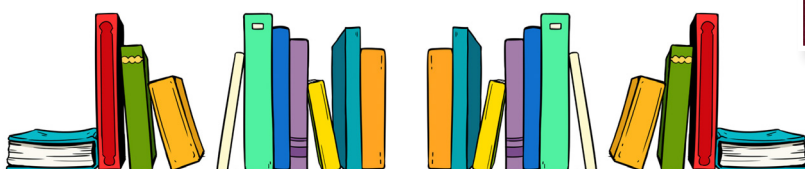
An orphaned girl whose name has become synonymous with having an unfailingly optimistic outlook.

A cruel headmistress who is also an evil aunt.

A Holly Jackson creation: a student with an identity crisis who investigates a murder for a school research project.

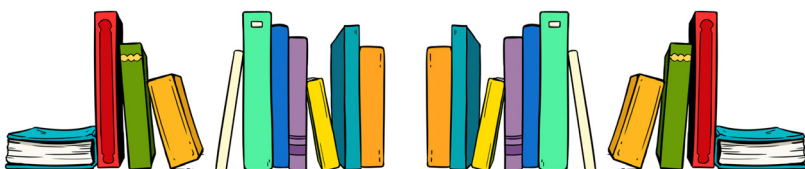
A dyslexic demigod who loves eating blue food.

An unhappily married socialite who lives on Long Island; her chance encounter with an old flame has tragic consequences.





Students were invited to pizza party as their prize for wearing some of the most creative costumes



Spring reads

Where the Heart Should Be by Sarah Crossan

Ireland, 1846. Nell is working as a scullery maid in the kitchen of the Big House. Once she loved school and books and dreaming. A widespread famine forces her to work for Sir Philip Wicken, who is blind to the suffering of the common people. But when she meets Johnny Browning, the nephew who is set to inherit everything, a spark of life and hope is ignited.

Swarm by Jennifer D. Lyle

A terrifying species of a giant butterfly-like creature the world's never seen before has suddenly emerged, and few living things are safe. As the creatures swarm and attack outside, life for Shur and her friends becomes a survival game. Yet nothing can prepare them for what follows. The butterflies are only the beginning. The next onslaught will be deadlier, and even closer to home.

The Eternal Ones by Namina Forna

Deka is a goddess-in-waiting hoping to save her people from the brutal ancient goddesses terrorising the kingdom of Otera. But first she must find her celestial essence – before the Gilded Ones find it and drain her power, tearing Otera apart. Deka must also fight her personal demons. Will becoming a goddess make her evil? And can she bear to leave her present life behind forever?

Sing if You Can't Dance by Alexa Casale

A sudden collapse onstage cuts short Ven's dreams of making it big as a dancer. But she doesn't want anyone's pity. Ven is determined to have a big, exciting life. Sure, her future might be different, but it's not over . . . Because if you can't dance, you can always sing!

Thieves' Gambit by Kayvion Lewis

Seventeen-year-old Rosalyn Quest was raised by a legendary family of thieves with one rule: trust no one. When her mother is kidnapped, her only chance to save her is to win the Thieves' Gambit – a deadly competition for the world's best thieves, where the victor is granted one wish.

To win, she must outwit all of her backstabbing competitors, including her childhood archnemesis. There is also the distraction of the charming boy who might be hiding the deadliest secret of all.

All That's Left to Say by Emery Lord

Hannah and Sophie are cousins and best friends with plans to one day escape from their very different lives: Hannah from her hand-to-mouth existence and Sophie from her suffocating, cosseted world of opulence. But Sophie overdoses at a party, leaving Hannah to make sense of the suspicious circumstances of her cousin's death as she battles her grief.

All This Twisted Glory by Tahereh Mafi

As the long-lost heir to the Jinn throne, Alizeh has finally found her people-and she might've found her crown. Cyrus,



Where the Heart Should Be
by Sarah Crossan



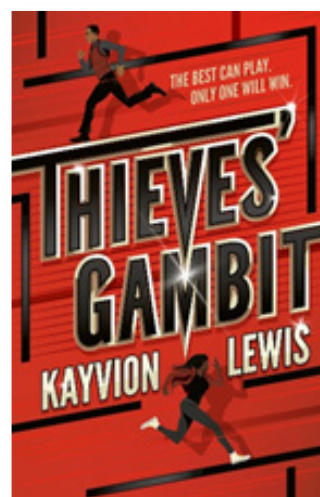
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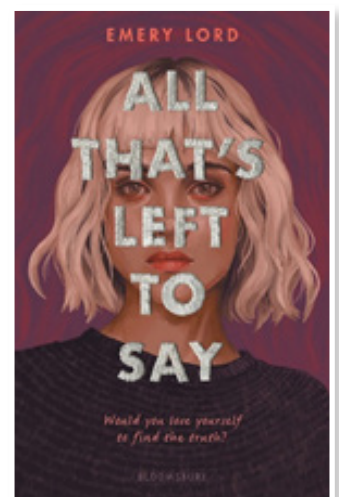
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All That's Left to Say
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the mercurial ruler of Tulan, has offered her his kingdom in a twisted exchange: one that would begin with their marriage and end with his murder. They both have their own reasons for being wary, but there is a force that draws them to each other. Meanwhile, Prince Kamran has arrived in Tulan, ready to exact revenge...

The First State of Being by Erin Entrada Kelly

It's August 1999. For twelve-year-old Michael Rosario, life in Red Knot, Delaware, is as ordinary as ever—except for the looming Y2K crisis and his overwhelming crush on his fifteen-year-old babysitter, Gibby.

When he runs into Ridge, who happens to be the world's first time-travelling teenager, Michael discovers a new purpose in life: to get his hand's on Ridge's book which details the events of the next 20 years.

A Tempest of Tea by Hafsah Faizal

Arthie Casimir is a criminal mastermind and collector of secrets. Her prestigious tearoom transforms into an illegal bloodhouse by dark, catering to the vampires feared by society. But when her establishment is threatened, Arthie is forced to strike an unlikely deal with an alluring adversary to save it.

With a ragtag crew of outcasts, she plans to infiltrate a sinister vampire society. Will her planned heist actually save her tearoom or ruin her altogether?

Northern Soul by Phil Earle

Fourteen-year-old Marv's simple life is upended when a new girl at school called Carly crashes into his life. For Marv, it's love at first sight, yet he knows a girl like Carly will never notice him. He needs help - lots of it - but when it miraculously arrives in the shape of a musical idol from the past, the path to Carly's heart proves anything but easy ... First love is unforgettable, and poor Marv is about to learn this the hard way - him, and his northern soul ...

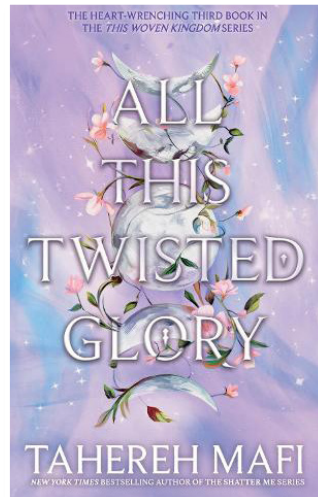
The Runaway Children of Chennai by Caroline Boxall

This gripping story of survival and courage follows Rish, a young boy living in one of the poorest slums of India. With his best friend, he manages to survive despite the rampant poverty, but tragedy strikes when a con man promises to give them a job and they find themselves thrust into a world of betrayal and mystery. Forced to rely on their wits and courage, Rish and his sister Mariam find that their journey will test them in ways they never imagined.

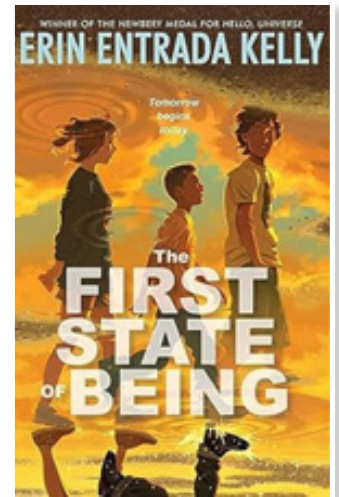
Not the Worst Friend in the World by Anne Rellihan

Eleven-year-old Lou wishes she could rewind time and go back to the day before she fought with her best friend Francie and said the terrible, horrible things she can't unsay. Then the new girl, Cece Clark-Duncan, passes Lou a mysterious note. It says she was kidnapped.

If Lou can help Cece, maybe she can prove she's not the world's worst friend. But as observant Lou uncovers the complicated truth about Cece's family, she starts to panic. Can she help Cece without hurting her? Or will Lou end up losing another friend instead?



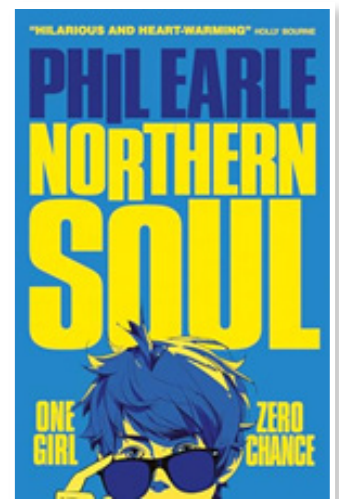
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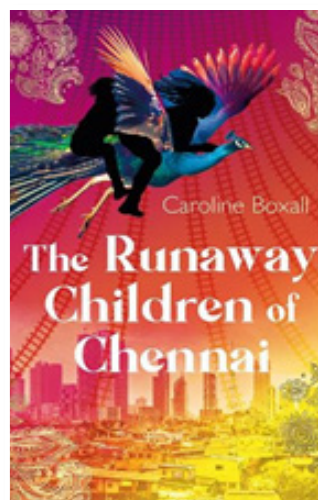
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Not the Worst Friend in the World
by Anne Rellihan

Student Rewards April 2024

Year 7

Students work really hard at Bentley Wood - we are really delighted at how well our students have achieved this half term and we want to celebrate some of their successes.



Art

Sona H 7LJO - For her effort and achievement in her self-portrait - fantastic work!

Tahlia L 7SZ - for fantastic work in Year 7 portraits.

Tianna MW 7EBD - for her consistent hard work and dedication. Keep it up!

Drama

Maryam A 7SZ - for the energy that she brings to all her Drama lessons and performances.

Sara S 7SZ - for her improvement in looking in greater depth at her characterisation.

English

Joanne A 7LJO - for putting great effort into English since the start of the year.

Siobhan K 7NME - for consistently high effort and attainments in assessments

Food

Yaalini B 7NME - For great effort in practical's and theory in food and creative ideas!

French

Siana O 7MCO - for 100% in her Spring assessment. An amazing achievement.

Geography

Victoria G 7SCH - for consistently going above and beyond in every lesson

Graphics

Jasmin K 7MEM - Exceptional amounts of effort both in classwork as well as homework. Well done!

Maths

Amy 7EBD - She is so hardworking and always goes above and beyond her given work.

Music

Katy P and **Mia V 7NME** - for their consistent effort and perseverance in all our Music topics, homework and lessons. 7SCH for learning their Treble Clef notes so diligently.

Science

Lucia M 7MCO - For always participating to the best of her ability during science lessons and for always attending Science Club after school.

Spanish

Jomana M 7MCO - for her excellent participation, enthusiasm and achievement in Spanish.



Student Rewards April 2024

Year 8



Art

Emma A 8LSB - For all her hard work in Art trying to improve her skills and techniques - Keep up the great work!

Dalia A 8ABR - for consistently challenging herself and becoming a fantastic artist so early! Well done!

Drama

Dasha 8LCU - who has really started to shine in her Drama lessons with her continued improvement and

Haseenat R 8LCU - for her dedication to all her performances.

English

Anaiya S 8AHU - for her wonderful enthusiasm for English; **Sania M 8MD** - for diligently applying herself in the subject

French

Hosna K 8KPO - for consistently contributing in class and producing excellent work in her exercise book. Always a pleasure to mark her work.

Geography

Zara A 8ABR - for her diligence, consistent hard work, excellent contributions and amazing efforts.

Graphics

Monisha K 8KPO - Attainment and quality of work

Haseenat R 8LCU - for her consistent hard work and great attention to detail. Well done!

Music

Mihika T, Saanivi B and Tisha S 8LSB - for their dedication to practicing the Ukulele & Music every week! Fabulous effort.

Spanish

Monisha K 8KPO - Attainment , quality of work and taking part in the Grammar Conjugation Challenge at North London Collegiate.



Students achievement at maths competition

Success in UKMT Maths Challenge

Congratulations to the 138 students (year 9s & year 10s), who took part in this year's UKMT Intermediate Mathematical Challenge. We recently received the results and are pleased to share that our students achieved an impressive **2 Gold**, **9 Silver** and **50 Bronze** awards.

It is brilliant to see a much higher participation in this year's challenge, with an increase of silver and bronze awards. The certificate thresholds for this year were **Bronze:** 47+, **Silver:** 61+ and **Gold:** 77+.

In addition, some of our highest scoring students qualified for various follow-on rounds including the Grey Kangaroo (score of 72+), and the Pink Kangaroo (score of 84+) rounds, with 2 students qualifying for the latter.

The Kangaroo rounds are both 60-minute, 25 multiple-choice challenges and are only open to UK students.

A special congratulations to Year 10 students **Amara S** and **Michelle M** for achieving gold awards.

The UK Maths Trust is the leading charity, that advances the education of young people in maths.

For over 20 years, it has been inspiring a love of problem solving through Maths challenges and enrichment activities, delivered by hundreds of volunteers.

The UKMT Intermediate Challenge is a 60-minute, 25 multiple-choice challenge. It encourages mathematical reasoning, precision of thought and fluency to make students think. Most of the problems are accessible yet still challenge those with more experience.



UK Maths Trust

Year 10

Year 9

Forename	Surname	Certificate
Shanum	C	Silver
Zikra	K	Silver
Madina	F	Silver
Iman	O	Silver
Ishrat	C	Bronze
Safa	H	Bronze
Ira	I	Bronze
Inshirah	B	Bronze
Skye	H	Bronze
Selina	Y	Bronze
Jannat	Y	Bronze
Anya	K	Bronze
Sam	N V	Bronze
Rukhsara	R	Bronze
Vanshi	D	Bronze
Dorothea	H	Bronze
Haniya	A	Bronze
Sana	H	Bronze
Sayyidah	K	Bronze
Tashana	R	Bronze
Kashvi	M	Bronze
NiYa	N	Bronze
Aleena	M	Bronze
Fatema	R	Bronze
Asra	S	Bronze
Sophie	S	Bronze

Forename	Surname	Certificate
Amara	S	GoldBiS
Michelle	M	Gold
Aliya	M	Silver
Inaya	M	Silver
Faiza	S	Silver
Anvi	K	Silver
Ruby	M	Silver
Anastasia	C	Bronze
Aliza	K	Bronze
Sritha	K	Bronze
Iman	S	Bronze
Manasika	R	Bronze
Tareem	N	Bronze
Jayna	P	Bronze
Faatima	H	Bronze
Saaliha	K	Bronze
Sarah	B	Bronze
Skandaja	K	Bronze
Anna	C	Bronze
Sarah	M	Bronze
Mya	A	Bronze
Honey	S	Bronze
Sabera	H	Bronze
Liana	E	Bronze
Krishna	P	Bronze
Ankane	A	Bronze
Alisha	L	Bronze
Shuraifa	M	Bronze
Haleema	N	Bronze
Yuktha	N	Bronze
Asla	S	Bronze
Isabelle	M	Bronze
Maryam	U	Bronze
Ariqa	F M	Bronze
Daksha	S	Bronze



Bentley Wood Readathon for Médecins Sans Frontières



We are delighted to launch the Bentley Wood Readathon in aid of Médecins Sans Frontières, also known as Doctors Without Borders. This is a fantastic opportunity for students to challenge themselves to read more whilst raising money for a global charity that provides lifesaving medical assistance to those in conflict zones, or affected by natural disasters and epidemics.

You can help raise money for this very worthy cause in 3 simple steps:

1. Collect a sponsorship form from the library.
2. Read as many books as you can, asking family and friends to sponsor you.
3. Return your completed form and the money raised to the school's Finance Office by **Wednesday, 27th of March.**

Students will be awarded 10 house points each for taking part. Prizes will be awarded in KS3, KS4 and sixth form categories for the highest total raised by a student.



- Worldwide medical humanitarian charity funded by donations
- Our principles, we are:
 - **impartial**
 - **neutral**
 - **independent**
- MSF received the Nobel prize for peace in 1999



Inspiring Bentley Wood High School students to support MSF

In a recent virtual presentation, Bentley Wood High School had the privilege of hosting Sam Taylor, the Director of Communications at Médecins Sans Frontières (MSF), also known as Doctors Without Borders. Sam Taylor provided a compelling insight into the tireless work undertaken by MSF in communities worldwide, highlighting the crucial role of humanitarian aid in saving lives in conflict zones, natural disasters, and epidemics.

During the presentation, Sam Taylor emphasized the importance of community support in enabling MSF to continue their life-saving missions. He underscored the significant impact that individual contributions can make towards supporting MSF's essential work. As Bentley Wood High School students, there are numerous ways in which they can contribute to this noble cause.

One of the key initiatives highlighted during the presentation was the Sponsored Readathon, a fundraising campaign organized by the school. The Readathon encourages students to seek sponsorship from family and friends as they embark on a reading challenge. Students will collect sponsorship forms from the school library, where they will pledge to read a certain number of books over a three-week period. Each book read will symbolize a donation towards MSF's humanitarian efforts.

This initiative was spearheaded by the Librarian and Resource Manager, and Maryam A, the Head Student, who conceived the idea as a creative way to engage students in supporting a worthy cause. Their initiative aligns with Bentley Wood

High School's commitment to fostering empathy, global citizenship, and social responsibility among its student body.

The Readathon not only serves as a means of raising funds for MSF but also promotes literacy and encourages a love for reading among students. By participating in the Readathon, students not only contribute to a greater cause but also develop important skills such as empathy, compassion, and awareness of global issues.

As the Readathon unfolds over the next few weeks, Bentley Wood High School students are encouraged to embrace the challenge and rally support from their peers, family, and community members. Every book read and every donation collected will make a tangible difference in the lives of those in need.

In conclusion, the virtual presentation by Sam Taylor served as a powerful reminder of the critical role played by organizations like MSF in providing essential healthcare and humanitarian aid to communities in crisis. The Readathon initiative exemplifies Bentley Wood High School's commitment to making a positive impact on the world and empowering students to become compassionate and socially responsible global citizens.

The deadline for submitting the sponsorship forms has been extended to the 19th April, allowing students more time to meet their reading targets.

A feast of mathematical activities

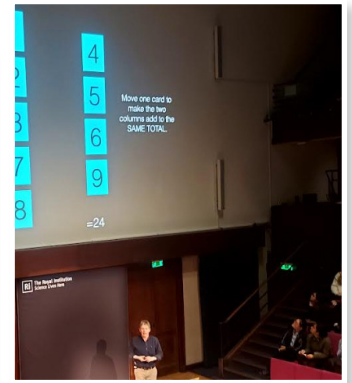


Maths Fest Inspires Year 11 and 12 students

On the 26th of February a group of year 12 maths students attended the annual Maths Fest at The Royal Institution. They were accompanied by Mr N Shah and Miss Vagi, as well as a couple of keen year 11 students, for an all-day maths extravaganza.

Maths Fest 2024 featured some of the best maths speakers in the UK, talking about their favourite bits of maths, and the event celebrated maths as an exciting, useful and rewarding subject. It was hosted by Matt Parker and speakers included Silvia Butti, Steve Mould and Jennifer Visser-Rogers.

It was a fantastic day out for our upper secondary mathematics students and we are certain it has motivated them to learn more about maths!



Pi Day 2024

Why is Pi Day popular?

Every March 14, mathematics enthusiasts from all over the globe commemorate Pi Day and the International Day of Mathematics. The day aims to raise awareness about the importance of mathematics and its role in shaping our world, as well as to promote the beauty and relevance of mathematics to a wider audience.

In addition to it being Pi Day, it's also a significant date in the lives of two renowned scientists. On this day we also commemorate the birth of Albert Einstein, and the passing of Stephen Hawking.

Our year 7 and year 8 students celebrated it by creating Pi inspired art. They created pieces of art with the PI symbol hidden in it and the works with the most hidden symbols won special prizes!

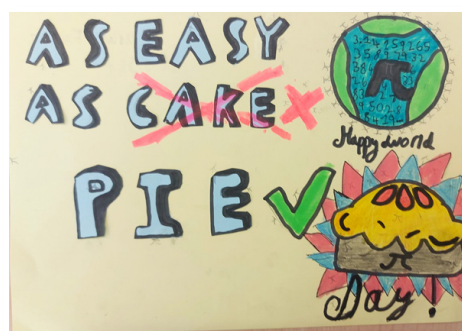
Here are the winners of our Pi Day Art Competition. Well done for having such creative and original ideas!



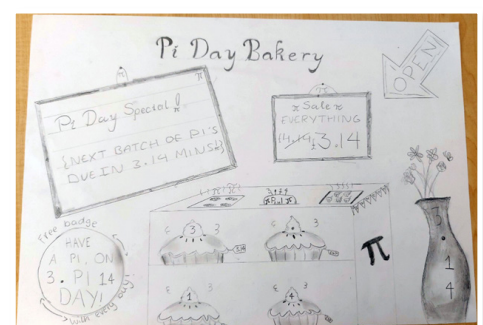
Winners of the Maths Pi-day challenge:

7MCO: Siana, Safah, Stefania, Neitraa, Sabeen, Jomana

7SCH: Aroush, Simra, Aadya & Nimrat



7SCH:
Marwa F



Maths Feast Trip 2024

Eight Year 10 girls were selected to represent our school in the Maths Feast competition on Friday 22nd of March: Anna C 10JP, Saaliha K 10SEO, Anvi K 10SEO, Alisha L 10JP, Michelle M 10SEO, Manasika R 10JP, Amara S 10JP & Asla S 10JP.

The Y10 Maths Feast is one of the AMSP Maths programmes. It is a fun educational challenge for Year 10 students which tests problem-solving and teamwork skills. Teams of four students test their maths skills with the all-you-can-eat feast of problems! The programme is designed to increase self-belief and resilience by motivating pupils. It also improves their numeracy skills, problem solving and team working skills. Students practise in school and compete in an exciting maths competition against their peers.

Our girls have been trained with activities providing different and unusual ways to develop curriculum on focused skills: stats and probability, geometry, number and algebra. The competition has several rounds requiring different skills and strategies for success.

The event lasted between two and three hours and awards were given for good teamwork and for the winning team of each round. Our teams got 2nd and 4th place among 20 teams!!!! And our school came second among 12 schools! Congratulations to all - you made us so proud!

Feedback

The best round was the relay, I enjoyed the pace and structure of it!

Four in a row was fun and fast paced. Had to work together and rely on teammates.

All the rounds were enjoyable and challenging.

All our students very much enjoyed working in teams and the competitive atmosphere.

Aylward Primary School 24 Game

On Friday, 22nd March, I attended the annual 24 game Maths Competition, which involved various local primary schools. Nine Bentley Wood pupils were put in charge to facilitate and judge the competition.

The 24 game is an excellent math game that challenges students to develop accuracy and quick thinking. The object of the game is quite straightforward: make the number 24 from the four numbers shown. You can add, subtract, multiply and divide. Use all four numbers on the card, but use each number only once.

It was a pleasure to observe how well the participants implemented the game. As well as perform at personal best levels, they sought mastery and had great fun. Being a judge was intense and kept me on my toes as the students were very competitive but I enjoyed the opportunity to work with other students. I am grateful for the invitation to participate in this fun event.

From Jasmine 8LSB

Year 10 Maths Feast

Canons High School



Maths Feast Trip 2024



Aylward Primary School 24 Game

Women, gender and equality: Writing Competition and Model UN

Hosai in Year 12 chairs the Model UN

Model UN simulations engage hundreds of thousands of students each year, helping them to learn more about the principles of the UN and how it functions.

Many of today's leaders in law, government, business and the arts – including at the UN itself – participated in Model UN as students.

Here she recounts her experience in her own words:

Attending the 3-day conference (15-17 March) at the London School of Economics and Political Science was a wonderful experience, from chairing delegates who delved into discussions and debates, with mirroring the roles of diplomats representing various countries, to formulating resolutions addressing challenges on the agenda of discussing the digital gender divide and its impact on girls and women in less economically-developed countries (LEDCs).

Whilst hosting and chairing the UN Women Committee, I developed strategies for promoting sustainable solutions to issues concerning the complexities surrounding gender inequality.

The conference helped me foster diplomatic skills, empowering delegates to become advocates for positive change in their communities and beyond and most importantly made lasting friendships!

I look forward to continuing representing Bentley Wood High School, as a passionate sixth former.

Hosai Y Year 12





Nasra F Year 12 winner of Humanities Creative Writing Competition

Creative Writing Competition

This term the Humanities Department invited sixth formers to write a blog or magazine article with the title: 'Are women used to police other women?' Nasra F in year 12 won a £10 Amazon gift card for her insightful and thought-provoking article, an extract from which is shared below.

Nasra F: Humanities Creative Writing Competition

Are women used to police other women?

Women are used to police other women. It's a hard pill to swallow but not a new one.

Calling all women, have you ever been idly talking with a female friend or group and notice the conversation gear towards marriage-talk all of a sudden? Have you ever been left momentarily speechless to the question of when do you want to get married or, better yet, do you see yourself becoming a mother?

At 17 years of age, I can admit to entertaining this line of conversation with a multitude of people, a multitude of times all whilst ironically being legally considered too young to be married. Now, at some point in these conversations we are bound to come across some opposing views. Our ears are met with outcries of "But 25! That's much too old" and "Anything after 30 is a no for me" so on and so forth. The fact is that expectations surrounding motherhood and marriage are skyrocketing and interestingly, these same standards that are inflicting distress on women, are being perpetuated by them. Yes, women do, and are used to police other women, the question, however, is why.

The UN estimates that 12 million girls are married every year before they reach 18. From the media to our closest loved ones, women learn from a very young age that having a child and building a family is one of the most significant things one can achieve in life. I don't necessarily disagree with this but I think the problem arises when this notion is whittled down to the idea that the only significant thing a woman can achieve is motherhood and marriage.

For example, after successfully gaining university degrees and entering career fields, many women still have to face the prospect of being pried or nagged by family members in particular by their mothers, aunts, grandmothers etc. A temporary congrats followed by 'but when will you be getting married?'


In Margaret Atwood's 'The Handmaid's Tale' we learn that the handmaids whose only task is to produce a child were declared 'unwomen' and sent to the colonies (a heavily polluted radioactive site that leads to death) if they failed to do so. Whilst such extreme measures are obviously not in place in today's world, the idea that a woman stops being one or is less of one when they do not have children is still a belief that permeates many minds today.

Besides, even when women do follow the traditional route, they are once again policed. More 'experienced' women tell them they are talking to their child wrong, feeding them the wrong foods; they are told that they shouldn't stay at home, they should be career women but the moment they step foot in the workplace they are shunned for not being as "family orientated" as they ought to be. Teen pregnancy is denounced but older women having children are scrutinised. It's a vicious cycle.

This year we saw thousands dress in pink to watch the new barbie film. One of the stand out moments was actress America Ferrera's monologue on the unrealistic expectations women have to adhere to day to day. This vicious cycle was perfectly summarised as America said ... "You have to be a boss but you can't be mean. You have to lead, but you can't squash other peoples' ideas. You're supposed to love being a mother, but don't talk bout your kids all the damn time. You have to be a career woman but also always looking out for other people".

Motherhood and marriage are only examples of one of the many ways women are used to police one another, the list goes on.

Nasra F Year 12



Classical Civilisation, English literature, Geography, Govt & Politics, History and Philosophy Sixth Form students!

Humanities


Creative Writing Competition

Write a blog or magazine article with the title:
'Are women used to police other women?'

- Include research into a real contemporary issue (e.g. body image/ expectations around motherhood/ attitudes towards sexuality)
- Refer to *literature, historical periods and ideas you are currently studying in your subject/s* as evidence for your ideas
- Write persuasively to engage the reader with your opinion (e.g. utilising features such as: rhetorical question, repetition, anecdotes, direct address, statistics)

Deadline: 9th February 2024

*Hand into your Humanities teacher
Prizes awarded for the top 3 entries*



Classics and debate



Classical Civilisation students attend Greek play 'Euripides' Bacchae' at UCL

The ancient Greeks explored the human condition through theatre and drama has since been an integral part of our society. Our Year 12 and 13 Classical Civilisation students study two tragedies and a comedy as part of their learning of Greek theatre for their A level studies.

Euripides' Bacchae is one of the specified plays we study in class together so it was a fantastic opportunity to see how UCL's Classics department were going to stage this gory play.

Student Reviews:

The modern element of the play showed us that Greek theatre can be an art form that always lives on.

Hajra N Year 12

The casting was amazing- Dionysus was perfect and the way they set the mood of the play was perfect- eerie and intriguing!

Noor A Year 12

The actors were so good! I also had a conversation with other students who did Classics and I also chatted to some university students who gave me tips on revision.

Rukshar H Year 12

The play brought about something that was not necessarily put across when reading the play. The true gruesome reality of the tragedy that Cadmus experienced as we watched him collecting the remains of his grandson.

Nikita M Year 13

The play was brought to life with costume and added to our reading of the play in class. The closing scene really brought

everything together; Pentheus peacefully sitting with the maenads oblivious as they slowly become murderous towards him.

Preesha S Year 13





Congratulations to students for winning the regional finals of the Ethics Cup

On the 23rd February the Bentley Wood Ethics Cup team travelled to LSE Centre Building where the Cup took place. We debated initially in two matches, both of which culminated in victories for our team, notably against Eton College. Subsequently, having secured our position in the Semi-finals, we found ourselves among the final four schools contending for the Cup. In the intense finals, we faced Woodhouse College and emerged victorious, securing the favour of all three judges and winning the London regionals.

The Ethics Cup, a debating competition centred around moral philosophy, entails the examination of cases and the formulation of ethical stances. These stances are presented to opposing teams and evaluated by a panel of judges. Teams respond to a series of questions from the judges and feedback from opposing teams.

Our preparation for the competition commenced in September, guided by the expertise of Miss Crosbie and Mr. Nussbaum. We worked on developing strong arguments to explain why we picked a particular stance and practiced presenting said cases. The process proved to be intellectually stimulating and allowed us to contemplate ethics in difficult situations.

The 11 cases we studied encompassed diverse ethical dilemmas, such as the appropriateness of replacing teachers in schools with AI bots. Delving into the implications of such a system, we were tasked with establishing a principled stance based on ethical foundations. Other cases explored whether FTX's charitable donations should be returned to investors and whether it is ever morally permissible to purchase fast fashion products.

The Ethics Cup takes a constructive debating style, emphasising providing others with feedback for the purpose of refining or even strengthening their stance, rather than trying to undermine the opposing team. It felt like a very collaborative environment in which we could work together to overcome difficult ethical issues.

The day was undoubtedly a positive experience for all those involved. We had the opportunity to talk to other sixth formers who were as interested in ethics and debating. Many of the judges were Philosophy PhD students whose feedback, as you can imagine, was insightful and thought-provoking.

Overall, our participation in the Ethics Cup was an immensely gratifying experience. The competition not only allowed us to engage deeply with ethical considerations but also provided an opportunity for personal and intellectual growth.

We are currently working on the Finals Case Set with Miss Crosbie and Mr Nussbaum and we eagerly anticipate the forthcoming national finals in St Andrews, Scotland, taking place in May, where we will once again have the privilege of participating in this enriching competition.

Maryam J, 12NS

 **BentleyWood High** @BentleyWoodSch · 3h
A huge congratulations to the @BentleyWoodSch Team on winning the @EthicsCup London regional finals, we are super proud of you! Next stop - The National Finals at The University of St Andrews 🇬🇧🇸🇨



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Students show their musical talent at showcase and competitions



School Choir Showcase – Elliott Hall, Harrow Arts Centre

On Wednesday, 28th February 2024, I had the joy of representing Bentley Wood High School at the school Choir Showcase organised by C. Ogunniyi, E. Ponnaganti and S. Smith with the support of Harrow Music Service. This remarkable showcase gives an inspiring performance opportunity to several school choirs, acknowledging the commitment in promoting choral singing.

In the past few years, I enjoyed several fantastic shows at HAC, but this time I got a chance to face the audience at the heart of the magnificent Elliott Hall, a Grade II listed auditorium which seats over 500 people.

Full of positivity, we sang: 'I'm A Believer' by Neil Diamond, one of the most iconic songs of the 1960s. The lyrics tell the story of a man who never believed in love until he met a woman who changed his life.

Then, together with several local primary schools' pupils, we paid tribute to the phenomenal 'Queen of Rock 'n' Roll, Tina Turner, singing and dancing to 'River Deep, Mountain High'.

I had a great evening and thoroughly enjoyed myself.

Big thank you to our inspiring teachers: Mrs Bancroft, Mrs Parkes and Miss Leighton for giving us this opportunity. Being part of the wall of sound and texture of harmonies is a special feeling that brings great satisfaction.

Jasmine 8LSB



Bentley Wood Glee Club reach the finals in Jack Petchey Glee Club Competition

In Glee Club, we are current working very hard for our competition, which is on 18th April. This competition is the Jack Petchey Glee Club competition and our club has progressed to the final which will be at the O2 arena.

We have been working very hard on our two songs '7 Rings' and 'Requiem' since the semi-finals and we are looking forward to the bootcamp on Sunday 24th March in London where we can display our full potential at the finals. Both my sisters have been in glee (one is still here) and I find that it is a great opportunity to showcase my skills and end the generation of my family in Glee Club.

I would like to thank Beth for starting glee and pushing us to make sure that we succeed in all shows and competitions that we are a part of. I would also like to thank Mrs Bancroft, Mrs Parkes and Mr Rankin for coming to our shows and staying with us and cheering us on and supporting us throughout everything.

Please wish us luck in the finals and we will represent Bentley Wood glee club to the best of our abilities!

Isabel M 7MCO



Bentley Wood students win Interschool language competition

Bentley Wood at the Interschool Spanish Conjugation Challenge 2024

On Tuesday 12th March, Bentley Wood Spanish students from Year 8 to Year 12 all attended the Spanish Conjugation Challenge hosted for the first time at North London Collegiate School, where we put our conjugation skills to the test in front of three esteemed judges, one of whom was from the Spanish Embassy Educational Centre.

All year groups put in an immense amount of effort and gave it their all, when met with each challenging round, each of which were fun and gamely. Round 1 had the most challenging time conditions, with 20 seconds to write all the conjugations of a random verb in a given tense.

Round 2 was where all teams got to demonstrate their creativity, linking three words and a photo using a given tense. Round 3 was where students were all pushed outside of their comfort zone, having to sing the conjugations to a random musical genre.

It was a wonderful evening and hopefully the first of many. All of our attending students felt pushed and now are confidently conjugating all types of verbs in a variety of tenses.

We were up against outstanding independent schools such as Haberdashers and North London Collegiate so the

competition was extremely tough, but our students rose to the challenge and proved what fantastic linguists they are.

Well done to all the students who bravely participated and congratulations to the winning teams:

Year 8 who achieved second place (Mishkat R, Zahra K and Monisha K)

Year 12 who won their category (Hafsa R, Mohamed H, Abigail C and Sarah M).

Year 10 (Skandaja K, Michelle M, Sahar H and Haseena H.

Year 9 (Rahaf A) with both teams taking fourth place.

Year 12 were given an amazing grammar textbook, a conjugation wheel and a T-shirt as prizes for winning their category.

A special mention needs to go to Rahaf A who represented Year 9 all by herself and showed extreme determination and resilience. We are all looking forward to next year's competition at North London Collegiate!

Mrs Sambo and Ms Graham

(Article put together by Mohamed H - Year 12)



Students visit Cambridge University

Workshops as part of annual schools festival

On March 18th students attended a day of workshops for Key Stage 3 at Cambridge University as part of their annual schools festival. This was an excellent opportunity for students to explore exciting topics outside of the curriculum and to visit a prestigious university. There were three workshops that students participated in and these were as follows:

- One of three workshops run by the Department of Veterinary Medicine
- Chemistry Mystery Escape Room at the Department of Chemical Engineering
- Deepfakes and AI-Generated Media workshop in the West Hub

Ms Bharj

Students from Year 7, 8 & 9 were given the opportunity to go to Cambridge University. The whole coach ride was filled with bubbling excitement and chatter. Once we arrived, we were greeted with warm welcomes and stickers. We went straight to the veterinary medical school and were split up into our year groups to start our activity. Year 7 went to the stables to see the horses. This was a very exciting experience because many of us hadn't seen horses before. We were taught how to wrap bandages on horses' legs and how to take a blood test (we did this all on a fake horse for obvious reasons). After all our equestrian fun, we met up again and went to this place where we could take part in the chemistry escape room.

In the room, there were two experiments shown and we had to figure out what was used to create the experiment. If you got that right, you could proceed to a sheet of balancing equations. After that, you were given a code and a trivia quiz to complete. Using the periodic table, we created a code. Then we nominated one person from each group to find the correct medicine. Our group got it right so consequently, we were awarded a trophy as well as the others who got it right.

The day concluded with a workshop on Deepfakes and AI in the media, led by one of the students at Cambridge - which was my favourite part (Sara) Here are just a few of the notes that we took during the informative seminar:

- Deepfakes are a video/picture in which the face/body has been digitally altered so that they can appear to be someone else. Typically used maliciously or to spread false information.
- They mainly target politicians (for example there have been 100 Facebook fake adverts of Rishi Sunak) or underage women.
- Some use AI to manipulate the voice of a person then continuing to call their relatives and demanding their personal info/money.
- Deepfakes can also have a positive impact on people. Like helping professionals in real-life scenarios to improve their decision-making skills.

Overall, the seminar was such a great experience and enlightened me on AI generated in the media! We loved our time at Cambridge, and we thank the teachers who assisted us and spent the day with us!

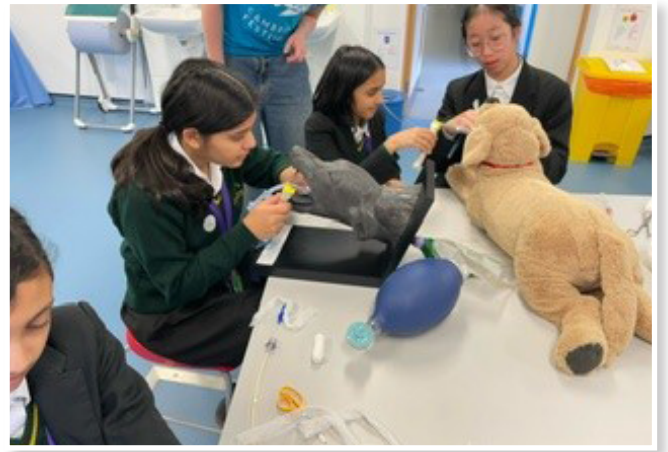
Faryal O and Sara S7SZ



Veterinary Medicine workshops. Year 7 visit stables



AI-Generated Media workshop



Student Rewards April 2024

Year 9



Art

Ishrat C 9CJG - for her fantastic effort in the artist project. All your hard work is paying off and your final piece is beautiful.

Chemistry

Aatman T 9SSH and **Hitarthi P 9CJG** - for preparing so well ahead of lessons. The extra work and enthusiasm shows in lessons. Well done!

Drama

Sophie S 9THA - for outstanding effort in all areas of work and consistently high standards of work.

English

Arnika N 9NMO - for her consistently incisive responses to written texts and quality of assessments;

Vanshi D 9NMO - for working hard to improve the quality of her analytical writing, well done

French

Hetvi P 9THA - for showing resilience in a new subject and demonstrating increasing confidence in class and in her homework.

Geography

Zahra R 9THA - for your consistent active participation and positivity.

Graphics

Shadia MSI 9SSH - for her hard work and

Anesa T 9LBM - for consistent effort and excellent work in Graphic Design

Latin

Safa H 9CJG - for her fantastic rap in the class rap battle on the Greeks vs the Romans!

Maths

Zaynab A 9TC - For outstanding improvement to both effort in and outside of the classroom. Your passion of Math is shining through and it's a delight to see your commitment to your work. Keep it up!

Music

Year 9 choir - for working hard on their song this term!

Physics

Kanisha P 9LBM - For always challenging her own understanding and for consistently pushing herself to improve her knowledge of Physics.

Science

Salwa Safi 9CJG - for challenging herself consistently in her science lessons and always striving to do her very best. Keep it up!

Spanish

Rahaf A 9LBM - for taking part in the Grammar Conjugation Challenge at North London Collegiate all by herself representing Year 9.



Student Rewards February 2024



Year 10

Art

Lian A 10CON - For a fantastic start to our new project sweets and treats and neat presentation in her sketchbook.

Haseena H 10CON & Faza K 10ABI - for consistent effort and excellent outcomes in art

Drama

Manasika R 10JP and **Swara C 10JP** - for fantastic commitment to performance work while preparing an extract of 'The Crucible' by Arthur Miller.

English

Sahida S 10SG - for the high standards she sets for herself and her application of knowledge;

Honey S 10EO - for consistently high effort in classwork and homework, and impressive speaking skills

French

Asla S 10JP - for her enthusiasm and participation in class.

Geography

Fatema R10SJ - she has worked diligently and admirably. Always doing her utmost best.

Graphics

Maryam R 10EV - for her undying dedication to all her work. Always delivers twice the amount of work with exceptional quality too. Well done!

Latin

Musawera T 10SEO - for her improved mindset and attitude in class and her improved standard of work

Maths

Skandaja K 10ABI - For her outstanding work in maths and further maths. She always goes out of her way to ensure she gets challenged.

Fatema R 10ABI - for her commitment to do better and better in Maths. Keep up the good work :-)

Music

Anna C 10JP and Asla S 10JP - for working consistently hard in music

Psychology

Beneca S 10SO - for her effort in psychology, making meaningful revision and trying hard in every lesson

Spanish

Nishka T 10 ABI - for getting a grade 9 (didn't make a single mistake) in the Spanish writing exam. MCO



Science Week: Visits and lectures

Medicine Society: Nurturing Future Medical Minds

The Medicine Society is Bentley Wood's medicine focused society led by our enthusiastic Year 12 and Year 13 students which serves as an invaluable platform for exploring the world of medicine. Through engaging discussions and informative sessions, we delve into various aspects of medical education and practice.

One of the primary goals is to assist students in understanding and preparing for the rigorous exams they'll encounter on their medical journey.

The highlight of our society is the inclusion of guest lectures from professionals in the medical field.

We are fortunate to have GPs, doctors, and current medical students who share their experiences and expertise with us, enriching our understanding of the medical profession.

Overall, the Medicine Society is a collaborative effort aimed at nurturing the aspirations of our students and fostering a deeper appreciation for the field of medicine.

Through collaboration, discussion, and mentorship, we are shaping the doctors of tomorrow, one meeting at a time!!

Ms Bhurani

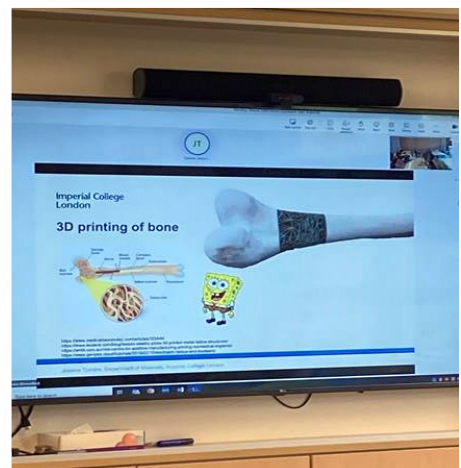
Sixth Form Science: Imperial College London, 3D Printing Talk

We were delighted to have an opportunity to hear from Ms Jessica Tjandra, a Research Postgraduate from the Department of Materials, on her academic career to date, Materials Science as a degree, as well as her current research. Jessica's work is on corrosion of additively manufactured (AM) Ti alloys for orthopaedic implants.

We were privileged to hear about her research and development of 3D printing of bone implants, using characterisation techniques such as focussed ion beam - scanning electron microscopy (FIB-SEM) and atom probe tomography (APT).

It was fascinating to hear about this nascent field of science and how materials science could be readily applied to biological and medicinal work!

Ms Robson





Year 10 students have opportunity to attend Oxford University

We were delighted this term to attend St John's College, Oxford University, with 30 of our Year 10 students. The outreach opportunity provided students with a glimpse into the prestigious academic environment and history afforded by the renowned university.

Students were first introduced to academic life at Oxford University and the application process by a university academic. They then had the privileged opportunity to visit one of the famous college libraries containing many first edition books!

The day then involved a guided tour of St John's College by two current undergraduate students, who provided insights into the college's rich heritage and academic traditions that have been upheld for centuries.

Our students were also given the opportunity to have a Q&A session with the Oxford undergraduates who were impressed by the considered and insightful questions asked by Bentley Wood students.

One of the key highlights of the day was a "chemistry escape room" challenge designed by the Chemistry Department which provided hands-on experience with various experiments, and promoted problem solving and critical thinking skills.

A huge well done to our Year 10 students who represented themselves and the school so well throughout the trip - we hope that this inspires them to continue pursuing their passion for chemistry as well as aiming high in their academic careers!

**Ms Robson, Mrs Sabir
and Ms Bhurani**



Science Week: Activities

Murder Mystery: Year 7 and 8 become forensic scientists for the day

The Year 7 and Year 8 students at our school recently had an amazing time channelling their inner detectives during a murder mystery activity for Science week. This thrilling event not only sparked their curiosity but also introduced them to the fascinating world of forensic science.

As the students delved into the mystery, they had the opportunity to explore the science behind crime scene investigations. Two key techniques that they got to experience were fingerprint analysis and chromatography.

The students learned how to lift and examine fingerprints left behind at the crime scene. By comparing these unique patterns, they were able to identify potential suspects and eliminate innocent individuals from their investigations.

In addition to fingerprint analysis, the students also dabbled in the world of chromatography. In the context of the murder mystery, the students used chromatography to analyse mysterious substances found at the crime scene and were able to gather valuable clues and narrow down their list of suspects.

It was incredible to see their enthusiasm and passion for forensic science!

Ms O’Gorman

Year 7 ‘My Favourite Meal’ nutritional content presentation

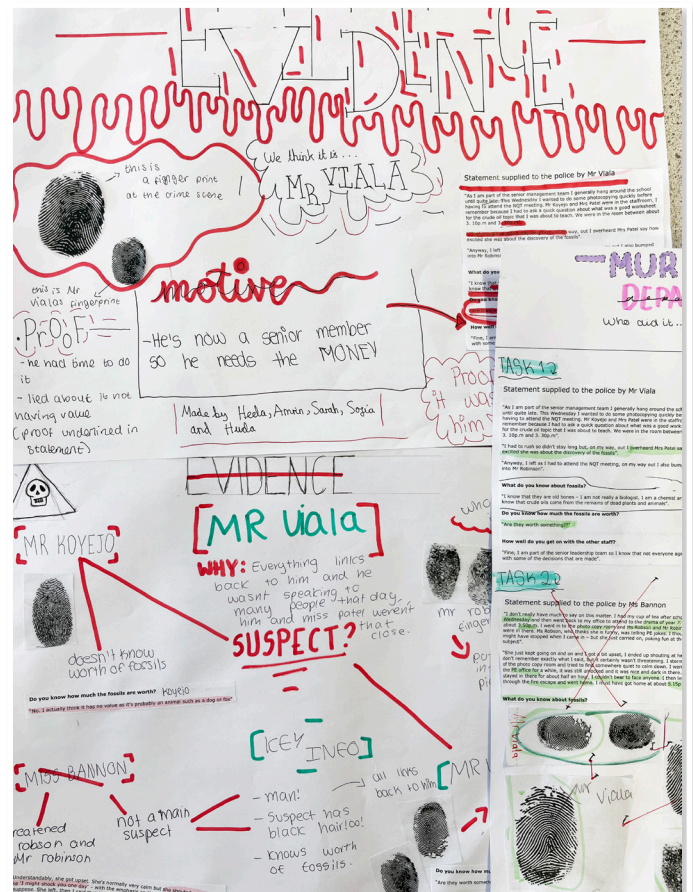
Year Seven students continue to go above and beyond in their science lessons.

I have been blown away by the quality of their work. The brief was to describe the nutritional content of their favourite meal.

Please enjoy this small sample of work from 7MEM and 7NME, every single presentation was produced to an excellent standard. Well done year 7!

Mr Barrett

Murder Mystery



Soy Chicken & Rice

THIS IS A BALANCED MEAL RESPONSE

Has an acceptable amount of fat, vitamins, fiber, protein and essential amino acids and is healthy.

Ingredients:

- Soy Sauce
- Chicken
- Rice
- Vegetables
- Carbohydrates
- Proteins
- Vitamins
- Minerals
- Fiber
- Water

Macros:

- Fats:** Stores energy and keeps you warm.
- Carbohydrates:** Provides energy for respiration.
- Proteins:** Vital for building cells and damaged areas.
- Vitamins:** Needed in small amounts to keep vital organs running, repair cells.
- Minerals:** Blood, teeth, bones, nerves, chemical reactions.
- Fiber:** Helps food move through your digestive system.
- Water:** 75% of water in your body. All chemical reactions take place in your body.

NOODLES

Ingredients: Ramen, Herbs, Egg, Basil

Macros:

- Fats:** Stores energy and keeps you warm.
- Carbohydrates:** Provides energy for respiration.
- Proteins:** Vital for building cells and damaged areas.
- Vitamins:** Needed in small amounts to keep vital organs running, repair cells.
- Minerals:** Blood, teeth, bones, nerves, chemical reactions.
- Fiber:** Helps food move through your digestive system.
- Water:** 75% of water in your body. All chemical reactions take place in your body.

Is Pad Thai a Balanced Meal?

Pad Thai is balanced because it includes lean proteins, carbohydrates, healthy fats, fiber and a variety of nutrients, making a nutritious meal.

Tacos balanced diet

Ingredients: Crunchy Taco Shells, Lettuce, Mixed Peppers, Corn, Cucumber, Pickled Beans, Salsa, Taco Seasoning, Shredded Cheese, Pepper, Cheese.

Macros:

- Fats:** Stores energy and keeps you warm.
- Carbohydrates:** Provides energy for respiration.
- Proteins:** Vital for building cells and damaged areas.
- Vitamins:** Needed in small amounts to keep vital organs running, repair cells.
- Minerals:** Blood, teeth, bones, nerves, chemical reactions.
- Fiber:** Helps food move through your digestive system.
- Water:** 75% of water in your body. All chemical reactions take place in your body.

Is it a balanced meal?

The tacos in tacos provide the protein, the carbs are found in the shells, vegetables, and the fats are in the cheese. Tacos are very customizable so it can be made to fit your needs.

What can you do to make them healthier?

Make your own sauce. Use whole grain or corn tortillas. Use more beans. Use leaner meats. Use fresh herbs. Use less cheese.

How to make them more balanced?

Use lean protein and plenty of vegetables. Add some moderate high calorie condiments to the base to help build a balanced meal.

Pad Thai

Ingredients: Eggs, Bean sprouts, Spinach, Lemons, Bell peppers, Tofu, Peanut oil, Rice noodles, Fish sauce, Shrimp, Garlic, Soybean sprouts, Peanuts, Raisins, Egg, Peanuts.

Macros:

- Fats:** Stores energy and keeps you warm.
- Carbohydrates:** Provides energy for respiration.
- Proteins:** Vital for building cells and damaged areas.
- Vitamins:** Needed in small amounts to keep vital organs running, repair cells.
- Minerals:** Blood, teeth, bones, nerves, chemical reactions.
- Fiber:** Helps food move through your digestive system.
- Water:** 75% of water in your body. All chemical reactions take place in your body.

Is Pad Thai a Balanced Meal?

Pad Thai is balanced because it includes lean proteins, carbohydrates, healthy fats, fiber and a variety of nutrients, making a nutritious meal.

SUSHI

Ingredients: Rice, Nori (seaweed), Avocado, Cucumber, Soy sauce.

Macros:

- Fats:** Stores energy and keeps you warm.
- Carbohydrates:** Provides energy for respiration.
- Proteins:** Vital for building cells and damaged areas.
- Vitamins:** Needed in small amounts to keep vital organs running, repair cells.
- Minerals:** Blood, teeth, bones, nerves, chemical reactions.
- Fiber:** Helps food move through your digestive system.
- Water:** 75% of water in your body. All chemical reactions take place in your body.

Is sushi a balanced meal?

Yes, sushi is considerably healthy. Made of proteins such as salmon and tuna and good fats, such as eggs and avocado. There are plenty of nutrients to find in sushi.

How to keep it healthier?

Keep the rice to the minimum and look for a fresh fish.

How to keep it balanced?

Increase the protein and fiber content to the sushi.

Initially, sushi wasn't eaten.

Sushi may not have originated from Japan.

NEPALI DUMPLINGS

Ingredients: Flour, Meat, Milk, Vegetables, Spices, Oil, Water.

Macros:

- Fats:** Stores energy and keeps you warm.
- Carbohydrates:** Provides energy for respiration.
- Proteins:** Vital for building cells and damaged areas.
- Vitamins:** Needed in small amounts to keep vital organs running, repair cells.
- Minerals:** Blood, teeth, bones, nerves, chemical reactions.
- Fiber:** Helps food move through your digestive system.
- Water:** 75% of water in your body. All chemical reactions take place in your body.

Is Nepali Dumplings a Balanced Meal?

Nepali dumplings are a balanced meal because they contain lean proteins, carbohydrates, healthy fats, fiber and a variety of nutrients, making a nutritious meal.

CHICKEN BIRYANI

Ingredients: Rice, Chicken, Spices, Vegetables, Yogurt, Oil.

Macros:

- Fats:** Stores energy and keeps you warm.
- Carbohydrates:** Provides energy for respiration.
- Proteins:** Vital for building cells and damaged areas.
- Vitamins:** Needed in small amounts to keep vital organs running, repair cells.
- Minerals:** Blood, teeth, bones, nerves, chemical reactions.
- Fiber:** Helps food move through your digestive system.
- Water:** 75% of water in your body. All chemical reactions take place in your body.

Is Chicken Biryani a Balanced Meal?

Chicken biryani is a balanced meal because it includes lean proteins, carbohydrates, healthy fats, fiber and a variety of nutrients, making a nutritious meal.

BRITISH BREAKFAST

Ingredients: Eggs, Bacon, Sausages, Toast, Vegetables, Fruit.

Macros:

- Fats:** Stores energy and keeps you warm.
- Carbohydrates:** Provides energy for respiration.
- Proteins:** Vital for building cells and damaged areas.
- Vitamins:** Needed in small amounts to keep vital organs running, repair cells.
- Minerals:** Blood, teeth, bones, nerves, chemical reactions.
- Fiber:** Helps food move through your digestive system.
- Water:** 75% of water in your body. All chemical reactions take place in your body.

Is British Breakfast a Balanced Meal?

British breakfast is a balanced meal because it includes lean proteins, carbohydrates, healthy fats, fiber and a variety of nutrients, making a nutritious meal.

Career and financial advice for students this term



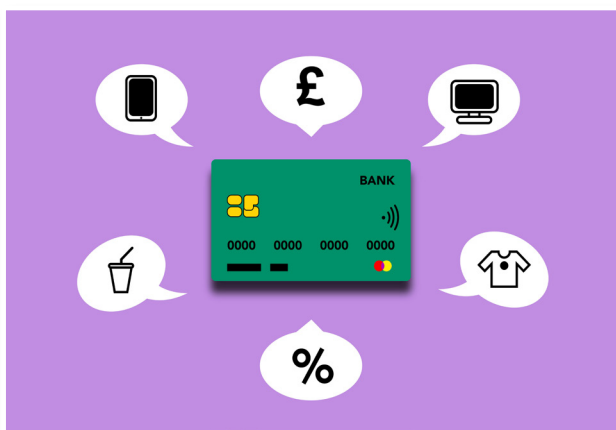
Beneficial financial education for Sixth Formers

This term, Sixth Form students have been visited during PSHE lessons by the Jack Petchey WizeUp scheme, to improve their financial education – an essential skill for later in life as well as now.

The first session, delivered to both Year 12s and 13s, looked at budgeting, with discussions of how students can look to both earn and save money. Many students came away with ideas of how they might be able to earn money through selling their skills as graphic designers or writers.

Year 12s also had a session about taxes and pensions, which teachers found equally useful! We have one more session to look forward to, thinking about student finance.

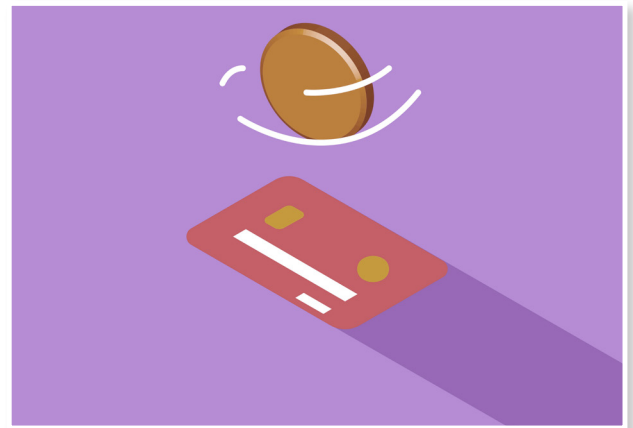
Mr Ferris



What is the programme?

- It's a financial education programme aimed at post 16 students
- It is delivered over 2 years
- By the end of the programme >85% of students feel more able to manage their personal finances
- We have been delivering sessions on financial education since 2011
- We have been working with The Jack Petchey Foundation since 2020

WizeUp with Jack Petchey



Do we get to choose topics?

- Year 12 - choose three from:
 - Student Finance
 - Tax & Pensions
 - Budgeting & Earning Extra Money
 - Cryptocurrencies & NFTs
- Year 13 - choose one from:
 - Any of the above
 - Credit cards & Credit Ratings
 - Flat Sharing + Saving & Investing

WizeUp with Jack Petchey



Year 8 Careers Morning: Insight into different professions

As a part of picking our choices for our GCSEs, Year 8 participated in Careers Morning. This was an exciting opportunity to hear about different professions from the professionals themselves who fascinated us with their jobs!

I picked Educational Psychology because I've always been intrigued by the human mind and questions like, why the mind is designed to kill (this was an interesting book based on the subject) and the subconscious for example. The session greatly interested me and gave me clarity on what it was like being in my dream job. Without this, I wouldn't have been sure of what paths are possible to take and the best ways of going about them.

Another presentation I selected to attend was a solicitor who explained the issues of housing and the economy and what her job was and how it helped people who were in difficult relationships with their landlords or felt insecure about shelter. She worked for a charity who worked on this issue and it made me think about taking Law as an option. Overall, each of my sessions were extremely helpful and fun and it's definitely made me rethink some decisions regarding my choices!

Khushi D8MD



British Army



Police Officer



Solicitor



Chef



Landscape Architect



Education Psychologist

Internet and public transport: Advice on safety and sustainability

Year 8 have internet safety advice from Safer Schools Officers

Back in February for Safer Internet Day, Year 8 students attended workshops run by 2 Safer Schools Officers to gain more insight into how to keep safe on the internet.

Students found this very interesting, and it gave us more insight of what to do as a school to continue making sure students are feeling safe online.

Students were able to discuss the issues that may arise on the internet and the process of reporting to trusted adults, as well as what the police and wider community can do to help with this too.

Ms Howes





Bentley Wood students promote sustainable & active transport

Following a previous two years of work, the TfL Pioneers team is keen to promote sustainable & active transport, and a move away from relying on being dropped off by car. Our aim for this year is to achieve Gold accreditation from TfL (we currently have Silver), which involves a 6% modal shift away from cars or 90% students travelling actively & sustainably (walking, park and stride, bus, cycling).

As a team, we foresee a number of benefits from this change:

- Improved safety – with less people being dropped off at the school gates, there will be less cars, making it safer for girls arriving at school
- Reduced pollution – last year, we found high levels of NOx at Clomp Hill and Bridges Road, from car exhausts, which contributes to asthma and other respiratory problems
- Saved time and money – getting stuck in traffic whilst dropping off your daughter can waste time and fuel; allowing them to park and stride will help avoid this
- Better health – just 10 minutes of walking can boost physical and mental health
- Protected climate – travelling by car produces the most carbon dioxide per person (181.5g per passenger kilometre) of any method for getting to school, contributing to global warming at a time when we have had the eight warmest months globally in recorded history

After the Easter holiday, we will be launching a number of competitions and a podcast to encourage students to start travelling actively and sustainably, with prizes including vouchers, water bottles and stationery.

I know many students will be keen to participate, so please support them with this. If you are concerned about your daughter walking or using public transport, you may wish to read the below articles about safety when walking or using public transport!

<https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/walking-safely-to-school/>

<https://tfl.gov.uk/travel-information/safety/staying-safe>

Mr Ferris



Educational and fun adventure on Year 10 field trip to Juniper Hall

Year 10 geographers recently visited Juniper Hall, near Guildford. We did this in order to investigate the River Tillingbourne, to assess how the river changes downstream. The field trip took place on Tuesday, 5th March and Friday 8th March. It involved a visit to various sites along the river. The trip proved to be an educational and fun adventure that enhanced our understanding of the changing characteristics of the river.

We visited the middle and lower courses of River Tillingbourne which was crucial for a comprehensive understanding of the river's characteristics and fluvial processes. We could see formed meanders. The outer bank of the meander was experiencing erosion, while sediment deposition was occurring on the inner bank. Our primary objective was to engage in a comprehensive study of the river's dynamics, focusing on key parameters such as speed, width, and depth.

We all got into the river in groups, carefully selecting a representative cross-section. By releasing corks and timing their journey downstream, we were able to calculate an average speed.

To gauge the width of the river, we used measuring tape. Stationing ourselves at strategic points along the riverbanks, we stretched the tape measure across, noting the distance between the two points. We were required to step into the river, where we carefully used rulers to measure the riverbed's depth at various locations. The data collected illustrated the fluctuations in the river.

When we returned to Juniper Hall, the instructors taught us about the knowledge of the fundamentals of Geographical Information Systems (GIS). We learnt about how GIS allows us to visualize and understand spatial patterns, relationships, and trends. It helps in understanding the world in a geographic context, while understanding the relationships between different locations and features.

In conclusion, our expedition to the River Tillingbourne was more than just a field trip; it was a journey of discovery, learning, and appreciation of nature.

This geography trip will undoubtedly leave a lasting impact on our understanding of the way a river changes downstream.

Aneya S Year 10



Year 10 Geography students investigate the River Tillingbourne.

Bronze Duke of Edinburgh practice expedition

Students in Year 10 embarked on their practice expedition for the Bronze Duke of Edinburgh award on 23rd March. The girls walked from school to Aldenham Country Park and back. Getting stuck in the mud and a small bit of rain the students got there in the end! They are now preparing for the real expedition next term!

DofE was a thrilling experience for us all. As a group we enjoyed the long walk filled with some amazing sights from the busy roads of London to the vast fields where we discovered many animals such as horses, goats, deer, sheep and more. Some of us even had the opportunity to feed the horses.

While the walk itself was partially difficult it was an enjoyable journey along with our friends and a staff team leader. We navigated the way using maps and a compass - a vital skill we have learnt for this trip. I personally enjoyed hiking across Aldenham country park with beautiful views and seeing the planes take off from Elstree aerodrome. Overall this trip is one to remember and we look forward to the real thing where we will get to have the experience all over again.

Asiyah D 10SG



Student Rewards December 2023

Year 11



Art

Amal K 11CCH - Exceptional focus and effort in preparing for her upcoming art exam.

Nusayba M 11EAW - for dedication and hard work - always coming to Art Clubs and for taking risks and trying new techniques.

Business studies

Hanaan T 11BME - for working hard and showing consistent fantastic effort within the subject. Well Done.

Chemistry

Riday A 11HJG - for her diligence and passion for learning in Chemistry that she has shown this term. Well done!

Drama

Nusayba M 11EAW - for great dedication, effort and brilliant performances of two extracts from 'In Water I'm Weightless'

English

Farrah S 11EAW - for her impressive mock exam results in English Literature and insightful class contributions;

Vidisha G 11HJG - for always showing curiosity and determination, and the effort put into her speaking assessment

French

Mohamed H 11EAW - for having improved so much in terms of classwork, homework and effort in French lessons, as well as for having attended revision sessions after school consistently. Bravo, Huda!

German

Avni R 11BME - for continuing to work hard and really trying her best, and for being so organised.

Graphics

Hanna F 11EAW - for focus and effort to achieve her very best in preparing for her upcoming exam.

Latin

Nina N 11PS - for stepping up her focus in class for the mocks and for her final exams!

Maths

Mariam B 11HJG - For her outstanding effort in maths. She always goes out of her way to ensure she gets challenged. Keep up the good work!

Music

Georgia M 11MAK - for working very hard in her performances

Physics

Sayuri S 11PS - For challenging herself to try homework extension activities to stretch her knowledge and understanding of Physics.

Psychology

Huda H 11MAK - for brilliant effort

Science

Elsa T 11PS - for consistently putting in the effort towards her studies in science and having an excellent attitude to her learning. Well done!

Spanish

Tia M 11NMA and Hiba S 11CCH - for putting in so much effort into their Spanish oral exam.

Textiles

Diya P 11MTM - for working hard and taking risks to develop her textiles exam work

Student Rewards December 2023



Year 12

Art

Thusmeena S 12RGR - resilience and persistence in order to improve her work.

Business studies

Hosai Y 12KW - for being an enthusiastic learner in every class and also making fantastic improvements within the subject. Well done.

Chemistry

Atefa M 12PBL - For always being one step ahead! Atefa works incredibly hard to prepare fully for every lesson and is able to engage fully in discussions in lessons due to her thorough preparation

Classical Civilisation

Hiba Kola 12PBL - for her improved work ethic this half term. She has really stepped up her focus and note taking. Well done

English

Soha O 12SNU - for the improvement in her written work and her classroom contributions

Maths

Ayah S 12KW - for her excellent problem solving skills. She is so good at finding different methods of answering questions.

Physics

Hena H 12PBL - For her outstanding participation during lessons and all her hard work so far this year.

Psychology

Ferhaddiba A 12KW - for brilliant effort in revision, class and homework

Spanish

Haja, Sarah, Abigail and Hafsa for being the Grammar Conjugation Winners at a competition with other local schools.



Sports tournaments this term



Year 9 Netball Team



Year 7 Netball Team



Year 11 Netball Team



U14 Volleyball

Year 7 Netball Team	
Shereen H	7LJO
Amber M	7LJO
Neitraa N	7MCO
Siana O	7MCO
Zara P	7LJO
Karla P	7SCH
Aneri P	7NME
Safah R	7MCO
Chloe R	7LNO
Shehnaï S	7SZ

Students engage in exciting tournaments

Year 7 Netball Tournament

A massive well done to the Year 7 Netball squad on playing so well at the Year 7 tournament at Nower Hill on Wednesday 6th March! We finished 4th in our group overall and won two of our matches which was a great result.

Ms Chandler

Year 11 Netball Tournament

The girls played really well and it was a great match! They worked really hard, scored a number of goals and defended well. It was very close, at times it was goal for goal, other times Avanti were in the lead and we brought it back or we were in the lead and Avanti would bring it back. Unfortunately, Avanti came out on top.

Ms Collen

Year 9 Netball Tournament

The team was nervous on our way there as we were short on people. However, we were ready and resilient and pushed through and played well and worked really hard as a team. We learnt to communicate with each other. All our hard

work and training paid off and we are so happy with our wins, we won 4 matches. We came 3rd overall which was a huge success. We want to say a huge thank you to Miss Collen for pushing us to work really hard and not letting us give up. Overall, the experience was really fun and we are looking forward to continue our netball journey.

Year 9 netball team

Volleyball U14's Tournament

On Wednesday 20th March around 12 students from Bentley Wood visited Park High for a volleyball tournament. Before the games began it was quite a tense atmosphere as it wasn't the environment we were used to. We played against Park High for two games; we won the first match 21-7 However, although we lost the second game 21-17 we had improved significantly playing cooperatively, communicating with each other and picking up 10 points compared to our last game. Overall although we did not win, we learnt from experience and will certainly be improving for the better.

Rahaf A 9LBM

Student Rewards December 2023



Year 13

Art

Yamin SZ 13JG - for continuous improvement within the subject and making fantastic progress.

Biology

Harini J 13GCO - for really showing that hard work pays off. She always asks for clarification when in doubt, and this helps to understand how to apply herself better in exams. Well done.

Business studies

Susan H 13JG - for continuous improvement within the subject and making fantastic progress. Well done.

Chemistry

Nagin M 13SBA - for outstanding attitude to her learning in Chemistry, engaging in class discussions and consistently going above and beyond with her out of class learning.

Classical Civilisation

Charlotte O 13AP - for volunteering to give a talk at the Humanities Symposium on myth and politicians.

Economics

Khadija M 13AP - for continued excellence in Economics and making fantastic progress within the subject.

English

Kamila D 13AP - for her promising mock exam performance

Geography

Palisha S 13JG - for her positivity and diligence. What a great member of the class.

Psychology

Rabab H 13GCO - for continued effort and resilience in psychology



Student wellbeing

Mental Health and Wellbeing Updates from the Bentley Woods

At Bentley Wood, we're committed to supporting your daughter's emotional well-being and mental health, alongside her academic success and personal development, to the best of our ability

As we enter the well-earned Christmas break, I wanted to share with you some strategies, developments, and advice for your daughters (and you). We want to help you, the very best we can, in fostering your daughter's resilience and emotional wellbeing.



Self-Care:

Self-care is about what you can do to help yourself feel better or to keep yourself feeling good. It's a way that we can look after our own mental health and wellbeing.

Everyone's approach to self-care will look different. What works for you might not work for others. There are lots of different self-care strategies so you can try out different ones until you find something that works for you.

The Anna Freud centre has produced a resource that walks young people through a series of steps, helping them create a detailed self-care plan that works for them. I wanted to share this with you again as it has great practical advice.

The plan helps young people identify activities that they can use to support their mental health. It's adaptable on a weekly or monthly basis, so that it can fit differing schedules or priorities.

The suggested activities in the plan are split into different categories, including:

- **Physical activities** – ideas include eating a healthy, diet, and spending time away from technology.
- **Emotional activities** – Writing down good things we do as a reminder to be less hard on ourselves, developing the 'right' friendships, namely, those that are supportive in positive ways.
- **Social activities** – such as creating a playlist with friends, joining a local youth group.

- **Practical activities** – suggestions such as organising your day (nothing makes you feel less mentally 'cluttered' than writing down a list!), and setting realistic goals to give a sense of purpose and direction.

You can download the full guide here:

[Creating a Self Care Plan](#)

Mental Health Hub for Teenagers and Parents - Harrow:

Harrow services have produced this great online hub of mental health services for Harrow teenagers, should you or your daughter ever need support.

<https://youngharrowfoundation.org/harrow-is-here>

They have a devoted area for parents and carers here (because we all need support sometimes):

<https://youngharrowfoundation.org/parents>

Advice for Parent and Carers – Anna Freud

The Anna Freud has developed this leaflet which provides simple advice and guidance to parents and carers about how to make conversations about their child's feelings part of everyday conversation.

The teenage years can be both exciting and challenging for parents. It can sometimes be hard to know whether your child's feelings and behaviour are normal or becoming a problem.

You'll find the leaflet here:

[Anna Freud](#)





Digital Wellbeing Platform:

You will recall that we trialed a new online wellbeing platform (Govox) with Year 9s last year. This is a way to identify students in need of a 'check-in', to deliver them bespoke wellbeing resources, and to take the pulse of how our students are feeling each half-term.

I emailed you recently with details of this and to let you know we have now rolled it out to more year groups – years 9, 10, 11, 12 and 13. Your daughter will receive an email each half-term inviting her to fill out a short questionnaire. Please do encourage her to fill it in. Whether she's on top of the moon, or down in the dumps, we want to know how she is. She can expect the survey email on the second Monday back after each half-term break.

Stay Connected: Student Wellbeing and Mental Health Teams Channel

We often upload new resources, tips, and advice to the **Student Wellbeing and Mental Health Teams channel**. Here, you can find a repository of **videos, articles, guided meditations**, and more to help you and your daughter cope with stress and anxiety, and to become more resilient.



Mental Health Support at Bentley Wood

We will continue to offer a wide range of support for your daughter at Bentley Wood, including our PSHE curriculum, Wise Thoughts discussions, sports and extra-curricular clubs. Some examples follow.

- Our new **'Healing Hearts Team'**. These are a group of staff trained in mental health and wellbeing strategies. These members of staff are available to connect with and speak to students, offering invaluable support and guidance.



We have a fully-trained **Senior Mental Health Lead** who is a Senior Leader, in line with best Government-endorsed practice, and this means we have support from the **Harrow Mental Health Support Team. (MHST)**

- We have three **Counsellors in each week**, including a representative of the **Wish Centre**.
- We have our own student **Wellbeing & Mental Health Ambassadors** to lead on whole-school initiatives and offer advice to fellow students.
- For additional wellbeing and mindfulness resources, consider the **Headspace** and **Calm** apps, meditation MP3s in the Student Wellbeing and Mental Health Teams channel, or books such as *"Mindfulness: Finding Peace in a Frantic World"* by Professor Mark Williams.



Useful Apps and Websites:

[Meditation and Sleep Made Simple - Headspace](#)

[Calm - The #1 App for Meditation and Sleep](#)

If you have any questions or concerns, please feel free to contact **Mr. O'Sullivan (AHT/Senior Mental Health Lead)** or your daughter's **Head of Year**.

Wishing a Merry Yuletide season and Happy New Year.

Mr O'Sullivan
Assistant Headteacher
Senior Mental Health Lead

Information and advice for students and parents

Parent Ambassadors

Parent Ambassadors at Bentley Wood High School help parents and carers in many ways to facilitate communication between themselves and school.

We can translate information about the school and their daughter's progress in Arabic, Pashto, French and Urdu.

Our role consists of helping with induction and admission of new students and to help fill out forms. We support by helping parents and carers understand parent consultations, meetings and assemblies.

We translate at meetings, act as interpreters and translate English into parent/carers native language. We like to involve parents in their daughter's education by inviting parents to coffee mornings, end of term meetings and parties.

Ms Halpin speaker of Arabic and French
Ms Usman speaker of Urdu
 (We can arrange translation for Pashto speakers)

Please contact us:
Email: SchoolOffice@bentleywood.harrow.sch.uk
Phone: 0208 954 3623



Parent Courses Easter

TIMETABLE

Harrow Early Support Youth Offer
Easter Holiday - Week 1

CONTACT: 0208 416 8667
 WEALDSTONEHUB@YOUTHOFFER@HARROW.GOV.UK

TUESDAY 2ND	WEDNESDAY 3RD	THURSDAY 4TH
<div style="display: flex; align-items: center;"> <div style="font-size: x-small;"> <p>COOKING EASTER THEME AT WEALDSTONE YOUTH CENTRE</p> <p>Time: 11:00-1:00pm</p> <p>Ages: 9-19/25 SEN (may be split depending on bookings)</p> <p>LIMITED SPACES PLEASE BOOK</p> </div> </div>	<div style="font-size: x-small;"> <p>FRISSEY SCRIBBLES (TRAINERS PAINTING GROUP) AT WEALDSTONE YOUTH CENTRE</p> <p>Time: 11:00-1:00pm</p> <p>Ages: 9-19/25 SEN (may be split depending on bookings)</p> <p>LIMITED SPACES PLEASE BOOK</p> <p style="font-size: xx-small; color: red;"><i>YP to bring their own trainers to design if they do not have their trainers please send an email</i></p> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: x-small;"> <p>FITNESS SESSION AT HARROW LEISURE CENTRE</p> <p>Time: 11:00-12:00pm (Juniors) 12:00-1:00pm (Seniors)</p> <p>Ages: 11-19/25 SEN (ages will be split)</p> <p>LIMITED SPACES PLEASE BOOK</p> </div> </div>
<div style="display: flex; align-items: center;"> <div style="font-size: x-small;"> <p>ARTS AND CRAFTS AT WEALDSTONE YOUTH CENTRE</p> <p>Time: 1:30-3:30pm</p> <p>Ages: 9-19/25 SEN (may be split depending on bookings)</p> <p>LIMITED SPACES PLEASE BOOK</p> </div> </div>	<div style="font-size: x-small;"> <p>STREET DOCTORS AT WEALDSTONE YOUTH CENTRE</p> <p>Time: 1:30-3:30pm</p> <p>Ages: 9-19/25 SEN (may be split depending on bookings)</p> <p>LIMITED SPACES PLEASE BOOK</p> </div>	<div style="display: flex; align-items: center;"> <div style="font-size: x-small;"> <p>MULTISPORTS AT HARROW LEISURE CENTRE</p> <p>Time: 1:30-3:30pm</p> <p>Ages: 9-19/25 SEN</p> <p>LIMITED SPACES PLEASE BOOK</p> </div> </div>

Ages 16-19/25 SEN for SYC

LONDON BOROUGH OF **HARROW**

Early Support
Small Steps - Lasting Change

38-42 HIGH STREET, WEALDSTONE, HARROW, HA3 7AE

Young people with SEN / Additional needs are welcome to all of our groups. If a carer/ 1-1 support is needed then please ensure to enquire regarding suitability and attending with your young person

wealdstone youth centre

Staying safe

Advice for Students:

- Talk to a trusted adult if anyone says or does anything that worries or frightens you. A **trusted adult** might be a family member or please contact the school – someone will be there to support you.
- **Always** tell a trusted adult where you are going and what time you will return.
- Don't lend your mobile phone to anyone unless it is an emergency
- Don't let anyone online trick you into doing something or sending pictures against your wishes.
- **Don't share** any passwords/login information – keep them private and use complex passwords, too.
- Never give personal information to any person you don't know.

Safety and your mobile phone:

- Speak to a parent/trusted adult about who you are connecting with and not to purchase anything online without gaining an adult's permission first.
- Age Ratings on Apps are **there to keep you safe**.
- **Only** connect online with friends and family you know in the physical world and not to accept 'friend play request' from strangers.
- Don't put up with abusive texts, photos or video. Show them to an adult and report them.
- You should **always** speak to a trusted adult if you see or hear anything online that makes you feel **scared** or **uncomfortable** and to **never** arrange to meet someone who they have met online.
- When sharing images: **you need consent** to take and share images/videos of others. People also need your **consent** to **take** and **share** your image.
- If an image shows the private parts of a person who is under 18; it IS an indecent image: It is an **offence** if you: save it, share it, keep it, print it, forward it, show it.

Safety and Social Media

With social media you can send messages, share pictures, videos and chat with people all over the world. ... **but who are you connecting with?**

Anyone can use the Internet. Not everyone is who they say they are and some people are not nice.

Most social media platforms require users to be of a minimum age to use their services:

Snapchat	13 years old
Instagram	13 years old
TikTok	13 Years old
You Tube	13 years old
FaceBook	13 Years old
WhatsApp	16 years old

Additional Support:

- Online Safety: www.nspcc.org.uk
- Staying safe online in the summer holidays – advice for parents and carers: www.saferinternet.org.uk

- How to recognise the signs of bullying and sexual exploitation: www.harrowlscb.co.uk
- Mental Health: www.youngminds.org and [Mental Health Support Services in Harrow](#)

Supportive Websites:

- [Childline](#): 0800 1111
- [NSPCC](#):
- [Samaritans](#): Call 116 123 (24 hours 7 days a week)
- [Campaign Against Living Miserably \(CALM\)](#) : Call 0800 58 58 58 – 5pm to midnight every day
- [Papyrus](#): Call 0800 068 41 41 – 9am to midnight every day Text 07860 039967
- [Childline](#): Call 0800 1111 (24 hours 7 days a week)
- [The Mix](#): Call 0808 808 4994 (3pm to 12am)

Useful contacts:

NSPCC report abuse line: 0808 800 5000

Harrow's Golden Number: 020 8901 2690

Harrow's Out of Hours Emergency Team: 020 8424 0999

Emergency Services: 999

Other Useful Contacts:

Harrow Children's Services and Harrow Local Safeguarding Board www.harrowlscb.co.uk

In an emergency you must always call 999.

To report a non-emergency crime to the police call 101.



Information and advice for students and parents

Free School Meals eligibility

- Children are entitled to receive free school meals if they or their parents or guardians receive any of the benefits below.
- Universal Credit, provided they have an annual net earned income not exceeding £7,400 (£616.67 per month)
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part 6 of the Immigration and Asylum Act 1999
- The guarantee element of Pension Credit
- Child Tax Credit, provided they are not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190, as assessed by HMRC
- Working Tax Credit run-on – paid for 4 weeks after you stop qualifying for Working Tax Credit

I don't currently claim free school meals - what does this mean for me?

If you think you might be eligible for free school meals, please see instructions here on how to check and apply.

I am currently claiming free school meals - what does this mean for me? Most people won't be affected by the new criteria. If you're currently claiming free school meals, but do not meet the new criteria, your child will continue to receive free school meals until the end of the Universal Credit rollout period.

This will apply even if your earnings rise above the new threshold or if you stop being entitled to Universal Credit. The Universal Credit rollout is currently expected to complete in March 2025. Once Universal Credit is fully rolled out, your

child will keep their free school meal until the end of their current phase of education, i.e. primary or secondary.

Where can I get more information?

<https://www.gov.uk/apply-free-school-meals>

If you need any further information, please speak to a member of school staff in the Data Office or the local authority. You can also visit the free school meal website:



Your information

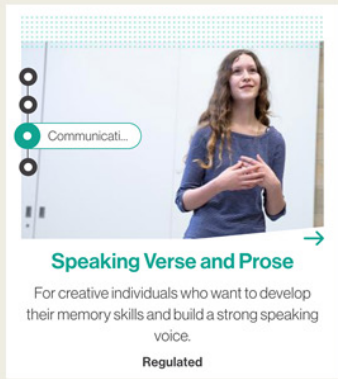
It is vital to check that we hold your most current and accurate data.

Please ensure that you inform the School Office/Data Office of any changes such as **student name/address/contact details/mobile number & email address.**

These must be kept up to date otherwise you may not be able to receive important information. When informing us of an address change, please provide proof of address such as Council Tax or Tenancy Agreement.

Ms Ramsay, Data Manager

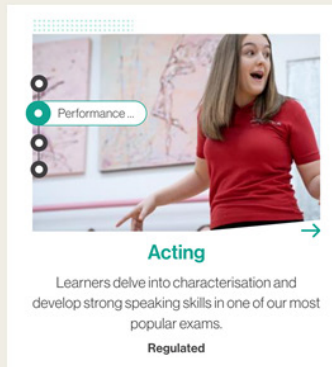




Speaking Verse and Prose

For creative individuals who want to develop their memory skills and build a strong speaking voice.

Regulated



Acting

Learners delve into characterisation and develop strong speaking skills in one of our most popular exams.

Regulated



Speaking in Public

Develop the confidence to deliver powerful and engaging speeches, as you build the foundations of effective public speaking.

Regulated

What is LAMDA? London Academy of Dramatic Art is a well-known establishment in qualifications in Speech of Verse & Prose, Acting, Musical Theatre and Public Speaking. It is well respected and recognised on a person's CV and offers UCAS points for Grade 6,7 & 8.

How much will it cost? Bentley Wood has partnered with the local Stagecoach providers and are able to offer the 10 sessions for £150 (FSM discounts can be offered). In addition, there is the cost of the exam, the price of the exam varies dependent on grade.

At Bentley Wood you can receive 10 sessions to help you prepare for a graded **LAMDA** exam during the Summer term.

If you are interested in completing this in the Summer term speak with your parents and then **email Mr Rankin.**

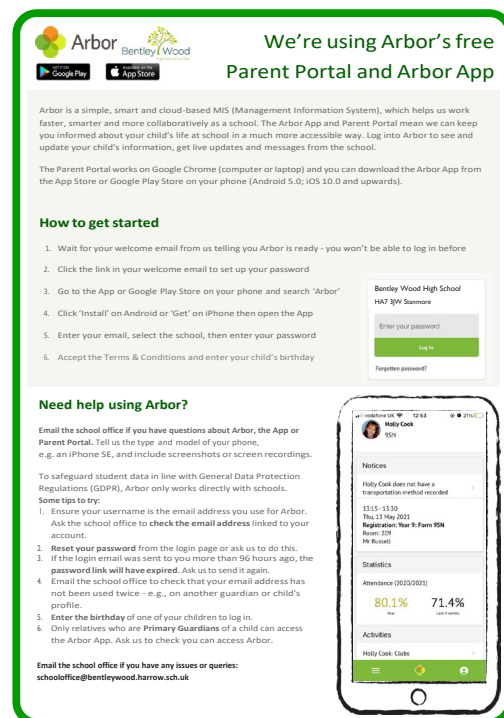
LAMDA



We're using Arbor's free Parent Portal and Arbor App

Arbor is a simple, smart and cloud-based MIS (Management Information System), which helps us work faster, smarter and more collaboratively as a school. The Arbor App and Parent Portal mean we can keep you informed about your child's life at school in a much more accessible way. Log into Arbor to see and update your child's information, get live updates and messages from the school.

The Parent Portal works on Google Chrome (computer or laptop) and you can download the Arbor App from the App Store or Google Play Store on your phone (Android 5.0; iOS 10.0 and upwards).



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How to get started

1. Wait for your welcome email from us telling you Arbor is ready - you won't be able to log in before
2. Click the link in your welcome email to set up your password
3. Go to the App or Google Play Store on your phone and search 'Arbor'
4. Click 'Install' on Android or 'Get' on iPhone then open the App
5. Enter your email, select the school, then enter your password
6. Accept the Terms & Conditions and enter your child's birthday

Need help using Arbor?

Email the school office if you have questions about Arbor, the App or Parent Portal. Tell us the type and model of your phone, e.g. an iPhone SE, and include screenshots or screen recordings.

To safeguard student data in line with General Data Protection Regulations (GDPR), Arbor only works directly with schools.

Some tips to try:

1. Ensure your username is the email address you use for Arbor. Ask the school office to check the email address linked to your account.
2. Reset your password from the login page or ask us to do this.
3. If the login email was sent to you more than 96 hours ago, the password link will have expired. Ask us to send it again.
4. Email the school office to check that your email address has not been used twice - e.g., on another guardian or child's profile.
5. Enter the birthday of one of your children to log in.
6. Only relatives who are Primary Guardians of a child can access the Arbor App. Ask us to check you can access Arbor.

Email the school office if you have any issues or queries: schooloffice@bentleywood.narrow.sch.uk

The graphic also shows a mobile app interface with a login screen for Bentley Wood High School (HA7 3JW) and a dashboard with statistics: Attendance (0020/0020) at 80.1% and another metric at 71.4%.

Dropping off and collecting your daughter from school

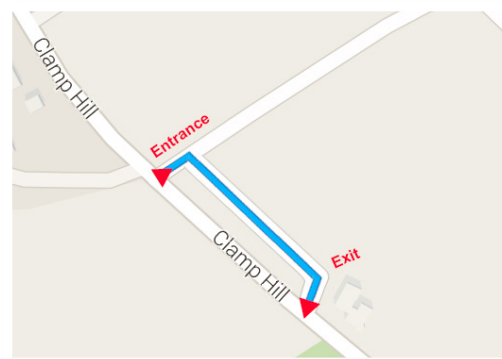
For student safety only use the Clamp Hill entrance to drop off and pick up your daughter from school.

We would like to remind you that our Bridges Road gate is no longer in use for dropping off or collecting students from school by car.

We wish for all parents/carers to use the Clamp Hill entrance and the designated safe road/drop off point. Please note if the drop off point is full, parents should drive through the drop off area and park on Clamp Hill Road, on the left hand side facing Brockhurst Corner/Uxbridge Road.

For any parents who are unsure where the drop off is, please use postcode HA7 3JW. Details can also be found on the school website under the 'Contact Us' section.

Please can parents/carers email the school office at schooloffice@bentleywood.harrow.sch.uk with their up to date contact details including mobile numbers and email addresses to be sure that they are receiving all the information being sent to parents from the school.



Dates for your Diary 2024

29th March to 12th April 2024 - Easter Holidays

2nd to 8th April 2024 - Easter University (Y7 & Y8 students, by invitation only) 10:00am – 3:05pm

15th April 2024 - Return to school. 08:40 usual registration

16th April 2024 - Cultural Day Students are invited to wear clothing that represent their culture

19th to 20th April 2024 - Year 10 Duke of Edinburgh Expedition

22nd April 2024 - Start of GCSE MFL Speaking Exams

23rd April 2024 - Year 7 MFL & Year 8 Options forms due to be collected

23rd April 2024 - Year 7 Parents Evening. Early finish 13:25 / 13:30

25th April 2024 - Year 9 Immunisations

1st to 3rd May 2024 - A Level Art Examinations

6th May 2024 - Bank Holiday

9th May to 26th June 2024 - External Examinations – Y11, Y12, Y13

24th May 2024 - Inset Day. School open to exam students only

27th May to 1st June 2024 - Half term

3rd June 2024 - Return to school. 08:40 usual registration

Don't forget to check our website for regular news updates:

www.bentleywood.harrow.sch.uk