

Dear Parents, Guardians, Carers, Staff & Governors

The weeks seem to be flying past and after some settling in time for our students, we face a busy end of the half term with parents' evenings coming up and events such as the portrait final and music showcase.

We host our fifth and sixth open mornings of the term this week. The attendance and feedback has been so positive from so many of our visitors who comment on the warmth of our staff and students, the calm learning environment and the breadth of our curriculum. A special well done and thank you to our Year 9 Ambassadors who have represented us so fantastically when showing families around the school.

During the first week of term we spoke with our Yr 11s, in particular about how quickly Yr 11 will go. Many of them are now realising this and we continue to urge them to be in school, be on time and attend all of the extra sessions staff put on for them. Of course, this advice applies to all students in all year groups and we are so pleased to see the number of students who take the opportunity to join our clubs and extended curriculum offer.

Best wishes,
Niki Clemenger & Richard Cole
Co-Headteachers



Sixth Form Open Evening for Yr 11 and Families Thursday 19th October 5 - 7pm



Please encourage your child to log on and complete the Big Ambition Survey. The Children's Commissioner for England, Dame Rachel de Souza, has launched The Big Ambition, a national survey of children and young people across England.

The Big Ambition aims to hear from children across England on what they think is important! In the lead up to the next General Election, the Children's Commissioner wants to take children's thoughts, opinions and ideas to decision-makers, to make sure that the Government hears young people's voices on what they think needs to be done to make children's lives better in England.

[The Big Ambition survey will be open until Friday 15th December.](#)



What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.8% in 2023. It's concerning that these age-restricted products are getting into the hands of under-18s and most concern parents, which can be dealt through to action development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local parks, raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

- WHAT ARE THE RISKS?**
 - NICOTINE ADDICTION**
Since they were widely marketed to young people, such as through 'free' samples, the 40% nicotine strength of many e-cigarettes has caused addiction. Nicotine can affect the brain and cause long-term effects, but it can also cause detrimental effects on the heart and lungs. Nicotine can also affect the heart by increasing blood pressure and heart rate. It can also cause addiction to the substance, which can lead to withdrawal symptoms.
 - POTENTIAL TOXICITY**
Many vape liquids have been found to contain heavy metals such as lead, nickel and tin. These metals can be inhaled and cause long-term health issues. Some metals can also be absorbed into the body, which can lead to serious health problems. Some metals can also be absorbed into the body, which can lead to serious health problems.
 - UNCLEAR LONG-TERM CONSEQUENCES**
The benefits to using e-cigarettes are unclear. Some studies suggest that using e-cigarettes may reduce the health risks of smoking, but others suggest that using e-cigarettes may increase the risk of lung disease and other respiratory problems. More research is needed to understand the long-term consequences of using e-cigarettes.
 - ATTRACTIVE PACKAGING**
The packaging of many e-cigarettes is designed to be attractive to young people. This can lead to young people being drawn to e-cigarettes and using them, even if they are not aware of the risks. The packaging of many e-cigarettes is designed to be attractive to young people. This can lead to young people being drawn to e-cigarettes and using them, even if they are not aware of the risks.
 - ENVIRONMENTAL EFFECTS**
The use of e-cigarettes can have environmental effects. E-cigarettes contain chemicals that can be harmful to the environment. The production and disposal of e-cigarettes can also have environmental effects. The use of e-cigarettes can have environmental effects.
- WHAT IS VAPING?**
Vaping is a habit from which people get a buzz from a battery and nicotine, creating a cloud of vapor with the user exhales. They can be flavored (and often contain nicotine) and are used to replace the liquid and nicotine in cigarettes. Most vapers have never smoked and other chemicals.
- LACK OF AWARENESS**
A generation of young people has grown up with a lack of awareness of the dangers of vaping. Many young people have never heard of the dangers of vaping and are therefore more likely to experiment with it. This lack of awareness is a major concern for parents and carers.
- WIDER HEALTH CONCERNS**
Vaping has been linked to a range of health problems, including lung disease, heart disease, and addiction. Vaping can also be a gateway to other drugs and substances. Vaping can also be a gateway to other drugs and substances.
- UNREGULATED VAPING PRODUCTS**
The number of retailers selling unregulated vaping products has increased significantly. These products are often of poor quality and can contain harmful chemicals. The number of retailers selling unregulated vaping products has increased significantly.

Check the website [here](#) for this parent tip sheet on dangers of vaping.

Highlights of the Week

We had a look round the Yr 9 Specialism subjects on Tuesday. We saw Mr Spring talking with his class about how to inhabit a character when acting and be convincing when dealing with things you have no direct experience of. In film students were creating their own suspense mini movie based on scenarios. In music students were making adaptations to the theme of the Halloween film. Dance - Ms Quay was undertaking some impressively flexible warm ups. In Visual Arts, Ms Kenrick's class were making chemigrams, Ms Ockwell was guiding students on using the heat press to transfer their ink drawings of Brixton onto fabric.

The theme of this year's Black History Month, 'Saluting our Sisters', encourages us to recognise and celebrate how Black women have shaped history and built communities. Although we raise the profile of Black History, Culture and Diversity throughout the year - there will be a focus on celebrating Black women, in particular, throughout October. Please encourage your sons and daughters to join us on Wednesday 11th for a Natural Hair Photoshoot in G17 after school.

Congratulations go to Mr Kientsch, our wonderful deputy SENCO, who, after 5 years of juggling home, work and study has graduated. His wife and little girl were bursting with pride and so were we!

Eniola Omonjo, Mofiyinfoluwa Abina, Silvia Hagi, Sabirin Adow, Tianna Salon, Lucy Nash, Carolina Kupper and Amelia Law-White. These Yr12/13 girls participated in the Maths Olympiad for Girls 2023 - An additional competition put on to increase interest from female students in the national maths challenges. All of the students gave up 2 and a half hours of their own time to complete the challenge and the questions are far from easy.

Important Dates

- 11th October 6 - 7pm Lower Sixth Information Evening for Parents
- 12th October Yr 7 Meet the Tutor Eve 5 - 7pm
- 19th October Sixth Form Open Evening 5- 7pm
- 17th October Music Showcase 7pm
- 23rd - 27th October - Half Term
- 8th November FON Quiz Night save the date

Hot Chocolate with the Heads this week

Congratulations to:

- Mustaf Mohamed 7ALE
- Yakoub Boulatrous 8CAT
- Danniyah Howell 9ALB
- Ali Elmi 10 MBL
- Amelie Law-White 12SPE
- Sonny Wilkes 13NZH



Yr 9 Specialism Day



Mr Kientsch - we are all very proud, what an achievement



Following the devastating news last week about the murder of Elianne Andam in Croydon, we have been talking to the students about the importance of personal safety, how to manage dealing with distressing, tragic news and mechanisms to help them cope with rejection.

These are just a few of the helpful websites and organisations that we have been directing students towards if they feel that they might need additional support, other than what we already offer. Don't forget that our resident Counselor, Emmanuel Oragui, is now here 5 days a week - students can seek a referral via their HOY if they feel that talking to someone who might not be their tutor, teacher or a member of the family would be helpful.

- [The Gaia Centre](#) has an early intervention specialist support service for young people impacted by gender-based violence – please visit [Children and young people | Lambeth Council](#) or call 0207 733 8724 for more information.
- [Childline | Childline](#) helps anyone under 19 in the UK with any issue they're going through. Childline is free, confidential and available any time, day or night by calling [0800 1111](#), through [1-2-1 counsellor chat](#)
- If you're worried about a child and would like support, you can contact the NSPCC Helpline by calling 0808 800 5000 or emailing help@NSPCC.org.uk
- [Home | ENOUGH](#) is the government's new campaign about abuse. It says 'enough is enough' for all to be part of the change to help keep women and girls safe and has lots of useful resources for children and young people and school practitioners.
- [Ending Gender-Based Violence and Abuse in Young People's Relationships | London City Hall](#) For teachers, but interesting for anyone with an interest in supporting young people, with activities and resources within a toolkit to effectively engage young people on the issues of gender-based abuse, including relationship abuse and sexual violence.
- [Home - Kooth](#) is an online wellbeing community platform that offers free and confidential online counselling and support for young people in the UK.
- [Railway Guardian app](#) is an all-in-one safety app from the British Transport Police. The app allows to report crimes or concerns on the rail network, share journeys with trusted contacts, and get access to news, guides, or support.