



**Northwood News**  
Issue 22  
*Spring Edition*

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# Headteacher's message

*Dear all,*

*With the academic year in full swing we have seen some outstanding success for Northwood across a range of events from debate, chess to a whole range of sports teams. My thanks to our dedicated staff who make these events possible. In school we have evolved our “No Pens Wednesday” theme into a “Talk Thursday” event. The idea is still about encouraging students to structure and organise their talk which will in turn support their writing. It was wonderful to hear the buzz of focussed discussion on this day- especially because it was accompanied by some fabulous events for World book day organised by our wonderful librarian Ms Underwood. I spoke to all parents at the start of the year about my commitment to careers and broadening horizons. The range of speakers we have had in during our world of work month has been truly exceptional and we have also benefited from parent input for this initiative. We hope to continue to grow our parent and alumni network to carry on these valuable experiences.*

*Wishing you all a great break and a happy and joyful Easter for those celebrating.*

# Northwood's Mental Health & Wellbeing Programme

We are very excited to be launching a **Mental Health and Wellbeing Programme** in partnership with James Peterson

[www.jameswillspeak.com](http://www.jameswillspeak.com)

This programme, starting on 22nd April and running through until the summer holidays (and beyond!) is designed to support all our students (year 7 through to year 13), parents and teachers to develop a shared understanding of **how to maintain positive mental health by making good lifestyle choices**.

All staff, students and parents will have the opportunity to take part in an inspiring workshop delivered by James before the end of April.

We will then be delivering a series of bespoke activities during form time, during which our students will be supported to make concrete plans for how they can improve their mental health and wellbeing now, and in the future.

**School Mental Health Programs**  
**That Create Lasting Change**

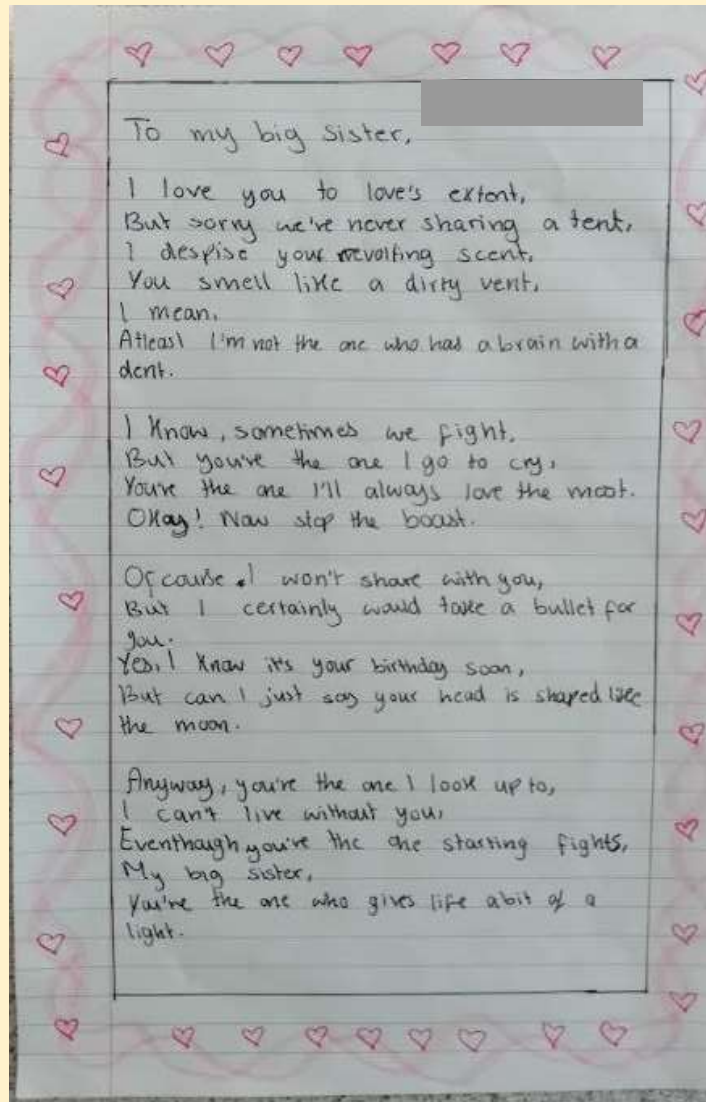
View Program Options

<b>570+</b>	<b>108,000+</b>	<b>10+</b>	<b>98%</b>
Programs Delivered	Students Impacted	Years Experience	Rebooking Rate

To join the **Parent Workshop** - please sign up using the link in the letter that was emailed to you in the week beginning 25th March.



# Northwood's Poet Laureate



Congratulations to **Arzo (7R)** for being Northwood's Poet Laureate.

The theme for this half term was love.

This poem is a beautiful exploration of the love a person has for their sibling.

# PERFECT 30! Year 7 Spring 1 Movie Afternoon Winners

R	E	C	I	P	EN
C Muhammad	B Sara	C Inayah	D Filip	K Karthikeya	B Aaron
C Muhammad	B Amina	L Robert	K Anya	L Alex	B Sarah
G Lucca	B Lois	L Hanjin	L Jack	L Aashiyana	J Kamil
M Ishaan	K Alisha	M Isha	P Suhani	R Eddie	M Isla
M Liyana	M Kaden	P Gia	T Harry	Y Amelia	
M Anaisha	O Michael	S Anahita		Y Bauhinia	
M Elsa	P Taksh	S Rakim		Z Theodora	
N Nathan	S Harien	T Henry			
	S Daniel				
	W Caden				

# PERFECT 30! Year 8 Spring 1 Movie Afternoon Winners

R	E	C	I	P	EN
A Isa	A Shravan	A Nikhita	A Alice	I Jibriel	F Sa, Tatiana
A Maia	B Akshara	B Yori	B Ruth	J Pragavi	H Evangeline
D Shreya	H Joshua	B Ingrid	B Charlie	J Frankie	K Aryaan
H Connor	L Brody	D Samir	C Rose	K Inayah	K Sauda
I Akida	M Prajjwal	H Samuel	G Lola	L Chelsie	L Rohan
	S Joe	K Hamza	G Kanav	L Charlotte Rose	S Sachin
		L Sofia	H Micah	M Malikye	T Evie
		S Sara	L Elliot	M Vyana	V Flavia
		S Enrique	W Rahel	P Bela	
		T Evie		S Aisha	
		T Vansh		S Ollie	
				V Stanley	
				Y Isabelle	

# PERFECT 30! Year 9 Spring 1 Movie Afternoon Winners

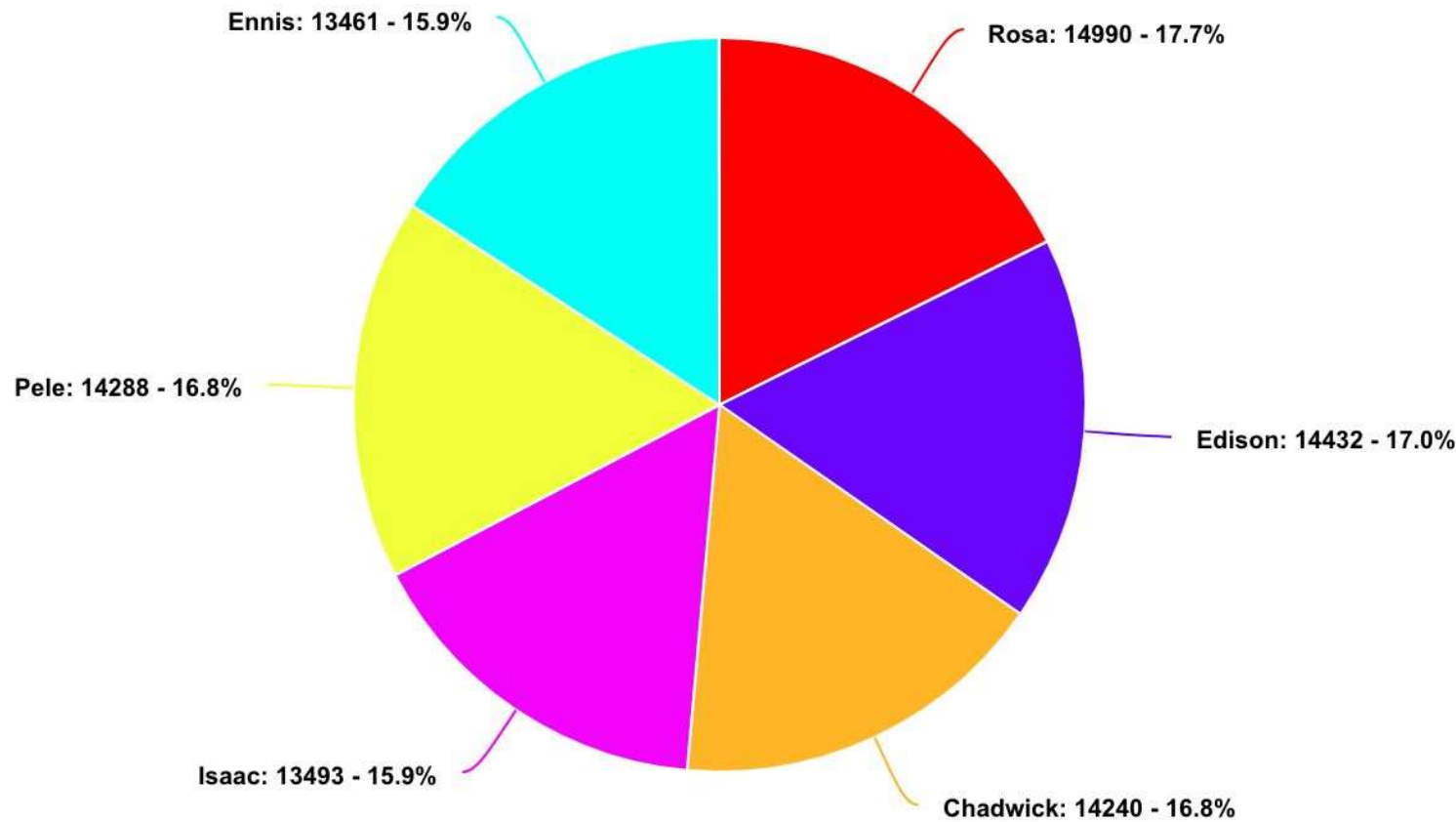
R	E	C	I	P	EN
A Shayan	H Benjamin	K Ayaan	D Luca	A Tiago	B Jack
B Sophie	M Alexander	P Jai	F Bruce	G Sophie	D Aryan
B Isra	R Charlie	R Aadi	H Emily	H Calum	P Vihaan
B Nathan	S Neha	S Hafsa	M Suwaibah	P Shayna	S Vaani
C Isabelle	S Jiya	S Maryam	S Adem	R Rahul	
C Saskia		T Ansh			
G Nanda					
P Ashwin					
R Shenai					
S Diya					
T Thomas					
T Cosovan, Edi					

# PERFECT 30! Year 10 Spring 1 Movie Afternoon Winners

R	E	C	I	P	EN
A Sancia	M Kian	A Sanvia	B Marcus	B Fonseca, Ju	B Jamie
L Mackenzie	N Tom	D Isabel	H Hiren	C Jai	C Chantelle
M Stefan	P Tiya	F Zainab	P Rohan	C Bradley	G William
M Aryan	V Ashwin	F Amelia	P Rehaan	G Samarth	T Lara
N Langston, Jamie		G Harry	R Shaan	M Tom	T Atharva
R Leona		H Jullanar	R Samuel	M Erik	V Namit
S Maya		L Laila	S Jasveen	M Mukhtar	V Kavan
S Cornelis		N Miriam		P Soha	
T Livie		V Iulia		S Alfie	



# House League tables



## Leaderboard:

1. Rosa
2. Edison
3. Pele
4. Chadwick
5. Isaac
6. Ennis

# Student Leadership

Northwood's Student Leaders have gone from strength to strength! It has been a real privilege to see them flourish into fine young change makers.

Mr SV

## Year 8

### Dodgeball Club - Success!

- The Year 8s have successfully created a dodgeball club that will start in Summer.

### Easter Egg Hunt

- The Year 8s have created a brand new Easter tradition coming to Northwood next week.

## Year 9

### Culture Day

- The Year 9s will be working with the Diversity Advocates to develop Northwood's 'Culture Day' - it will be bigger and better!

### Summer Uniform

- The Year 9s are looking to make a proposal for a summer uniform.

# World Book Day ~ Thursday, 7th March

World Book Day 2024 was a huge success at Northwood. All of year 7 and 8 had a fantastic talk from author Cliff McNish and many took part in smaller workshops with him. Our local MP - David Simmonds - joined us for some of the day and led an inspiring Q&A for our History & Politics KS4/KS5 students on life as an MP. He was also glad to award the prizes for our Bake a Book competition to our younger students. Our sixth formers also embraced the spirit of the day by joining the teachers in a costume competition! Our year 12 literature students also designed a literary quiz for the whole school to take part in during form time.



We had the pleasure of taking 12 students to Frithwood Junior School to celebrate World Book Day. The Year 7 students (and Tendai) were perfect ambassadors for Northwood School. They provided the KS2 students with support with WBD quizzes, treasure hunts and guided reading sessions. The excitement levels were high and both sets of students really benefited from the collaboration.



# Warhammer Club

Over the course of this term, some of our students experienced the opportunity to attend a Warhammer workshop!



# Chess

Students at Northwood have been thriving this year joining the world of competitive chess.

At the end of February, we entered two teams into the Team Chess Challenge at Harrow School.

Our 'A' team of Aryan D, Ansh T, Akshat W and Aryan S finished a credible 10th equal; all picking up points along the way finishing on 8.5 out of a possible 16.

Our 'B' team - Y7, 8 and 9 students came 21st in a really strong field. Well done Reyansh, Samir, Yori, Krish and Dhyaan.



# Debate Club

## Urban Inter-School Cup in London

On Wednesday, 28th February, there were two debates: round 1 on whether secondary school children should be allowed to vote in general elections; round 2 on whether mobile phones should be banned in schools.

Currently, Northwood is twelfth in the national tables.

In particular there were some great performances from Samuel R (making his debut); Kye A (arguing against Y7s being allowed to vote); Yori B (passionately demolishing the case for mobile phones) as well as our seasoned professionals - Marcus B, Laila L, Eira T, Leona A and Eyshal F.



# Bhaktivedanta Manor

We had the great opportunity of taking 7R, E, & C to Bhaktivedanta Manor for a RE trip. We visited the education centre, mandir (temple) and cow centre.

Students articulated their classroom learning about Hindu Dharma to our lovely guide.



# Trip to the Globe Theatre

The year 9 and 10 drama students had a wonderful time at Shakespeare's Globe Theatre yesterday watching a contemporary production of Romeo and Juliet.





# Sporting events - Term 2



10 girls from Y7 to Y9 participated in a NFL Flag Football launch day down in Wimbledon. Some may remember our success from last year, finishing 3rd out of 12 schools in an up and coming sport that launched in the UK last year.

This year the program has doubled, reaching down into South London too which is excellent to see! The program involves a launch day (lots of skills, meet and greet, ice breaker activities and player profiles), a 6 week competition in Ealing starting after Easter and a Championship Day where teams play in respective semifinals and finals.

The team had the opportunity last week to view our kit for the upcoming season, try out new skills and they got to know the sport a whole lot better in preparation for the competition.



# Year 7 Netball

On Tuesday 12th March, our Y7 team took on Ruislip High School in their final league match.

With only 6 out of 7 members for the game, it is safe to say the Year 7 Netball Team absorbed the pressure and stayed cool, calm and collected.

We played two halves of 12 minutes finishing 5-2 up at half time and winning by an incredible 11-5 at the final whistle!

The girls were able to use the 6 members of the team effectively to intercept the ball, move the ball up the court and successfully score a goal on many occasions. Our superstar of the match goes to Izzy Q who very stylishly led the attacking play with every center and turnover. Special shoutout to Aimee A who worked tirelessly as Center supporting both the attack and defence.



# Year 8 Borough Tournament

On Thursday 14th March, two Y8 teams entered the annual Borough tournament.

Our A team fought every individual batter incredibly well in regards to their marking, interceptions and supporting their team mates with moving the ball up the court. Winning all but 1 game in their pool, they placed a close 2nd and then played a 'sudden death' 5 minutes against another team to decide who went through to the semi-finals amazing St Helen's A team.

Sadly, the A team did not pull through on the day and St Helens scored after an intense 5 minutes. Our A team placed 5th out of 17 schools which is a huge improvement than last year where we placed 9th. Player of the tournament was our captain Madison C for her grit and determination that was showcased throughout the tournament.

On the flip side, our B team were competing for the first time as a team in the borough tournament.

Understandably, they were nervous and took a game or so to settle into a rhythm, but once they settled a competitive side of the girls came out which I've never seen before! Krishni R in particular played amazingly, keeping her cool and defended well against some experienced GS's/GA's. Unfortunately our B team were placed in a pool against some great schools (and their A team's..) and they lost their games.

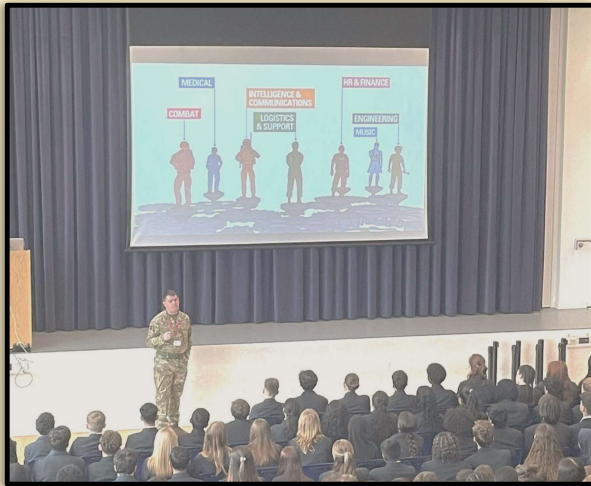


## Army Careers

**Year 9 and 10** were lucky enough to get an insight into the life of a serving Army officer with over 25 years experience.

A number of Year 9 students also took part in a fantastic and inspiring workshop where the officer spoke about life in the Army, including completing 30 different tours. Students were fully engaged with the stories and experiences that he was able to share.

A number of our students are now exploring this career pathway as a result of this visit.



# Careers Spotlight - World of Work (WOW) Month

## Careers in Sports & Fitness

We had a professional from the fitness industry in on Wednesday 13th March to deliver a careers talk followed by 'clubbercise' - a fun dance fitness class to our year 9 and 10 students.

The morning was an incredible success and the girls did Northwood proud with their enthusiasm, fitness and dance skills!

## Careers in Sports & Fitness

We has a PGA Professional Golfer in on Wednesday 20th March to deliver a careers talk about how they got from school life to where they are now.

This was an inspiring discussion, students were really engaged, asking lots of questions and even asking for autographs at the end!



# Careers Spotlight - World of Work (WOW) Month

## Careers in Cybersecurity

We were very thankful to have two fantastic speakers with vast experiences in the tech industry.

Our speakers work in the CyberSecurity & Development industries - a leading Cyber Security company and ASOS, the online retailer.

They shared their breadth of experiences, expected salaries, and really promoted the positives of working in this amazing industry.

Some quotes from our students:

***“It was really interesting to hear about the realities of working in Cyber Security. I really want to learn more about this field”***

***“I didn’t think that a clothes company would have 1000’s of developers working there. That was pretty cool!”***

“



# Careers Spotlight - World of Work (WOW) Month

## Careers in Banking

Financial Adviser from a US investment firm based in London shared her career journey in investment banking.

The students were fantastic and were all asking some brilliant questions. This helped them understand the world of business and economics.

## Student feedback:

"The speaker event was very beneficial in understanding different paths that we may have heard of after studying Economics, Business & Maths" - Y13 Business student.

"Very informative and inclusive" -Y12 Business student

"Very inspiring and exciting to learn about different roles and opportunities" Y13 Economics student

"Extremely interesting to find out more about the industry. This has made us consider this as a career" - Y13 Economics student





# Careers Spotlight - World of Work (WOW) Month

## Year 12 Mock Interviews

Year 12 students had mock interviews with some of our alumni and parents who work in a range of industries including financial services, biotech, data analytics and construction.

Each student was given personalised feedback from their interviewer about their presentation and communication skills. This was a great opportunity during our World of Work month for students to have a professional encounter and to practice their interview skills.

The students got loads out of the experience and we received some fantastic feedback about our students on how well they presented themselves.

## Student feedback

"The interviews gave us confidence for our future interviews" Eva

"Insightful for the preparation for the world of work" Connor

"I was continuously asked questions about my field of interest and he gave me a boost in my confidence" Ambika

"I was given constructive criticism on how to improve my skills" Luke

"The feedback gave me really good advice for future interviews" Bethany

"It was so good to be commended on all my positives and encouraged to continue" Bethany



## Careers in Construction

the Head of Construction at Nandos, offered a unique perspective on the **construction world**, emphasizing its dynamic nature and the vast array of opportunities it presents.

Students were captivated by his insights into the planning, creativity, and innovation that drive successful construction projects.

He stressed that construction is not just about bricks and mortar; it encompasses design, project management, sustainability, and technology. Mr. Mantonti shared fascinating examples from his work at Nando's, showcasing how a project evolves from a concept to a fully functional restaurant.

## Student feedback:

*'It was interesting to see that construction is not just one job, but a range of different skills and trades that are very much interlinked. We learned that electricians, engineers, architects, interior designers all contribute to the development of a construction project. Additionally we could see how strong numeracy skills could come handy when making rough estimations about pricing and the amount of material required to complete a job'*

**Alfie H Y10**



We had a brilliant talk from Ms Charissa Deane, who is a **Speech and Language therapist**. This insightful talk shed light on the crucial role of speech therapy in enhancing communication skills and fostering confidence among young learners. Students were inspired by Ms Deane's discussion on the importance of work-life balance and the significance of finding passion in one's profession, encouraging students to explore careers that align with their interests.

## Student feedback:

*'I learned a lot about a speech and language therapist, such as the requirements needed, the day-to-day tasks and where you can work. It is quite interesting to know that a lot of aspects of this role also revolves around psychology and biology, which particularly interest me. There is a lot of variety in this job, as you can work with so many different age groups and conditions that people may have, which means you wouldn't get bored of doing the same repetitive tasks'*

**Aashi M Y11**

Our students had the privilege of learning from a dedicated **NHS Physiotherapist**, Ms Emma Johnson, who shared invaluable insights into her role and the rewarding experiences of working within the National Health Service. During the session, students gained an understanding of the diverse responsibilities inherent in physiotherapy, as well as the unique advantages of working within the NHS.

## Student feedback:

*'Listening to Ms Johnson talk about her job as a physiotherapist was eye-opening. She not only talked about physiotherapy but also gave us insights into other medical careers. Hearing about the rewarding aspects of her work really excited me and made me feel motivated. It made me even more determined to pursue this path and make a positive impact on others'*

**Kate A Y12**



# Next half term reminders

## **Extra-Curricular:**

- Look out for the new Summer term Extra-Curricular programme which will be sent out at the start of the new term. With longer, lighter evenings, we challenge all students to take part in an extracurricular club(s). This is a great way to develop a new or existing hobby, meet new friends and broaden your experiences and opportunities at Northwood School!

## **Uniform / Equipment:**

- Please use the Easter holidays to replace any missing items of uniform and equipment. To remind yourself of the items required please visit our uniform & equipment policy [here](#).
- A reminder that preloved Northwood School uniform items can be sold and purchased via [oldschooluniform](#)

# Safeguarding notices: Stay Safe online this Easter

There is more time to over the holidays for children to be online. It can be a really positive way to support with school work, research and connect with family and friends who may not live nearby. But it's important to know what your child is doing in the online world to ensure they are using it in a way that's safe and positive for their mental health.

That's why it's good to have regular conversations about the internet and social media – it should be as ordinary as talking about the weather, the dog, or something you've watched on TV.

You don't need to pry or quiz your child about every website they've seen, but checking in with them for a minute or two can make a huge difference as well as regularly checking their phones and other devices.

A few things you might wish to discuss with them :

- What you put online stays online. Even things you delete can be saved or screenshotted – including those Snapchats meant for just one friend.
- Online strangers are still strangers. Forums and group chats can be a great way to connect over things you wouldn't say face to face, but don't feel pressured to share more than you feel comfortable with.
- It's easy to over-share on social media, especially if you forget who can see your profile.
- Privacy is possible. You can change your settings to make your account private so that only people you know and trust can see your updates.
- Don't hesitate to block anyone who makes you feel uncomfortable and talk to someone you trust about it if this happens.
- Always report something/advise an adult

You can report any issues to the relevant social media provider, Police or CEOP <https://www.ceop.police.uk/Safety-Centre/>



Also if your child is experiencing online bullying and would speaking to someone over the holidays they can contact associations such as childline <https://www.childline.org.uk/>

Don't forget you can also report bullying or a safeguarding issue at school on our school website <https://www.northwood-school.org.uk/>