



A FOCUS ON MINDFULNESS



Mindfulness isn't difficult, we just need to remember to do it.

– Sharon Salzberg

When this newsletter reaches you, we just be breaking up for the Easter holiday. It is breathtaking to think that when we return we will be embarking on the final term of Year 7. We have just completed another data collection and reports will be available soon, followed by the second of our parents' evenings on Thursday 25th April. Once again, we are looking forward to welcoming you back in to school to celebrate your child's successes and discuss how they can progress.

Accustomed now to taking assessments, these have been really beneficial to staff, students and parents in reflecting at how each child is progressing. We should also take time to consider that by taking assessments as part of their school journey, our students will be set for those major exams to come where the focus will be on doing their best rather than feelings around sitting the actual exam itself. As I reflect back as the Head of Year 7, I can see how much progress has been made in such a short space of time in all areas of school life with the Year 7 cohort. I feel immensely proud of them on a daily basis. I know the team of tutors share this feeling and I can see that some really positive relationships have been formed.

Well-being and mindfulness

You will have received my email outlining the ground breaking intervention for the Year 7 cohort which myself and Mrs Miles, Mental Health Lead, have recently launched. Having moved from being Head of Year 11 last year to Head of Year 7, it really struck me what a huge learning curve the transition to high school is for them. This led me to think how we can support the students and give them the skills to be able to cope with the rigors of life. In part, this is about accepting that life can be difficult, even a struggle at times, but with good care and attention we can all improve our resilience and ability to cope. I can see that the students are always mentally preparing for the next lesson, checking the time or wanting a certain seat in the lunch hall. We want them to be able to be present in the moment and therefore be more relaxed and feel in control.

Ms Radwan, Head of Year 7, and Mr Jones, Deputy Head of Year 7

A note from Mrs Miles

I am the Mental Health and Well-being Lead at Greenshaw High School. Ms Radwan and I share a passion for supporting our young people here at Greenshaw and have been really keen to help equip our students with some skills to help support their well-being across their school life. In assembly last week, we discussed how our mental health is equally as important to our physical health and by taking steps to look after our wellbeing can help to reduce mental illness. We wanted to increase awareness for our students that mental health is not all about the diagnosis and negative labels. We showed a video from the Anna Freud Centre, a well-established website with great tools and resources around mental health which helped to highlight this point.

We then discussed how things we can do as individuals can really help us to thrive and manage our emotions in a positive way. One way we are trying to help our students to do this is through something called mindfulness. We spoke to the Year seven group about how they are due to embark on a new initiative that Ms Radwan and I have set up and how their work around this will not only benefit their well-being but they will be pioneers in this area!

We are piloting a whole year team mindfulness programme which will start on Tuesday 2nd April. This is a six week course delivered in one tutor time each week. We have undertaken a pre-programme questionnaire and will take a post-programme questionnaire to see if there has been any difference made by taking part. More importantly, we hope that your children learn some tips and techniques to help manage their well-being, which in turn can help to manage the stresses and strains of a busy life. They might just be able to show you a few techniques too!

Once we have finished the programme and have the results, we will share this with you. In the mean time, we hope your child enjoys the experience.

Mrs Miles

This link will take you through the assembly presentation to the students introducing them to the *Mindful Programme*.





PRACTICAL MAGIC!

It has been an exciting time in science these last few weeks and some lessons I have visited have made me feel as though I am in the potions class at Hogwarts! Students have been learning through experimentation and I have been very impressed with their obvious joy of the subject and how they have been extending their bank of knowledge through practice and theory.

It was also British Science Week 2019 (8th March to 17th March), which is a national celebration of science, technology, engineering and maths. Year 7 and 8 students took part in a variety of exciting after school clubs in science throughout the week including;

- **Catalysts** – students investigated which food speeds up the breakdown of hydrogen peroxide the most: celery, boiled liver, uncooked liver, apple or potato. The products of this reaction produce significant volumes of foam when the most effective food is added to it!
- **Chicken dissection** – students dissected a chicken wing to identify the components including muscles, bones,

tendons, ligaments, cartilage and bone marrow.

- **Fireworks** – students investigated the different chemicals that are used in fireworks to produce the bright colours, as well as making their own sparklers!
- **A crime scene investigation** – students carried out a series of different experiments including fibre analysis using microscopes, blood group identification, finger printing, shoe printing and ink analysis using chromatography, to determine which of the suspects had ‘stolen’ the science department’s resident skeleton!
- **Making bath bombs** – students made brightly coloured and fragrant bath bombs to take home and put in their baths to make the water change colour and smell amazing!

It was a fantastic opportunity for students to experience experiments that are outside of the school’s science curriculum and for them to develop their practical skills.

Ms Radwan, Head of Year 7





CHARITY TABLE TENNIS TOURNAMENT



Last week, myself and Fazeel (in Year 7) organised a charity table tennis tournament to raise money for Debra, a charity that supports individuals and families affected by Epidermolysis Bullosa (EB). A number of our Year 7 students came along to play table tennis for their house team and to support Fazeel in raising money for a great charity. Almost £85 was raised, so thank you and well done to all who attended.

Miss Walters, PE Teacher



CONSULTATION ON BUILDING PLANS FOR NEW SUTTON SCHOOLS

Following its appointment by the Department of Education (DfE) as design and build contractor, Wates is developing and consulting on plans for the new secondary school and special school proposed for the disused all weather pitch and part of the southern end of the Sports Village at Rosehill Recreation Ground, ahead of submitting a planning application to Sutton Council in May.

Wates is seeking feedback on the initial proposals. You can view the plans and give your feedback [here](#).

The closing date for feedback on these initial plans is Friday 12th April 2019.

Feedback will be used by Wates to develop the plans further, ahead of the formal planning application being submitted to Sutton Council.

If planning permission is granted, the schools should be completed by September 2021; they will then be handed over to the Greenshaw Learning Trust.

You can find more information about the new schools on the Greenshaw Learning Trust website [here](#).





LGBT+ HISTORY MONTH AT GREENSHAW

Earlier this year, a group of Greenshaw students created posters for Stonewall's national LGBTQ+ inclusivity poster competition. The aim was to create posters that fight against bullying of gay, lesbian, bisexual and transgender people. The students created beautiful posters, all of which were displayed in school for LGBT+ History Month.

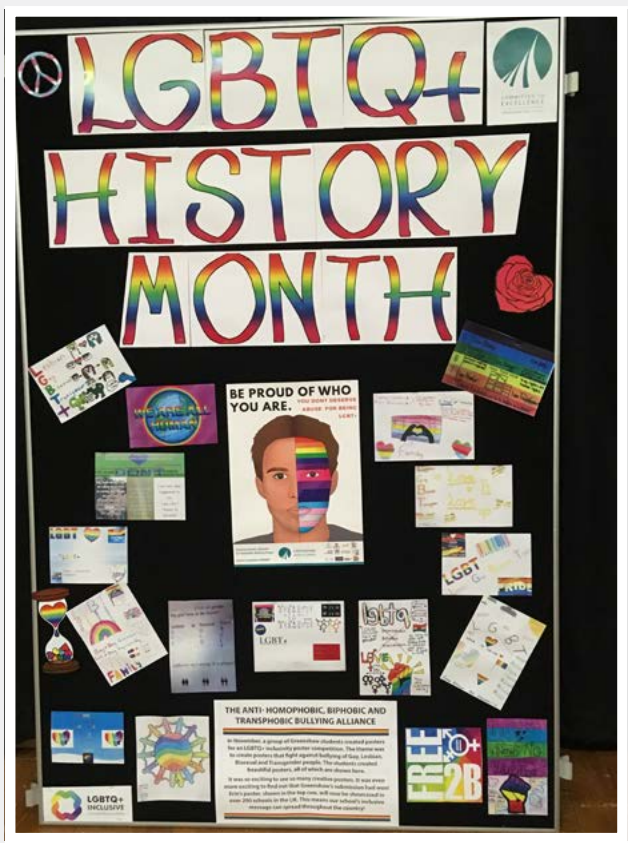
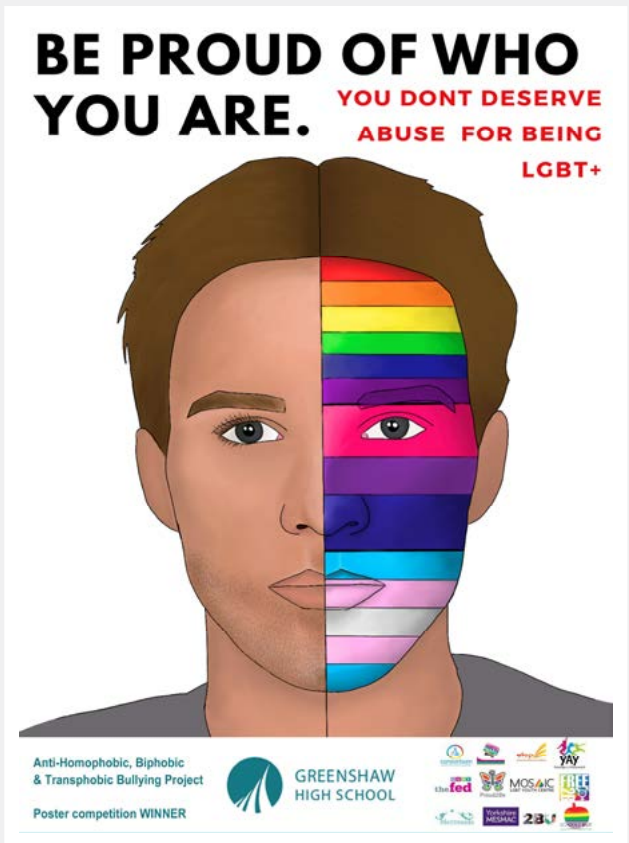
It was very exciting to see so many creative posters. It was even more exciting to find out that Greenshaw's submission had won!

Erin's poster will now be showcased in over 200 schools

in the UK. This means our school's inclusive message can spread throughout the country.

Greenshaw also celebrated the LGBT+ History Month by showcasing all our students' posters in the main foyer area of the school. We also created a timeline of the LGBT+ History of Greenshaw, and celebrated the many steps we have taken as a school to move towards acceptance and inclusion.

Mia Travlos, xxxxxxxx





PROMOTING MENTAL HEALTH AND WELLBEING AT GREENSHAW

Good mental health is the most important thing for all of the people in Greenshaw High School, both students and staff. While we do not control all the things that shape mental health beyond school, we will always consider the impact of the decisions we make on the wellbeing of staff and students.

In the curriculum we directly teach our students about their emotional health. We teach the *Healthy Minds Curriculum* through Years 7 to 10 that focuses on developing resilience, understanding social and emotional learning, healthy habits and mental illness.

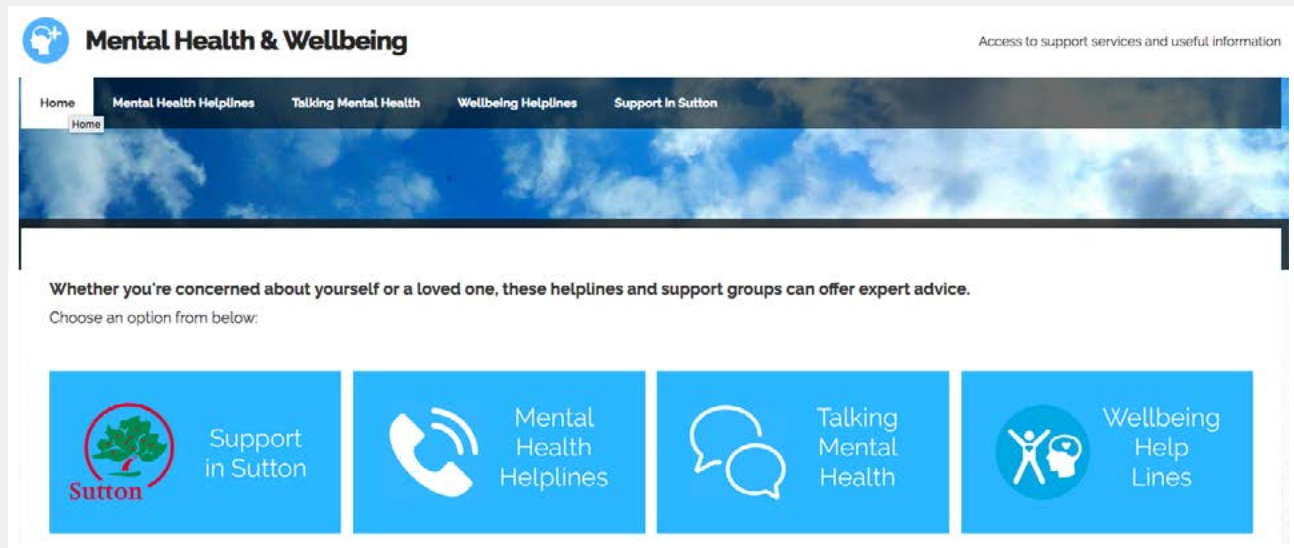
We aim to teach students to understand and love each subject for its own sake. We do not see GCSEs and A levels as requirements to jump through examination hoops, but seek to make education an enjoyable and enriching experience.

In ensuring excellent behaviour, we have a consistent whole school approach with clear routines of behaviour, well communicated social norms and familiar routines to bring a sense of calm. The key emphasis in our approach to behaviour is to allow young people to self-regulate, so they develop the skills of capable adulthood.

In maintaining a significant non-teaching team dedicated to pastoral support we can put in place measures to support young people experiencing difficulties. This team of staff has a range of expertise covering areas including bereavement, anxiety and exam pressures and work closely alongside classroom staff.

If you have any concerns about the mental health of a young person at Greenshaw High School, then please contact his or her Head of Year or Deputy Head of Year. In addition, the page on Frog (*shown below*) has a list of helpful contacts. Some of these are local to Sutton, while others are nationwide, but all offer information and support.

Please click on the image below to visit the web page.





GREENSHAW STUDENTS CELEBRATE AT JACK PETCHEY AWARDS

A group of Greenshaw students joined more than 100 young people from across Sutton at the Jack Petchey Foundation Achievement Awards ceremony, held at Epsom Playhouse on Monday evening.

All of last year's award winners were presented with a gold medallion and certificate in front of their families, friends and local VIPs. Several local schools provided some brilliant musical entertainment for the evening. Chief Superintendent David Stringer, the Sutton borough commander, presented the awards.

He said: "We are so proud of our young people in Sutton. This evening was a great reminder why. Inspirational stories of achievement in all areas of school and community life. Congratulations to all of the award winners."

The Jack Petchey Achievement Award Scheme recognises outstanding young people aged 11 to 25. At Greenshaw, students are nominated by their peers for their achievements – which might be academic, sporting or work which they have done in the community. Each award winner received a certificate, pin badge and a book and chose how to spend a £250 grant to benefit the school.

Mr House presented Greenshaw's latest Jack Petchey Award winners with their badges and certificates on Friday 15th March:

Keeleigh - Year 11

Keeleigh volunteers at a local cub group every Thursday evening. During this time, she sets games and activities to help the group develop their skills. There are approximately 34 students in the group, three of which have special needs.

Erin - Year 12

Erin has been nominated for her involvement in three different charities. This month, Erin has competed in and won the national Stonewall competition for best LGBT+ poster, which has been sent out and used in over 200 schools nationally to raise awareness and support students in the LGBT+ community. Erin also helped publicise and organise the LGBT+ and Donkey Sanctuaries bake and doughnut sales at Greenshaw last term. As part of her work on the Greenshaw student council she has also initiated charity work for the Sutton Night Watch, which is a locally based charity supporting homeless people; which led to the sixth form to collect donations for the charity over the Christmas period.

Amba, Kelvicia, Mia and Emily - Year 13

These Year 13 students, without help from staff decided to organise a community quiz night for staff, students and families in aid of Crisis. It was well-run, well-written and lots of fun. In the midst of A level pressures they all excelled and were able to prioritise the needs of vulnerable people. A total of £179 was raised, enabling a number of homeless people to get support at Christmas.





YOUTH ART EXHIBITION

The Youth Art Exhibition 2019 private view at Sutton Central Library's Europa Gallery was a great success this year, seeing record numbers in attendance to celebrate the artistic talents of Sutton's schools.

Greenshaw High School's stand looked particularly diverse and exciting, showing off 2D and 3D work from our Key Stage 5 art and design students, including James' beautiful nature-inspired lamp (which was a big hit!) and Daniyah's impressive realist painting of her auntie.

There were numerous positive comments about the artwork on display, and all the borough schools involved provided inspiring and impressive contributions. Mocktails were served at the private view, and the Mayor and councillors were there to award prizes. Overall, it was a wonderful celebration of talent and hard work from students and staff in Sutton and our congratulations go to all involved.

Miss Paisley, Head of Art and Technology



YEAR 7 SUTTON CHAMPIONS!

The Year 7 boys' football team came in to the Sutton Cup final following two victories in previous rounds. In the quarter finals, they had beaten Overton Grange 5-1, and in the semis drew 1-1 with Stanley Park, before winning 9-8 on penalties.

In the final, they came up against Wilson's, who proved to be an extremely talented side. Greenshaw started well in good possession and Ekow scored a well-taken goal only two minutes in, which gave them a 1-0 advantage. However, the rest of the first half saw Greenshaw on the back foot, as Wilson's applied pressure, drawing some good saves from Cameron.

In the second half, Greenshaw played far more competitively and had an excellent first five minutes, before Wilson's really put the pressure on. Greenshaw could not be faulted for their commitment, as they battled on, preventing Wilson's from equalising despite how much pressure they were applying. Against all the odds, Ekow slotted the ball away, giving Greenshaw a 2-0 lead. With five minutes to go, Wilson's made it 2-1 and it was a very tense finish. The Greenshaw team held fast, including a magnificent save from Cameron which any professional goalkeeper would have been proud of.

Special mention must go to Ekow for his two goals, Callum for leading the side magnificently as captain and Cameron for his



inspired performance in goal. Our congratulations go to the whole team on a result they truly deserved. They could not have made the Greenshaw members of staff that attended any prouder.

Mr Best, PE Teacher



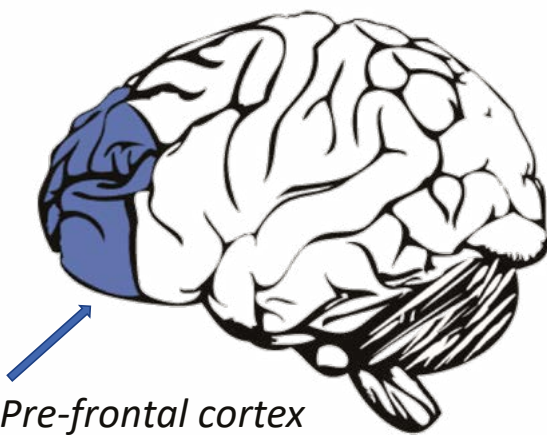


THE VIRTUE OF GOOD HABITS

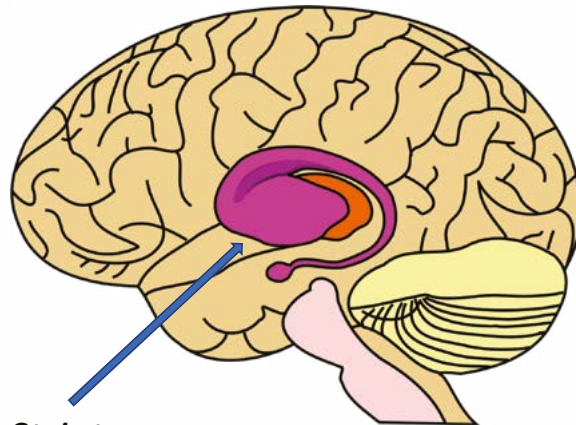
Mr House led a series of recent assemblies on the potential virtue of establishing habits. He explained how the brain likes habits, because it requires little thought, which in turn takes the minimum amount of energy. This explains why habitual behaviour becomes established, as it actually has an evolutionary benefit for human beings.

Mr House went on to explain that habits become 'hard wired' into our behaviour in many aspects of our lives: eating

patterns; responses to a parent's questions; or homework completion. The really positive thing is that the brain is 'plastic', which means that it can change, and therefore habits can change for the good. Recognising the habits we have subconsciously adopted, and knowing they can be changed (if negative) or developed further (if positive) is the most important aspect of human behaviour. *Pictured below is a slide from his assembly which depicts the areas responsible within the human brain.*



Pre-frontal cortex
Complex thought



Striatum
Habitual behaviours

KEY DATES – YEAR 7

End of spring term (3.05pm)	5th April	Greenshaw Awards Evening	9th May
Start of summer term	23rd April	May half term	27th May to 31st May
Big Ideas	30th April	End of summer term	23rd July
Positive mental health evening	7th May		

JOIN US ON TWITTER AND FACEBOOK!



You can find us on Twitter [@greenshawhigh](#)
Or find us on Facebook [@GreenshawHigh](#)





YEAR 7 CONTACT LIST

Head of Year: Ms L Radwan - lradwan@greenshaw.co.uk
Deputy Head of Year: Mr J Jones - jjones@greenshaw.co.uk
 7AM: Mr A McMillan – amcmillan@greenshaw.co.uk
 7BWL: Miss B Walker – bwalker@greenshaw.co.uk
 7KRG: Miss B Rogers-Hinks – krogers-hinks@greenshaw.co.uk
 7LBR: Mr L Burgess – lburgess@greenshaw.co.uk
 7LP: Miss L Planas – lplanas@greenshaw.co.uk
 7MB: Miss A Bowles – abowles@greenshaw.co.uk
 7MKH: Mr M Khan – mkhan@greenshaw.co.uk
 7NRY: Miss N Reynolds – nreynolds@greenshaw.co.uk
 7SAS: Miss S Adams – sadams@greenshaw.co.uk
 7SB: Mr S Butcher – sbutcher@greenshaw.co.uk
 7YBK: Miss Y Boukersi – yboukersi@greenshaw.co.uk

ACTIVITIES OUTSIDE SCHOOL

EPSON EWELL BOROUGH COUNCIL **Bourne Hall Museum Kids Club** **bringing history alive** **WE LOVE KIDS IN MUSEUMS**

CATS CLUB ROBOT WORKSHOP
 Wednesday 10 April, 10.30-12pm & 1pm-2.30pm. Craft, Art, Technology and Science spend a morning learning about robots, metals and recycling and make a fantastic robot from scrap. £8 each child -£1 sibling discount spaces are limited so please book ASAP.

AN AUDIENCE WITH HENRY VIII
 Saturday 13 April, 11am-12pm & 1.30pm-2.30pm. The king who was never meant to be. Thrust into the forefront following the death of his brother, King Henry VIII became one of the most iconic of England's monarchs. Enjoy an audience with the King and listen to his tales of court, politics, and his likes and loves. Discover the truth behind his six marriages and just how many people were executed in his reign. Learn about daily life in Tudor times. Discover what they wore and what they ate and decide if you would like to be invited to attend a banquet. Hear about their popular pastimes and how football was outlawed. Cost £5 per child 1 adult free per child both sessions are the same.

FLINT KNAPPING
 Tuesday 16 April, 11am-12.30pm & 2pm-3.30pm. Learn to shape flints like the ancient Stone Age craftsmen and discover the lost art of making stone tools. As part of a small group under the tuition of master flint knapper, James Dilley, enjoy the opportunity to make your own authentic Stone Age tool to take home. Learn some of the ancient survival skills needed to live in a hostile environment, where woolly mammoth and sabre toothed tigers roamed freely. There will be an opportunity to buy some replica tools so bring some pocket money if you wish. Children must wear trousers and closed shoes for protection during this activity, other safety equipment will be provided. Children must be 10 years old. Cost per child £15, payable in advance. This includes the cost of materials to make the tool which will be yours to keep. For pre-payment please make cheques payable to E&EBC and either post or hand deliver them to Bourne Hall Museum. Places are limited to 15 children per session must be pre-booking.

CAVE PAINTING
 Thursday 18 April, 11am-12pm & 2pm-3pm. In the deep time of prehistory early men crawled down into the darkest caves and used light from primitive candles to paint pictures of themselves and the animals they hunted. They left behind a vivid record of their way of life and some clues of what they believed in. Discover how and why these paintings were created. Then by flickering light try to create your own cave painting in our very own 'caves'. Cost £5 per child. Two identical sessions will be run, please book to reserve your place; maximum 16 children.

THE 1919 EPSOM RIOT
 Saturday 11th May, 1pm-2.30pm. The attack on Epsom Police Station and the death of Sergeant Thomas Green. Discover what happened in Epsom during WW1 with its crowded Military Hospitals, camps and large numbers of Canadian soldiers in Woodcote Camp waiting to go home. See how events boiled over out of hand during an incident in a local pub, which led to the infamous riot of 1919, the attack on Epsom Police Station and the death of Sergeant Thomas Green.

Further information available from David Brooks,
 Bourne Hall Museum, Spring Street, Ewell, Surrey, KT17 1UF.
 Tel 020 8394 1734. Email dbrooks@epsom-ewell.gov.uk
 www.epsomandewellhistoryexplorer.org.uk/BourneHallMuseumClub.html

