



HEALTHY MIND, HEALTHY BODY



As you know, the Year 7 cohort has been following a mindfulness programme for the last six weeks during tutor time. This was introduced to help the students learn the skills to help them manage the pressures of everyday life, on both a physical and an emotional level. This is an area I feel very passionate about. Having shared the journey with Year 7 students this year as they also embark on a new journey, I appreciate the huge value there is in equipping our students to be able to regulate their emotions and contribute to their general wellbeing. You may also be aware from recent communications that Greenshaw High School has been focusing on Mental Health Awareness Week. With the focus on mental

health, I started to reflect on other ways we encourage our students to be mentally healthy, and of course physical activity is a key part of having a healthy mind as well as a healthy body.

I have been really encouraged to see the increasing number of Year 7 students who have attended the extra-curricular clubs that run after school throughout the year. The offering of clubs changes to reflect the seasons and gives students the opportunity to experience a vast array of sports, some of which are familiar and loved, and some that are new. Whichever sport they choose to participate in, along with their PE lessons, there is no doubt this not only complements the mindfulness programme, but also contributes to their general wellbeing. Of course there are many other benefits in sport participation: Making friends, team spirit, sportsmanship and coping with winning and losing. Many students also take part in competitions with other schools and pictured right is our very successful girls' football team.

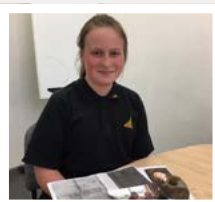


I have recently had the pleasure of observing some of the students' current PE lessons, including learning how to pass the baton in a relay race, throwing the shot put and sprinting. It is really heartening to see the students out in the fresh air, in all weathers, not only learning a sport but also contributing to their physical and mental health. I am always hugely impressed by the enthusiasm and effort that Year 7 put into sport, returning to their next class or joining the lunch queue looking slightly flushed and proud of their efforts.



Up and coming sports after half term will include cricket, rounders and more athletics.

Connect activity



During Mental Health Awareness Week students kindly shared information about themselves and their families with their tutor groups. I would like to thank not only the students, but also parents, for supporting this. As usual, the Year 7 cohort embraced this wholeheartedly. There were some wonderful items brought into school, an example of which you can see from Grace of 7KRG (pictured left), showing a picture of her grandfather and some of his memorabilia from being in the Royal Air Force.

Finally....

...all that remains for me to say is to wish you the happiest of half term breaks as we speed towards our final half term of Year 7. I am sure that just like myself, Mr Jones and the team of tutors, it seems like this year has gone in the blink of an eye. We all remain incredibly proud of the progress the year group have made and the seamless way they have emerged themselves into the Greenshaw community.

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





CELEBRATING STUDENT ACHIEVEMENT AT AWARDS EVENING

On Thursday 9th May, over one hundred students from all year groups gathered in the school hall to celebrate their academic and community achievements at the annual Greenshaw awards evening.

Headteacher, Mr House, welcomed students, families and staff, highlighting the superb qualities for which students were being recognised. Our Head Boy and Head Girl, Salman and Molly, hosted the evening. Heads of Year presented students in Years 7 to 11 with their diplomas and subject awards. Diplomas of Achievement were awarded to students in Years 7, 9, 10 and 13 for their excellent attitude to learning in all subjects during this academic year. Subject awards were awarded to individual students in Year 8, 11 and 13 for their outstanding commitment to learning in individual subjects and these students were nominated by Heads of Department.

Congratulations to the Year 7 students who were presented with a diploma: Jaden, Lilly, Fazeel, Ellie, Kofi, Ogbeifun, Tariro, lara, Alfie, Mark and Finley.

The programme also included a slideshow presentation and

an amazing performance of Adele's *Turning Tables* by Sophia (Year 11).

Head of Year 11, Mr Higgins, presented special award to George and Vimbainashe in Year 11 for their outstanding work ethic and commitment to the community, both inside and outside of school. The other special awards were presented at the end of the ceremony to Abbey and Alison for some truly inspiring achievements. The community cup was awarded to Abbey (Year 11) by Mr House for her amazing accomplishments, which include her dedication to raising money and giving her time to many charities, both inside and outside of school. Alison (Year 10) received the Headteacher's Award from Mr House, who said, "She combines academic excellence with humility and generosity and is an extraordinary young person of whom the school is extremely proud."

Mr House concluded the event with congratulations to all students and thanks to parents, carers and staff who made such significant contributions to support students.





MENTAL HEALTH AWARENESS WEEK AT GREENSHAW

At Greenshaw High School, ensuring that all of our students are happy, and feel safe, is our most important objective. A part of this responsibility involves the mental health and wellbeing of our students.

In an assembly on mental health last term, students learnt that there are five actions that they can all take that have been shown to improve wellbeing. These are:

- Get active
- Keep learning
- Give to others
- Be mindful
- Connect (with others)

Each of these will make them feel better in the moment, and will also help them build good mental health for the future.

This week during tutor time, we will be focusing on two things which we believe will have a positive impact on the emotional wellbeing of our students. The first part of the week will be focusing on 'Connect' – learning more about each other and taking responsibility for each other and to each other. In the second half of the week, we will be focusing on mindfulness.

Feeling connected to people supports and enriches us.

Knowing that we are valued by other people is a fundamental human need. It is important for each of us to function well in the world. Social relationships have been proven to play a part in people's wellbeing. They also act as a protection against mental ill health for people of all ages. In tutor time, students are going to take the time to get to know each other. They are going to show each other an object, possession or photograph that means something to them and the rest of the class will listen so that they can learn something new about each other.

Mindfulness is a way of paying attention to the present moment. It helps us become more aware of our thoughts and feelings. Sometimes we can feel anxious about things that have happened in the past, or we can worry about something that might happen in the future. Being mindful can help us manage our thoughts and feelings. It also helps us enjoy more, and notice things that we may not have even realised were going on. Students are going to practise the key parts of being mindful during tutor time and will be encouraged to make mindfulness part of every day.

There is also an area on Frog dedicated to mental health and wellbeing which has many useful resources: <https://frog.greenshaw.co.uk/app/os#!mentalhealth/home>



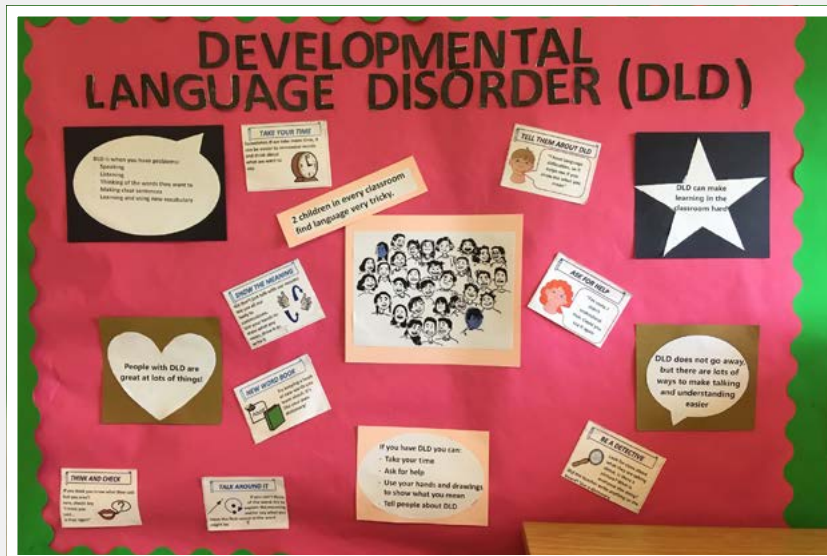


RAISING DLD AWARENESS

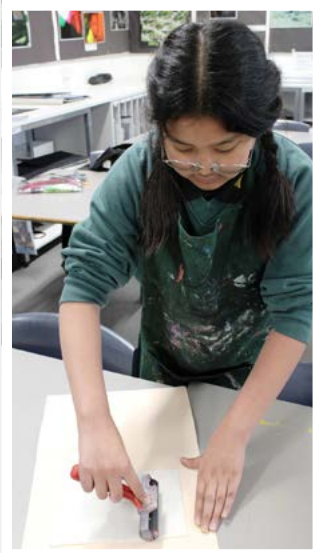
A group of students from Greenshaw's speech and language department have put together a display board about Developmental Language Disorder (DLD).

DLD is when a child or adult has difficulties talking and/or understanding language. DLD is a hidden disability that affects approximately two children in every classroom.

Students in the speech and language department wanted to raise awareness of this difficulty, which affects some children in our school.



WORLD ART DAY



On Tuesday May 8th, students in Year 7 and 8 celebrated World Art Day.

Students explored the refugee crisis and how artists have responded to this in recent years. All students created a polystyrene plate inspired by Solara Shiha, which they printed onto various surfaces.

All students rose to the creative challenge and were fantastic throughout. Congratulations to all involved.

Miss Wiffill, Art Teacher





THE COMPANY ENJOYS CHALLENGING DANCE WORKSHOP

Greenshaw's dance troupes, Company and Company II, were treated to a dance workshop with ex-student Mayowa Ogunnaike at the start of the summer term.

Students involved, from Years 7 to 11, were put through a thorough dance warm up, followed by a challenging dance phrase. It was excellent to have Mayowa lead a session as she is a great role model for the dance students. Since leaving Greenshaw, she has studied dance at Trinity Laban and danced for professional dance companies such as Phoenix Dance Theatre, Ballet Boyz and Uchenna Dance.

Miss Izzard, Head of Dance



UNDER 14 GIRLS' SCOOP THE SUTTON CUP



The under 14 girls' football team took on Cheam in the Sutton Cup final after losing to them in the league decider game.

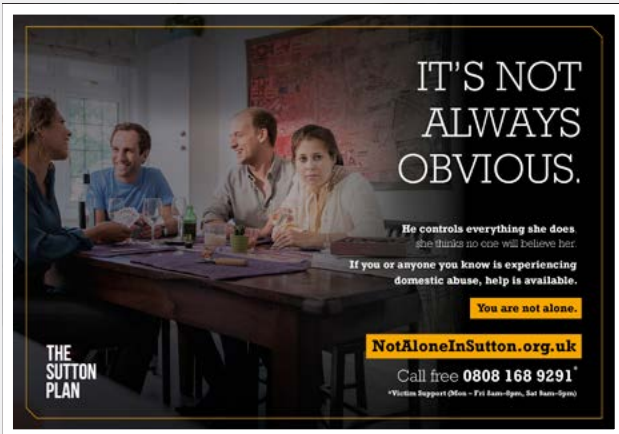
Greenshaw had many opportunities in the first half, but sadly did not manage to score a goal. Early in the second half, Cheam scored, leaving Greenshaw fighting for a goal. The team tried hard and their work paid off, as in the last 20 seconds of normal time, Keely scored an equalising goal. In extra time, Greenshaw were given a free kick, which Shauna put into the back of the net. The girls continued in their attack – Omo took on three players and scored another goal to take it to 3-1. Cheam did not stop attacking and came back quickly to score another, 3-2. Still, the team

fought on and our two final goals from Thalita secured the win for Greenshaw.

A massive well done to all girls involved for showing exactly why you should never give up and for playing so excellently as a team.

Miss Armstrong, PE Teacher





NOT ALONE IN SUTTON

Sutton Council has launched a domestic abuse campaign. ‘Not Alone in Sutton’ aims to raise awareness of the help available to victims of domestic abuse via a new website: <http://notaloneinsutton.org.uk>.

In Sutton, domestic violence accounted for 38 per cent of all incidents of violence with injury (467 out of 1,242) in 2017. Despite the enormity of these figures, the number of people experiencing domestic abuse is thought to be much higher as it is often a hidden crime that goes unreported.

Council leader Ruth Dombey said: “We are launching this campaign today because tackling domestic abuse in all its forms is a priority, to ensure Sutton is a safer place for everyone. Together with our partner organisations, we aim to significantly reduce levels of domestic abuse in Sutton in the long term.

“I very much hope this campaign encourages a wider discussion on how we all need to tackle domestic abuse, as it’s an issue which is both widespread and devastating.”

Domestic abuse affects all sections of society and all age groups. Before launching its domestic abuse campaign, Sutton Council surveyed 270 Sutton residents, which revealed that more than half would not know where to go if they needed help. A similar number would be reluctant to reach out through fear of making things worse.

Sutton Council’s lead councillor for domestic abuse and former Mayor, Councillor Jean Crosby is a survivor of abuse. She said: “Domestic abuse today is affecting everyone. It can be you, a parent, your best friend, your siblings, your children or your grandchildren.

“It’s all age groups. The youngest victim I have known of is 16. The oldest victim was 85. Can you imagine how long that victim was abused? I urge anyone who is affected by this to get help. We’ve got men, women and young people dying of domestic abuse and we all need to do more.”

Headteacher, Nick House, said: “We want to add our absolute support in Greenshaw to this cross-Sutton campaign. Domestic abuse can change people’s lives forever, and being aware of this issue across our community is so important.”

More information is available at a dedicated website notaloneinsutton.org.uk, for women, men, children and young people, older people, people with disabilities, LGBT+ and also perpetrators.

If you are experiencing domestic abuse, or know someone who is, help is available. You can use the contacts below. Local domestic abuse contacts in Sutton and south London are in bold :

- Victim Support (London Victim Assessment and Referral Service): Call 0808 168 9291 free (Mon–Fri 8am–8pm, Sat 9am–5pm).
- **Sutton Domestic Violence One Stop Shop**
Wednesdays, 9.30am–11.30am, Sutton Baptist Church, 21 Cheam Road, Sutton, SM1 1SN. Drop in or make an appointment through Victim Support on 020 7801 1777.
- Police: Call 999 if you are in immediate danger, 101 at all other times.





A COMMUNITY TOGETHER

Following the Easter break, our assemblies focused on the recent atrocities that have dominated the news. We remembered those killed in bombings of churches and hotels in Sri Lanka, and those shot during prayer in Christchurch's mosques.

The focus is on trying to understand how such horrific crimes could happen. One idea presented was that these things are only possible as a result of 'othering'.

'Othering' is the idea that we separate ourselves and our groups from other groups. This can be done in several ways, including difference of ethnic background, age, interests or religion. This separation can appear to make us feel safe. But this separation divides society.

We are reflecting on the words of New Zealand's Prime Minister Jacinta Ardern's after the New Zealand mosque attacks. Rather than dividing the country, she said of the victims: "They are us". This is similar to the words of murdered British MP Jo Cox, "We have more in common than that which divides us."



Greenshaw is one community that celebrates difference within it, and aims to build unity. We want to consider nobody as 'other', but rather everybody as 'us'.

Mr Ferguson, RS Teacher

KEY DATES – YEAR 7

May half term	27th May to 31st May	Lush visit	5th July
Big Dance	18th June	Greenshaw Athletics Championship	9th July
Borough sports competition	19th June	Summer concert	10th July
Mosque trip 1	24th June	Race for Life	11th July
Mosque trip 2	25th June	Body Worlds science trip	12th July
Mosque trip 3	27th June	Sports awards evening	16th July
Big Ideas	1st July	End of summer term (12.30pm)	23rd July

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



GET INVOLVED
 AGED BETWEEN 12-17 YEARS OLD?
 WANT TO VOLUNTEER AT YOUR LOCAL
 TENNIS CLUB?
 INTERESTED IN BUILDING YOUR SKILL SET?

APPLY NOW
 BECOME AN MTE AMBASSADOR
 GET THE SKILLS AND RESOURCES YOU NEED
 TO HELP OUT AT YOUR LOCAL TENNIS CLUB
 AND TOURNAMENTS!

COURSE DATES

DAVID LLOYD HAMPTON
20/05 | 5 PM - 7.30 PM

VIRGIN ACTIVE FULHAM
27/05 | 2.30 PM - 5 PM

VIRGIN ACTIVE ACTON
28/05 | 11.30 AM - 2 PM

ISLINGTON TENNIS CENTRE
29/05 | 2.30 PM - 5 PM

DAVID LLOYD ROYAL BERKSHIRE
30/05 | 2.30 PM - 5 PM



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