



AN UPDATE ON YEAR 10...



We start this newsletter with a focus on English, where Year 10s will be returning to studying *Macbeth* after a brief break working on poetry and English language. During the second week after half term, they will tackle an exam-style essay question on the play in preparation for next year's GCSE.

Mr Narbrough would like to congratulate Ladifa, who is doing fantastic work in English at the moment and did brilliantly on the recent *Macbeth* knowledge assessment. In Miss Wilcox's class, Kelly and Olivia have been producing fantastic work of late, some of which has been used as exemplars to help the whole class improve on key aspects of their analytical writing.

It has been a successful month for our PE students, with the Year 10 boys finishing second in the Stanley Park athletics competition and also in the borough Super 6 cricket competition. Big congratulations go to Haithum, who has been selected to play for the county at basketball, and Jack WM, who scored the equaliser as Crystal Palace beat Wigan 3-2 to claim the under 15 Premier League Floodlit Cup (pictured right). Well done, to both.



On to dance, where a big thank you goes to Akashea, Millie, Nicole P, Daisy, Chloe and Aaliyah for their help at the primary school dance festival. Miss Walker said: "The students conducted themselves brilliantly to teach the younger students a dance from a movie which they performed at the end of the event." In the coming weeks, students will be working towards filming their GCSE set phrase solos before summer. They are able to come and rehearse in the dance studio to prepare for this assessment, whilst dance 'catch up' will be on a Tuesday after school.

In PSHE, Year 10 have been working on a unit of work called *Mental Illness Investigated*, part of our *How to Thrive* curriculum. In these sessions, students compare physical and mental health; they look at how the brain works and what may cause a mental illness: they investigate the symptoms and treatments of some mental illnesses; they look at triggers and responses and the five steps to wellbeing. All students are encouraged to think about their own mental health and what they can do to keep themselves healthy.

Year 10 geographers have recently transitioned into completing their homework online with Seneca Learning and it's become a bit of a competition, with Sophie having completed a fantastic 1,121 questions on the online platform last week. Meanwhile, our historians are currently midway through the most difficult part of their GCSE course, the study of British America between the years 1713 and 1783. This course looks at how the USA became independent of British control. In spite of the difficulty in learning the content, there have been some outstanding answers to difficult GCSE style questions with answers from Chanelle and Alison A standing out in particular. Mr Bell would like to reinforce the importance of such homeworks as they are great preparation for next year's GCSE.

A word for our Latin students, who are nearing the end of their study of the Latin language, with one more piece of grammar to learn. This is building towards the analysis of Roman literature in its original Latin. For the class to have come from not knowing any Latin in Year 9 to their current levels is outstanding and all deserve huge praise.

Finally, Year 10 art students have been working hard and with great energy this term. They are rounding off a *Growth and Nature* project with various creative final pieces. Here you can see poly-block printing by Zack, Jodie and Josh V (pictured from left to right below). All three students have been highlighted by their teacher as making excellent improvements in art and design.

Mr Johnson, Head of Year 10, and Mr Parker, Deputy Head of Year 10





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 10 students who were presented with diplomas: Alessandra, Rexon, Era, Tiffany, Harley, Jaafar, Valentin, Henry, Betty, Chanelle, Jonah, Varun, Keziah and Maximillian.

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 awards 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>





THE COMPANY ENJOYS CHALLENGING DANCE WORKSHOP

Greenshaw's dance troupes, Company and Company li, 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



ATHLETICS SPRINT CHAMPIONS



Our Year 9 and 10 boys and girls recently competed in the Stanley Park Athletics Sprints and retained the title from last year, finishing in first place.

There were some outstanding performances in Year 10, with Sean winning high jump, triple jump and the 300m race, Chloe and Brooke finishing in first and second place in the 800m and 1500m races and the girls relay team coming in first place.

There were also some brilliant performances in Year 9, with Omo giving a superb performance in the 200m race and

discus and Sulagsan finishing in the top three in all his sprinting events. All students demonstrated great commitment and dedication to Greenshaw.

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 Crossby 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.





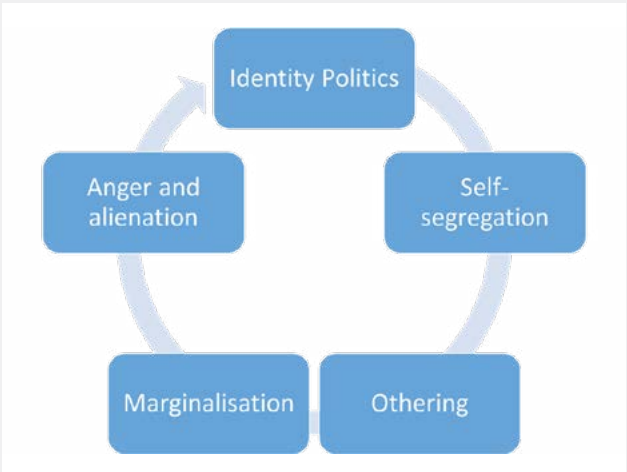
A COMMUNITY TOGETHER

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 10

May half term	27th May to 31st May	Summer concert	10th July
Year 10 drama	7th June	Race for Life	11th July
Geography trips	17th, 18th, 20th 21st June	Lush visit	12th July
Borough athletics competition	19th June	Dance trip to Pineapple Studios	15th July
Lush visit	5th July	Sports Awards evening	16th July
Greenshaw Athletics Championship	9th July	End of summer term (12.30pm)	23rd July





YEAR 10 CONTACT LIST

Head of Year: Mr C Johnson – cjohnson@greenshaw.co.uk
Deputy Head of Year: Mr A Parker – aparker@greenshaw.co.uk
110AF: Miss A Fingleton – afingleton@greenshaw.co.uk
10SE: Mrs S Erntzen - sernstzen@greenshaw.co.uk
10ET: Miss K Hall – khall@greenshaw.co.uk
10JDP: Miss J Daplyn – jdaplyn@greenshaw.co.uk
10KA: Miss K Armstrong – karmstrong@greenshaw.co.uk
10NY: Miss L Mosley – lmosley@greenshaw.co.uk
10MMB: Miss M Mbema – mmbema@greenshaw.co.uk
10SWL: Mr S Wallis – swallis@greenshaw.co.uk
10TF: Mrs T Forno – tforno@greenshaw.co.uk

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