



AN UPDATE ON YEAR 11



It is with a heavy heart that I write the final newsletter for Year 11s at Greenshaw High School.

I would like to take this time to thank parents and carers for the support they have shown the young people, us as a school and Miss Thompson (Deputy Head of Year) and I along this journey. The excellent start the students have made to their GCSE exams is the fruits of five years of ups and downs (and a lot of hard work from everyone).

Further evidence of outstanding achievements being recognised was the most recent Greenshaw awards evening, where students from Year 11 were commended for a variety of reasons and subjects; with Vim, Abbey and George collecting special awards. Huge congratulations to each and every one of you – they were thoroughly deserved.

We are now roughly a quarter of the way through what is a difficult time for students and their families. At the time of writing, it is Mental Health Awareness Week, but I am a strong believer that this is a topic that should be spoken about all year round. I would again like to refer you to the document published by the Government on coping with exam stress during this tough period (<https://www.gov.uk/government/publications/coping-with-exam-pressure-a-guide-for-students>).

An important notice is that AFTER May half term, students will not need to attend a lesson once they have completed all of the unit examinations in the subject. They will also no longer be required to attend registration at 8.30am, they will instead come to school when they have their first lesson that they still have an exam in.

Finally, some key dates:

- Tuesday 18th June – final exam (Further Mathematics)
- Friday 7th June – last day to purchase a Prom ticket
- Friday 14th June – Prom ticket/leavers' hoodie/leavers' book distribution
- Thursday 4th July – Prom (Kingswood Golf Course – 6pm to 10pm)
- Thursday 22nd August – results day and sixth form enrolment

The final image that will forever stick with me is the Class of 2019 all together as a collective body – a true credit to yourselves and our school.

So proud of each and every one of you! #Classof2019

Mr Higgins, Head of Year 11, and Miss Thompson, Deputy Head of Year 11





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 11 students who were presented with a subject award: Mason, Mia, Manvitha, Vishnu, Ella, Tilly, Alfie, Benjamin, Kishan, Abby, Erin, Amy, Goda, Fernando, James, Rojen, Abishnavi, Macy, Rebecca, Charlotte, Prem, Navina, Emily, Mahrooshah and Minh.

The programme also included a slideshow presentation and an amazing performance of Adele's *Turning Tables* by Sophia (also 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 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



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.

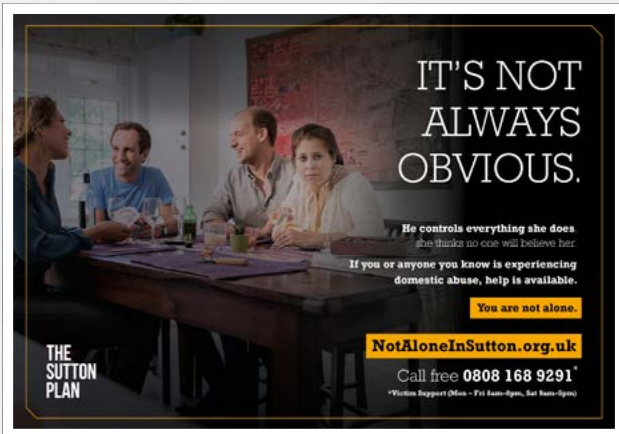
We are reflecting on the words of New Zealand's Prime Minister Jacinta Ardern's after the New Zealand mosque attacks. Rather than dividing the country, she said of the victims: "They are us". This is similar to the words of murdered British MP Jo Cox, "We have more in common than that which divides us."



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





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.





YEAR 11 CONTACT LIST

A full list of contact details for Year 11 is below.

Year 11

Head of Year: Mr C Higgins – chiggins@greenshaw.co.uk

Deputy Head of Year: Miss J Thompson – jthompson@greenshaw.co.uk

Year 11 Form Tutors

11ALP: Miss A Paisley – apaisley@greenshaw.co.uk

11CCR: Mr C Cordes – ccordes@greenshaw.co.uk

11DC: Mr D Clarke – dclarke@greenshaw.co.uk

11HOL: Miss H Oliver – holiver@greenshaw.co.uk

11JRC: Mr J Richards – jrichards@greenshaw.co.uk

11KDC: Miss K Duce – kduce@greenshaw.co.uk

11MNA: Mr M Narbrough – mnarbrough@greenshaw.co.uk

11RG: Miss R Graham – rgraham@greenshaw.co.uk

11VN: Mr V Nair – vnair@greenshaw.co.uk

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