



THE SACRED HEART LANGUAGE COLLEGE

Newsletter - October 2019



Dear Parent

This half term has seen a wonderful start to the academic year. As a community we were delighted to celebrate the success of Year 11 with their outstanding performance in the summer and also the wonderful achievements of Year 10 with their French and Spanish GCSE.

As our senior student have moved on it has been wonderful to welcome our new Year 7 to reinvigorate our school community. Much activity has taken place across the curriculum as part of their 'We are The Sacred Heart' project, deepening their understanding of what it means to be full members of our school. It was therefore a great opportunity to welcome visitors from the Sacred Heart schools in Melbourne and Perth, Australia alongside representatives from the Order of Our Lady of the Missions, our founding sisters, reminding our Year 7 that they are now part of a broader international community. After sharing their wonderful gifts and talents through singing their personalised verses of our school hymn 'We are called by Christ', each pupil was presented with their Sacred Heart badge by one of our visitors, commemorating their transition to be full members of our school community. We look forward to sharing with you further examples of how they live our mission in future newsletters.



This half term has also seen much to celebrate with the school receiving the Eco Schools Award. I would like to thank our pupils who have led this initiative reflecting that broader awareness of our need to protect our environment. In light of this our newsletter will now be available on our website to save the impact on our environment through the printing of paper copies.



Best wishes for a restful half term break.

Geraldine A. Higgins



Year 9 and 10 Retreats

On the 9th October 10E had the opportunity to go on a retreat at the SPEC centre. Here we had the chance to recover spiritually, bond with others from our form and explore our faith. We were greeted by the missionaries who guided us through the day and organised wonderful activities. We were put in random groups where we worked together to complete a variety of games and exercises which allowed us to learn more about each other as well as ourselves. An array of tasks including a meditation session, making rosaries, painting stained glass windows and a self reflection were delivered. After lunch we learned about mercy and we reflected about how we can help others physically and spiritually. Overall our class really enjoyed this memorable experience.



Aldabra Stific Andronic and Milena Bilka 10E

House Competition

On Tuesday 15th October, the Head of houses held a drama competition at lunchtime to see which house were the best performers. Year 7, 8 and 9 worked together in their houses to compete and win a prize. Hope, Elizabeth, Adelaide, Regina, Tatiana and Seraphina acted out extracts from Shakespeare in front of their friends who came to watch. In the end, the well-deserved winners were Tatiana, with Hope and Seraphina coming closely behind.

Alannah O'Sullivan (Head of Seraphina) and Sarah Butler (Head of Elizabeth)

Eco Committee Update

The Eco Committee has had an extremely successful start to the new academic year. We worked tremendously hard throughout the last couple of months to ensure that we obtained the Eco Schools Green Flag Award. Fortunately, through the contribution of each individual, we successfully managed to achieve this prestigious award and are constantly working on strategies to ensure that we are continuously improving. Raising awareness is a crucial aspect for the Eco Committee and we do so through assemblies, newsletters, surveys and questionnaires. We would like to encourage all pupils to use re-usable water bottles, promote recycling both inside and outside our school community in addition to reducing energy usage. These are all efficient ways to help put an end to climate change. "Let us be 'protectors' of God's plan inscribed in nature, protectors of one another and of the environment." – Pope Francis.



Natalie Botros 11T

Sustainability Conference

On Monday 10th June, a small group of girls from Year 7 and 8 attended a conference on Sustainability at City Hall. We had an interesting day and participated in a number of workshops and panel discussions with environmentalists from a range of industries. In addition, we had time to work together to create an action plan to make our school more sustainable. Overall, it was an amazing experience at City Hall.

Kelsey Brophy 7S

Royal Navy Visit

Leading Chef Jason Goldworthy and Leading Chef Grant O'Neill from the Royal Navy worked with the Year 11 Food Preparation and Nutrition group to show the girls technical skills they will be able to use for their GCSE practical exam and how to present their dishes effectively and easily. They were then divided into four groups and given a challenge to



produce two courses from a selection of ingredients the chefs provided. The girls were given twenty minutes to plan what they were going to make and 1 hour 15 minutes to cook and present their dishes. The group rose to the challenge and worked as a team in their groups and produced some excellent dishes. It was an amazing day for the students who gained a variety of practical skills that they will be able to use.

Mrs Pasha Food Preparation and Nutrition Teacher



Year 10 GCSE Art Visit to Whitefriars Studios

On 25th September, the Year 10 GCSE Art students visited Whitefriars studios, which provided us with an opportunity to glimpse into the lives of a couple of artists. We visited Mrs Ryan, who formerly taught at the Sacred Heart, and she invited us into her own studio, allowing us to admire her artwork. After a pleasant chat, we were given a chance to see the work of 13 other resident Whitefriars' artists in a small gallery display. We were also lucky to have a chance to see the artwork of artist Juliet Goodden, who welcomed us into her studio. This short trip showed us how art can be portrayed in many different forms and we left the studio with lots of inspiration.

Milena Bilka 10E



Future First Assembly

On the morning of Thursday 26th September Year 10 had the chance during an assembly to learn about what a past pupil from the Sacred Heart had gone on to do after her education here. She informed us about her time at St Dominic's and at the London School of Economics studying Political Science and about the fascinating range of jobs that followed. Her advice was massively valuable, especially as we are approaching our first GCSE Languages exam. We were all intrigued by her experiences as she presented her opinion on what she particularly enjoyed about certain jobs that she had done and what she found was not exactly for her. Her charity work as a volunteer inspired us to want to get involved in things that we can do to make a difference to the world. Overall, it was a very informative assembly and undoubtedly each of us appreciated her tips for navigating various careers that might interest us.

Rachel Fernandes 10T

We are very grateful to Caitlin Hicks for delivering this assembly to Year 10, it was such a valuable experience for the year group. We always welcome past pupils and members of our community to share their experiences and expertise with our pupils. If this is something you would be interested in please contact Miss Moran.

Miss S. Moran - Director of Studies Year 10



European Day of Languages

On the 26th September the MFL department celebrated the European Day of Languages. During lunch time one of the classrooms became a great exhibition room to celebrate the many European languages spoken by our pupils and staff. This was attended by many students across all years. Everyone was invited to proudly wear a

sticker in the language they spoke and take part in the exhibition. The year 11 students 'won' the privilege to display the sticker of the language they achieved at GCSE level before the summer. The joyful atmosphere in the room bore justice to the wonderful mix of languages and cultures in The Sacred Heart.



Ms F. Lopes - MFL Department

Freshers Week

During our Freshers week we were able to do some amazing activities in different subject areas, I managed to do a lot of activities with those in my form. I want the next Year 7 to be able to have the amount of fun I had. At first I only thought about the house points but when I realised what fun I was having. I learnt that it is not just about winning it is about having fun.

Catherine Adjeerese 7E

We did loads of activities such as lava lamps in science, mask making in English and math puzzles in math. I really enjoyed all of these activities and it gave me a taster as to what my future time at the Sacred Heart would be like. My favourite activity was the samba as we got to play the drums and make lots of noise.

Laura English 7E



Black History Month

Black History Month is a great time to take stock, celebrate and also acknowledge that no man is an island and that actually, without the blends of the colour, gender and perspectives, this world would be incredibly bland. We hope that our minds will remain open to empathise with others who look different than us, because ultimately we all desire the same thing - to belong, to be loved and to be understood.

Ms T. Olaoshun - Teacher in Charge of History

"I really liked the presenter, Dr Dorothy Abiola, and thought that she was really inspirational because it was a different perspective on achieving in life and not just about our GCSEs, but she did say it was important"

Emma Castell 11E

"I took away that we are all unique, so that means our talents are different and that was a good reminder"

Nellie-Jo 11H

"It was very motivating as it was something I haven't heard before. She was really inspiring as she was clear on her points and still stressed the importance of succeeding not just academically, but as a person too"

Holly Mellett-Quince 11A



History Coming Alive

On Friday 4th October, two history classes were fortunate enough to visit the district of Whitechapel in Tower Hamlets, after hearing all about it from the other classes which went the day before. We arrived by train and looked at scenery of East End London. After leaving the station, we went to the places where Jack the Ripper's victims were found such as Fournier Street where Annie Chapman was brutally murdered. We also saw The Ten Bells pub where all of his victims used to drink, which we found fascinating.

As we got a taste of life in the 19th century, we had booklets to fill out so

Renae Hall 10E and Holly Tate 10H

that we had all the information needed. This was a really interesting day that really helped to develop our understanding of our GCSE History paper on Crime and Punishment.



Boudicca Play

As part of our History curriculum during one of our lessons we dressed up and acted out little reenactments of Boudicca's life story. Six groups wrote scripts, made props and had the best time showing the rest of the class what they had come up with. Each play showed every significant part in Buddica's life. We all worked hard to recreate something special that was enjoyed by all.

Alexandra Matei 7T



STEM British Airways Visit

Two of our students in Year 10 have been selected by British Airways to be part of an ongoing mentoring programme to help to give advice on career paths and higher education. Alex Shields (British Airways Engineering Division) has been coming in to school to meet with Martyna Macheta and Roisin Quirke. The programme is linked to a visit that was made to IAG headquarters at Heathrow attended by Year 9 STEM club last year.

Mr J. Lockwood - Head of Design Technology



Coding Club

Coding Club at TSHLC consists of projects with hands-on experiences with step by step guides for students to follow to **create Apps**. Students build their skills as they move through their App creation projects, and challenges provide opportunities to demonstrate and apply what's been learned. As this progresses the hope is that they may even get to add it to their smartphone!



In addition, there is a new online Cyber Discovery Club entitled – **'MySacred'** in conjunction with HM Government. All pupils can register their interest by emailing with their school email address ONLY. Alee@tshlc.harrow.sch.uk

Mr A. Lee - Computing

The Sacred Heart - Community Quiz Evening VIII 'The New Generation...'

The school hosted the Eighth Community Quiz Evening on Friday 12th July. This quiz tried to level the playing field and threw a few 'swerve-balls' at our quiz regulars. The Alumni Cup was highly competitive with seven teams containing past pupils of the school going head to head. For the first time ever, we had double award winners, who managed to get their hands on both the Alumni Cup as well as the main Quiz Cup itself. Many congratulations to the team of **'We're That Table!'** who had three generations of past pupils in their team, obviously the key to quiz success! The turnout was as strong as ever with 13 quiz teams fighting for the right to become champions. Thank you so much to those who come to the evenings and also to those parents who contribute that can't make the evening. Our quiz fund-raising total now exceeds **£7,000** where the proceeds are going directly back into the development of the school. An additional thank you goes to all those who donated prizes for the raffle. Our **9th Community Quiz Evening** will take place on **15th November 2019**, where the theme will be **'slightly more traditional...'** please do come along with family and friends, I look forward to seeing you there.



Mr R Dann - Assistant Headteacher

Updating Contact Details

We are sending out letters to you via email. If you have not received any communication from us please phone to confirm that we are recording the correct email address for you. If there is any change to your contact details please inform the school office.

Parking Notice

To drop off and pick up your daughters, please park in the roads near the school. For health and safety reasons do not drive onto the school site or stop across the school entrance. In addition, in order to retain good relationships with our neighbours, please do not park in the private car park outside the school gates. Thank you for your cooperation in this matter.

Mrs M. Nichols - School Manager

Dates for your diary

October/November

December



Monday 28th Oct.	AUTUMN TERM BEGINS	Thursday 19th Dec.	Christmas Carol Service 7pm
Wednesday 30th	9H Retreat	Friday 20th	END OF AUTUMN TERM
Thursday 31st Oct.	9E Retreat A Holy Day of Obligation		
Friday 1st Nov.	9A Retreat		
Thursday 7th Nov.	Year 8 Parents' Evening		
Wednesday 13th	9R Retreat		
Thursday 14th Nov.	9T Retreat		
Friday 15th Nov.	9S Retreat Quiz Night 9		
Tuesday 19th Nov.	INSET DAY - school closed to pupils		
Thursday 21st Nov.	Year 7 Parents' Evening		
Friday 29th Nov.	OCCASIONAL DAY School holiday		