



THE SACRED HEART

Language College

Newsletter - December 2019



Message from the Headteacher

Dear Parent,

As this term draws to an end we think of the coming Christmas season with great anticipation. May the coming weeks see great joy, peace and love enter in to all our lives. It is wonderful to see this Christmas message lived out by our pupils in the charity work, fundraising and support they offer to others.

This term has been another busy one with lots of fun and exciting activities enhancing the experience of all our pupils. As always it is important to remember that we only get out what we are prepared to put in. With this in mind I hope that the holiday provides a restful break and that January sees positive resolutions from all our pupils to commit to their own success by throwing themselves fully into the broader life of the school.

Very best wishes,
Geraldine A. Higgins



Aminah Ahned, Aliya Onwordi-Robinson,
Kathleen Santos Ferreira, Rishika Parikh 7H

Christmas in the Community

Advent is a time of hope, peace, love and joy; a time for us to prepare for the coming of Christ at Christmas. Cardinal Nichols has dedicated this year to 'The God Who Speaks: A Year of the Word.' During this special year we will have the opportunity to celebrate, live and share in the joy of scripture, and in particular the gospel of Matthew which we started reading in Mass in Advent. Scripture is at the centre of everything the Church does. The word of God shapes our prayer and worship. The Bible shows us how to understand the world, how we are called to live and relate to each other. We will continue to engage in activities to develop our knowledge of the Bible and the Gospel in the coming year.

St Matthew says: 'Happy are those who are merciful to others; God will be merciful to them.' The Word must be followed by action and again our pupils and parents have excelled themselves in showing love by contributing generously to the Christmas Hamper Appeal for the Catholic Children's Society who distribute to families in need throughout the year.

Our school was founded by Euphrasie Barbier, who at this time is being considered by the Vatican for canonisation. We support the Sisters who work with women and children in the most deprived areas of the world. Sister Rosemary Harbison, gave an Assembly to Year 10 pupils informing them about projects and the pupils are fundraising to support these projects. For more information about RNDM and the opportunity to contribute see <https://www.rndm.org/>



A group of our talented singers shared their musical talents to bring joy to the residents of St Vincent's Nursing Home. We had marvellous feedback from St Vincents, 'the girls are a credit to the school and long may the tradition continue'.

A group of pupils represented the school and joined the Catholic schools at the Denary Schools Carol Service in St George's Church. It is always an inspiring evening listening to beautiful voices sing traditional carols; hearing the familiar readings telling the events of the nativity.

Year 9 and Year 10 pupils participated in Retreats lead by SPEC at Waxwell Farm in Pinner. It was very well received by the pupils who appreciated the time to reflect. The theme of the Retreat was 'Fresh Start' examining: What is our faith? Why do we believe what we believe? What does having a firm foundation in Christ look like? From there we can learn to re-build and turn our focus towards Jesus, who brings us new life and puts a new spirit in us through His mercy. Equipped with a firm foundation and knowledge of God's great love for us, it is then time to take a leap of faith and say 'YES' to Him by standing up for our faith and living our everyday lives as authentic witnesses.

Mrs M. Wright - Chaplain

Reading Challenge

During their induction day in July Year 7 students were set a 'Summer Reading Challenge' and each student was given a 'Recommended Summer Reads' list. They were challenged to read one of the books from the list and to fill out a Book Report form over the summer holidays. Many students took up the challenge and handed their book reports in at the beginning of the autumn term. The standard of reports was exceptionally high. The students were praised for their participation at an assembly and certificates and prizes were awarded to the two or three overall winners from each form. All students who took part in the challenge were able to count the book they had read towards their Year 7 'Reading Challenge' scheme. Well done to all our winners: Syesha Bailee Rosales and Ruby Lewis 7H, Eliška Dodoo and Ellen McGrath 7E, Jedelle Regis-Donaldson and Keira Power 7A, Anista Lionel and Martina Georgieva 7R, Deirbhle Barrett and Nadine Monaghan 7T, and Rhiannon Sa Filipe Lopes and Holly Enright 7S.



Book Buzz

Bookbuzz is a reading programme from BookTrust that aims to help schools inspire a love of reading in 11 to 13-year-olds. The Sacred Heart give their students the opportunity to choose their own book to take home for free and keep from a list of 15 titles. They are all carefully selected by a panel of experts to ensure quality, suitability and to encourage reading for pleasure.



Mrs Pickering - Information Resources Officer

Black History Month

Wednesday 6th November we held an Afro-Caribbean taster opportunity. It was the perfect way to end a month of celebration of Black History Month 2019. Students and teachers alike brought in tasty foods and snacks from their country of origin. We had food from Zimbabwe, Kenya, Jamaica, Ghana and Nigeria. It was an opportunity to share our culture over food and music. The queue was buzzing with girls from all year groups and the whole school community supported us 100%. We raised £180 in one lunchtime and all proceeds will be going to the Sickle Cell Society who do great work in the UK. It was a great day enjoyed by all and a special thank you to all staff and students who gave up their lunchtime to serve the school community along with a heartfelt thank you to everyone who cooked and brought in food.



A Black History Month Show and Tell session was well attended and gave many students the chance to talk about an aspect of their culture that is dear to them.. A selection of books celebrating BHM were available for students to borrow from the Study Centre. These activities are just another example of our school's

motto, 'Confident in God's love for us; we commit ourselves to His service.'

Visit to St John's College, University of Oxford

A group of Year 10s were very fortunate to visit St John's College which is part of the University of Oxford on the 6th November. After being greeted with some refreshments, we were surprised with a quick quiz about general facts about the university. We then listened to a presentation which introduced their unique collegiate system, the various courses available and the living accommodation at the university. Two undergraduates did a Q&A session which was particularly good as one of them had been a pupil at our school and then at St Dominic's Sixth Form College. We took part in a critical thinking seminar where we shared our views about different topics. As expected, the lunch was delightful with various items on the menu to please the pickiest eater. We toured St John's College and learnt more about Oxford's rich history, followed by a short visit to the Pitt Rivers Museum, where millions of artefacts from all over the world and from all periods of human existence were displayed. This was a fantastic opportunity to enrich our knowledge and interests and many thanks to the staff who planned the visit and who came along with us.



Aldabra Stificu Andronic 10E

Performance of "Une Primera Cita"

On Tuesday 12th November all Year 9 and 10 students who are currently learning Spanish were given the opportunity to watch a Spanish play "Primera Cita" as part of our GCSE course. I was looking forward to watching the play since I love Spanish. The fact that I had to listen to a whole play in Spanish helped me understand new words and phrases more easily and I was able to listen out for new vocabulary, which was very beneficial for my listening and speaking skills. There were lots of moments in the play when everyone was laughing as the actors were very funny. I also really enjoyed the fact that we had the chance at the end to ask lots of questions.

Sandra Moscaliuc 9S



Visit to 'Growing Stars' Nursery

We were selected to visit a local nursery where we taught the pre-school children some farm animals in french. Surprisingly they were better than we expected and were able to show us their animal toys and name them in french. From this experience we learnt that repetition is a significant factor in learning a language. We were grateful to have had this opportunity and would love to go back again.

Mina Ebrhimgeel, Alana Ng Kwet Shing, Harini Sivarajan, Divina Tamba, Annabelle Gill 9A



Election 2019

Over the past few weeks the students at our school have been learning about the current political situation in the UK in the build up to the General Election. They have been analysing the policies of the different political parties, the pros and cons of Brexit, the impact of politics on our lives and political bias in the media. Four pupils in Year 10, Keira Fernandes, Roisin Quirke, Rachel Fernandes and Aldabra Stifiuc Andronic volunteered to represent the Conservative, Green, Labour and Liberal Democrat parties giving speeches to all year groups and answering questions from pupils. On 12th December, all our students took part in our own election to mirror what was happening in the country and the results were as follows: Labour Party 52.9%, Liberal Democrat Party 22.2%, Green Party 13.6%, Conservative Party 11.3% therefore, the winner was the Labour Party.



Mrs Williams - Assistant Headteacher

Careers

On Thursday 21st November past pupil Savannah Botombia returned to deliver an inspiring assembly to our year 7s. She spoke about the importance of following your passions and believing in yourself.



During the assembly I felt a rush of inspiration, I never felt so sure that I could succeed. Coming from The Sacred Heart herself, I felt as if I was in her shoes. Savannah taught us a very important lesson none of us will forget.

Eliska Dodoo 7E

Skills London 2019

On 15th November a group of Year 10 and 11 students made their way to ExCel London to attend 'Skills London 2019'. This is the UK's biggest jobs and careers event for 15-24 year olds. It was a great opportunity for our pupils to find inspiration from a wide range of organisations from various sectors.



Miss Moran - Director of Studies Year 10

On Friday 22nd November, a number of year 10's had the opportunity to have a talk from Dr Dimple about antibiotic resistance. She spoke to us about the importance of only taking antibiotics when totally necessary and prescribed by a GP due to the risks of antibiotic resistance to society. Some students were involved in a fun practical involving UV light to demonstrate the importance of washing your hands properly. We were given an insight into the medical field as a career with the useful Q and A at the end of her presentation. We would all like to thank Dr Dimple for giving her time to talk to us.

Aoife Moriarty and Hannah Ruck 10R

Lung Model Making Lesson

During Science Year 8s made a model of the lungs using: balloons, a water bottle, clay and a straw. First, we cut a bottle in two keeping the top half and getting rid of the bottom half. Then, we cut the head of a balloon and stretched it over the bottom part of the bottle. This represented the diaphragm. After, we took another balloon and inserted a straw through it and pushed it through the balloon. This represented the lungs. We then put clay around the straw. This helped us understand that our diaphragm pushes downwards while we breathe in and when we breathe out our diaphragm pushes upwards. It also helped us understand that when we breathe in our lungs expand and when we breathe out our lung capacity decreases.

Freya Coutinho and Andrina Romesh 8S



Coding Club

Coding Club at TSHLC has gone from strength to strength and all enjoyed the challenge of creating an App. Students produced an app about 'London' and the best were actually added to their smartphone and could be viewed on a tablet too. It is our intention to unlock creativity through app building. By immersing users in "tech-creativity" and by providing an extensive toolset that encourages self-expression and discovery. The aim is to build confidence in learners through graduated and progressive exposure to increasingly challenging activities. Coding club takes place after school in N25 on Tuesdays.

Mr T. Lee - Computing

The Sacred Heart - Community Quiz Evening IX 'Slightly More Traditional...'

The school hosted the Ninth Community Quiz Evening on Friday 15th November. This quiz went back to basics offering challenging questions to intelligent people. The winning team of **The New Rins** have now won the trophy for a third time, a feat never managed before! The Alumni Cup is being completely dominated by one team who have won the cup every single time. Past pupils need to club together to overthrow the reign of **'We're That Table!'** – an irresistible force is needed to overthrow the immovable object! We had nine teams competing but it would be great to see more parents and staff at our **10th 'Anniversary' Quiz** in March. (I'm thinking of something special to entice more people)! Our quiz fund-raising total now exceeds **£8,000** 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 and for those who continuously support the school with their regular attendance and contributions at these nights, it is much appreciated.



Mr R Dann - Assistant Headteacher

Netball Weekend

Over a weekend in October the Year 10 and 11 netball teams went on a PGL trip and took part in a netball tournament officiated by the England Netball Club. Both teams had a very successful weekend with Year 10 winning their tournament. Well done to Anna Moniuszko 10H who got player of the tournament and Enya O'Donovan and Orla Ruane 10A who were best improved. A further mention to Seyi Adeyanju 10R who got a special mention from the umpires of her great play and positive attitude. The Year 11 team finished 4th with Grace Walsh 11A getting best player. We had a lot of fun, made new friends and took part in many of the wonderful activities PGL had to offer but above all we enjoyed playing the netball. **Holly Tate and Seyi Adeyanju 10R**



Borough Volleyball Competition

Sacred Heart entered 2 teams from years 10 and 11 in this event which was held at Park High once again. It was the first major competition for the Year 10 girls and their first time of playing in a high ceiling venue. Both teams played really well, which some great 3 touch play happening. The Year 11s won the competition with the year 10s finishing in second place, a great result for both teams. The year 10s will now go on to represent Harrow in the

London School Games held next March. Well done to all those who played, it was lovely to see them achieve success.



Mrs Quinn

Harrow Borough Netball Tournaments

The Year 10 and Year 11 Netball teams competed against other Harrow schools in the Borough Tournament. The Year 10 tournament was held at North London Colligate School and the Year 11 tournament was held at Nower Hill School. Both teams played really well with the Year 10s winning every game during the tournament, making it to the finals! The girls played really well in the final but unfortunately lost. They should still be very proud of themselves. The Year 11 team won every single game of the tournament and by a unanimous decision (and running out of time) won the Year 11 tournament. The girls played really well and worked very hard throughout so they deserved to win. Well done to all girls involved.



Harrow Borough Gymnastics Competition

On Thursday 21st November 19 girls competed at the Harrow Borough Gymnastics Competition against 4 other schools and 41 other competitors. The day was great and all the girls performed very well. Our junior team came 3rd overall, so well done to those involved! A special well done to, Aliya Onwordi who came 1st overall individually in the juniors, Maya Hamilton who came 3rd overall in the juniors and Asia Amede-Charles who came 3rd in the seniors.

Miss Egan - PE Department



Show My Homework

Show My Homework, now known as 'satchel: **one**', has been hugely successful at The Sacred Heart, since its introduction two years ago. We have recently upgraded, so that now students' timetables are visible when they or their parents log into their account. In addition to supporting day-to-day organisation, students should now be able to check their timetable before returning from a school holiday. This will mean that they are aware of any slight changes and can bring the right books and equipment to school. Remember, if any student (or their parent) has problems logging into Show My Homework, they should see Ms Nugara in Student Services at lunch time.

L. Lambe - Assistant Headteacher

Free School Meals (FSM)

Did you know that schools receive additional funding for children eligible for FSM. All you need to do is apply using www.fsm.lgfl.net If you are eligible, you can choose to receive the free school meals and the school will receive additional funding. Please ask at the school office if you have any questions or would like more information.

Mrs M. Nichols - School Manager



Dates for your diary



January		February	
Monday 6th	SPRING TERM BEGINS	Thursday 6th	Intermediate Maths Challenge
Wednesday 8th	Year 10 MFL Speaking PPE	Monday 10th	GCSE Art Trip
Wednesday 15th	Year 10 Parents' Evening	Monday 17th - Friday 21st	HALF-TERM BREAK
Tuesday 21st	Year 8 Sex Education		
Wednesday 22nd	Year 8 Sex Education		
Thursday 23rd	Year 11 Parents' Evening		
Tuesday 28th	Year 9 Curriculum Evening		