

From the heart Alumnae News Update

May 2023

Dear Alumnae,

Building our Community

This year we are focussing on the Goal of Community and as part of that we are trying hard to build up and formalise our alumnae network.

We have an alumnae tab top right on the homepage of the school website (sacredhearthigh.org.uk) with information about how to join our alumnae email group, and if you like, to provide us with your current address.

This first news update is being sent to the last known home address of students from the past 20 years (and a few to known email addresses) but we hope to improve our contact database to reach out to our extended family.

This year our school in Hammersmith is 130 years old and the Society arrived in England 180 years ago. We feel the time is right for a celebration! See details of our formal Summer Garden Party on 6 July, overleaf. This is specifically aimed at alumnae, but some staff, current parents, the Society will also be present.

There will be a short welcome speech in the chapel and canapes and drinks in the garden areas. A history display will be on show. We have been researching the history of our site in Hammersmith right back to the seventeenth century and have discovered some riveting stories! We also hope by then to be able to show you one panel of the cloister paintings fully restored! - More on that overleaf.

We have created a new Communications Strategy for the school and are now posting regularly to Facebook, Instagram, Twitter and LinkedIn. Do please follow us on social media!!



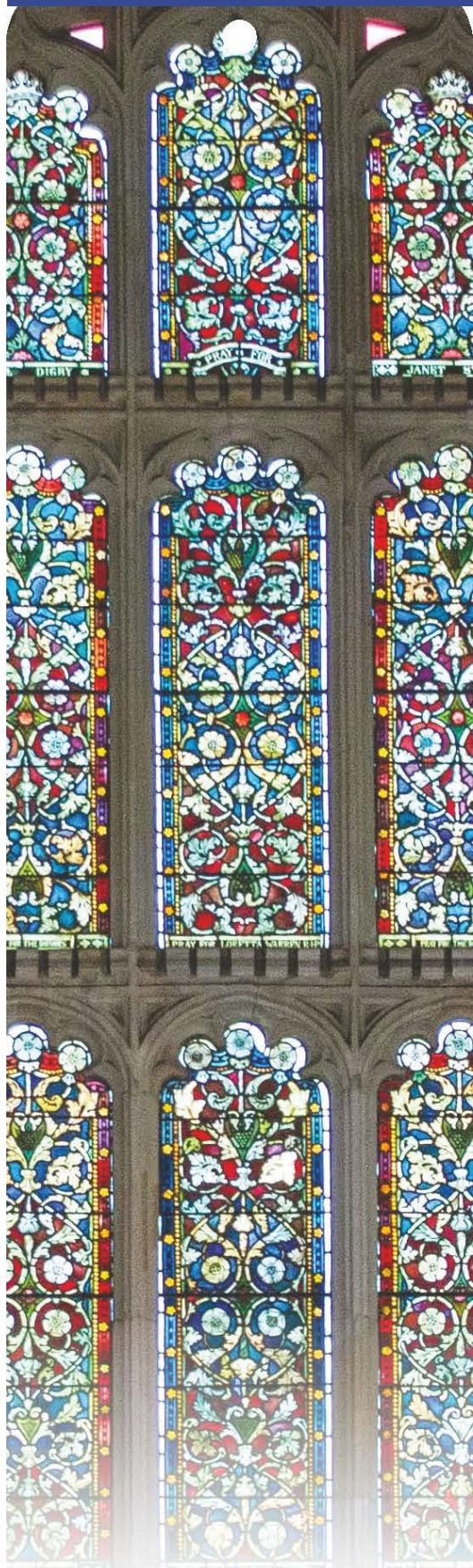
So much has been happening recently and I hope this short news update provides flavour of our various activities.

Kind Regards

Alex Dijkhuis

Alex Dijkhuis

Head of Communications & Development



Garden Party



You can book free tickets for the garden party using the booking form on the school website (sacredhearhigh.org.uk).

The form is within the Alumnae page – there is a small tab to that on top right corner of the homepage.

Any queries can be sent to me by email at:

comms@sacredh.lbhf.sch.uk

Alumnae Reflections Project

We are currently putting together a new page on our website to celebrate our extended family of alumnae. This will go live shortly before the garden party. The page will include reflections from past students about their time at school, happy memories and notable events for example. These are divided by decade tabs and we already have wonderful accounts from students who attended the school in the 1920s, 1930s, 1940s, 1950s, one from the 1960s, but we are seeking more reflections from those who attended in later years.

We are also keen to get reflections from those who attended other Sacred Heart schools across the globe – your parents maybe?

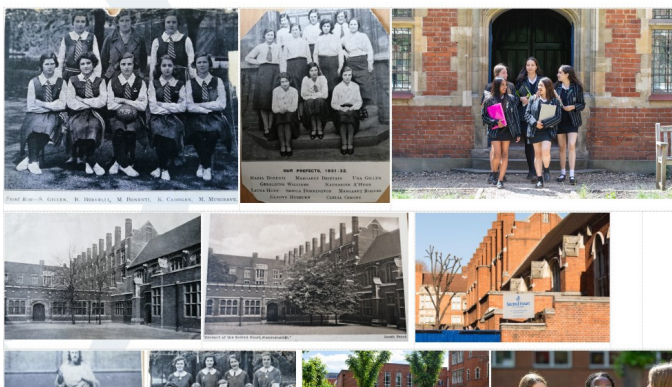
Reflections could be anything from a couple of paragraphs to a couple of pages. If you send photos that include other girls, its important to check first that they agree to this being put on our website.

Reflections can be sent to me at comms@sacredh.lbhf.sch.uk

Feel free to call me (Alex Dijkhuis) for a chat first if that helps 0208 748 7600

Family photos

See below from the family album. Note the second two photos in the top row, both taken in the same location, on the same steps, 90 years apart!



PRE 1920

1920S & 1930S

1930S & 1940S

1940S & 1950S

1950'S & 1960S

1960S & 1970S

1980S & 1990S

2000S & 2010S

2020S

Investment in the school

We are keen to improve the outside facilities for students and are in the middle of commissioning a landscaping project. In part this will focus on improvements to the planting and upkeep of the Garth and front lawn and landscape areas beyond that in front of the Calder Building.

The project also covers a number of other smaller outdoor areas, one near the sixth form common room (Our Basement) and also a larger project that will require planning permission to reconfigure the Russell Garden.

These projects will look to improve seating and shelter for the students and to recognise the historic significance of the buildings.



We treasure our cloister paintings but over time these have become damaged through wear and tear. We recently commissioned a condition survey report to establish exactly what needs to be done to protect and hopefully restore them.

The cost will no doubt be significant but we will fund raise and approach various possible funding sources and seek match funding where possible.

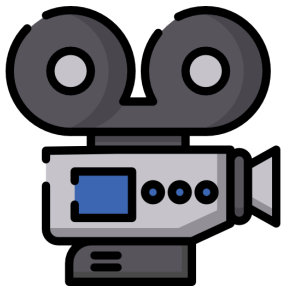
As an initial start our governors have just agreed to the restoration of a single panel which we can then use to demonstrate to funding sources our commitment and what we hope to achieve.

Interestingly the surface varnish has yellowed significantly over time and the paint colours beneath are quite different. For this reason we have chosen a panel within an alcove so as not to create distortion in the look of the cloisters before other panels can be restored to the same state.

Infra red pictures reveal some writing on some of the panels.



Filming at School



We are making two short films about the school this term. More news about these to follow in due course. They should be available to view in early September.

Expanding our Sixth Form Facilities

Hopefully in time for tours on the day of our garden party (!) we have been renovating a building on Bute Gardens, kindly donated to the school by the Society of the Sacred Heart. This will be for sixth formers and can be accessed directly from the existing school site, at the rear of the new building. Some sixth form academic departments will move into this building which includes additional classrooms and office space, and the upper floor with its vaulted roof will be used as an areas for quiet sixth form personal study.

We have also enhanced the sixth form common room, known by the sixth formers as 'Our basement', with the addition of new sofas, rugs and coffee tables; some felt sofa blankets and an electric piano kindly donated to the school. Next stage perhaps, some indoor plants.



High Performance Learning

We are accredited as a world class High Performance Learning (HPL) School. We are at the forefront of research into how students learn and we adopt a **specific method of teaching** that recognises that all students can achieve highly, irrespective of their starting points in Year 7. Students are taught **how** to learn.

We adopt HPL theory not just in lessons but also in our pastoral & SEN support. The success of this approach is evidenced by the DfE where they measure the progress made by students in different schools. 95% of GCSE grades achieved by Sacred Heart students last year were a grade higher than DfE would expect from schools.

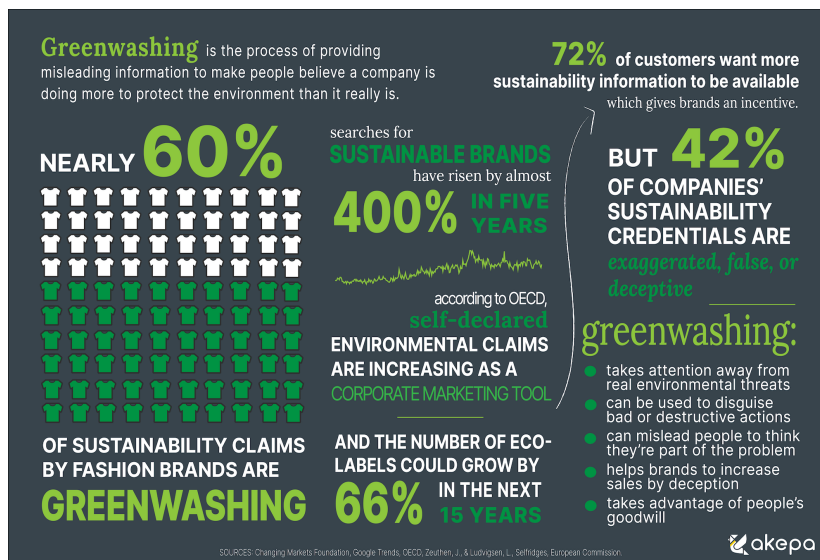
Being an HPL school also provides additional opportunities for our students. This term students from Years 8 & 9 took part on part in a global HPL blog competition about 'greenwashing', run in collaboration with The Economist. Greenwashing is the process whereby companies whose environmental record is not great, make it 'look as if' they are making headway on environmental issues but greenwashing their statements.

Ten students across the world were announced as winners and **three of these** are from Sacred Heart in Hammersmith! Their winning entries have now been published on the Economist Educational Foundation website which can be viewed here:

<https://impact.economist.com/sustainability/social-sustainability/greenwashing>

This website is visited by millions every day, including by international leaders and companies concerned with sustainability. These students have been given a global platform with which to add their voice to the debates around sustainability and climate change.

Comments about this on our social media feed included one that said Good news, thank you. One of our old girls is a Climate Change Consultant after a degree at Durham University -I met her again at a reunion at the School. These are useful connections that we will foster and use to further inform our students.

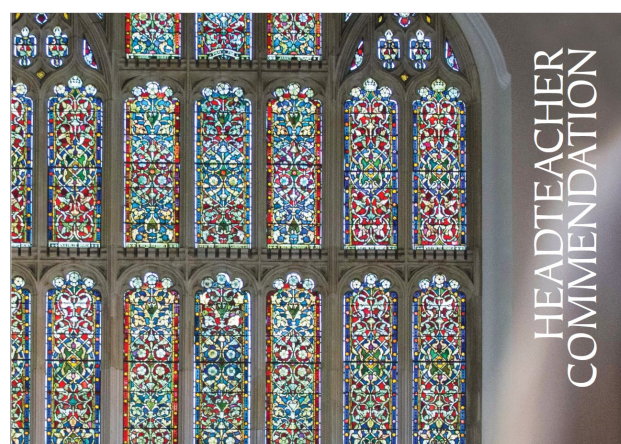
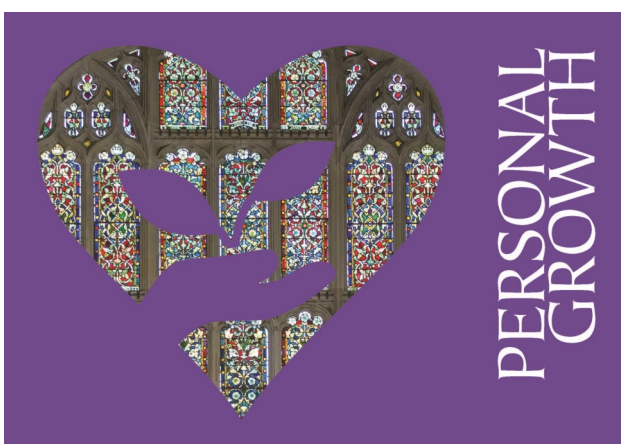
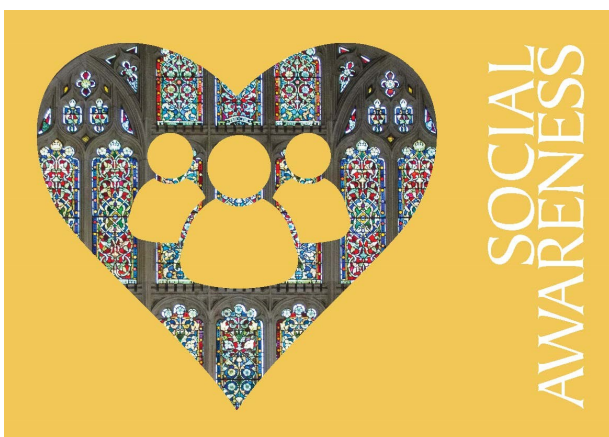


New Postcards to send home

Our Sacred Heart Goals text remains unchanged but the goals are now colloquially referred to as the Sacred Heart Five.

We want to ensure that the students are being properly and regularly congratulated for their achievements in relation to the goals and also relating to our method teaching known as High Performance Learning.

We have therefore created this year a new set of postcards that department heads and others can use to send to students families, recognising their achievements. The seventh postcard is for a Headteacher commendation.



PSHE Day, 2023



The Personal, Social, Health and Economics (PSHE) Curriculum gives us the opportunity to explore knowledge and skills necessary for students' personal development. Our bespoke curriculum responds to the Sacred Heart Goals, the local context of our school and is fused with the High Performance Learning (HPL) Philosophy.

On PSHE day, student groups raised money for their own local chosen charities and then presented information about their charities in a competition at the end of the day supported by First Give. The winners were presented with a cheque for £1,000 for their charity - it caused much excitement!

On the same day other students took part in self-defence classes and first aid training. They heard from a variety of speakers about active leadership, nutrition, and managing money at university. Year 9 heard all about careers and The Daniel Spargo Foundation came to present a drama performance highlighting the dangers posed by illegal drugs. We also had a visit from our local MP, speaking to history and politics students about parliament and the recent visit of President Zelensky.

A wonderful and useful day for everyone!



Fundraising last term



This year the Sacred Heart School Network has been raising money to help build a new school for Eldoret in Kenya. We are part of a global family of more than 150 Sacred Heart schools around the world, set up from 1801 onwards. RSCJ Sisters in Uganda and Kenya have six schools and need our support to build another.

Eldoret (meaning stony river in Maasai) is a large city in western Kenya with a population of 500,000 (about the size of Liverpool). The new school is being built in a suburb of the city called Racecourse. The school will provide an education for 800 girls and boys aged 4-11. Many of these children live in the Langas slum.

Families in Langas are struggling with high food costs, high unemployment, poor healthcare and water supplies. Some families are 'child-headed' meaning young people are responsible for their siblings as their parents have died. An education is one of the most important ways of escaping poverty.

The students will study maths, literacy, local languages, ICT, environmental studies, nutrition & hygiene, movement and exercise, art and creative subjects and vocational skills.

Sr Penina Wambale sent an email from Kenya: *Thank you so much for opening up this communication network that links us to you and all our English Sacred Heart schools. It is fabulous to be connected. Kindly convey our gratitude to all teachers, students and even parents.. for this great support they are willing to give us... The construction of the Sacred Heart primary school is on progress.. Substructure works are currently ongoing.*

On hearing about our recent sponsored walk she said: *Wow! That's really encouraging. I continue to pray for all our students and teachers over there and their good hearts. Yah, it is very exciting indeed to see the school starting to take shape.* [Three short videos of construction underway.](#)

We pray for the Sisters, community and families in Eldoret

