

180  
&  
130



Alumnae Network  
sacredhearhigh.org.uk  
December 2023

# from the heart



Click [HERE](#) to hear the girls singing!

## Celebration Mass at Westminster Cathedral

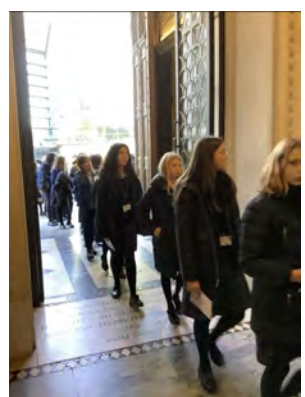
*180 years since the Society of the Sacred Heart arrived to start their work in England & 130 years since they founded our school*

As our commemoration year draws to a close we look back in pride at our truly memorable celebration mass. The choir and altar servers arrived early to rehearse and the staggered arrival of over 1,000 students and staff on the tube was achieved with relative ease. We were joined by Sisters from the Society, governors and many parents but space was limited! Cardinal Vincent Nichols even produced a relic from Madeleine Sophie herself, see photo, left!

After days of rain we had a cold crisp day with glorious blue sky. There was an excited atmosphere outside as students gathered in lines until everyone was ready, ducking to avoid the swooping pigeons! Many had never visited the cathedral before. Behaviour during the service was impeccable - so much so that the Cardinal questioned Mrs O'Donovan about how this had been achieved! The students did us proud!

More photos are included overleaf. Do also click the link above the listen to the girls singing Mozart's *Ave Verum*.

The choir already inside practising as other students waited patiently in lines outside the cathedral. Mr Granger in a suit was a real highlight and Mr Fry's jacket ensured that his group would never get lost!





Link to the homily from Cardinal Vincent Nichols: [130th Anniversary Mass of Sacred Heart School - Diocese of Westminster \(rcdow.org.uk\)](https://www.rcdow.org.uk)





## Tree Planting Ceremony, 25 September 2023

At the start of term, Sisters from the Society of the Sacred Heart joined the Chair of Governors, Headteacher, senior staff, head girls and reps from each form, for a short tree planting ceremony.

The cherry blossom, on the edge of our front lawn, was planted to commemorate the 180 years of the Society's work in England. A commemorative plaque is being organised to sit below the tree.



## Catholic Children's Society Christmas Appeal



The Catholic Children's Society (CCS) reached out to us at the beginning of the term, seeking our support for their Christmas appeal; and as they are a local charity, we gladly embraced this opportunity.

I wish to extend a big 'thank you' to everyone who played a role in raising funds and contributing Christmas gifts for the society. Our school community, including staff, students, and parents, demonstrated remarkable generosity and commitment. Our donations will make a significant difference to vulnerable and less fortunate children and their families - and we should all be very proud.

This collective effort resulted in filling two cars with over 1000 toys and games, along with clothing for the CCS. Additionally, we successfully raised well over £900, a substantial contribution that will go a long way in supporting families in need this Christmas.

A special shout out goes to the incredible Kairos Team, whose dedication and enthusiasm made the organisation of the gift collection and the sorting process in the Chapel truly enjoyable. Your commitment and drive in motivating your tutor groups have not gone unnoticed – THANK YOU!

Big applause also goes to our sixth form volunteers who visited the centre to assist in sorting and organising the gifts alongside the dedicated team of charity workers. Their hard work was truly commendable, and they may have secretly enjoyed exploring the array of toys.

We should all take pride in the positive impact our school community has had this holiday season.





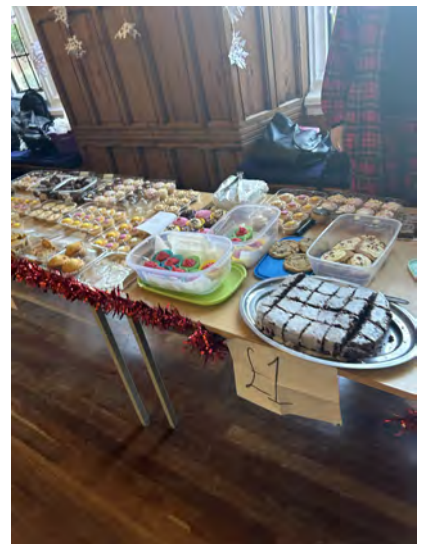
# CHRISTMAS — FAIR —

On Friday 8 December we organised a Christmas Fair as part of our course work. There were many activities for students to engage with and it was a huge success as we were able to raise over £1,400 for the Catholic Children's Society and Emmaus House Homeless Centre in Acton. We thank students for their participation and all parents and guardians for their contributions.

Congratulations to the winners of our hampers, Miss Lawlor, Bethille (Y8) and Isadora (Y10); and to the winners of the Sixth Form Christmas costume competition, Aine and Chloe (Y12)!

Thanks again for all your support, we wish you a Merry Christmas.

*The Year 13 BTEC Business students: Sofia, Chloe, Nicole, Megan, Sophie & Lilly-Mae.*



## PTFA Working Wonders!

Our wonderful PTFA volunteers worked so hard this term making up sweet cups for sale at the end of term and collecting donations for a Christmas Hamper Raffle from our generous parents and staff. The PTFA assembled 40 Hampers and raised a superb £2,123.04!





We are thrilled to confirm that the school has been Inspected by Ofsted in November 2023 and has again been judged as Outstanding.

We congratulated the students for their contributions on the day and our staff for their amazing dedication and hard work. Thanks was also extended to our wider community of parents, carers and governors whose support is so valuable.

Some quotes from the report are highlighted below:

*The pupils and students at Sacred Heart High School quickly learn to be thoughtful, curious and confident learners.*

*There is a harmonious atmosphere at the school. Pupils move around the building safely and politely .*

*Bullying is rare. Pupils know that, should any incidences occur, their teachers will empower them and help to resolve them. This helps to ensure that pupils feel safe and are kept safe at school.*

*Pupils learn to act as responsible citizens.*

*Pupils are aspirational and ambitious.*

*Pupils and students in the sixth form appreciate the help and support their teachers offer. They know their teachers go above and beyond to help them and, in response, they too surpass expectations.*

*... sophisticated well-structured curriculum in all subjects.*

*...pupils, and students in the sixth form, develop a deep body of knowledge across the curriculum.*

*...all pupils, including those with special educational needs and/or disabilities, access an ambitious curriculum and produce work of very high quality.*

*Behaviour is excellent. Pupils are highly engaged in their learning. They are extremely responsive to their teachers' instructions and guidance. They are respectful to adults and to each other in classrooms and around the school. Lessons proceed without disruption, allowing pupils to learn and flourish.*

*The strong spiritual ethos forms the bedrock of school life.*

*Parents and carers are very happy; they feel communication is strong and value the school's work. Staff enjoy working here.*

## The West London Teacher Training Alliance

Sacred Heart leads the West London Teacher Training Alliance supporting over 50 schools to work with us, to recruit and train new teachers for both the primary and secondary sectors.

WLTTA offers postgraduate PGCE & QTS teacher training courses in partnership with the University of Roehampton and St Mary's University Twickenham.

If you know anyone who might be interested to train as teacher on a one year post-graduate programme, do suggest that they look at our WLTTA website and get in touch. **One of the advantages of doing this through WLTTA is that we enable you to choose the school where you train from one of our 50+ partner schools.**

You can read much more about this on our WLTTA website: ([Home - West London Teacher Training Alliance \(wlta.org.uk\)](http://Home - West London Teacher Training Alliance (wlta.org.uk))) including a list of all our courses; what degree qualifications are required; and how to apply.

WLTTA operates from an office at Sacred Heart. We have full time staff on hand to answer any queries and every 2 weeks we hold a zoom presentation about how it all works, with an opportunity for Q&A and details are provided about the financial arrangements, student loans and any bursaries available for specific secondary subjects.

You can email the team to ask to join this regular presentation using contact details on the WLTTA website.

### Responses from our trainees:

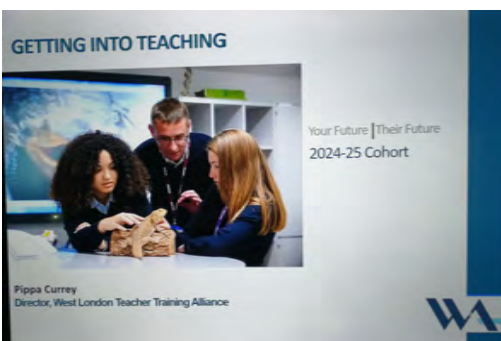
*'You have been instrumental in my application process and as a result of your efforts I am now able to set foot into a dream career of mine'*

*'Just wonderful...this is a heaven sent outcome and it's thanks to all your efforts'*

*'Your willingness to chase up schools to secure interviews on my behalf played a crucial part in my securing a place. Your perspective and encouragement mean a great deal to me and I'm forever grateful'*

We hosted a recruitment fair at school in October and presented to over 50 prospective teachers, explaining the expectations, how our courses work and how to apply. We hosted 10 other local alliances and our two partner universities. Last academic year, WLTTA recruited 65 trainee teachers.

We are currently recruiting for the academic year 2024-25



*Some of you might recognise the wonderful Steve Kelly in this great pic we used at the start of our presentation!*

**Teaching**   
**Every Lesson Shapes a Life**



# School Films

Our new school film that describes the uniqueness of Sacred Heart, was played to parents at Information evenings at the start of this term, to students in assemblies and to prospective parents and students attending the school for open days. The film linked below can be found in the About Us tab on the school website.



[Sacred Heart High School Hammersmith - The Uniqueness of Sacred Heart High School \(video\)](#)

We are now working on a second film specifically about our Sixth Form – watch out for this next year!!

# Our History – 180 Years

**Our History - 180 years**

Catherine would have been one of the children and sisters of Saint Thérèse of Lisieux. In 1825 she would be elected to the Society of the Sacred Heart in 1825. She would be elected to the Society of the Sacred Heart in 1825. She would be elected to the Society of the Sacred Heart in 1825. She would be elected to the Society of the Sacred Heart in 1825.

**Artful in England, 1842**

Some groups of Sacred Heart Sisters arrived in London from France on 8 December 1842 during the reign of Queen Victoria. They were the first of many groups of Sacred Heart Sisters to arrive in London.

**The Roxhampton Years, 1842-1890**

In 1842 the school was transferred to Roxhampton, and the convent was founded there. The school was founded in Roxhampton, and the convent was founded there.

**The Hammersmith Site from 1868**

The Sisters of the Sacred Heart, together with the Sisters of the Sacred Heart, arrived in Hammersmith in 1868. The Sisters of the Sacred Heart, together with the Sisters of the Sacred Heart, arrived in Hammersmith in 1868.

**The St Thomas Seminary, 1875**

In 1875, the Sisters of the Sacred Heart, together with the Sisters of the Sacred Heart, arrived in Hammersmith in 1875. The Sisters of the Sacred Heart, together with the Sisters of the Sacred Heart, arrived in Hammersmith in 1875.

**The Foundation Stone**

The foundation stone for the seminary was laid on the 15th of June 1875. The foundation stone for the seminary was laid on the 15th of June 1875.

**The Chapel, 1883**

The chapel was built in 1883. The chapel was built in 1883. The chapel was built in 1883. The chapel was built in 1883.

A brief history of the school has been included on the school website in the About Us tab. [Sacred Heart High School Hammersmith - Our History - 180 years](#)

# The Nunnery at Hammersmith

A more detailed history of our site in Hammersmith stretching back over 500 years and up to the present day includes an account of the clandestine convent here (referred to historically 'The Nunnery at Hammersmith'). This true story has links to the Gunpowder Plot and to the horrifying Robespierre in the French Revolution. It later includes an account of some of the leading lights in the establishment and growth of the Society of the Sacred Heart. The book is available to purchase from the school (£15 if collected or £18 with delivery).

Our current parents can order and pay for the book through ParentPay but for other alumnae, books (and [other items](#) can be ordered by emailing [comms@sacredh.lbhf.sch.uk](mailto:comms@sacredh.lbhf.sch.uk).

We are hoping to organise a presentation about this history one evening after school later in the year for members of the local community, parents and any interested alumnae.

# Update on School Projects

## Head Girl and Headteachers Boards

In our main reception area we have a plan to install wooden Head Girls boards listing head girls back to 1924, together with a wooden headteacher board naming headteachers back to 1893 to replace our temporary post shown on the right.

We hope to have this in place before the start of the next academic year.

## Commemorative Window

We are hoping to include a commemoration of the Society and the school on a window in our main reception area. Designs are underway.

## Wall Art

We have commissioned a series of wall art features for the school including one large one focusing on the goals at the top of the blue stairs.

## Restoration of the Cloister Paintings

Having already restored the Nativity Panel we are now discussing plans for this year and fundraising options for the remaining panels. We have costed the works required:

Entrance strip: Chapel to the restored nativity panel: **£12,450**

The East Cloister **£29,481**

The West Cloister **£31,450**

The North Cloister **£24,888**

## Chapel Furniture

Funded in part by the PTFA and in part by a generous donation from one of our past governors, we are now proceeding to order new furniture for the Chapel. Site visit with samples is taking place in January 2024.

## Rain Shelters

The PTFA have kindly agreed to fund some rain shelters for students at the far end of our Calder Building. The project has paused briefly just while we resolve planning issues but is again something that we hope to have in place during this academic year.

## Other projects being investigated

- Improvements to lighting in the chapel (site visit being planned)
- Repair of the organ (costs to be established)
- New floor and furniture for the dining room (proposals coming)
- Restoration of the statue of Jesus in the cloister garden and the large crucifix that was originally donated by the Hammersmith old Girls' Association (restorer contacted, site visit next term)
- Restoration of the historic blue gates on Hammersmith Road, site visit next term to establish a full quote
- Theatre project –planning permission still awaited.



## Opening of our

# JANET STUART CENTRE

*The centre is named after Janet Erskine Stuart, a former Mother Superior of the Society internationally, whose ground breaking approaches to education led to the formation of the Sacred Heart goals.*

### Room M6

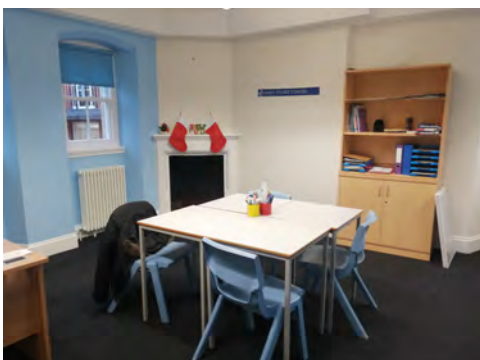
Room M6 is very welcoming and cosy. This room is used to support students who may be facing anxiety about returning to normal lessons, having been away from school for a long time and/or they may need help with catching up on work.

It room provides a welcoming space where students can be given one-to-one support for catch-up and sometimes it can provide perhaps a softer start and end to the day for those who need such support. It is intended as a short term reintegration back into form time and the classroom full time. Once again having children physically in school is our priority and while it has only been operating for one term, early indications are that this approach is having very real and positive results.



### Room M8

Room M8 has a different feel to it and is used to provide support and a space for quiet reflection and further learning, when behaviour does not meet our high expectations. The removal of such behaviour from classrooms ensures that others can carry on their learning in peace without distraction. While fixed term suspensions from school do occasionally happen depending on the nature of the problem, we always seek to do all we can to avoid the need for such action. We want students to remain in school and this room enables students to carry on their learning outside the main classroom for a short time before returning to normal lessons. Significant support is also provided as appropriate to address issues that the students may be facing.



# The School's Alumnae Network

This **Sacred Heart High School Alumnae Network** is run by the school and aims to provide opportunities and benefits, both to our old girls themselves and to current students. By building our alumnae contact details, we hope to be able to update you from time to time with this newsletter and to invite you occasionally to big events like our garden party and to smaller events such as concerts taking place at school. We also hope to host reunions for specific year groups. By receiving this newsletter from us, you are already on our list **but do please encourage others to sign up using the: [Alumnae Contact Details Form](#)**

From the day that they join the School in Year 7, students become part of a unique community which includes not only their peers, but those who have gone before and those who will come after. Alumnae have the ability to provide intellectual and motivational inspiration to our students. As they progress through the School, students can benefit from the assistance and advice of alumnae who have gone on to study at university and into successful professional careers.

There are also many ways in which alumnae may 'give something back', in line with Sacred Heart's tradition of service and our mission to produce responsible young women who contribute to society. These can be discrete occasions, such as delivering a short talk and answering questions from students and their parents at our Career talks.

As our alumnae network grows, we envisage that our students will have the ability to benefit from career talks, work experience programmes and internships in addition to mock university interviews and mentoring. We encourage every generation of Sacred Heart alumnae, from last year's leavers to the former students of previous decades to get in touch and become part of the Sacred Heart Alumnae.

As the world of work and university entry becomes ever more competitive, our students can only benefit from your experience beyond school. We therefore invite former students of every generation to be part of something that is set to become very special indeed.

If you would like to know more about the Sacred Heart Alumnae Network, please contact: [comms@sacredh.lbhf.sch.uk](mailto:comms@sacredh.lbhf.sch.uk)

## The Sacred Heart Hammersmith Old Girls' Association

The 'Hammersmith Association' was formed in the 1920s to enable former pupils of Sacred Heart High School in Hammersmith to keep in touch. It is run by former pupils, not by the school, and holds an Annual Reunion at the school and publishes newsletters every year. All past pupils and former staff are welcome to join the Association. Further details can be obtained by emailing them at:

[SHAssociation@outlook.com](mailto:SHAssociation@outlook.com)

*Please be aware that as a result of GDPR, the school's Alumnae Network and the Hammersmith Association cannot share members' contact details with each other. We encourage you to join both the school's Alumnae Network (to receive newsletters and hear about events from the school by completing the online form at the top of this page), as well as the Hammersmith Old Girls' Association who issue their own newsletter (The Cloisters) and hold their own events.*

*Do also follow the school on Social Media.*

### Sacred Heart on Twitter

<https://twitter.com/SHSHammersmith>

### Sacred Heart on Facebook

<https://www.facebook.com/SHSHammersmith>

*Do let me know us know of any private Facebook groups for past students that the school may not already be a member of. We would be happy to link to you when we post social media updates, but no pressure!*

### Sacred Heart on Instagram

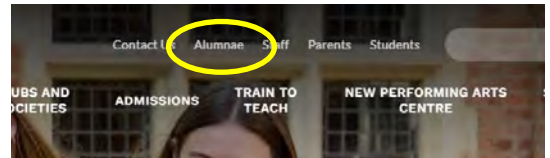
<https://www.instagram.com/shshammersmith/>

### Sacred Heart on Linked In

<https://www.linkedin.com/school/sacred-heart-high-school-hammersmith/>

## CHECKOUT THE ALUMNAE TAB (TOP RIGHT ON THE SCHOOL WEBSITE)

It contains loads of photos & recollections from past students



[Sacred Heart High School Hammersmith - Alumnae](#)



# Alumnae Achievements Project

We are hoping to put together a short film recognising the personal and professional achievements of our past students, as an inspiration for current students.

It would involve past students asking a friend to film them on their phone, just saying a **single sentence** as explained below; and this would then be uploaded to the school. The resulting short (or perhaps later, longer) video would be shown to our current students but would also be shared on social media, so if you're not comfortable with that, please don't send in a clip.

The idea is that everyone's sentence starts with the same words "**I went to Sacred Heart Hammersmith and ....**" but you would each finish the short sentence yourselves. Some possible examples:

- I went to Sacred Heart Hammersmith and I'm a construction engineer *[filmed in hard hat on site, perhaps]*
- I went to Sacred Heart Hammersmith and I volunteer at my local food bank once a month *[filmed at food bank if possible or in front of shelves of food, but without anyone else in the film]*
- I went to Sacred Heart Hammersmith and I work in a care home.
- I went to Sacred Heart Hammersmith and I'm standing for parliament *[filmed in Parliament Square perhaps -we wouldn't be allowed to show a political affiliation]*
- I went to Sacred Heart Hammersmith and I provide advice to charities on fundraising
- I went to Sacred Heart Hammersmith and I've climbed x mountain *[holding some climbing equipment?]*
- I went to Sacred Heart Hammersmith and I design special effects for films
- I went to Sacred Heart Hammersmith and I set up my own company doing xyz
- I went to Sacred Heart Hammersmith and I've joined the Royal Air Force
- I went to Sacred Heart Hammersmith and I now live in Australia and write for the Sydney Herald
- I went to Sacred Heart Hammersmith and I'm an actress *[or be more specific, I recently played x in the y film or theatre production, wonderful if could be filmed on a set or near a storyboard or by a film camera]*
- I went to Sacred Heart Hammersmith and I'm an author *[filmed holding some books perhaps]*
- I went to Sacred Heart Hammersmith and I'm researching possible new medicines to limit the onset of dementia *[filmed in lab]*

Then we would put some together and end it with '**Students from Sacred Heart Hammersmith can achieve anything they set their minds to.**'

An added bonus would be

- to film in a relevant location; or
- to film with props that relate to the sentence;
- to make reference in your sentence to another country if indeed you are working abroad - anything to widen horizons!

**Basic filming alignment and uploading instructions are set out on the next page**

**Deadline: end of January 2024.**

**If you'd like to take part but need more time, do please let me know [comms@sacredh.lbhf.sch.uk](mailto:comms@sacredh.lbhf.sch.uk)**

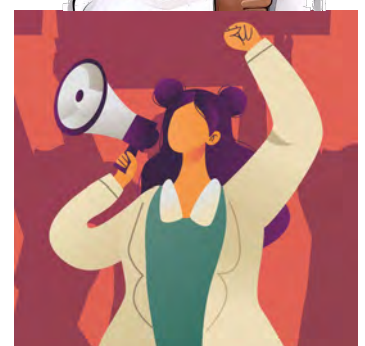
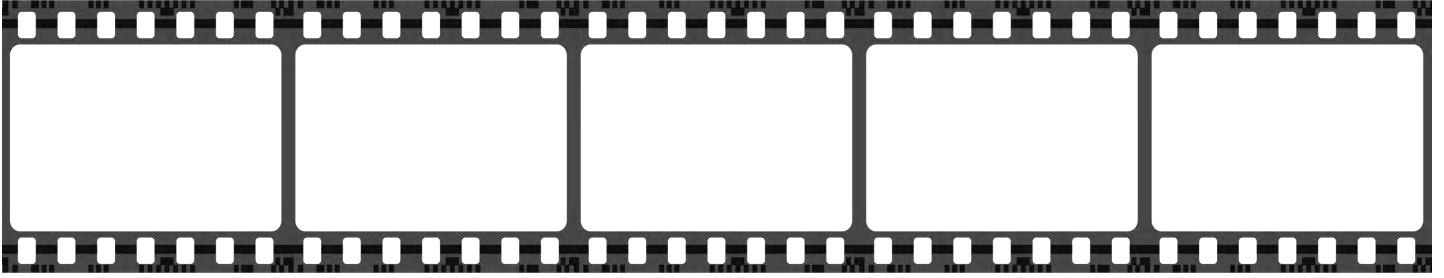


Image by Freepik

## FILMING & UPLOADING INSTRUCTIONS



### Filming on a phone

In order for the different clips to line up, we are asking that they are all filmed long-ways (portrait) and in the same alignment (as much as you are able to manage!).

If you don't have a grid already visible on the phone camera screen (see image below), I am told that this can easily be found in the camera settings.

The aim would be that your eyes should line up with the first horizontal line as shown below.

Just do the best you can!!



An added bonus would be

- to film in a relevant location; or
- to film with props that relate to the sentence;
- to make reference in your sentence to another country if indeed you are working abroad - anything to widen horizons!



Also remember to smile; clearly, I forgot that part!!!

### Uploading the clip

It will cause problems at this end if you try to just attach your clip to a standard email. Can you instead please use this link to a free service called **We Transfer**.

<https://wetransfer.com/upload>

Please use that to send me the clip to my normal email address (which should already be showing when you open the link) [adijkhuis@sacredh.lbhf.sch.uk](mailto:adijkhuis@sacredh.lbhf.sch.uk)

Obviously feel free to email me normally, with any queries you may have. I can be reached through that email but also through the more generic

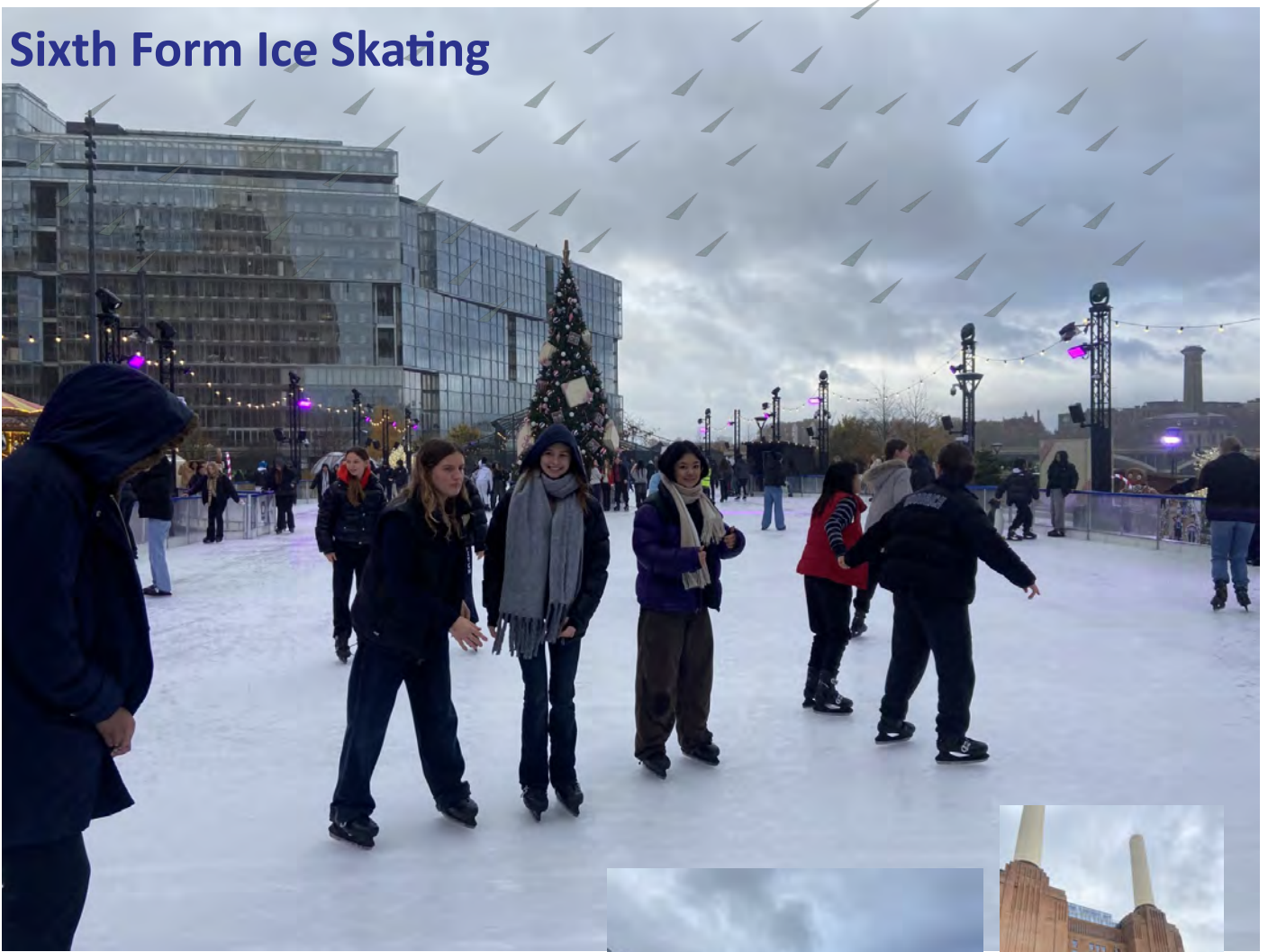
[comms@sacredh.lbhf.sch.uk](mailto:comms@sacredh.lbhf.sch.uk)

## Christmas Concert

The music department has had a busy Christmas season! The choir sang carols at Our Lady of Victories on 5 December, which was well received by all who attended. Then on 13 December, several of the music extracurricular clubs came together to put on a spectacular Christmas concert. Year 7 choir teamed up with our Ukulele Club to sing "Santa Clause is Coming to Town", ballerinas danced to the orchestra playing pieces from the Nutcracker Suite, the rock bands gave the audience a break from all the Christmas songs, plus several other incredible performances. Many thanks to the SHHS Orchestra, Year 7 Choir, Senior Choir, Glee Club, Ukulele Club, rock bands, and all the various chamber ensembles as well as the staff involved who all helped to make the evening special.



## Sixth Form Ice Skating



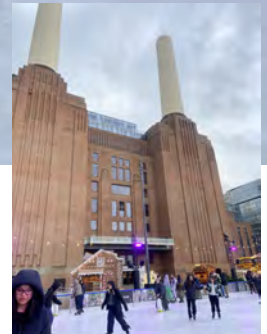
On a slightly drizzly November afternoon, our sixth form students, accompanied by their tutors, Ms McCarthy and Ms Greenwood, made their way to Battersea Power Station for their annual ice-skating event.

The drizzle could not dampen spirits, evidenced by the delighted shrieks as students and staff took tentatively to the ice. The setting of the rink, between the Thames and the iconic power station building, created a special atmosphere, aided by the festive music and decorations.

We were fortunate to have no broken limbs or any serious injuries, apart from a few bumps and bruises as students quickly warmed up and took a few risks, twirling and dashing between skaters who weren't as confident.

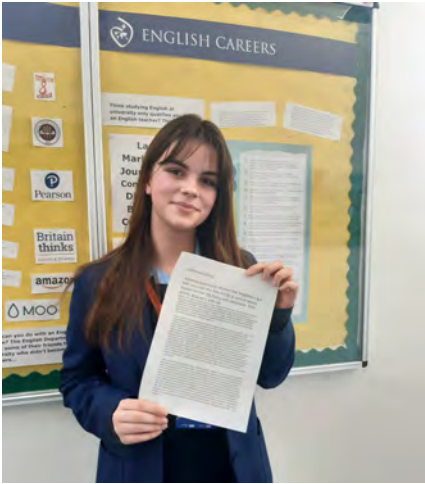
A warming hot chocolate and a bit of festive shopping afterwards provided a welcome treat for many at the end of a fun-filled and energising afternoon which got us all in the mood for Christmas.

A big thank you to Ms McCarthy for organising this event and to all staff who accompanied us on the trip.





## Psoriasis Week



From 29 of October to 4 November, it was Psoriasis Awareness Week. I have had this skin condition for over five years, with it leaving and coming back. This has given me very difficult times - one of the main reasons I moved schools. I wrote an essay for Psoriasis UK to try to raise awareness of this condition. They help spread the awareness of how much suffering this condition causes.

Julianna's story has been published on the Psoriasis Association's website and we are incredibly proud!

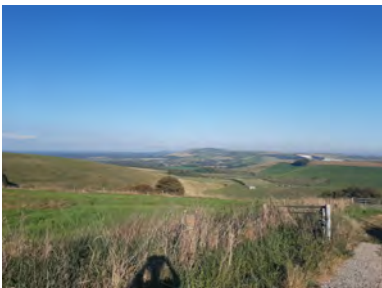
<https://www.psoriasis-association.org.uk/your-stories/julianna%5C>



## Duke of Edinburgh Bronze, Silver & Gold

We're thrilled to announce the successful launch of the Bronze Award for Year 9, the Silver Award for Year 10, and the Gold Award for our resilient Year 12 achievers as part of the Duke of Edinburgh programme.

Special recognition goes to last year's Year 11 cohort for their Silver qualifying expedition in September. These milestones reflect our unwavering commitment to nurturing resilience, teamwork, and personal development in our students. It's inspiring to witness their dedication and accomplishments across various levels.





# High Performance Learning

As recent alumnae will know, Sacred Heart High School was awarded a High Performance Learning World Class Award in July 2020. We received this accreditation as Sacred Heart has met the exacting HPL Award Standards and demonstrated a world-class quality of education throughout the school.

We develop growth mindsets in all students. This focus is based on neuro-scientific research and the theories of Carol Dweck, which explain how intelligence is not fixed and the brain can be trained and developed with the right attitudes, beliefs and practices.

The High Performance Learning philosophy takes growth mindsets a stage further by encouraging advanced thinking skills and learning behaviours. This combination of 'how to think' and 'how to behave' is what leads to success. The seen pillars of high performance include a mindset shift; enquiry based learning; the development of expertise; practice and training; feedback; engagement of parents and approaching this 'with students' rather than teaching it 'to them'. We identify the values, attributes and attitudes that can enable all our students to perform well.

The HPL programme has had a significant impact on academic outcomes, whilst ensuring an appropriate balance for maintaining student well-being. As High Performance Learning becomes further embedded, Sacred Heart High School is well-placed to make a significant contribution to the ambitious goals that the HPL organisation has, for revolutionising educational thinking and making this philosophy a widespread feature of all schooling.

The HPL commitment and belief that **all students** can perform highly, sits well with the long-standing philosophy of Sacred Heart Education, valuing each and every student individually, recognising that they all have gifts and talents, and valuing them for who they are. As Madeleine Sophie Barat said 'For the sake of one child, I would have founded the Society'. We educate individuals not a collective.



## Comments from Year 11 students

- *The HPL (High Performance Learning) qualities and attributes push Sacred Heart students to be their best selves inside and outside of the classroom. These characteristics are what drive learners further and encourage them to expand their education.*
- *HPL is repeatedly used in language classes. Often, at the beginning of the lesson, the teacher will display a couple of our Sacred Heart HPL characteristics to present how we should overcome the challenges during the lesson.*
- *Recently during a French lesson I noticed the HPL symbol for resilience was on the board and I immediately knew this lesson would not only be challenging but also testing my abilities in French. Knowing this, I was able to approach the lesson with a positive attitude in order to complete all of the tasks and expand my knowledge.*
- *Another important attribute promoted by HPL is metacognition. This means students should self reflect on their ways of learning and strategise how they could improve. It literally tells them to 'think about how they think'.*
- *Even in subjects where the HPL characteristics are not explicitly mentioned in the lesson, I am able to identify what skills I can use which really helps me to understand the content and also why it is useful.*
- *We have learnt about social and global issues and therefore one of the HPL attributes linked to this was 'concern for society'. This helps me understand not only what I am learning about but also why it is important to know about issues in society.*

# Year 7 Induction

Our Year 7 students took part in a day of team building activities, lead by The Problem Solving Company as part of their induction to Sacred Heart. Students experienced an array of team building tasks which involved practical challenges to provide opportunities for planning, communication and working together.





## Outside my comfort zone...

When I was 7 years old, I started doing martial arts (karate) and just after that, my vision became significantly worse. I am now 14 years old and have just competed in the European championships 2023 in Belgium. In total, out of 7 competitions I won 5 silver medals. Although being visually impaired has had its challenges, this competition has proven that no matter what life brings, it's never the end of the road. Taking part in this competition has taught me to always be resilient and not listen to the boundaries put in place by others and society.

Being one of the only people in the competition with a vision impairment made me feel extremely anxious at first but then I overcame that fear with confidence that I was able to make a positive change not only for myself but for others. Through my journey over the last couple of years, I have gained skills such as being able to push myself out of my comfort zone and adapt well to different environments, helping me to build courage and flourish. I hope this experience inspires others and helps push people out of their comfort zones!

*Ottilie, Year 10*





On 24 November, Year 12 English Literature students attended an essay writing workshop at the British Library provided by the Royal Literary Fund. This workshop helped to develop our essay writing skills and support my transition to A Level English Literature. When we arrived at the library we had the opportunity to look at the books and manuscripts in the Treasures Gallery. We were able to appreciate some of the most significant manuscripts in history such as original copies of Shakespeare's plays and Chaucer's *Canterbury Tales*. Additionally, we were able to see original copies of J.R.R Tolkien's illustrations. Lastly, two of the four original copies of the Magna Carta are archived in the gallery. This gave us an educational insight into the agreement between the rebel barons and King John. The copies kept in the British Library are the completed versions that were signed by King Henry III in 1225.



At the beginning of the workshop we explored different types of writing, why we need them and what they look like. This helped us to distinguish the difference between academic, journalism, creative, reflective and personal writing. We then looked in more detail at what academic writing looks like. This helped us to understand that academic writing is formal, evidence based, objective and clear. This section was important as it assisted us on what aspects of writing we will be using in our coursework and exams. Additionally, we gained an understanding of what sources can be used as reliable evidence which connects to the footnotes we will use in our coursework in varying subjects. Lastly, one of the most valuable sections of the workshop was the segment on sequential flow. This part of the course was immensely helpful as it taught us how to make our writing flow and have consistency.

At the end of the trip, we had a tour of the library. We saw a 3D model of the building that helped us to visualize the five basement floors that hold 170 million items, including 13 million books. Our tour guide informed us that that large glass tower in the middle of the building's architecture is The King's Library which holds the books collected by King George III. We learnt a great deal about this fascinating building.



## *New Beginnings Poetry Competition winners*

### **Tide**

*Marina S, 8A*

Midnight and the tide leaves me a heavy burden  
It drags away with it my happy soul  
But at 5am is the warm sunrise  
When in the shiny sand I find a pathway of gold

Dark rainclouds went by swiftly  
After letting out my cold tears  
As the blue canvas of the sky  
Changed its feathered painting every day, every year

Yet this butterfly that was so in reach, I let fly away  
Regressing to the spiky caterpillar pricking me with my ugly past  
They warned people would come and go  
But I thought, just this once, it would last

Noon now, the tide brought me life's book  
The gust of optimism blew pages that were torn  
Right there was a new chapter for my future to read  
A wave of opportunity, new hope, was born

Now I don't take for granted gifts I'm given by the tide  
The sun, the leaves lost, the flowers that bloom  
I've adapted to be in awe of the wonders brought each season  
With the chance I'll land only among stars, I'll shoot for the moon

You weren't designed to wait for endings  
create fresh beginnings even when people depart  
Your journey will have in and outs like the sea  
Yet without change, how will the world evolve its heart?

## First steps

*Bernadette C, 13E*

New shoes trip over old stones,  
Ones battered by my very brogues,  
In tow with parents that can't let go,

The stream of strangers, familiar and foreign,  
Trickle through the flood gates,

Fumbling with key cards and tissues,  
Trying to soak in such unknown,  
Trying to be grown up,  
For the hand in theirs is gone.

Shaky as autumn leaves fall  
I watch them drift in every year,

Seeing the shiny friends they meet,  
Wondering how many they will keep,

I redirect my gaze to polished floors,  
Knowing that they'll soon find their feet.





# Wings

Carolina R P, 10R

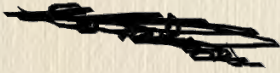


Dear Mr. Porter,

If a butterfly can only live for one day, will he anticipate it, or dread it? He spends all of his life as a small caterpillar, building up to the day which he will be reborn. So tell me Mr. Porter, what will you do first if you only had one day to live?

The caterpillar slumps on a leaf as the rain patters on the canopy above. It taps rhythmically on the thin leaves, like tears falling from the sky land. He knows that the cloud will pass soon and his work will soon be complete.

The caterpillar will build his own cocoon so that one day, he will wake up to a new version of himself, a more able version. But for now, he can only talk about it. Who of us will be the most beautiful butterfly? Who will reach the highest heights? The day will come when he will know and even though he won't be able to see his own wings, his brilliance will shine to others.

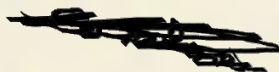


Dear Mr. Porter,

I know you haven't heard from me in a while, that is because you don't know me at all. Don't ask questions Mr. Porter, just know this: if a butterfly only lives for one day whilst you have a whole lifetime, what will you do with your life? Will you wait for change to find you or will you chase after your own advancement? For every butterfly that's born dyes its colours into another's mind, making a mark.

Making a legacy.

Best regards,



# Debating



It has been a very busy term for the Sacred Heart debaters who have gone from strength to strength. They have all participated in weekly debate clubs and at every level: Advanced British Parliamentary debating; Intermediate MACE debating and Beginner Debate Club. We have run workshops for the Sixth Form with the Debating For Everyone organization and expert tutelage of Julian Bell and the Year 9 and 10 debaters have been lucky enough to experience off-site training at the German YMCA who have committed themselves to supporting debating in state schools.

There is a taster of some of the competitions that the students have participated in below and there will be many more to come in the Spring Term, including the debut competitions for the Year 7 beginners.

## Competitions

**St Paul's Girls' School Women's Debate Competition** Perpetua P & Gabriella Q (Y10) – 1<sup>st</sup> place.

**German YMCA Training & Competition** – Christabel B & Amelia T (Y9) – 1<sup>st</sup> place; Maame E-L & Vhairi MS (Y9) – 3<sup>rd</sup> place.

**South Hampstead High School BP Debate Competition** – Perpetua P & Gabriella Q (Y10) – 17<sup>th</sup> place; Marian T & Emily M (Y10) – 24<sup>th</sup>, Tara G & Kamina A (Y10) – 35<sup>th</sup>. (Of 58 teams)

**South Hampstead High School MACE Debate Competition** – Amelia T, Christabel B, Violet F (Y8 & Y9) – 4<sup>th</sup> place; Vhairi M-S, Maame E-L, Seraphina P (Y8 & Y9) – 16<sup>th</sup> place. (Of 60 teams). Olivia G (Y13), Perpetua P, Gabriella Q (Y10) – 14<sup>th</sup> place; Kamina A, Tara G (Y10), Soliana Z (Y11) – 14<sup>th</sup> place. (Of 60 teams).

**UCL Winter Cup** – Excellent performances from all debaters including a final match up between three of the top teams.

## Houses of Parliament Trip

Students from all year groups who take part in debating were able to visit the Houses of Parliament in September. They were given a tour starting in Westminster Hall, learning about the history and significance of the building. They were also able to watch debates in the House of Lords and House of Commons.



## Christmas cheer from our DT Technician

Students amaze me (again) in DT

Firstly, merry Christmas dear reader! I just wanted to take some time to congratulate all of our students at Sacred Heart and to say how delightful it has been to help them hone their crafts in DT. There have been many moments where I have been overwhelmed with joy at the progress of an entire class, regardless of their target grade, and I simply announce it to the children at any given point. I felt it was best to further this announcement to the readers of the Headteacher's Christmas Newsletter. Here are just a few examples of how the students have excelled beyond my comprehension and I hope you can experience something similar to the joy and pride I feel when I look at the works of these exceptional students.

Lara RS excelled in DT during her GCSE, her making ability, practical skill and most importantly safe working methods astounded me. Alone, she programmed the laser cutter to cut out these beautiful leaves and flower head she designed. Then using the heat gun she manipulated the acrylic plastic she'd cut to make these organic shapes that have some sort of symmetry to them. Under close supervision, She learned to use the wood lathe to turn this beautiful bowl. Before my time at Sacred Heart, I could never have imagined a student mature enough to have followed instructions so clearly and carefully to achieve such an exquisite outcome.

Another group of exceptional students I'd like to draw attention to is our current Year 12 class. They've been using extremely advanced making techniques to produce trinket boxes complete with dovetail joints and stunning inlay decoration. The boxes shown have not received finishing touches, nor have they had a coat of finishing oil. I can't believe how independently these students have worked and their ability to pay attention to detail far surpasses mine!



This image shows the work of Lyan T, who gave herself a real challenge to create the curves of the Vivienne Westwood logo on her box. What she has made is exceptional.



Tiara A created this intricate star design which is elegant and festive. Such fine details show her patience while making.



Nozzy E-E created this outstanding design, but most impressively, her mitre joints here are absolutely as perfect as a pin. Nozzy has excelled, unsurprisingly for me.

These examples provide only the smallest glimpse into the amazing work, and inspiring attitudes to working, that have come from the DT department this year. I am very impressed and proud of what our students have achieved this year 😊

Merry Christmas!

*Ms Jowett*

See right the excellence of Christmas Quilting in all its glory!

Happiness! Merry Christmas





KEEPING  
CHRIST  
IN CHRISTMAS



## Advent Liturgy

It was so lovely to see so many members of our community at the Advent Liturgy. The choir and soloists sang beautifully backed by our wonderful orchestra. The readers ministered the word of God with dignity and clarity. What a special way to end our school term.



## A Final Word from the Headteacher

The advent season is predominantly one of hope and joyful anticipation. Even in these the most challenging times we are reminded of God's steadfast love. Jesus's birth is a time of hope. Emmanuel, God with us, bringing light and guiding the way. I wish you and your families a very peaceful and holy Christmas

*S. O'Donoghue*