

from the heart



Lenten Fundraising

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.

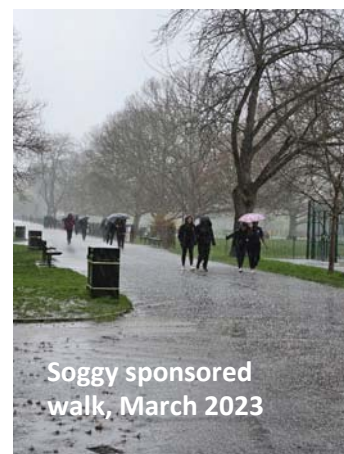
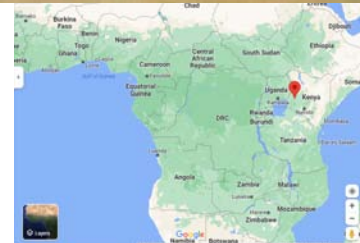
Families in Langas are struggling with high food costs, high unemployment, poor healthcare and water supplies. Some families are 'child-headed' meaning young people are responsible for their siblings as their parents have died. An education is one of the most important ways of escaping poverty.

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



Soggy sponsored
walk, March 2023

Save the date!

Saturday 25 March 2023 was the 130th birthday of our school.

This year we also celebrate 180 years of the Society of the Sacred Heart in England.

Catholic education has been provided on our site, arguably since before the Reformation at the time of Henry VIII (1509-1547) but certainly since 1669. We move forward on the back of this legacy of over 350 years, providing a broad education to develop strong women who can contribute meaningfully to society, recognising their own precious gifts and talents.

In recognition of our school's birthday and of the Society and with respect for all those who came before us, we are planning a summer garden party for parents and carers, staff, the Society and alumnae.

Sacred Heart High School

invites Members of the RSCJ community,
parents, carers and alumnae to our

SUMMER GARDEN PARTY

Thursday 6 July at 6pm

Please save the date

This will be a ticketed event.

Hoping to avoid number restrictions but tbc.

More information to follow.

*Event will include a history display, music, food
and opportunity to see new facilities*



Mrs O'Donovan recently attended a Sacred Heart Schools Headteachers' Conference at Woldingham in Surrey. These conferences provide the benefit of collaboration and the sharing of good practice amongst like-minded schools, who share our same ethos and goals.



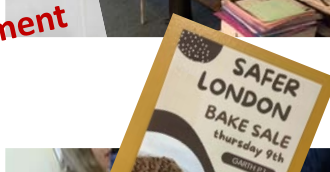
Learning self-defence



Learning about nutrition



Learning about parliament & Zelensky visit



Social awareness, raising money for others



Learning about leadership



Learning about the dangers of drugs



Learning about careers



Learning about managing money at university



Learning first aid

PSHE Day, February 2023

The 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!



Library



This term has been busy for Sacred Heart's library! We continued our morning reading interventions between Year 7 and Year 12 readers, whereby older students mentor younger readers every week. Our well-attended creative writing club held workshops on how to write antagonists, worldbuilding, and detective fiction, and our KS4 book club are currently reading Virginia Woolf's *To The Lighthouse*, their third novel of the term!

Amelia Brandon in 10S was the winner of our Y10 'Six Book Challenge,' a drive to keep Year 10 reading fiction throughout the term. Altogether the participants read 57 books and wrote a mini review for each.

We also announced the winner of our 'Creative Writing in Translation' Prize; Emanuela Corrado in 8R translated a beautiful poem written by her grandmother, from Croatia to English, please see over-leaf! Students submitted translations from a large array of languages, including Konkani, Japanese, Italian, Polish, Norwegian, Hindi, Ukrainian, French, and so on.

For World Book Day, Year 7 and Year 11 had the chance to hear from acclaimed author Sally Gardner, whose books include *I*, *Coriander* and *Maggot Moon*. She spoke to the students about resilience, dyslexia, and the power of imagination. She read from her novels and answered questions from our students about her life as an author, who inspires her, and what tips she would give to young writers.

Our group of library volunteers continue to do great work in keeping the library orderly and organised. Creative Writing Corner has been seeing a lot of action, with girls using our creative writing prompts as starting points for poems and short stories. We continued with our Word of the Week, encouraging students to develop their vocabulary by learning a new word or phrase that they may not be familiar with.

The library also celebrated International Women's Day, British Science Week and National Poetry day with a selection of books for students to browse.

Our free book drive also continues, with new titles added every week for students to take home and keep. We also donated 10 boxes of novels and textbooks to the ThankU Charity, which distributes books to learnings centres in Ghana. To keep our catalogue fresh, we've been adding many new titles to our shelves, from books on Soviet and Irish history, WWII, as well as texts on jazz, drumming, and the psychology of friendship. We are committed to diversifying our foreign language texts and have recently added titles on learning German, Arabic, Italian, Portuguese, and so on.

This term a group of students have been planning our school magazine relaunch. Our first meeting took place just before Easter and some exciting plans are in store. Our editorial board is made up of Year 12 students who will be commissioning pieces from across all years, designing the magazine, and distributing issues around the school - watch this space!



First school magazine meeting



Sally Gardner



Winning 'Creative Writing in Translation'

Poem by Emanuela, 8R.

AMARILIS

by Jasminka Markić (the Emanuela's grandmother)

Ti si predivan crveni cvijet,
tebi se divi cijeli svijet.

Glasnik si proljeća i
mister na majskom festivalu cvijeća.

Odvažan, visok i tajanstven,
šutljiv, ali strastven.

Pun šarma,
raskošan cvijet,
svaka dama voli primiti
tvoj čarobni buket.

U tebi je jedna
dobra duša
što nije mogla
napustiti ovaj svijet i
radije se pretvorila
u amarilis - cvijet.



AMARYLLIS

You are a beautiful red flower,
the whole world admires you.

You are the messenger of spring and
mister at the May flower festival.

Bold, tall and mysterious,
quiet, but passionate.

Full of charm,
gorgeous flower,
every lady likes to receive
your magical bouquet.

There is one good soul in you
that couldn't
leave this world and
rather converted
in amaryllis - flower.

Jack Petchy 2022

Sacred Heart Award Winners

The Jack Petchey Foundation was set up to encourage young people in London to work hard and reach their full potential. The Jack Petchey award is a chance for adults in school to nominate young people for their contribution to school life and effort and application to studies.

A huge congratulations to our 2021-2022 Jack Petchey Award winners. Maquila B, Remi O, Otilie V and Aoibhinn O.

These pupils were nominated by school staff for their **contribution to school life and effort and application to their studies**. We are very proud of you all!



Aoibhinn, Y



Remi Y



Maquila, Y



Otilie Y

Year 12 STEAM

Professional Networking Event



On Monday 30 January I attended a networking event focusing on careers in STEM at St Paul's Girl school and we were able to meet professionals in the field of science, technology engineering and finance! We had a great evening where we spoke individually and in small groups to current Ph.D. students, design engineers, transport & Installation engineers and so many more! We were able to get an insight into the careers I have an interest in doing in the future. For example, I got the opportunity to speak with James Glazebrook, an engineer, and owner of his engineering consultancy company, who is currently working on wind farm projects in many countries globally, such as here in the UK, France, and the USA. This talk allowed me to ask questions on things specific to his profession, as well as hear advice from him about university and education beyond school.

This event was an incredible opportunity in which we talked to experts in a variety of fields who delivered exciting talks on their careers. This event enabled me to ask questions and network with other people who gave advice and tips on how to navigate through the next steps of applying to university and choosing potential career paths. This excellent opportunity helped up gain an overall deeper understanding of the vast number of career paths available and how to get there.

During the event I talked to a paediatric immunologist who also does research who helped me to gauge a

deeper understanding of what it is like working for the NHS and with patients on a daily basis therefore giving me a better insight into both the pros and cons of working within the medical field.

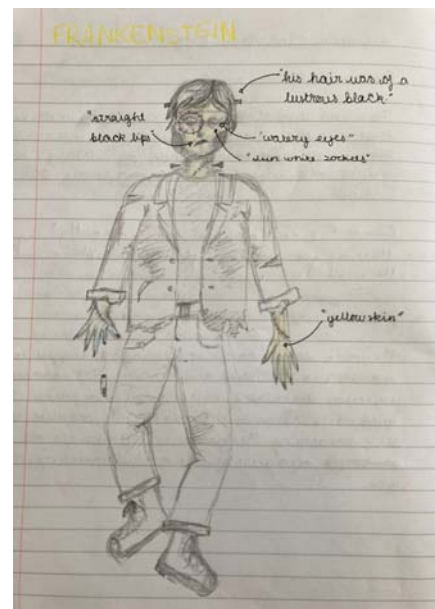
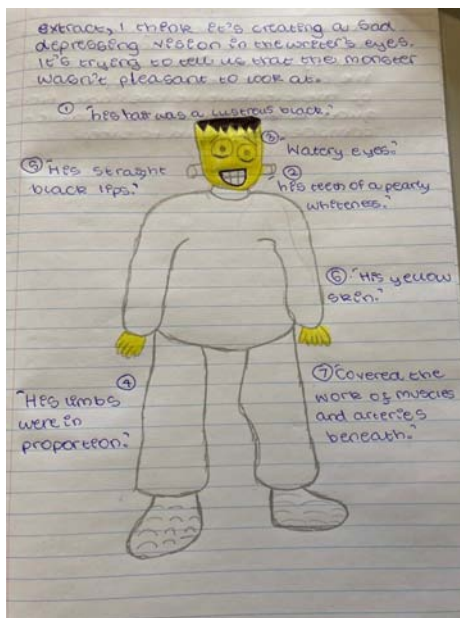
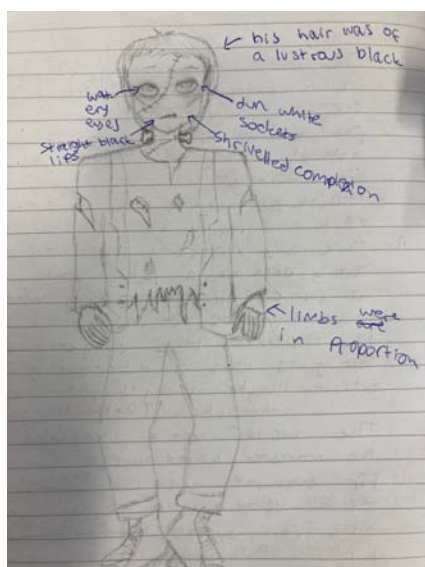
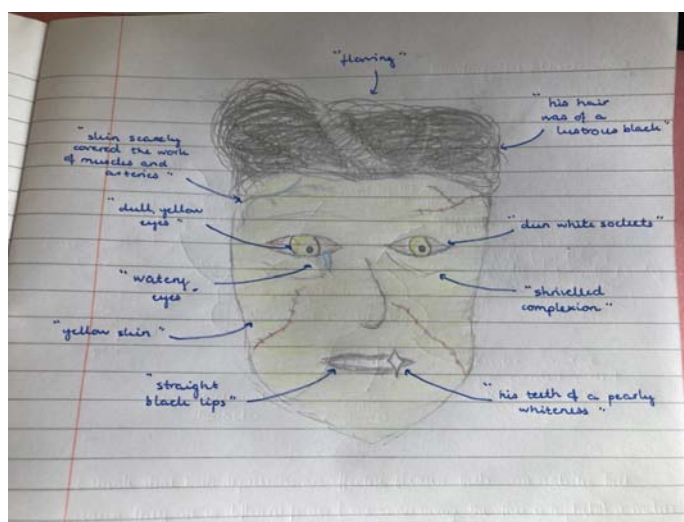
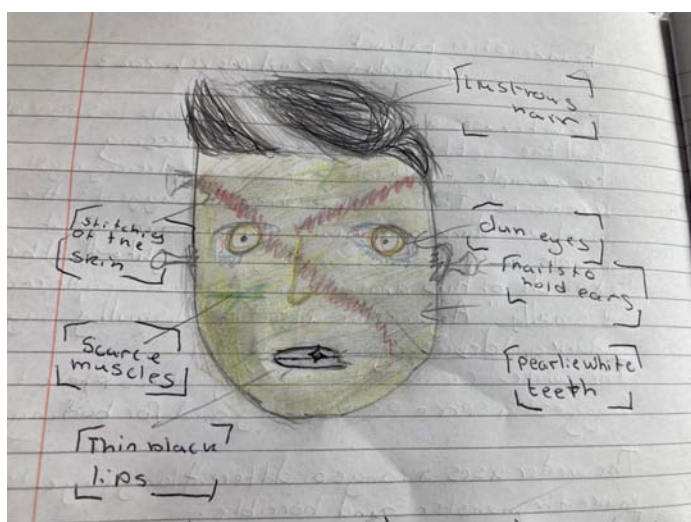
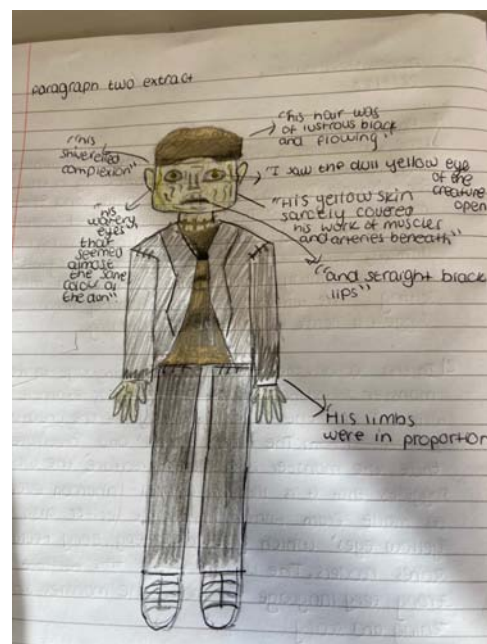
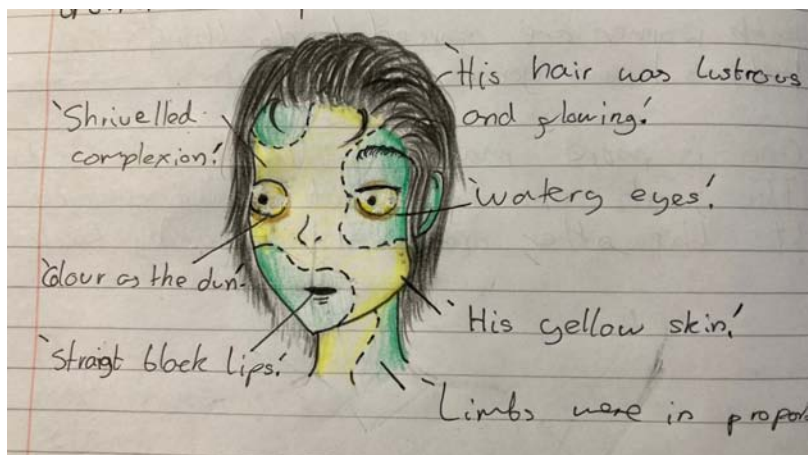
Additionally, it was very exciting to talk to Stephen Wang who was also the honorary speaker on his take on the essential skills and 'soft skills' required to thrive within STEM careers. We would like to thank Mrs. Roy for giving us this amazing opportunity as it has really given us a great first-hand outlook on the career paths I can potentially pursue in the future.

By Sonia A-G & Sara J-I



Monstrous Frankenstein Images

Some monstrous Frankenstein pictures with annotations from 8M.
These were completed as part of the Gothic Writing unit.





High Performance Learning

As parents you will know that 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.

Students win global competition

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.

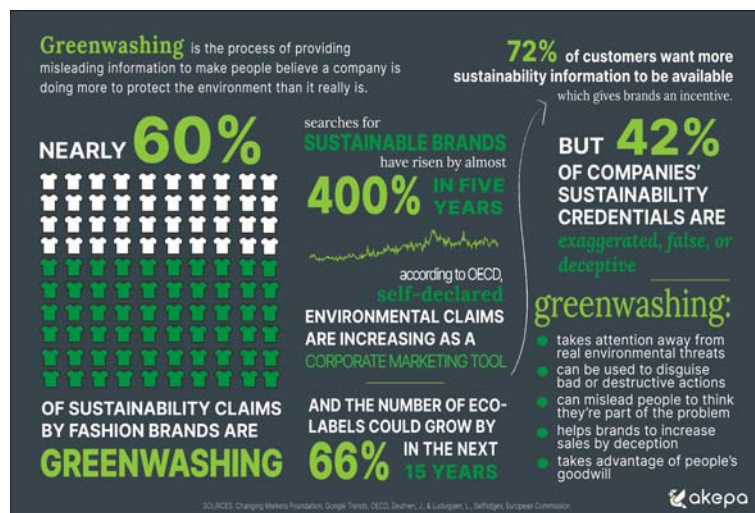
Greenwashing is the process whereby companies whose environmental record is not great, make it 'look as if' they are making headway on environmental issues but greenwashing their statements.

Ten students across the world were announced as winners and **three of these** are from Sacred Heart in Hammer-smith! Huge congrats to Chistabel, Sofia and Madelena. Their winning entries have now been published on the Economist Educational Foundation website which can be

viewed here: <https://impact.economist.com/.../social.../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.



Keeping abreast of new research

Ms Conran and Ms Iafrate recently attended the Fourth Annual High Performance Learning Conference at Warwick University. It was a wonderful opportunity to share stories about our students' learning, to share best practice and to gain new knowledge.

Quote from the National Governance Association about 'Making world class schools'

*The origins of High Performance Learning lie in a deep conviction that far more children could do well at school than they currently do. **Professor Deborah Eyre**, founder and chair of HPL, is passionate about making that happen. HPL is relatively new to the scene and has the chief aim of helping more children reach high levels of performance.*

The founder of HPL has created structure for learning excellence that works across different nationalities, cultures and jurisdictions so it can be shared by schools across the globe.



Ms Conran & Ms Iafrate with Professor Deborah Eyre at the conference



Oxbridge Success

Congratulations to our students who have been offered places at Oxbridge in the coming academic year

Cambridge University: Chiara (Theology); Maddy (History); Soraya (Medieval and Modern Languages)

Oxford University : Indhu (Biology)

Drama

This term there have been trips galore, with drama students going to see the following plays:



Othello at the Lyric Hammersmith



The Woman in Black in the West End



Accidental Death of an Anarchist at the Lyric Hammersmith

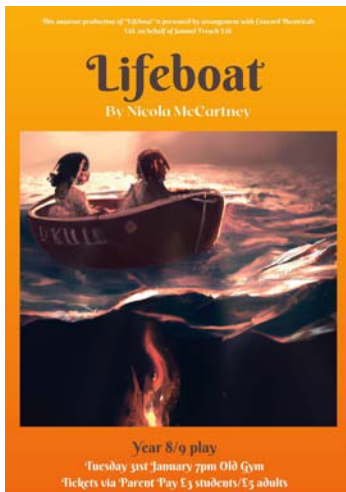


Sleepova at The Bush



Orlando in the West End

Year 8/9 Play Lifeboat by Nicola McCartney



In late January, the Old Gym was transformed once again to take audiences on a journey in another brilliant Sacred Heart production. *Lifeboat* by Nicola McCartney tells the true story of two evacuee girls – Bess Walder and Beth Cummings who were evacuated on a ship to Canada at the start of WWII. The ship was subsequently bombed by a German U-Boat killing all but 11 people onboard; the girls were two of those 11.

The play is originally performed by two actors who tell the story by playing a multitude of characters and situations in the story. In our production, we chose to have 10 groups of two on stage for the entire performance, which enabled the action to jump from one pair to the next to tell the story. Each pair was given a specific prop that they could use in varying ways to help change characters, place and time.

The students must be congratulated on their creativity and ability to deliver a truly moving performance.



Year 12 A-Level Drama Devised performance

A-Level students take on a different role when creating their devised pieces – that of an auteur. In doing so they must create a 30-minute play from scratch that reflects the dramatic style of a renowned theatre practitioner.

This year, the two groups chose extremely contrasting practitioners and styles. One group chose the philosophy of Antonin Artaud and the 'theatre of cruelty' to perform a piece inspired by the 19th century story 'The Yellow Wallpaper' by Charlotte Perkins Gilman. The story is about a woman who is locked in a room and begins to see a woman living in the wallpaper.



Another group chose the work of Cornish company Kneehigh Theatre and their heightened storytelling style to portray the toxicity of Hollywood as seen through the life of Judy Garland and how this parallels the story of The Wizard of Oz.

Both productions were outstanding and received standing ovations!



Year 11 GCSE Devised Drama Performances



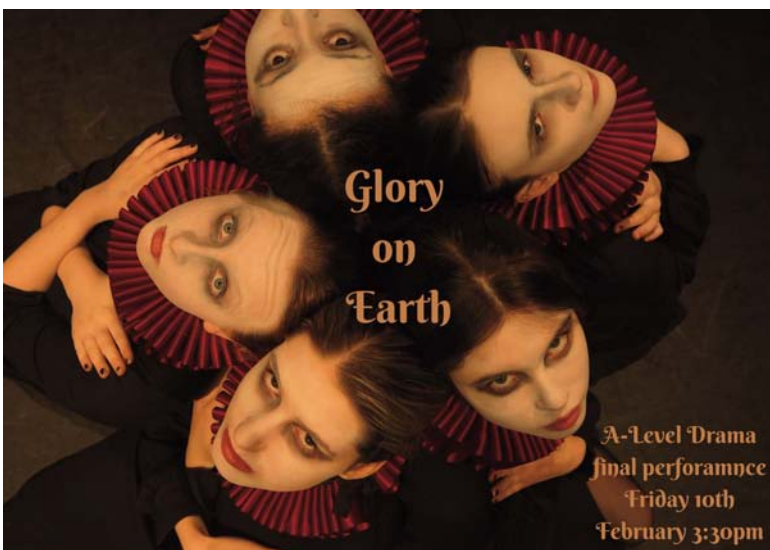
Every year, the GCSE Drama students are given a stimulus to create a 20-minute devised political theatre performance inspired by the theatre practitioner Bertolt Brecht.

This year's stimulus was about 'cancel culture.' Each group came up with fantastic performances with strong political messages for the audience including "What catchphrase got you cancelled?" and "I'm a woman, get me outta here!"

The performances are created over three months of intense rehearsals and performed to a highly polished and professional standard. Congratulations Year 11!



Year 13 A-Level Final Acting Performance



The final acting performance for Year 13 was performed to an AQA visiting examiner before the February half term. This year, students performed the play *Glory on Earth* by Linda McLean which is a feminist piece of theatre that tells the story of Mary Queen of Scots and how the men in her close circle contributed to her demise and eventual beheading.

The play was performed in the style of Steven Berkoff's Total Theatre which is a highly physical style that advocates for actors to use their bodies and voices to tell every part of the story – without set, costumes, lighting or sound effects.

Key Stage 4 Debate

It has been another eventful term for the Key Stage 4 debaters. The climax to the year and the biggest competition, **Durham Schools Debate Competition**, took place from Friday 24 March to Sunday 27 March and was attended by ten of our top debaters.

They performed well with wins for all of our teams in different rounds. There were stand out performances from Sarah-Jane R and Elizabeth J taking a competitive victory over the Scottish National Debate Team on the motion: *'This House regrets the rise of the gig economy'*. A special mention should also go to our first ranked team, Perpetua P and Gabriella Q (Year 9), who took on debaters as old as 18 years of age and won. Perpetua was also ranked as Sacred Heart's highest scoring speaker which is an incredible achievement.

The calendar of debate competition has drawn to a close but we will be spending the Summer Term honing our skills and preparing for the next academic year of competition. This is fantastic time for any newcomers to come and try their hand at debate!

Durham Schools Debate Competition

Student reflection



Outside Durham Cathedral

There's nothing quite like that sense of impatient anticipation which precedes a great school trip. This was the feeling that greeted me and my fellow debaters as we hauled our mountains of luggage to school on Friday morning, eager to get debating, yet apprehensive all the same.

We set off after Period 3, so as to catch a late afternoon train from King's Cross, ultimately embarking on a four hour journey to the other end of the country. The team was a mix of Years 9, 10 and 11, so this was our chance to get to know the students in other years.

As we approached Durham Station, we were greeted by the elegant towers of the Cathedral and castle perched atop a moated hill. The twelve of us (ten debaters plus Ms Linden and Ms Curtis) piled out of the carriage and made our way to the Premier Inn where we would be staying the night. Having dropped off our bags and eaten dinner at the local Zizzi, Ms Linden, who had been a student at Durham herself, took us on a quick expedition to see the Cathedral and University grounds by moonlight. We soon headed back to the hotel to get some sleep, although not before taking a photo or two of the medieval monument.



Gabriella Q



Perpetua P

The next morning got off to a leisurely start; since the briefings and debates wouldn't start until the afternoon, we all got a lie-in until about 10 a.m., when we had breakfast at the hotel. Ms Linden then took us on a tour of the city, starting with the Durham Union Debating Chamber, then the Cathedral again and, naturally, the Cathedral gift shop. We pottered amiably around the town centre, exploring the market before making our way back to the University buildings; it was time to debate.



Practising in the Durham Union Chamber

We enter the lecture hall where the introduction takes place. The air is buzzing in excitement as all the students enter, anticipating the first round. After the introduction presentation takes place, tension starts to mount as everyone in the room anticipates the announcement of the first motion.

First, they show the rooms where each debate takes place, then they finally reveal the first motion- *"This house regrets the rise of the gig economy"*. After comes the mad scramble, everyone desperately trying to find their rooms to savour the most preparation time possible.

My partner and I walk down the hall lined with debaters sitting on the floor, whispering furiously and scribbling desperately. At long last we find our room and dump our stuff on the floor to start discussing our strategies. Before we know it our fifteen minutes are up and the judge is calling us into the room.

We take our places and prepare to listen and note take while the other teams go first. Finally, it is my turn. I tried

to calm my shaking nerves and before I realised it, my five minutes were over.

All the debaters leave the room as the judges make their decision, clustering outside. After having a friendly chat for ten minutes, we are summoned back in for the results. We came first. At first confused, I try to communicate with my partner my incomprehension until the excitement takes over.

Once feedback finishes we go back to the lecture hall where our other team mates wait. The ten of us regroup and share our placements; the other Year 11 team comes 4th, one Year 10 team comes 3rd, the other also comes 4th, and the Year 9 team comes 3rd. After all the debates have finished, the next motion is announced- *"This house would make rehabilitation the sole criteria for releasing criminals from prison"*. The chaos ensues once again but in this debate we do not do so well (3rd). The other Year 11 team comes 4th again as does the first year 10 team, the second Year 10 team comes 2nd, and the Year 9 team comes fourth.

The thrill was over for the day.

On the Sunday there are another two rounds; *"This house would ban MPs from resigning during tenure"* and *"This house opposes the rise of the rise of comedy news programmes"*. In the former we come 4th, the other Year 11 team comes 1st, the first Year 10 team comes 2nd, the other comes 4th, and the Year 9 team also comes 1st. In the latter debate the judges do not share the results but it later came out we came third, the Year 11 team came 4th, the first Year 10 team came 3rd, the second came 1st, and the Year 9 came 3rd. After much excitement, nerves, effort, and suspense it was over. Looking back, it all seems so surreal, but overall an unforgettable experience. The friendly atmosphere between the debaters is always enjoyable and meeting the Durham judges seemed like a view into my future. Every debate competition is a similar yet unique experience and this was the most distinctive by far. Despite how stressed I was at the time, I would do anything to do it again.

Sarah Jane and Elizabeth, Year 11



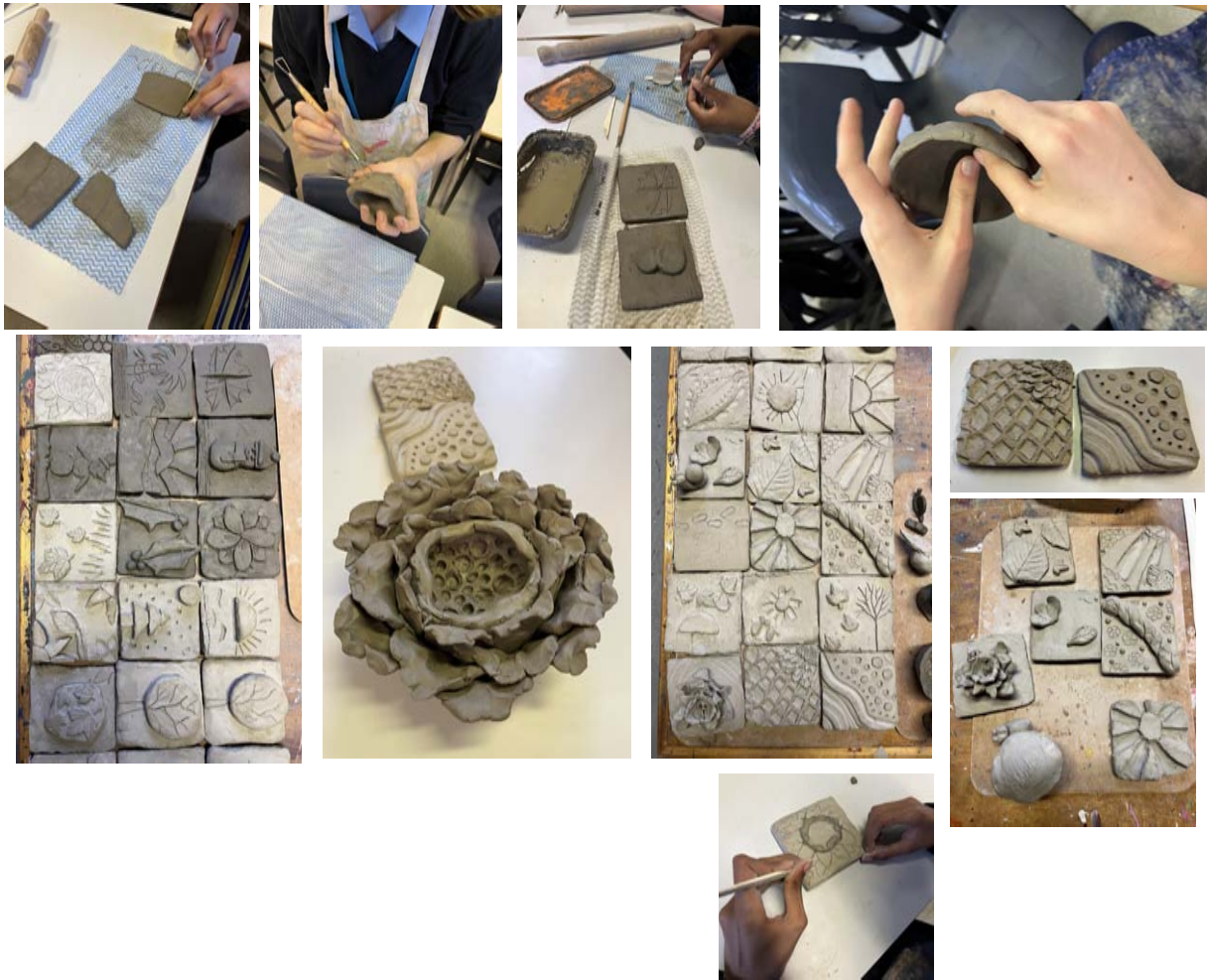
Sarah-Jane R delivering a powerful speech



The full team in the Durham Union Chamber

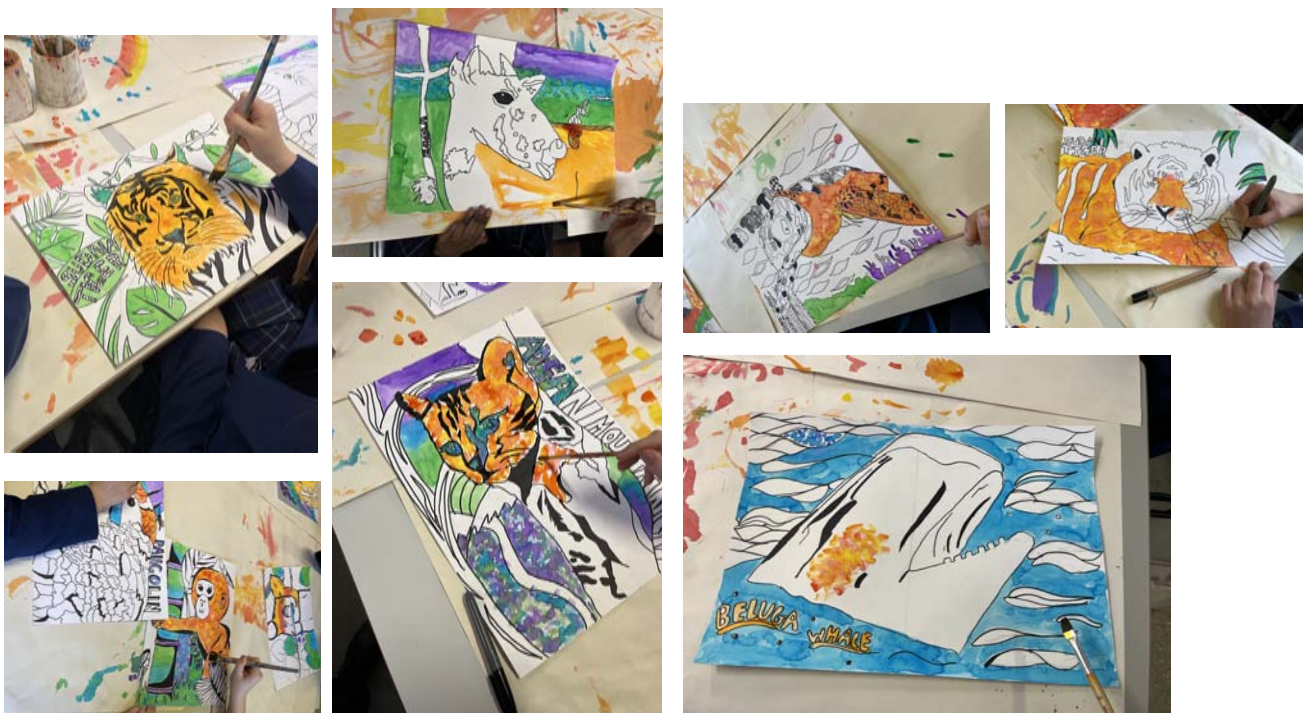
KS3 Art Club

KS3 Art Club were completing the construction element of a clay tile project inspired by the seasons. The next step will be the painting process. As a stretch and challenge task the girls were making pinch pots inspired by natural forms.



Y7 Art

Year 7 working with inks and brush techniques on their endangered animal project final pieces.



Key Stage 3 Debate

It has been a highly successful term for the KK3 debaters. They have competed in two further rounds of the **Junior Debate Shield** – one of which was hosted by Sacred Heart and the other by Latymer Upper School. Most notably, the Year 8 debate team of Vhairi MS, Maame EL, Amelia T and Christabel B who have qualified for the Junior Debate Shield Finals. This is a first for Sacred Heart High School and a testament to the hard work and skill of all four students.

Meanwhile, the Year 7 team have grown in strength and finished their competition season with a stylish victory on the motion *'This House would ban Boris Johnson from holding public office'*. A special mention is owed to Violet F who received glowing feedback from the Latymer judges after a convincing and powerful closing speech in proposition of the motion.

Junior Debate Shield Report

On Wednesday 22 March, the Sacred Heart debaters from Years 7 and 8 attended Latymer Upper School to participate in a debating competition. There were both a prepared and unprepared motion- the first being 'This house would ban special schools'. The Year 7s were team Opposition (against the motion), and Year 8's team Proposition (for the motion). Both teams competed against Latymer and had prepared their arguments, and researched on their points. However, sadly Latymer scored higher, winning by only a few marks in both debates.

On the other hand, for the unprepared motion, 'This house would ban Boris Johnson from public office' both Sacred Heart teams went head-to-head. We had only 30 minutes to prepare and come up with an argument which we found challenging in such little time, but we just about managed! Both teams performed amazingly and the judges were very generous in the way they scored us; as they agreed that it was a very difficult motion and so they focused their marking on our structure, speaking skills and fluency.

As luck would have it, us Year 7's won! We were all very proud of each other as a team, and as a school, and we look forward to our next competition.

Violet F, Year 7

Durham Schools from a Year 9 Perspective

Last weekend, some students from year 9, 10 and 11 as well as myself went to Durham schools debate competition hosted by its notorious university. My partner, Pip, and I went as novices meaning we had very little experience in British Parliamentary debate style which was being used at the competition. Along with this, we were kindly provided with two nights of accommodation at St Chad's College which is a small yet majestic part of their student accommodation only a stone's throw away from Durham Cathedral. Despite being at one of the one of the UK's most prestigious debating competitions whilst having very limited experience in comparison to the people I debated against, my nerves very swiftly calmed due to the welcoming and encouraging atmosphere that the students and staff at Durham provided everyone at the competition.

During our debates, the motions varied in topics from rules to do with the tenures of MP's to the rehabilitation of prisoners.

These areas of discussion stretched our minds and led us to thinking in more critical and analytical ways than I have done in previous debates. In addition to this, we received very in-depth and informative feedback after every debate this ensured self awareness so people can take notice of their mistakes and skills that required improvement as well as self development so people could keep improving this allowed us to apply that information into our next debates.

Subsequently, I could feel a gradual improvement within every debate I did. This allows everyone who was taking part, including the highly experienced debaters, to be constantly refining their techniques. This took away the apprehension of the feedback call as people knew that criticism wasn't at the forefront of the judges minds but rather helping people improve their skills.

Overall, I really enjoyed my time and I am deeply appreciative of the opportunity Sacred Heart has provided us with and strongly hope to go back.

Gabriella Q



Year 7 & Year 8 Debaters engaging in debate at Latymer Upper.



Violet delivering a powerful closing speech.

Year 7 Numeracy Club



"These sessions were fun and helped with my maths." Layla 7S

"The sessions were so inspiring and helpful." Olivia 7T

"These sessions have helped me improve my maths and were fun." Emelia 7E

"These sessions have helped me to improve my mental maths." Ellee-Jane 7H

"These sessions were helpful with giving me more knowledge and helped me in my maths classes." Ana 7A

"These sessions were fun." Hanna 7R

Numeracy Club has enabled the students to be able to enhance their number skills to ensure that they are able to help them further in their maths classes.

The students are given a maths pack which they have to work through which supports them in developing high levels of fluency with important numeracy skills that are prerequisites for the success at GCSE to allow them to continuously practice and improve over time. These workbooks are then marked and if any help needed it is given straight away.

Celebrating Number Day

On Number Day 3 February our Students benefitted from solving number puzzles and being explained the importance of maths and careers. The impact of this: **Our students now have a clearer understanding that maths is a gatekeeper to many jobs and professions.**

The Maths Department continued to link Careers to Pi day on 14th March a month later too by discussing what Pi was and linking circular measure to jobs that utilised the concepts involved.



Celebrating Pi Day

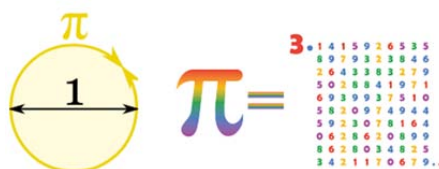
Al Dar Headquarters located at Abu Dhabi in the United Arab Emirates is one of the first circular buildings in the Middle East. The building looks like a coin standing on its edge. It has two circular convex facades and the shape is achieved by using the structural diagrid. Designed by MZ Architects, the 121-metre tall building has 23 floors.



Jobs That Use Pi

**Space Scientists, Statisticians,
Video Games Programmers
Aeronautical Engineers, Garden Designers
Product Engineers, Artists and sculptors,
Mechanical and Electrical Engineers,
Architects**

What is π ?



Careers Champions & Careers Week

Our Careers Champions were at the forefront in leading their forms during Careers Week between 6-10 March. They were very enthusiastic and diligently promoted the activities organised both in the classroom and during whole year group assemblies.

Short videos of amazing women in careers as diverse as hairdressing to training to be a commercial pilot from <https://www.ifchloecan.careers/home> were shown and students benefitted from being introduced to 30 careers over the course of the week!



Year 7 Careers Champions



Year 9 Careers Champions



Year 8 Careers Champions



Year 10 Careers Champions



Year 7 Careers Guidance

Our Year 7 students have been looking at Careers and the future whilst evaluating their personal qualities and skills and looking into labour market information as well as getting impartial careers advice from Mr Young.

I learnt that I will always have an option and choice of where I would like to go and that there is a variety of choice in the future. I also learnt what an apprenticeship was. Nicole J 7E

I learnt that an apprenticeship means getting experience as well as getting a qualification. Martina B 7T

I learnt that you don't have to go to Sixth form and that you can go to college instead. Kyla 7S

I learnt about the different places of study I can choose to go to after I finish School. Ava O 7R

I learnt that Sixth form and college are very similar but you don't have to go after GCSE's because you could do an apprenticeship which is a brilliant opportunity for people. Angela D 7T



Year 8 Careers Day

9 February 2023

Tutor group	P1 8.50 – 9.50	P2 9.50-10.10	Break 10.10-10.50	P3 11.10-12.10	Lunch	P4 12.50-13.50	P5 13.50-14.50	Tutor
8H	Positively You workshop (8.50-10.10)	Careers Quiz		Careers Carousel – Mr Young (Careers Advisor)		Careers video One Week Job	Learning about the careers sector	8H
8E				Learning about the careers sector		Careers Carousel – Mr Young (Careers Advisor)	Careers video One Week Job	8E
8A				Learning about the careers sector		Careers video One Week Job	Careers Carousel – Mr Young (Careers Advisor)	8A
8R			Careers Carousel – Mr Young (Careers Advisor)	Careers video One Week Job	Learning about the careers sector		Careers Quiz	Positively You workshop (13.30-14.50)
8T	Learning about the careers sector	Careers Carousel – Mr Young (Careers Advisor)	Careers video One Week Job			8T		
8S	Learning about the careers	Careers video One Week Job	Careers Carousel – Mr Young (Careers			8S		



One Week job careers video that the students watched

Reaction from students

I loved discussing our future jobs and how realistic they are

I enjoyed learning about how you can still achieve what you want even if you take a different path

I loved Mr Young explaining about the future as it deepened my knowledge of what I want to do.

I enjoyed how the activities throughout the day were engaging and realistic

I enjoyed talking about my future with my peers

I enjoyed learning about different careers and ideas and what skills you need for the future

The day was very interactive, informative and fun



Year 9 Careers

'I thoroughly enjoyed being a careers champion at Year 9 options evening. I was able to show year 9's the career opportunities they could have from their GCSE options. This helped us build our confidence as we approached people and offered advice from our own personal experience of picking GCSE options.' Rose W

'Mrs Roy gave me an amazing opportunity to build confidence and learn more about our own personal career paths. I got the chance to offer advice to many Year 9's who were in the exact same position we were in last year.' Katie M

'I loved being part of this evening and sharing the brilliant advice I have received from Sacred Heart throughout my years. Being given the opportunity to help many Year 9s and their parents make easier decisions based on the input I have given has been very rewarding for me!' Rosaleen C

Our Careers Champions were a huge success with both students and parents.

'Thank you, this was really helpful'- a Year 9 Parent

'we really appreciate your help'- a Year 9 Student

'You've made my choices so much easier'- a Year 9 Student



KS3 STEAM

EPIC Engineers of the Future



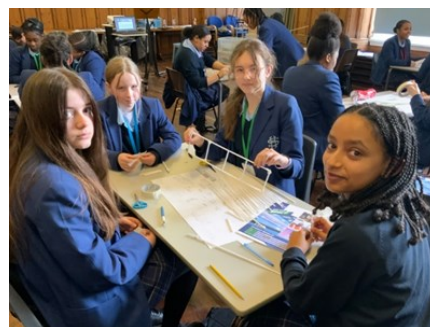
In the STEM Epic Engineers workshop, we learnt about HS2, a futuristic railway station. We discovered the different careers in transport infrastructure, the essential skills useful in a STEM working environment, and how railway infrastructure is developed to satisfy present and future needs. We also built our essentials skills, which are listening, speaking, problem solving, creativity, staying positive, aiming high, leadership and teamwork.

In the first part of the session, we thought about the skills needed in a STEM working environment. Each individual thought about what skills they believed they were strongest at, and what skills they thought needed improvement. Each team then had to imagine living in the year 2050 and worked as a team to create a design proposal for a future railway station. We considered how new technologies such as robotics and digitalisation will change the way that people live and travel, the shops and leisure facilities that will exist in the future, how our station will meet the needs of all customers, and the impacts of our station on the natural and historic environment on the area.

Our second task was to work together with our teams and design a prototype tunnel structure, that is strong and light-weight, using as few materials as possible to resist the earth's pressure acting on it. We had an hour to create the tunnel out of paper straws and masking tape, and after they were finished a weight was placed on them to test their strength. In this activity, we had the opportunity to improve our problem-solving and teamwork skills.

Sixty KS3 Students were able to explore the essential skills that are needed to be successful in a STEAM career. Through a series of hands-on 'design and build' team challenges, we were inspired to become EPIC engineers – Extraordinary People Initiating Change. Activities were underpinned by examples from the world of work, we found out about careers in transport infrastructure and took on different roles in the challenges.

A wonderful day spent by all involved – huge thanks to Mrs Roy, Ms Dancer, Ms Nye and Ms Cunningham for making this a day to remember for the rest of our lives. I really enjoyed the workshop as it helped me improve my essential skills and use my mind creatively, as well as helping us realise the different careers available in STEM. *By Scarlett N*



KS3 STEAM

Religious of the Sacred Heart of Jesus

Justice, Peace and Integrity of Creation Competition for Sacred Heart Schools

DESIGN AN IMAGE THAT ILLUSTRATES ONE of the FOUR JPIC IMPERATIVES OF YOUR CHOICE FOR THE JPIC WEBSITE.

The artwork maybe in the form of photography, graphic design, paintings or drawings. All artwork entered must be their own work, it cannot be an image downloaded straight from the internet.

WINNING IMAGES FROM LAST YEAR:

Washing One Another's Feet

Sarah Pösch
Nicole Pögl
Sacred Heart School
Graz, Austria



Transforming and Being Transformed

Anna Ines Ogeda
Argentina - Uruguay



Care for Our Common Home

Carmen Estefania
Roy Sanchez
Instituto Mater Marterum
Mexico



Welcoming People on the Move

Elsa Recchioni Balocchi
Sacred Heart School
Trinità dei Monti, Rome



JPIC Imperative One: Washing one another's feet

It means we should be willing to act as servants to others, to get our hands dirty to help out those in need (and not do it for glory / praise / power)

JPIC Imperative Two: Transforming and being transformed

It means when we reach out to others we ourselves go through a change as well. We are transformed by the process of trying to make change in the world

JPIC Imperative Three: Care for our Common Home

It means working to protect and improve the environment

JPIC Imperative Four: Welcoming people on the move

- All participants must register through the Google Form:

<https://tinyurl.com/contest-2023>

- Deadline for registration is **MARCH 31 2023**.
- The artworks may be in the form of photography, graphic design, paintings, and drawings. All artworks must be their own work, it cannot be an image downloaded straight from the internet.
- Deadline for submissions is **May 1, 2023**. Submissions may be sent earlier, but submissions after the deadline will not be accepted.
- Submissions will be sent to: jpiclearninghub@gmail.com
- Announcement of winners will be on **May 25, 2023**, Feast of Saint Madeleine Sophie Barat.

Here is a showcase of some of our beautiful entries to the competition ... it's not too late to register, closing date is 31 March.

<https://rscj-jpic.org/updates/jpic-design-contest-2023>

Good luck!



CRITERIA FOR EVALUATION:

- The design accurately represents and conveys the meaning of the JPIC Imperative.
- The design harmonizes with the theme of the JPIC Learning Hub website (rscj-jpic.org)
- Originality of the design.
- Overall creativity and concept of the design.
- Visual appeal and impact of the design.



SCAN TO REGISTER.

International Women's Day

8th March 2023



Year 9 Panel Event Inspirational Women



WHAT THE STUDENTS THOUGHT

It was really interesting and educational. I was very inspired and enjoyed listening about what people's careers and passions are. Nicol K

So inspirational I was left speechless – good work I loved it! Renata D

It helped me to understand it's ok not to exactly know what you want to do, just choose what you enjoy and have passions for. Tamina A

Learning about other people's experiences and how they overcame difficulties gives me more confidence about choosing a career in the future. Sienna A

I really enjoyed the talks, it gave me different views on life and let me and others see what kind of different jobs there are and the creativity behind it. Jaiya F

I really loved listening to Shazma and her views. Especially when she told us that journeys change and it is okay if you don't know what you want to do later on in life. Mariella H

I understand how the speakers became successful in their career and what they have done in order to achieve this in their job. It was very intriguing to listen to their career journey. Angelica B

The speeches were very motivational and interesting, I found it very good. Eloise J

I thought the speakers were very inspirational and interesting and I enjoyed listening to their speeches and advice. Caryn N

I found the speeches very interesting and at the same time comforting which will help me not to worry too much about the future. Melina C

The speeches gave me insight into what I need to do in order to take a good career path. Ebitari O

I enjoyed the speeches because they talked about the challenges they went through and they gave good advice. Stella C

TESTIMONIALS FROM THE SPEAKERS

Diane Champion, Assurance Director



Thank you very much for inviting me to speak to Year 9 for their careers week on International Women's Day. It was a pleasure to tell the girls a little bit about myself and my career. I only hope that I was able to give some of them a little insight into the possibility of a career in construction.

Sophie Dumont, Senior Commercial Manager



It was a wonderful start on International Women's day to talk to Year 9 at Sacred Heart

Shazma Roshan, Global Strategy Analyst



The event was really well organised and I think the speeches were the right length. The stories and career journeys were all really inspiring!

Jane Marriott, Senior Civil Servant, Cabinet Office



The opportunity to speak allowed me to think and articulate my experiences in terms of the choices I made, what I learned and the tips I would offer. I have never had such a round of applause as provided by the students – very heart-warming!

Annabel Venner, Marketing Consultant



Delighted to be able to speak to the Year 9 girls today. I hopefully gave them some career tips and advice that they can use when making decisions about their GCSE, A Levels and University choices.



Year 10 Panel Event Inspirational Alumnae

On the occasion of national careers week falling upon world International Women's Day four successful Sacred Heart graduates have come back to school to share their journeys about being women in politics, engineering, science and technology.

Ellie Gellard, a woman in politics. Ellie, like many 14 year olds, didn't know what she wanted to do. She was a dancer and enjoying academic subjects but was split between her risky passion and traditional path; so, sending an email to a political figure to volunteer in their office didn't seem like a big deal when really it was the first small step in her journey. Little did she know that her career was just beginning, from being a writer for ELLE magazine to leading the UK's biggest online campaigning organizations, 38 Degrees, which means she can still be creative whilst standing for what she believes in. Throughout her journey she had a teacher that she trusted who gave her advice at school and in parliament! Her story shows that one insignificant thing can lead to a career full of adventure. This has taught me to stand up for my beliefs and trust that teachers give us more than homework, but support.

Hannah Keating, a girl in a man's world, literally! Hannah has a successful career in engineering. As she spoke she told us that the industry is mainly male dominated but she has found her way in and has no regrets about it. A story of perseverance was when Hannah found herself crying in her university's advisers room. Getting a little off track with her work in her third year, she had not gotten the grades she wanted leaving her feeling lost. Wanting to leave with a masters, she didn't even have the grades to apply; however, with one sentence from her advisor that she was capable of getting everything she wanted to achieve, she changed her ways and left a year and a half later with her degree and a masters! She is a perfect example of believing in yourself and knowing your potential.

Indhu Marmion, a woman in science. Indhu only just graduated sixth form, looking to indulge in the world of medicine but found herself rejected. Everything that she had been working towards shattered. Upset she fell into an unwanted but necessary gap year. Sat at the table after sending many job applications the phone rang. Unsure, she picked up the phone call from her school that she just left! A science teacher on the other line offered her a job to be a science technician. Maybe this was just what she needed. Taking the job she decided to apply to Oxford for something she was passionate and interested about; biology and to her surprise she got in. This has inspired me to take the risk and know that if I don't get what I think I want, what I need is right around the corner.

Antoinette Hage, a woman in technology. Antoinette currently works in META also known as Instagram or WhatsApp, after the panel shared their stories, we were encouraged to ask questions and something that got stuck in my mind was something that Antoinette said, "learn to own your mistakes, and if it goes wrong it goes wrong and



you have to find a way to fix it". This really made me think, I really believe this advice will help guide me through tough times when I have made the 'wrong' decision.

Another thing Antoinette mentioned was that she wanted to work towards her overall goal of being an online political campaign director to ensure equal and fair political representation and votes.

Antoinette has shown that the journey towards the result is just as important as the result. Learning lessons and building your profile is a part of your process and learning curve. To think that once women had to campaign to gain independence, jobs and opportunities that we so take for granted, and clear the path for women like Ellie, Hannah, Indhu and Antoinette to reach for the stars and achieve what their hearts desire, to break through industries not typically for them and to make room for women at the man's table.

I am so lucky to be in a world and society where women like these give opportunities to girls like me to flourish and grow in any industry and job that suits me. I hope to inspire others like them someday too. I also want to thank Mrs Roy and everyone involved for making this International women's day so special, memorable and inspirational to all girls who want careers they don't think they can have. I'm looking forward to next year. *Amélia M*

Hannah Keating



Such a lovely day to see all of the girls and feel all of the energy and potential in the room. Bringing me back to Sacred Heart has been an amazing opportunity and has filled me with so many lovely memories. I really have to say that without being a student here, I would not have been as successful as I am today!

Ellie Gellard



Thank you for inviting me back to the best school in the world – I love this place and the teachers so much. The spirit is as strong as it was 17 years ago. Without this place I wouldn't have achieved anything like what I have!

Solace

Year 10 band Solace smashing it at Future Sounds. Amazing performance



Egg speriment

Our Year 13 Psychologists took to the topic of 'attachment' (AQA spec) and had fun looking after and caring for their eggs for a week!



Sports Leaders

A huge thank you to our sports leaders this year who continue to give up their time to help assist various PE clubs and primary competitions.

23 of our pupils were recently given the chance to lead at the Primary indoor athletics London Youth games final, this is a fantastic achievement, well done to all involved!



Basketball

Meeting Allen Iverson!

On Wednesday 15 March, fifteen very lucky pupils from our basketball squads were given the chance to visit the NBA store and got to meet the NBA legend, Allen Iverson. An amazing opportunity for the pupils.

A huge thank you to Coach Cheryl and the Junior NBA league for making this happen!



U18 Champions!



U18 Basketball Team

Our U18 basketball squads continue to go from strength to strength. They are currently in first place in the local basketball league with only a few games to play.

They were recently crowned Hammersmith and Fulham tournament champions which has allowed them to compete in the Youth Games. They made it to round 3 which is a fantastic achievement.



Junior NBA League



Y8 Junior NBA Team



Y7 Junior NBA Team

Congratulations to our Y7 & Y8 Junior NBA teams who have participated in the London Junior NBA league this year. This is the first time we have entered this league and have been very impressed with the standard of Basketball we have seen.

Our Year 7 team have made it to the play offs which will be happening in the next few weeks. Well done to all involved.

Y7/8 Basketball Tournament

Thank you to St Pauls and Coach Cheryl for organising and hosting a Y7/8 basketball tournament last week. It was a very enjoyable and competitive evening.

Our A team will go onto play in the finals after Easter.

Liddington 2023

We recently had a very successful trip to PGL Liddington for our annual netball weekend.

Netball teams from Y8,9, and 10 spent the weekend playing against schools from across the UK. There was a very high standard of netball played with all pupils showing excellent sportsmanship.

A huge congratulations to our Y10 team who were crowned tournament winners after beating Denmark Road High School in a very exciting final.



Y10 A Team - Tournament Winners



Y10B Team



Y9 B team



Y9A Team- Bronze Medal



Y8 A team

Netball



Y8 B v WLFS won 8-4



Y8 A v WLFS lost 27-9

Year 9 Rowers

In March our Year 9s started to learn to row at Fulham Reach Boat Club. First lesson, an introduction to the basics and out on the Thames the following week!



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 area 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.



Students own fundraising initiative



Personal initiative from Sophia and Sarah in Year 12, to promote a school collection for the Hammersmith & Fulham Food Bank.

Amazing achievement.

Lent Liturgy

Our Lenten journey began with our Ash Wednesday Mass and students were encouraged to take part with us in 40 acts of kindness.

On Wednesday and Thursday this week, Father Rajiv was in school with a number of local priests to administer the Sacrament of Reconciliation. This was voluntary for the students but their response was over-whelming and we are so encouraged to see this visible display of their faith in action.

Our Lent Liturgy yesterday imagined the evening of the Last Supper accompanied by students' narrative about each of the disciple's time with Jesus. Their choral and solo singing and instrumental playing provided a very moving contribution. The final reading 'The Hammer' was particularly poignant and impactful.

The whole event was written and coordinated by our Head of Music, Miss Neckles with assistance from other members of staff. This was the first occasion that we have been able to formally use our new grand piano in the chapel.

We are extremely grateful for the effort that everyone placed in marking this holy season of Lent.

A Final Word

The Spring term has been characterised by great energy and hard work. There has been a real sense of both staff and students working collectively together to embed the five goals of Sacred Heart education in all aspects of school life.

We are reminded at this time of the year particularly of the transient nature of our school community; the preciousness of the time our students spend with us, the important role we all play in their formation and recognising their God given talents and the aspiration of Janet Erskine Stuart that all students leave a Sacred Heart education 'seriously begun.'

I wish you all a peaceful and holy Easter break. Please keep our students in Years 11 and 13 in your prayers as they prepare for their exams.

Mrs S O'Donovan, Headteacher



Ash Wednesday Mass



Lent Liturgy

**Clubs Calendar and
School Calendar follow**

Clubs Summer 2023

This newly includes a History Club and a Coding Club, both on Wednesdays.

CLUBS CALENDAR SUMMER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Year 10/11 Book Club Lunchtime Library 	Chamber Choir 8.00-8.30am, G6 For students who can read music confidently	LAMDA 2.45-5.45pm Old Gym, 30 min slots 2:45pm to 5:30pm	Music Theory Clinic 8.00-8.30am, G6 For those preparing for Grade 1-5, GCSE & A-Level 	Anti-Bullying Lunchtime in C10 with Ms Dancer
Y7-9 MFL Culture Club Week B lunchtimes R9, Drop in (KEZ)	LAMDA 2.45-5.45pm Old Gym, 30 min slots 2:45pm to 5:30pm	Poetry & Creative Writing Club 3.00-4.00pm, All years, Library (BC, Sixth Former)	LAMDA 2.45-5.45pm Old Gym, 30 min slots 2:45pm to 5:30pm	Year 8-13 HIGH Glee Club 3.00-4.00pm Drama Room (MM)
LAMDA 2.45-5.45pm Old Gym, 30 min slots 2:45pm to 5:30pm	Y10-13 Debating Club 3.00-4.00pm in F8 (MC)	Y7 Introduction to Debate 3.00-4.00pm (MC,RL) Reception Rm	Eco Committee 3.00-4.00pm All Years, W5 (AH)	Year 7-9 Debating Club 3.00-4.00pm, F6 (RL) 
DT Course Work Intervention Workshop 3.00-4.00pm Year 11 Voluntary in DT Classroom 	Y7-9 Art Club 3.00-4.00pm Y7-9, Mr O'Brien, S1 	School Play Rehearsals 3.10-4.30pm Ms Brown	Y7 Drama Club 3.00-4.00pm Drama Room (LA)	<p>All clubs are free of charge, other than LAMDA</p> <p>Students need to be in full PE kit for sports & dance clubs and arrive on time.</p>  
Homework Club 3.10-4.00pm Room G4 (DA, NF)	KS3 Coding Club 3.00-4.00pm, G4	Y9 Learn to Row Limited places 	Y8 Drama Club 3.00-4.00pm Old Gym (DG Sixth Former)	
Rock Bands 3.010-3.45pm Large practice room 	Y10 & Y12 Media Unlocked 3.00-4.00pm Sign-in workshop F2 	Orchestra 3.00-3.45am, G6 You must have your own orchestral instrument, Grade 1 + standard	Y8-13 School Choir 3.00-3.45am, G6 	
Badminton Club 3.15-4.15pm All Years, Sports Hall 	Homework Club 3.10-4.00pm Room G4 (AD,OJ)	Homework Club 3.10-4.00pm Room G4 (AD,OJ)	Y7 Science Club 3.00-4.00pm In C16 (JP)	
Football Club 3.15-4.15pm All Years, outdoor courts	History Club 3.00-4.00pm, R8	Art Coursework Clinic 3.00-4.00pm Art Room S2, Ms Birkett	Homework Club 3.10-4.00pm Room G4 (AD,OJ)	
Contemporary Dance Club 3.15-4.15pm All Years, Dance Studio	Y7 Choir 3.00-3.45am, G6	Janet Erskine Stuart Group Sixth Form 3.00-4.00pm, F2	Instrumental Chamber Grps 3.00-3.45am By invitation only 	
	Y13 Chemistry Clinic 3.00-3.45pm, G7	Street Dance 3.15-4.15pm All Years, Dance Studio 	Basketball Club 3.15-4.15pm Years 9-11 Sports Hall	
	Rock Bands 3.10-3.45pm Large practice room	Y11 PE GCSE Intervention 3.15-4.15pm		
	Volleyball Club 3.15-4.15pm All Years, Sports Hall			

TRINITY TERM 2023

APRIL

Monday 17	Term Starts 8.15am
Thursday 20	Year 12 PTM (Psychology & Sociology starts from 3.30, all other subjects 4-6pm)
Tues 25	D of E Bronze Training Day
Wed 26	D of E Bronze practice expedition
Thurs 27 - Wed 3	GCSE French & Spanish orals

MAY

Monday 1	Early May Bank Holiday, school closed
Tuesday 2	GCSE language orals
Wednesday 3	GCSE Language orals
Thursday 4	Year 13 last day and Leavers Ball
Thurs 4 - Fri 5	Silver D of E practice expedition
Friday 5	Year 11 Leavers Liturgy
Monday 8	Bank Holiday for the coronation , school closed
Tuesday 9	Public exams start with a small number of Yr13 A-Level language orals
Fri 12 - Sat 13	D of E Assessed Bronze expedition
Friday 12	7.30pm PTFA Parents Social Evening , end of online Action
Wednesday 17	Year 8 HPV vaccinations
Thursday 18	Ascension of the Lord, Ascension Mass
Friday 19	Year 9 Retreat
Wed 24 & Fri 25	Year 9 Geography Field trips to River Pang in Reading
Thurs 25 - 31	Year 9 water sports trip to Barcelona
Monday 29	Spring bank holiday, school closed
Mon 29 to Fri 2	HALF TERM

JUNE

Friday 9	Teenage booster vaccinations
Thursday 15	Year 7 PTM 4-7pm
Friday 16	Most Sacred Heart of Jesus, Feast Day Mass 10.30am
Monday 26	End of public examinations and exam week starts for Y7-10 & Y12
Tuesday 27	Year 10 Careers interviews
Thursday 29	Feast of SS Peter & Paul, Mass and more Year 10 Careers interviews
Friday 30	Year 12 retreat at Roehampton

JULY

Monday 3	Any remaining Y9/Y10 HPV vaccinations
Tuesday 4	Year 10 careers interviews
Wed 5 - Friday 7	Year 12, Isle of Wight
Thurs 6	Year 10 careers interviews and Summer Garden Party 6pm
Fri 7	Sports Day
Mon 10 –Wed 12	Arts Week
Wednesday 17	Awards Evening
Friday 14	Terms ends 1pm