

A truly bumper edition for what feels like a bumper term!

This year we focused on the Goal of Community and it is so wonderful to see the strength of our community evidenced throughout this newsletter.

from the heart



SUMMER GARDEN PARTY

*Celebrating the 130th birthday of our school
& 180 years since the Society of the Sacred
Heart arrived in England*

What a truly joyful event this was, with well over 900 parents and alumnae. Our staff were thrilled to be able to catch up with so many past students and the feedback has been wonderful. We are particularly honoured to have welcomed at least two alumnae from the 1940s and 1950s. Thank you to everyone who attended for contributing to such a memorable event.

Visitors were able to review a display of the history of this site since the 1600s, and a range of historical artefacts including old photographic plates with images of students in the chapel in veils; newsletters from the 1930s and 1940s; old photographs and information relating to our founding Sisters.

Our gift shop 'The Sacred Heart Collection' did well selling a range of items including our new book 'The Nunnery at Hammersmith', mugs with a drawing of the cloister garden, Sacred Heart Parker pens and gift cards featuring an image of the restored cloister painting panel – *The Nativity*. As guests left the event, they each received a Sacred

Heart tote bag, containing a Sacred Heart gel pen and bookmark, with a prayer on the reverse.

For those who were unable to attend the party, we will ensure that most items (see pages 11&12) are available on Parent Pay from September.

Visitors learned about a number of recent and ongoing projects at school including the restoration of our cloister paintings and improvements to our gardens and plans for the chapel. Information about these, and many more pictures from the party are included later in this newsletter.

We are also issuing a special Garden Party Edition of our Alumnae Newsletter, July 2023.

Feast Day 2023



On Friday 16 June the whole school together with some parents and Sisters from The Society assembled on the front lawn for our Feast Day Mass. The sun shone and the birds sang and students brought up to the altar many objects that reflect our school. The Sister all re-affirmed their vows in a very moving ceremony.

180 Years, Mass at Digby Stuart College

On Saturday 17 June, the Society of the Sacred Heart celebrated their 180 years in England with a Mass at the University of Roehampton.

Our Head of Music Ms Neckles (who next year starts her new post as our Chaplain) had been asked to compose music for the Mass and students from our choir performed with those from other Sacred Heart schools.

Our Head Girl team, staff and governors and past headteachers also attended this special Mass and were treated to a wonder tea afterwards!



Our Experience at Lourdes *Philippine M & Ines B, Year 10*



An icon in the Basilica of Our Lady of the Rosary



This April we went to Lourdes as part of the pilgrimage called the Frat! The Frat is a pilgrimage that happens every year. Once every two years it is in Jambville near Paris and any young person in Years 9-10 living in the Parisian region can attend. You sleep in tents for four days and spend most of your time praising the Lord with a worship group called Glorious and hearing a wide range of people talk about their faith. On the year where this Frat isn't taking place, the other pilgrimage takes place and this is the one we attended. It happens in Lourdes and is for any young people and Catholics living in the Parisian region in Years 11-13.

We both did the Jambville Frat last year and we had the best experience which is why we were so excited to do the Lourdes Frat. But it was so different, far beyond anything we expected and so eye-opening. We went with the French parish of London which is attached to the diocese of Paris (this is why we could attend in the first place) and we arrived on Sunday evening and left on Thursday.

However, during those four days, what we experienced was life changing. It was the emotion during the anointing of the sick, realising how lucky we are to be healthy. It was the adoration of the Blessed Sacrament alongside 9,000 young Catholics, watching all these people who shared the same faith as us and weren't afraid to say that they believed in God and Jesus. It was the rosary we prayed at midnight in front of the Grotto every night, many of us with tears rolling down our face as we felt our lives changing. It was seeing people who were confused about their faith seeking help and finding it. It was truly beautiful.



The first visit to the Grotto

An evening of praise in the underground basilica

We were a group of 54 from London joining 9,000 complete strangers. The only thing we had in common was our faith, and even that for most of us was complicated. The hardest part of being a teenager is growing up and starting to ask yourself questions.

What your parents say is no longer always what you believe and with so many different opinions it is hard to find the truth. But this Frat was such an eye opening experience. The theme this year was : 'N'aie pas peur' - Don't be scared.

We had a timetable that included prayer and worship every morning and every evening in the basilica of a wide range of different forms whether it be mass, the anointing of the sick, adoration of the blessed sacrament or processions in honour of Mary; all showing us how beautiful it is to believe.

We had testimonies ranging from people in the army to bishops telling us about the times they had been scared and how they got over their fears. But we also had a lot of free time which allowed us to do whatever we wanted. It gave us the responsibility to not be scared of showing your faith and instead of staying in a hotel room talking with your friends, we spent that free time visiting the basilica, going to the grotto to fill up your bottles of holy water or visiting the town and the places where Bernadette stayed.



Over those four days we learnt that things change and as we grow up it is normal to be scared but that Jesus is always there at your side even if it doesn't feel like it.

We came back to school on Friday very tired but filled with joy. Before we left our parents told us how lucky we were to go to

Lourdes and once we came back we felt it straight away. We both saw so many things change but we would like to end with our personal highlight of this pilgrimage.

Philippine: It is very difficult to choose but I think The Anointing of the Sick really shocked me and I am not ashamed to say I was the first of the many people to cry. First of all, three people receiving this sacrament were introduced to us and they were in some of the most horrible conditions to live in, in wheelchairs, barely able to move; deaf and struggling to find jobs because of it; calcium deficiency making it hard for another to be at school because he was always in the hospital.

Yet these people were filled with joy and happiness because of the immense faith in Christ they had. It makes you think of how lucky you are to be healthy and also makes you think if you were in that situation, it would be so hard to not give up. The second thing that shocked me that evening was when the bishop asked all those who wanted to receive the sacrament to stand up and more than half of the 9,000 of us in the basilica stood up, it showed how many of us were sick and it couldn't be seen on the outside and the difficulties that come with growing up.

Ines: Personally, I enjoyed the testimonies on the two last days. After having spent so much time in one place filled with joy and faith, hearing people's own journeys really touched me. As previously mentioned, the testimonies we heard were all significantly different to one another. However these people all had something in common. They had decided to dedicate their time to come speak in front of a crowd of 9,000 young, tired teenagers. It is not easy to speak before such a crowd, but just from hearing them you could see how strongly they believed in what they were saying. They were not scared of being judged, being ridiculed or even ignored. They knew that the words they had would make an impact, and an impact they had indeed. These testimonies inspired me to believe without hiding, to believe without being silenced, to believe passionately.



The Procession in honour of Mary in the rain



The Rosary at the Grotto at midnight

Year 11 & Year 13 Mass



Parents and carers joined us as we celebrated Mass with our Year 11 and Year 13 students as they left to prepare for their public exams in the summer. We look forward to seeing them all back here for results in August and for our Year 11s to start back in the Autumn as sixth formers.

We will keep in touch with our Year 13 leavers through our alumnae network which they can sign up to join, using the form on the alumnae page of the school website. We wish them all well in their further studies and careers. Before long we'll be asking them back to speak to our current students about their experiences!

Lourdes Pilgrimage & Year 8 Sleepover

From 21-28 July, a group of Year 12 students will be going on a Pilgrimage to Lourdes, including three members of our Head Girl Team - Anabelle, Bethany and Scarlett as well as Arianna and Niña.

Their roles will consist of helping vulnerable and elderly pilgrims, as well as attending and participating in masses and processions. Over the course of the summer term, our Year 12 Students have worked to raise money through various fundraising events such as an Own Clothes Day, a Bake Sale and a Year 8 sleepover. They also received grants from the Catenian Bursary Fund of £400, as well as church donations and in total have raised £3,894 to help fund their pilgrimage.

The Year 8 sleepover was a huge success! It was coordinated by our Year 12s and they organised activities for the Year 8s to take part in, including karaoke and Just Dance. Our best dancers and singers were awarded with prizes at

the end of the night! We also sold raffle tickets and gave away prizes for first, second and third place. We served the students pizza with a side of chicken nuggets, chips and garlic bread, with the help of our Year 12 'Chefs'!

On 2 July, the majority of Redcaps from the Westminster Diocese came together at our school for a training day. It included sessions on what to expect upon our arrival, how to manoeuvre wheelchairs, safeguarding sessions, some social time meeting with our groups and a Mass, led by Fr Michael from Our Lady of Lourdes.

Additionally, they took time to reflect on what they hope to gain by going to Lourdes and how they'll incorporate it into their everyday lives, whilst continuing to follow the teachings of Jesus.

Thank you to all the staff and parents who supported our fundraising efforts!



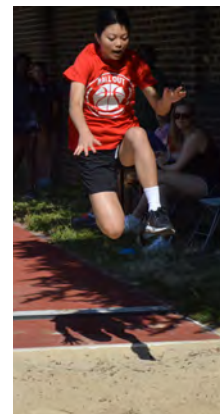
Sports Day 2023

Final House placing are as follows:

- 1st place: Barat House (Pink)
- 2nd place Duchesne House (Purple)
- 3rd place Russell House (Yellow)
- 4th place Calder House (Green)
- 5th place Digby House (Red)
- 6th place Stuart House (Blue)

Form winners

- Year 7 - Form S
- Year 8 - Form E
- Year 9 - Form E
- Year 10 - Form H

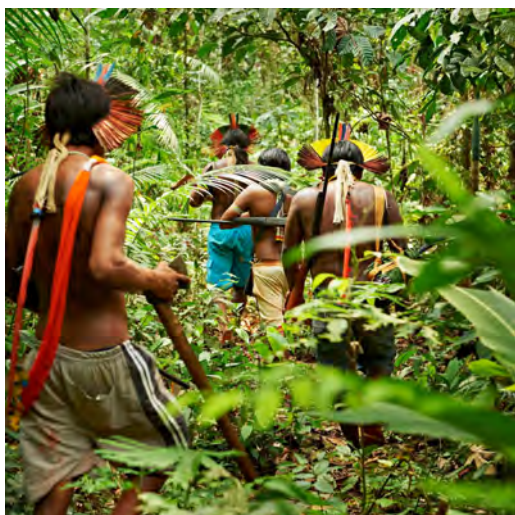


KS3 Historical Fiction Competition



Our theme this year was 'coronation'. We asked students to write stories that were entirely fictional or linked to a historical coronation. The winning entries have been submitted to a national competition associated with the 'Historical Association'.

The fiction stories all ranged from topics to do with Elizabeth II's coronation, Lady Jane Grey, fictional monarchs during the Georgian times, King Charles II, Queen Victoria, Anne Boleyn and the winning story about an indigenous group in the Amazon rainforest.



The pupils who received certificates and trophies were:

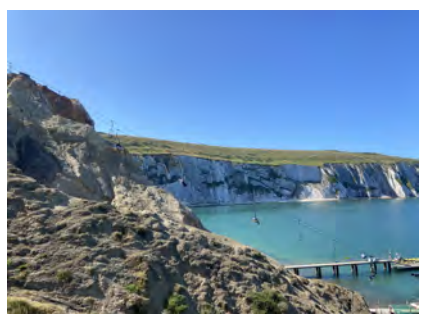
Certificate of Distinction

Violet F - Winner

Certificate of Merit

Maya H, Leah L, Alice G, Alessandra Q, Maria D F B R, Natalia B B & Thashni A

Year 12 Trip to Isle of Wight



During the penultimate week of school, Year 12s had the exciting opportunity to participate in a fantastic trip to the Isle of Wight.

Our first two days were spent at a brilliant activity centre where our time was jam-packed with activities: from archery to being dropped from a giant swing! My group kicked off almost as soon as we arrived with a Leap of Faith, where students had to muster all their courage to climb to the top of a 10m pole and leap out into the air, aiming to hit a target at the top (wearing secure harnesses, of course!). Despite all the screaming and clinging to the pole at the top, we had a blast cheering each other on and trying to leap down with the most style possible.

One of our year's favourite activities was undoubtedly working together in groups to build a raft on the beach. For such a beautiful beach, the water was deceptively cold, so I'm immensely grateful that my group managed to build a successful raft; and that we got front row seats to the terrified shrieks of the other rafts slowly collapsing into the water!

The nights were equally fun-filled, from a coastal sunset walk with the most gorgeous view to a campfire where we enjoyed dancing to all our favourite songs. A group of students agreed that "the time was perfectly balanced with enough quiet moments to sit down and chill with friends" after long days of adventure. Thankfully the weather was lovely, and I had such a fun time hanging out outdoors in the open fields and playing card games with new people who I'm now so pleased to call my friends. The trip was, as one student put it, "an amazing bonding experience for the whole year group", and personally I really feel as though it gave me the much-appreciated chance to grow closer with some first-rate people I might never have otherwise talked to so extensively.

This isn't to forget our final day spent on the island, where we had the incredible opportunity of visiting The Needles rock formation. While the cable car seemed scary at first, stooping steeply down over a cliff, it was well worth it for the views you could see from up there and down onto the beach below. Myself and some friends even opted to take a sightseeing boat out from the beach, to get up close to The Needles, which was an excellent decision on our part for all the awesome photos we snapped!

In spite of the long and arduous journey home (no thanks to ferry delays), those few days made memories that I'm sure we'll all treasure for many years to come. Thank you so much to all the teachers for organising such a wonderful trip and keeping us all in check: in particular, Ms McCarthy for working so hard to provide us with all the fun we had. I believe I speak on behalf of our whole year group when I say that we'll never forget it!

Isabella M



Arts Week Launches in a Blaze of Creative Talent!



Have you noticed that there is a real artistic buzz around school at the moment? That's the sound of creativity, teamwork, inspiration - and not a little perspiration - all in the cause of SHHS Arts Week 2023.

Before half term, all our students were given the choice of 12 Arts Week strands. From Architecture to Technical Theatre, from Dance to Classics, the options were wide and catered for as many interests as possible.

This week we finally launched our inaugural Arts Week. Trips included the National poetry Library, the Royal Opera House, Kew Gardens, LAMDA, the Museum of the Home, the Design Museum, Chiswick Cinema and an architectural tour of some of London's most interesting buildings. But it wasn't just trips out of school - there were also plenty of visiting speakers and workshops held at school, including a Classics Workshop, a talk and workshops session from costume designer Spencer Horne, a film day with Media Unlocked and a photography workshop with Robert Irving.

After many hours of hard graft, all of the artwork and performances were shown in a triumphant session on Thursday afternoon. The wealth and range of artistic talent on show was breathtaking and a true reminder of the power of the arts to inspire self-expression and creativity.

A particularly big thank you goes to our Head of Drama, Ms Brown, and all of the dedicated strand lead teachers, who went above and beyond to make this amazing experience happen.

We hope that all of our students were inspired by their experiences and that Arts Week will become a firm fixture of the SHHS calendar. Photos overleaf.

Mr Williams





130 & 180 YEARS GARDEN PARTY, JULY 2023





GARDEN PROJECTS

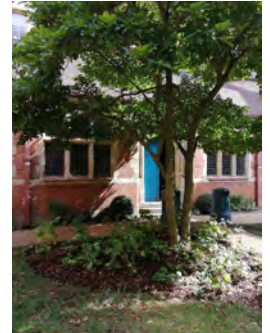
We have many plans for specific landscaping improvements to improve our grounds for students and to respect the heritage of our setting for years to come. These works will occur in stages. Stages 1A and 1B have recently been completed.

Stage 1A The Cloister Garden

BEFORE



AFTER



Stage 1b Planting near lawn and Calder

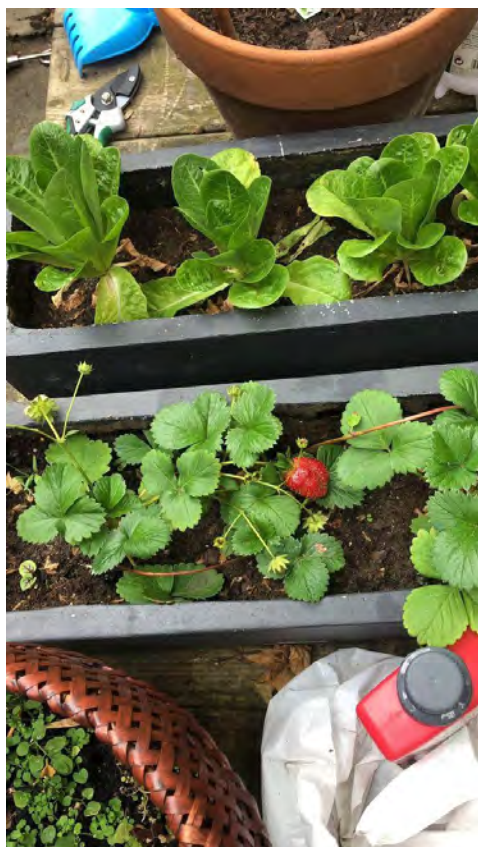
BEFORE



AFTER



Improvements to the Calder Patio



Since October a couple of girls in our form (Sara, Lidia, Louise and a few others) and I have been trying to restore the patio garden at the top of the science block.

We started off by sweeping and getting rid of all the leaves on the ground because, annoyingly, the garden lies under a sycamore tree (we did get a little bit of help from the site managers cleaning up all the leaves). Next, we got rid of all the dead plants that didn't survive not being taken care of for a couple of years. After that we decided to plant some new plants including strawberries, lettuce, radish, tomato, peacock orchids and tritelia as well as trying to restore the plants that were already there like the white calla lilies, cockscomb and fern. As a form we have already eaten three strawberries that we grew ourselves in the garden and they were absolutely delicious!!! We are hoping to soon get a tomato :)

Julia B

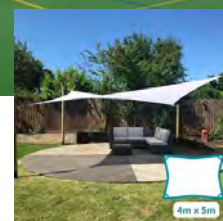


POTENTIAL FOR FURTHER WORKS

- Subject to constraints from the trees: a specialist all-weather sports surface across the netball courts (softer and green).
- The introduction of some sail type rain shelters near Calder and Russell
- Repair of front blue gates, historic (needs specialist input).
- Possible relocation of memorial stones, to better commemorate the extraordinary history of this site.



- Improvement to small outside space beyond sixth form basement to enable student to use this area and possible introduction of outdoor patio near dining room for students to sit outside
- **Major project** (would need planning consent & significant funding) to create a dedicated sixth form garden opposite the Russell Building. Parts of this area have been used this year as a builders' store associated with the refurbishment of Bute Hall. Includes historic wall and has great potential with its historical setting, views across the chimneys etc.



Project to Restore the Cloister Paintings

These precious paintings by Mary Maycock RSCJ were completed in 1906-7 and show figurative scenes from the Life of Jesus (some copied from well-known 15th century paintings by Fra Angelico).



We recognise our responsibility to look after these precious paintings by Mother Mary Maycock.

They were painted in 1906-7 and show figurative scenes from the Life of Jesus (some of which were copied from well-known 15th century paintings by Fra Angelico), within painted frames and architectural detailing. The top and bottom of the wall, and between scenes, is fictive marble decoration.

The paintings cover an area approx. 130m in length x3m high.

As a first step we commissioned a Condition Survey which took place in February 2023.

Overall the condition of the paintings is stable, although their appearance is compromised by yellowed varnish, scuff marks and a spotting phenomenon that may be related to original technology.

Some scenes exhibit flaking which requires consolidation to prevent further loss. There are other less-widespread types of deterioration / damage which need particular attention.

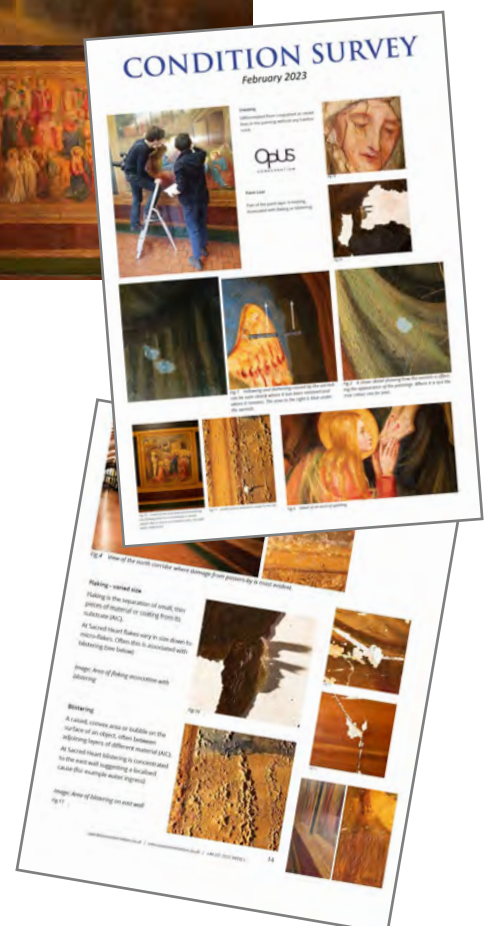


Fig. 37
Visible image of are imaged in IR to right

Infra red light has revealed some hidden words on specific panels, see below.



STAGE 1: THE NATIVITY PANEL

Completed June 2023



First the varnish layers were removed (on the right). Old varnish remains on the left.

Then the stippled dots on the cleaned angels wings (above) were repaired as can be seen here on the right.



BEFORE



AFTER



Quotes have been requested to extend this work throughout the cloisters, in stages.

We will need to raise money for this, but the school and governors are committed to seeing the project through. The project will need to include not simply the restoration, but also then a system for protecting further damage.

New Sacred Heart book, pens, card, mug and bags



The following items will be available on parent pay next year.

- Our new book, *The Nunnery at Hammersmith*, describing the extraordinary history of our site here in Hammersmith from the 1600s to the present day
- A mug showing a drawing of our cloister garden
- A gift card (blank inside with envelope) featuring our newly restored cloister painting panel –The Nativity. Good for Christmas perhaps!
- A boxed Sacred Heart Parker Pen
- A Sacred Heart gel pen.

PROJECTS IN THE CHAPEL

You will be aware already of work carried out in the chapel over the past few years to clean the stonework (right) and to replace the old carpet with a new stone floor and under floor heating. We hope now to move to the next stages of our chapel project as described below.

New pews/benches

We have recently received a quote to replace all our current unmatched plastic chairs, with wooden pews which will incorporate the our Sacred Heart logo. Final discussions are on going but stackable modular options are available, so that matching chairs can attach to the pews providing additional flexibility on layout.

Some possible examples



Lighting

We are also planning for new lighting, getting rid of the old fluorescent lights and upgrading the old theatre lights, many of which no longer work.

Windows

We are investigating improvements to the small prayer room windows and the cleaning of the main stained glass window

Screen

We are investigating with the Historic Churches Committee the possibility of a hidden screen behind the arch that would lower for presentations.

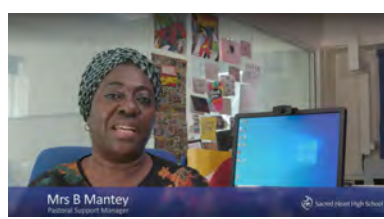
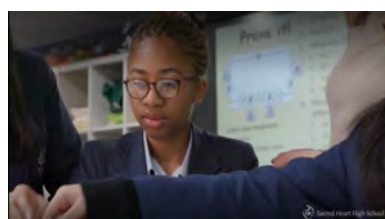


Films being made

We have been busy since April making three films.

Attendance

The first of these is a film about the importance of attendance. Both staff and students have taken part in the film which will be played at all parents information evenings next year. Some scenes from the film are shown below.



The Uniqueness of Sacred Heart

This will describe what makes the school special and how we are unique. It will be played at all open days next year for those who are considering joining us at Year 7 and at sixth form. It will also be shown to the students at an assembly. Parents and carers will also have a chance to see it.

It's been quite a challenge with filming days impacted by rain and thunder, but we also managed to do some filming in the sunshine.

Part of this film includes drone footage, and you can see some of the stills (right and below) one of which includes the start of sports day!



Rowing

We arrived very very early one morning at 4.30am, to get ready to film our rowers for the Uniqueness film. The shots from that day are lovely and have been made into a very short, but separate rowing film.



cambridge open days

Cambridge University Open Day

Recently I had the pleasure of visiting Cambridge University, an institution well known for its prestigious reputation. The open day provided me with a unique opportunity to take part in a taster lecture, learn more about admissions to Cambridge and take a tour around the different colleges that make up the university. These sessions offered a glimpse into the rigorous and intellectually stimulating learning environment.

I had the chance to attend lectures on diverse subjects, witnessing the expertise and passion of Cambridge's faculty first-hand. Taster sessions provided a taste of the tutorial system, allowing participants to experience the small-group teaching style for which Cambridge is renowned.

This day helped me to learn more about the excellent opportunities outside of academics including extracurricular activities that range from rugby and football to rowing and theatre productions.

The open day highlighted the immense support and diversity that the university provides for students, allowing them to flourish in their studies. Additionally, attending a departmental showcase with current students and interactive displays and discussion offered an insight into what each course offered.

Sonia, Year 12



University of the Art Insight Weeks



This year I was given the opportunity to attend two weeks at the University of the Arts insight programs. In the spring half term, I attended the first insight week at the UAL Camberwell Campus where I was introduced briefly to different pathways for art, these being fine arts, graphics and design, and 3D interior, spiritual, and performance design.

This week gave me a great opportunity to explore areas I may not have considered and pushed me on to the next stage of the programme which was summer school at Central Saint Martins.

This week I was given the option to choose which pathway I was most interested in and to explore it more deeply. Choosing Fine Art I was set with a wide range of mediums including mono-printing as well as 3D sculpture to create pieces of work that explored my theme of 'journeys'.

I truly enjoyed attending these programmes as they provided me with a solid foundation for my practical skills. It exposed me to various art industry insights as well as networking opportunities. Overall, I left with a sense of confidence in my choice of studying Art at university and I cannot wait to attend the next Insights in Autumn and Winter.

Sofia JI Y12



Yondr Pouches

Helping to enforce school rules
Y7-11 phone free zone



On 6 September 2023, the school will supply a Yondr pouch to each student in Years 7-11 and will show them how to use it.

The students will still be able to bring their phones to school and in line with existing school rules they will not be able to use them during the school day. We will help remove the distraction of having a phone, and the temptation to use it, by requiring students to place their phone in a personally assigned Yondr pouch at registration, and this will then lock.

Students can then keep their phone, in its pouch, with them throughout the school day, and will be able to unlock the pouch at the end of the day before their journey home. We realise mobile phones serve a security purpose when travelling to and from school and do not expect students to leave their phones at home. Therefore, if a student tells us that their phone is not with them, it will be followed up by a phone call home so you are aware.

It is well documented in education that the distraction of mobile phones can hinder the learning of students. We believe students should be able to come to school and switch off from outside influences so that they can maximise their learning potential and protect their wellbeing.

Our 'See it' 'Hear it', 'Take it' rule will apply and the sanction for this will be confiscation of their device for a week.

<https://vimeo.com/703843747>



'Oar-some' Rowing at Newnham College Cambridge

Our Y12 & Y10 rowers had a great day on 29 June at Newnham College Cambridge! Their day started with a tank session followed by rowing on the River Cam, college tours and really useful admissions talks! What an enriching and inspiring day for the students. Thank you to all involved!



The day began with a burst of anticipation as we gathered at Newnham College Boat Club with Beth, Becca and Emily, who are students from Newnham College, coaching us. Our first adventure was rowing in the Cambridge rowing tank at the Downing College Boat Club, a novel experience that acquainted us with the basics of sweeping and teamwork. The controlled environment allowed us to focus on mastering the rhythm of rowing, creating a sense of unity among the group as we synchronized our movements.

With new-found confidence, we ventured onto the River Cam, ready to take on the challenge of rowing together in an eight, and keeping the boat stable. The narrow and bendy river tested our skills and coordination. As the boat glided through the water, I marvelled at the beauty of the peaceful surroundings. We saw many cows strolling gracefully by the water's edge, accompanied by a breath-taking congregation of elegant swans.

To my surprise, I was given the opportunity to step into the role of a coxswain. Taking charge of an eight for the first time, I learned to navigate the river, maintain the boat's course, and provide motivation to my crew, where I discovered a sense of leadership and a deep appreciation for the integral role of the coxswain.



Following our exhilarating rowing adventures, we embarked on captivating tours of Newnham and Selwyn College. The awe-inspiring architecture and serene college grounds transported us to a world of academia and intellectual pursuit. Walking through the second largest corridor in Europe and picturesque gardens with plants from New Zealand, we could envision ourselves as part of these prestigious institutions; it fuelled our aspirations for higher education.

Luckily, we also had a very insightful talk by Dr Sam Lucy, the Director of Admissions for the Cambridge Colleges, where she shared her wisdom on factors to consider when applying to universities, tips for crafting personal statements, and selecting suitable courses. Dr. Lucy's expertise instilled a sense of confidence and direction, empowering us to approach our university applications with clarity and purpose. Cambridge University is the easiest vet school to get into if you're good at science and maths!

The day concluded with a delightful dinner at Newnham College's buttery, where we enjoyed a delicious meal while reflecting on the enriching experiences of the day. This eye-opening day not only reinforced my desire to study veterinary medicine at the University of Cambridge but also sparked an ambition to one day strive for the opportunity to trial for the prestigious Boat Race.

Chastyn, Year 12



TfL Eco Stars Trip to



On Thursday 6 July a group of 10 KS3 SHHS students travelled by tube to the London Transport Museum as part of the TfL Eco Stars community project promoting active, safe and sustainable travel.

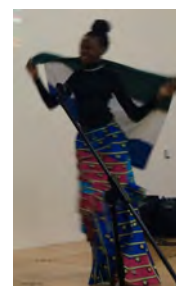
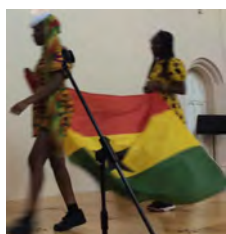
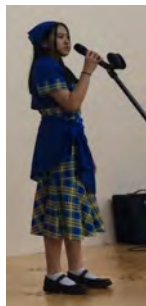
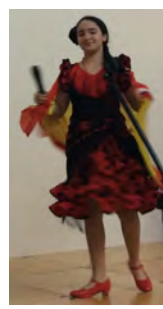
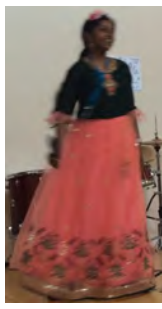
After participating in several leadership training sessions provided by TfL, students presented their learning during recent year assemblies.

As part of the trip, students were given the opportunity to meet and present their findings to an audience of peers across London schools, and to receive feedback from industry experts such as transport engineers, planning advisors and the programme leaders.

Students answered impromptu questions thoughtfully and articulately, showing their growing knowledge and understanding of the project in relation to the needs of the Sacred Heart High School community. They were able to explain the ways SHHS has embraced active travel (for example, walking from school to Westfields for the recent Year 7 Kidzania trip) and learning about the successes and challenges of other London schools in different circumstances.

The trip finished with a visit throughout the London Transport Museum, before returning back to school via the tube.





Our first Cultural Day event was a huge success with a fantastic array of traditional national dress and colours. Many of our students performed songs and instrumental ensembles which reflected a diverse range of cultures. A special thanks to parents for helping to make this celebration special by preparing a vast and delicious range of national dishes.

We can't wait for next year's celebrations.



A message from the Head Girls

Hello! We are the newly appointed Head Girls and we look forward to aiding the leadership team in directing our school community towards an exciting year of growth and possibility.

As a team, we hope to foster an environment in which each student feels supported and inspired to reach their full potential and to make a difference by engaging our school community through clubs and inter-year events.

Together, we are dedicated to ensuring that every voice is heard and valued, regardless of background or identity. We are here to listen to your ideas and concerns, and together with all members of the school community, we will work towards creating a school environment where everyone feels heard.

As your Head Girls, our vision for the future is rooted in empowerment, personal growth, and collective success as well as bringing the school community together.

The team this year is made up of six members, with three Head Girls responsible for each Key Stage and three Deputy Heads.

Isabella is one of our Head Girls with a focus on KS3, from Year 7 to Year 9; she wishes to enhance the relationships between students in year groups all through the school so that every student feels they are an integral part of the community. Isabella studies Maths, Further Maths and Computer Science, hoping to continue studying Computer Science at university.

Anabelle is another one of our Head Girls, who will be focusing on KS4, from Year 10 to Year 11. She aims to ensure that culture and diversity are explored and celebrated in our school, so that each student feels confident expressing themselves. Anabelle studies Biology, Psychology and Sociology, and hopes to study Psychology at university.

Sonia is our third Head Girl who will be focusing on KS5, from Year 12 to Year 13. As Head Girl for sixth form she wants to ensure that the transition from Year 11 to Sixth Form is smooth for incoming Year 12s. She is passionate about science especially as she is involved in running a club available to students with a focus on fun experiments. Sonia studies Biology, Chemistry and Maths and she hopes to study medicine at university.

Our first Deputy Head Girl is Sofia. She has a key interest in the creative arts and intends to contribute by promoting creativity among the school community, through events and displays. She aims to ensure that everyone has the opportunity to develop their skills and talents within the school. Sofia is studying Art and BTEC Business, and hopes to pursue a foundation year in Fine Arts at university.

Our next Deputy Head Girl is Bethany. This year her goal is to make the Head Girl team more accessible for younger students to approach with any queries or concerns. She wants to do this through making the team more visible and present in student spaces around the school. Bethany currently studies Biology, Chemistry and French and hopes to study medicine in the future.

Scarlett is our third Deputy Head Girl. In this role she wants to ensure that every student has a voice and role within the school community through encouraging younger years to participate in wider activities. She has a particular interest in literature and actively participates in school events. She studies English Literature, Sociology, Politics and RE. Scarlett hopes to study Psychology at university.



Wimbledon Ball Girls

Congratulations to four of our students who have spent the last two weeks acting as Ball Girls at the Wimbledon Tennis Championships. They made it through a gruelling trial, selection and training process and have proved themselves at this year's tournament.

Amelia B, Sophie B, Hannah O & Olivia B

The photos include Sophie in action on Number 1 Court with GB player Cam Norrie.





Reflections from some Year 12 students on their experience of retreat...

On Friday 30 June we were lucky enough to be hosted at Roehampton University in Digby Stuart College! It was filled with reflection, meditation, and observation of ourselves in all aspects, but most importantly through our faith. We started our day doing some fun ice-breaker groups, quiet reflection in the Chapel with others, and some quiet time alone. Not only did this retreat allow us to look back on our past and present selves, but also gave us the space to look forwards to the future ahead of us as we ended the day writing inspirational letters for our future selves to re-look upon!

It was a great day and we were again very fortunate to be located in a place that also strongly represents the Sacred Heart values we as a school and year group hold dear.

Sara JJ



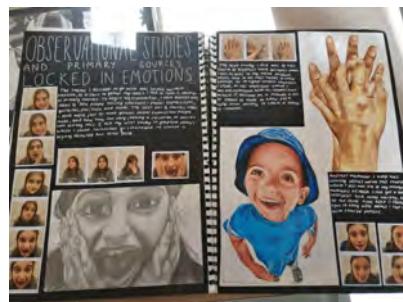
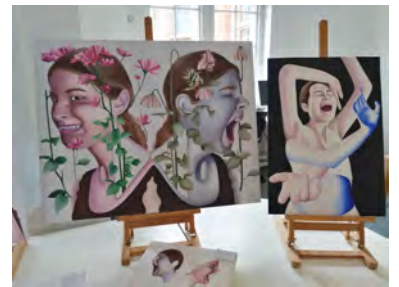
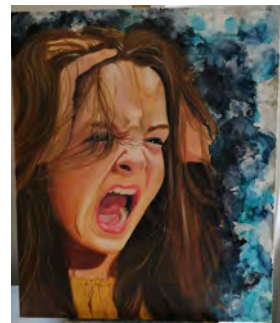
The Year 12 retreat was an invaluable experience that brought us closer together as a year group, fostered self-reflection, and provided us with the tools and inspiration to navigate the challenges that lie ahead as we embark on our final years of school. By partaking in group discussions and quiet moments for thinking, our activity-filled day acted as a reminder that challenges are opportunities for growth.

This self-reflective day allowed us to think about our future plans and how to deal with doubts and struggles that we may have. The day as a whole allowed us to pause, disconnect, and delve into deeper aspects of our personal and academic lives, including our future plans as we move onto post sixth form education.

Through this retreat we were able to reflect on our journey so far, and make goals as we look towards the future.

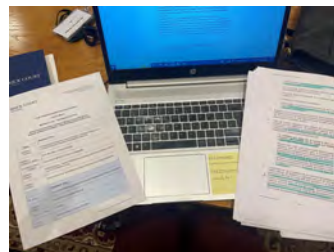
Sonia

GCSE & A-Level Art Exhibition





Work Experience at BRICK COURT CHAMBERS BARRISTERS



To every fellow dreamer and aspiring barrister, I want to share a story that reaffirms the power of hard work and the realisation of our aspirations. Picture this: I arrived in the U.K. during my GCSE year, only to be struck by the intense competition within the legal sector. Witnessing the determination of my peers served as a wake-up call, igniting a fire within me to push harder and strive for excellence. And now, I stand before you, filled with inspiration and determination, as I embark on the path of my dreams: becoming a commercial and tax barrister.

I was well aware of the intense competition I would face the minute I applied for the bar placement scheme. The difficulty increased as talented students from various backgrounds and legal networks around the nation competed for these highly sought-after chances. Additionally, the application itself had challenging and esoteric questions that further put our strength of character to the test. Nevertheless, I consider it a blessing that I was able to land a position in the prestigious commercial and competition chamber, Brick Court Chambers.

During my week at Brick Court Chambers, I found myself immersed in a world of fascination, fuelling an insatiable hunger for knowledge and growth. Each day, I visualised myself working within those very chambers, forging a path towards a future that captivated my imagination. I'll admit, stepping into unfamiliar territory has always made me uneasy, and the night before and the morning of my placement were no exceptions. However, within an hour of my arrival, everything changed for the better. I was entrusted with the skeletons of several court cases, tasked with studying and analysing them, constructing persuasive arguments, and responding to thought-provoking questions.

These experiences emphasised the importance of thinking critically, analysing complex issues, and thinking outside the box - elements that I find deeply fulfilling, both within the realm of history and politics and in addressing real-life challenges.

Barristers are often depicted as overworked and unapproachable, with their careers perceived as precarious and risky. Yet, for me, the appeal lies in the autonomy of being self-employed rather than working in a law firm. As an independent spirit who thrives without the burden of authority, it is essential for me to chart my own course. Despite the drawbacks that come with the territory, the rewards of being a self-employed barrister far outweigh them. The freedom to set my own schedule, determine my own pace, and choose the cases I want to champion is invaluable.

I must confess that the rigid schedules and oppressive hierarchy of law firms tend to stifle me, leaving me gasping for air. This bar placement scheme at Brick Court Chambers has profoundly influenced my perspective on pursuing a legal career, specifically as a barrister. It has bolstered my confidence in the path I have chosen, erasing any lingering doubts or uncertainties.

The opportunity to shadow both barristers and solicitors has been enlightening and intellectually stimulating. Interacting with these legal professionals, fresh from their year of call, has allowed me to understand the challenges they faced and the rewards they reap.

While visits to the Royal Courts of Justice, the Inns, and the Cams were delightful bonuses, the true highlight of the experience was the genuine warmth and kindness extended to me by the barristers, who took time out of their busy lives to ensure my stay was memorable.

I am glad for this life-altering event now that I have gained renewed conviction and confidence. I want to extend a heartfelt message to my fellow dreamers and aspiring barristers who might think they lack the ability to compete on such platforms or that their potential is restricted. This should provide the necessary assurance that, with enough self-belief and perseverance, you can realise your ambitions. Let each failure you experience spur you on and strengthen your resolve.

Barristers constantly deal with opposition, whether it comes from the courts or the other side, and it is these difficulties that help them advance professionally. Don't let rejection demoralise you; as a barrister once put it, you can always appeal!

I would like to conclude by expressing my sincere gratitude to the Bar Council for giving me this priceless chance to define my future, as well as to Brick Court Chambers for hospitably hosting me. I can state with certainty that I no longer fear entering uncharted territory, or at least not as much.

My abilities have improved, I can now express my ideas more clearly, and my writing has seen notable changes. This life-changing experience has sparked a passion inside of me that is guiding me towards a future where my goals are just waiting to come true.

Lynn, Year 12.



Work Experience at Notting Hill Genesis

Created in 2018 from two well-established housing associations, Notting Hill Genesis is now one of the largest housing associations in London and the south east. They own and manage more than 66,000 homes and employ around 2,000 staff. They provide homes across a range of tenures and are committed to continuing to deliver housing that is affordable to all. Their roots reach back to the 1960s when their legacy organisations were established by local people who shared a similar vision – to house west London’s working poor, providing them a home from which to build themselves and their families a secure future.

I am Lilly-Mae in Year 12, I am currently studying A-Level Geography and BTEC Business. I have recently completed work experience at an organisation called Notting Hill Genesis.

Notting Hill Genesis is a housing association based in and around London. While at Notting Hill Genesis I was able to work alongside different departments in the organisation. I was able to attend a ‘Women in Assets’ panel, this was done with their Beehive Women’s Network. The panel included different female employees sharing their role in the organisation and how they moved to a role in Assets. The employees were hoping to encourage other women to think about applying for a role in Assets although it is mainly a male dominated field.

I was able to attend and listen in to one of their behaviour workshops that are taking place throughout the organisation as a result of their operational change. During this workshop the employees were able to contribute to how they think they should behave towards customers but also their colleagues, to ensure that they can offer their customers service of the best quality.

In Notting Hill Genesis they host regional meetings to ensure that they are able to consistently communicate with their employees across all their regions. The information that the employees are told during this time include the goals and targets that the business hopes each department can achieve.

I was able to shadow a number of employees who showed me their role within the organisation. One of the employees that I was able to shadow was a data governance project manager. She was able to show me how she is able to monitor and display a number of different sets of data to make it easier to understand and interpret.

The best bit about having work experience at Notting Hill Genesis was talking to multiple employees that have different job roles within the business and understanding how different departments within an organisation can work together to ensure that a project is completed. This has helped me to develop a better understanding on how business operations work together. This will be beneficial to me especially in deciding courses I wish to study and in supporting my UCAS application.



Y10 English at the Charles Dickens Museum



Not long ago, our class had the opportunity to visit the Charles Dickens Museum in Doughty Street, London. Here, we were given the chance to walk around the refurbished home and admire the interior of what a house in the Victorian era would have looked like. During this, the guides informed us about the different areas in the house and the purpose of certain objects used at the time as well as providing information about the author himself and the era he lived in.

We were able to try using many of the objects there, dress up in certain clothing and ask many questions. My favourite part of the tour was getting to see the changes as we went up each floor and the unexpected display of the Marshalsea Prison bars in the nursery upstairs. Not only was the trip very enjoyable but also helpful in providing contextual information which was relevant to the novella we were studying in class.

Julia S, Year 10.



Work Experience at



Over the course of two days, I shadowed a haematologist consultant (Dr Chaidos) as he gave check-ups in his clinic to different patients and even attended a Multidisciplinary Team (MDT) meeting to discuss different patients with other consultants and specialists in order to give either proper treatment or accurate diagnoses to those with more complicated cases.

What did I learn?

As a haematologist consultant, Dr Chaidos had a lot of patients with either lymphoma or myeloma. Lymphoma is a form of blood cancer that starts in the lymph systems in the body whereas myeloma is a form of blood cancer that develops from cells in the bone marrow called plasma cells.

During the clinical consultations I learnt that it is important to not give patients false hope, rather it is ok to say that you are unsure or that you inform the patient with as much information as possible in order for them to feel more in control of their situation. Doctors are also required to show sympathy and to be able to comfort their patients.

One example I came across was a middle-aged lady who was diagnosed with a form of lymphoma for a third time and was going through her third round of chemotherapy. The side effects of the medication were taking a toll on her body as she became more tired. Eventually this led to the point where she was having difficulty with performing daily tasks and activities such as going to the toilet or cooking herself a meal.

Upon hearing the effects the patient was experiencing with the medication, Dr Chaidos adjusted the medication in order for it to be more fitting to her lifestyle and to improve her mental health in addition to that. Thus, despite knowing the positive effects the medication was showing on treating the lymphoma as a patient, the side effects were gravely impacting her as a person. As Dr Chaidos told the patient 'just because you are a fighter doesn't mean that we will

push the treatment just as hard'. Dr Chaidos consistently displayed his genuine concern for all his patients not only physically but mentally as well.

The MDT meeting showed me how many people were truly involved in patient treatment. It was inspiring to see the genuine care and concern that the team showed for each individual case and study. It really illustrated the importance of teamwork and leadership in the medical field.

One last thing that I learnt was that doctors are constantly learning and developing new ways to treat patients. For example, a lot of research is going into new antibodies called bispecific antibodies which possess two binding specificities against two different antigens in one antibody molecule. They can target cancerous cells and are being developed in order to reach their full potential - to be used on a larger scale in clinical settings.

What advice was I given?

Dr Chaidos showed me the importance of what he called 'the patient experience'. He explained that one of the most important things that a doctor should always think about is that the next patient has no idea what the doctor has just been dealing with. It's important not to keep them waiting long hours as it can ruin that experience of going to the doctors for the patient.

He made me truly see how patients aren't just a sickness or illness that need to be treated, rather they are people. He showed me that each patient has their own story and their own life so it is very important to make sure they feel safe and comfortable.

Yna Y12

Debate, Summer 2023

It has been another winning term for the Sacred Heart debaters. Recently, the Sixth Form and Year Seven debaters won the Emmaus Debate Competition against strong teams from St. Benedict's. The Sixth Form debaters were also lucky enough to attend a show debate at Harrow School where they were inspired by the advanced level of debating they saw. Also, a huge congratulations to the Yr 8 students who came second in the Junior Debating League, narrowly missing out on first place among a large number of schools.



Library

Sacred Spark Student Magazine

Students have worked tirelessly this term to put together their own student newspaper. This has been shared electronically with other students and is also being circulated to parents and carers.



The London Youth Robotics Conference



The London Youth Robotics Conference, held on 24 June, provided an enticing opportunity for students to gather and explore the field of robotics. It brought together experts, researchers, and students from colleges, to showcase their innovative projects, discuss the future of computer science, and exchange knowledge. The conference featured a diverse range of activities such as discussions, interactive workshops, and robot demonstrations.

When we first entered St Paul's Girls' School, we were provided with a map of the school, followed by personalised lanyards, that showed us our timetables for the day. Unfortunately we all had to split up, but it gave us an opportunity to meet new people!

The workshop sessions at the conference were engaging and informative. I had the opportunity to participate in activities that allowed me to gain more insights into robotics. The workshops covered topics such as programming autonomous robots, designing robotic systems, and exploring artificial intelligence in robotics. One of the most captivating areas of the conference was the robot demonstrations. Professors showcased their robotic creations, ranging from humanoid robots to autonomous drones. These robots made me realise the potential of robotics to improve our lives (e.g. humanoid robots are now being created to perform surgery).

Being surrounded by individuals who share common interests in robotics was truly great. The conference fueled my interest in robotics and motivated me to further learn more about robotics. The projects showcased at the conference encouraged me to push the boundaries of my knowledge and skills. (e.g. the INMOOV 3D printed robot at Cambridge University).

Through the workshops, presentations, and discussions, I deepened my knowledge of robotics. It helped me to understand robotics concepts, explore new theories, and gain practical experience.

In conclusion, the LYRC was an enriching experience that provided an overview of the advancements and innovations in the field of robotics. My visit to the conference built a greater enthusiasm for robotics and a desire to continue exploring.

Eliana FB, Year 8

KPMG School Outreach

Four consultants from KPMG visited our school and excitingly, one was a former Sacred Heart student, Niamh, who left Sacred Heart in 2015. Niamh went on to study chemistry at university, but later went on to work at KPMG in the world of computer science. She came to school to empower the girls of Sacred Heart with knowledge of roles in the technology industry.

The workshop started off with an introduction to the IT industry and the addressing the gender gap between men and women in the industry. Currently, women make up around 26% of those with roles in technology.

The students then completed some programming activities in Python. It was great for the KPMG team to inspire the students to consider a career in the industry.



Year 11 STEAM Club

Our STEAM prefects have been very busy in STEAM club on Tuesdays after school using the Makerspace Manual kit donated to us from Imperial College Outreach. The prefects made a skateboard from a disused palette. They have stripped it to recycle the wood and then they joined the pieces of wood together...



"STEAM Club was one of the best clubs I have ever joined! Every week I looked forward as it ended my Tuesday with a smile on my face! I really enjoyed working in groups and using our initiative to design and make a skateboard." *Isabella 11E*

"Our STEAM Team is one big community. We all loved indulging in new projects, all of which were really educational and fun. Our most recent project has been so engaging, starting with disused palettes we recycled them into skateboards aiding global waste and incorporating different aspects of STEAM." *Grace 11E*

"I absolutely loved STEAM Club! We learnt phenomenal skills during our afterschool sessions creating lifelong bonds as well as learning new techniques and skills to build and create things from scratch." *Molly 11E*



"Being involved in Y11 STEAM Club was by far one of my favourite parts of my Tuesday afternoon, and I enjoyed knowing that everything we made was made from scratch. I always looked forward to seeing the progress that we made each week."

Stefania 11S

A UNIQ Experience - Oxford Summer Residential

I was given the amazing opportunity to participate in Oxford's competitive access programme! The programme is highly selective with an offer rate of 20% for prospective Oxford undergraduates with excellent GCSE results from UK state schools; only 1200 of 6000 applicants being accepted every year. After my history masterclass at the University of Cambridge in April, I was eager to explore the subject in greater depth as a budding historian.

I had never considered applying to Oxford, a highly prestigious institute, until I received an offer to study history on the UNIQ programme; in fact, I did not know what Oxbridge entailed or stood for. However, Oxford's programme has made Oxford seem more tangible than before. In the beginning, I thought Oxford to be a designated place for "aliens who only spoke an exclusive language of intelligence and attended fancy dinners," as funny as it sounds, but I can assure you that this is not the case. In fact, many Oxford students have graduated from the UNIQ programme and are now an undergraduate, master's candidate or PhD student!

Despite my preliminary thoughts, I became immersed in the culture of Oxford, falling in love with both academia and city-life. I spent the week residing in my ensuite room at Brasenose College, attending my history courses at Jesus College and the Faculty of History. Oxford is undoubtedly excellent in their academic research with top educators in each field.

I engaged in different lectures on the question of the Middle Ages, Femininity during the Tudor rule, the Inevitability of Empire and Decolonisation, and American Independence. Each lecture was delivered by a doctoral philosopher and was especially relevant to my studies in A-Level History.

Afterwards, I completed a masterclass on writing a dissertation and reading from an extensive list at undergraduate level - the time constraints were challenging but it was an interesting, helpful experience nonetheless - I could incorporate such skills during my A-Level History studies. I was required to choose my favourite lecture and compose a dissertation using the set readings provided.

I chose to write my dissertation on The Inevitability of Decolonisation in Africa during the Winds of Change, questioning whether this was preventable or not; unsurprisingly, the empire is a great interest of mine! The most exciting part of the course was discussing my essay with PhD student, Helena Neimann, and another member on the course. The tutorial was enriched by rigorous debate on the topic, challenging each view-point and exploring new perspectives.

Oxford is not only the city of learning but a city of timeless history. To support my studies on the course, we visited the Ashmolean, analysing primary sources to infer knowledge of the source's historical period. A big question was whether obtaining primary sources for historical study was ethical, which is interesting when we consider the modern situation with the Benin Bronzes! We then toured around the

Old Library of History at University College and the New Library of History to gain an insight into the study of historians - I had never seen so many historical books in one setting - I remember feeling like I was in a "history heaven."

I had the opportunity to visit the Radcliffe Camera and the Bodleian Library, exploring it through the Gladstone Tunnel. As an artist, it was very interesting to explore the origins of mechanical photography, as I could only see the Radcliffe through Oxford's instagram. I also toured different colleges, such as Wadham, University College, Somerville and Worcester in my free time. Worcester is indeed the prettiest, with its own lake, and it is the actualisation of a Claude Monet painting!

Oxford UNIQ was an ephemeral experience, one that was too phenomenal to be encapsulated in this article. Having previously achieved Cambridge's history masterclass, I can finally say that Oxford has been my favourite!

What makes Oxford unique is their tutorial sizes, their small numbers ensure that they are productive. Also, I importantly made a close circle of friends, whom I hope to study alongside in the coming years. Not only did we bond academically, but personally through trivia and hilarious game nights.

I highly recommend this course because not only does it increase your chances of attending Oxford from 1 in 5 (20%) to 1 in 3 (34%), but it gives you the opportunity to experience the culture of Oxford for free. Oxford is aspirational but UNIQ makes it tangible, and I hope to continue my studies at Brasenose College in the future. Please feel free to contact me if you wish to know more about my experience and the UNIQ programme!

Nina, 12E



Contemporary Sounds Music Competition



This marvellous event took place at the start of the summer term with a number of rock bands and solo artists almost double the size of previous years. Among the bands to grace the stage were Outta Order, Pins & Needles, The Neutrals, Ash, Undecided, Notion, Olivia's Angels, Psychedelic Angels and After Hours. The solo acts included – Nahomi, Ava K, Chloe B, Vanessa G, Chelsey M, Melissa S, Megan Rose, Amelia M, Martina M and Laura B

We extend a big thank you to Mr Kellett, whose support and infectious enthusiasm has played a vital role in nurturing and encouraging our students. His dedication and commitment has undoubtedly contributed to the success of these talented musicians.

We were also fortunate to have two great judges - Chris Hodges, the Music Director and founder of The Rhythm Studio Music Academy and Mr Williams, Head of English and a highly valued musician at Sacred Heart, provided invaluable and constructive feedback to our performers.

Congratulations to the band Notion on winning the first prize with their exceptional performance. We also extend our congratulations to Amelia and Megan, who secured the position of runners-up.

This amazing event undoubtedly left a lasting impact on everyone involved and we look forward to next year's performances.



Year 7 Careers Trip to KidZania

Most children don't know what they want to be when they grow up. I certainly didn't! When I was little, I always dreamed about being a baker since I got to whip up delicious things but is this a profession or a hobby? I went to KidZania with my year group on June 30th and was blown away by how many professions there actually are. KidZania is a world of fantasy and imagination where children can explore, and through role-play can experience, their dream jobs.

The first profession I chose was a paramedic. I was taught about different life-threatening situations and got to ride around in an ambulance. The ambulance wasn't as big as the ones you see on the road but at least it had a flashing, blue light! The ambulance came to a halt as I got to question firefighters and police if they had concussions. Luckily nobody did!

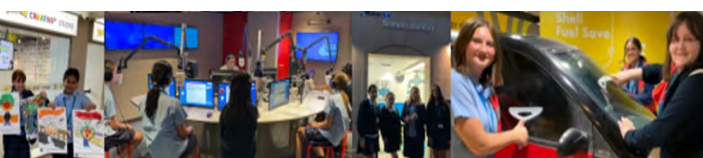
The second profession I chose was at an art studio, where I got to unleash my creativity. I got to paint a picture which started to go a little haywire as I painted out of the lines. I was never really good at painting, but by persevering it was OK to take back home! It was a calming and relaxing 20-minutes but at least I know that a job in an art studio will never work out for me in the future!

The third profession I chose was a florist, where I got to arrange flowers for different clients. The instructor was very welcoming and loved cracking jokes! He started by giving us all vases and we had to collect all the flowers that our client wanted. I was thrilled when the instructor liked my selection.

My final profession for the day was delivery. Me and my friends got to run with a trolley all around KidZania, dropping off and picking up boxes and letters. It was an interesting job that gave me and my friends lots of exercise!

KidZania was a good way to discover many careers and they try to make it as realistic as possible with their credit card and KidZania money. I have learned about many different jobs and roughly how much I can earn from them. KidZania has really made me consider loads of different careers I can do in the future. I had tonnes of fun and will definitely go again. I would definitely recommend next year's Y7s to go on this careers trip.

Maya 7S



STEAM Careers – Big Bang Panellist

A huge well done to Mrs Roy our very own STEAM Lead who represented Sacred Heart at the Big Bang Fair 2023. The Big Bang Fair is the UK's biggest celebration of STEM for young people and Mrs Roy was one of 5 panellists, who promoted what a career in STEM could mean for thousands of young people last Thursday along with other STEM professionals including Professor Dame Angela McClean (Government Chief Scientific Advisor to the Prime Minister) and presenter Fayon Dixon.

"Thank You! You have answered questions in an open, enthusiastic and positive way that I know encouraged young people, as well as helped to dispel myths around what STEM Jobs are, who they are for, and how to get into them." **Rebecca Hale, Big Bang Programme Content Manager**

Modern Foreign Languages 'Poetry Live'

Success at the Year 8 MFL Poetry Live Competition in June 2023 at St Mary's University.

On Wednesday 14 June Taina M (8S) and Gabriella S (8E) took part in the Year 8 MFL Poetry Live competition at St Mary's University in Twickenham.

There were 51 Year 8 contestants in total for French, German and Spanish. Each contestant recited a poem which they had learnt off by heart in French, German or Spanish, in front of the judges, the other contestants and the rest of the audience.

Taina and Gabriella recited French poems. Taina performed *Déjeuner du matin* (Breakfast) by Jacques Prévert, whilst Gabriella performed *Chanson d'automne* (Autumn Song) by Paul Verlaine. They later read another French poem out loud which had been chosen by the judges.

Both girls performed their poems very well. A special congratulations to Taina who won the golden trophy for French! Well done to both girls for all their hard work in the weeks leading to the competition and for their excellent performance!

Ms Middlehurst



Photos taken in Waldegrave Drawing Room, St Mary's University @YourStMarys

Royal Albert Hall launches music talent search event 'Future Makers'

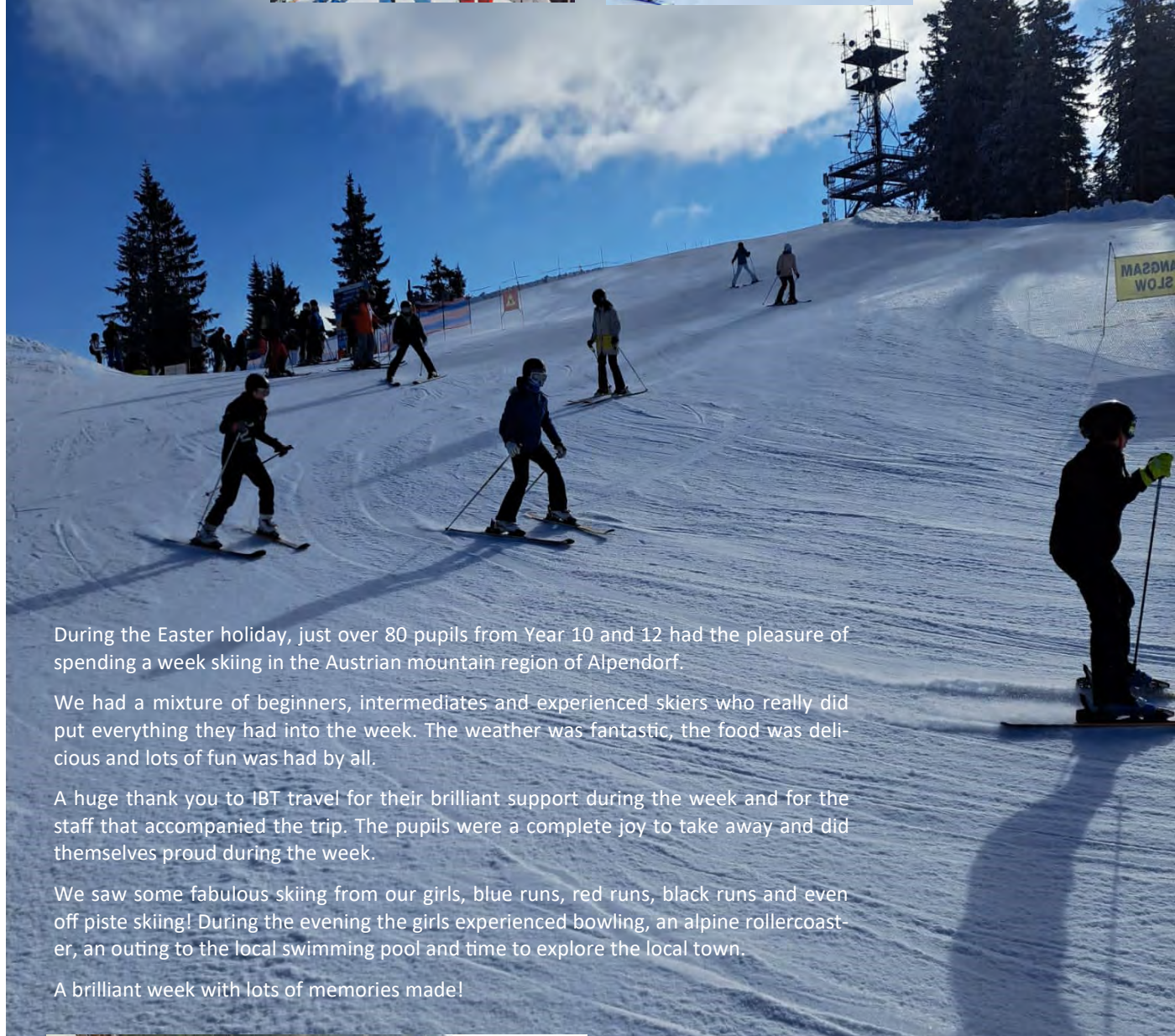


**FUTURE
MAKERS**
SHAPERS
CHANGERS
SHAKERS

Congratulations to our Year 10 students - Laiza L, Daniela M, Daxenne D, Melody GE, Martina PJ, Allegra C and Ciara C whose song compositions were shortlisted for live auditions at the Royal Albert Hall, this week. This is incredible as the free-style composition competition was open to all 14 – 18 students across all London schools.

If they are successful, at this final stage of auditions, then they will be performing their composition at the Royal Albert Hall's Future Makers Concert, on Tuesday 17 October 2023. Of course, they are thrilled to have reached this stage and very excited about this amazing opportunity.

Ski Trip



During the Easter holiday, just over 80 pupils from Year 10 and 12 had the pleasure of spending a week skiing in the Austrian mountain region of Alpendorf.

We had a mixture of beginners, intermediates and experienced skiers who really did put everything they had into the week. The weather was fantastic, the food was delicious and lots of fun was had by all.

A huge thank you to IBT travel for their brilliant support during the week and for the staff that accompanied the trip. The pupils were a complete joy to take away and did themselves proud during the week.

We saw some fabulous skiing from our girls, blue runs, red runs, black runs and even off piste skiing! During the evening the girls experienced bowling, an alpine rollercoaster, an outing to the local swimming pool and time to explore the local town.

A brilliant week with lots of memories made!



Jamie Oliver's Cookery School

A wide range of pupils from Y9 (36 in 2 groups of 18) went to Holloway Road to participate in the making of vegetable Thai green curry at Jamie Oliver's Cookery School.

The chef welcomed us and explained about nutrition and some health and safety tips. The girls were split into pairs and made their own meal with a range of ingredients. They were encouraged to try out the meal, whilst preparing, and add any flavours that they liked before sitting down and eating their culinary feast together. A great half day out and enjoyed by all.



Assemblies with Enterprise Advisor, Gemma Nevers



Year 7

Gemma Nevers came into assembly to talk about how we could create our own voice. 'Gemma made me feel more confident and able to create my inner voice that's already within me'. *Leah*

'Gemma shared an important message to many including myself. She has boosted my confidence and helped me to find my inner voice'. *Ivy*

'Gemma delivered many inspiring and wise messages that I feel will help me find my inner voice to great use'. *Martina*

'Gemma influenced and encouraged me to nourish my inner voice through comparison, acknowledging and practising. This will largely benefit me in the future by building up my confidence'. *Angela*

'Gemma has given me the courage to express my inner voice and develop my understanding of the harm of comparing myself to others'. *Lauren*

Year 8

Gemma Nevers spoke about how we could improve our self-esteem. Gemma was very confident and upbeat throughout the talk and was inspiring and motivational.

To begin with she taught us "CAP" which stands for Comparison, Acknowledgement and Practise. Comparison depicted us trying not to compare ourselves to others and how it impacts our self-esteem. We are all different so it is not possible or right to compare ourselves to others. We learnt to reflect and compare ourselves with ourselves to see how we could become a better person.

The term Acknowledgement indicated that we should accept our own talents and believe that each of us have our very own unique potential. Lastly, we learnt about Practise, in order to be able to succeed we need to practise CAP for anything we want to achieve.

As well as CAP, we learnt about creating your own voice and self-belief. Gemma taught us that our voice is really important in the world and has a special value. We now realise that we don't find our voice as it is already within and it is only up to us to make our voice heard. Self belief is also an important attribute, because in order to excel we need to have confidence in ourselves.

In conclusion, we think that this talk was motivational and educational. The talk inspired us to set personal goals and no matter how small my voice is now, I should endeavour to make my words stand out. The talk inspired us to become better people and follow our dreams. A huge thanks to Gem-

ma for delivering this motivational talk ...we hope to see you again. *Eliana B 8H & Anushka S 8S*

Year 9

Gemma Nevers spoke about how we could practise patience with consistency and focus. I found Gemma's speech very inspirational. She helped me understand that Consistency, Acceptance and Practise is key when trying something new. *Salina E 9A*

I found Gemma's speech powerful. It gave me more motivation to continue gymnastics to a higher level. She helped me understand that times will be hard and consistency is key. As I have been doing gymnastics for six years I sometimes can't get a small skill right so I get frustrated but Gemma's motivational speech helped me stay focussed. *Olivia G 9T*

Gemma's speech was really engaging! Her speech reminded us all that to achieve a goal, consistency is key. It is fantastic to be given the opportunity to hear from an Enterprise Advisor at Sacred Heart. Going forwards Gemma will be an important bridge between education and careers at our school. We are looking forward to hearing more from Gemma in the future! *Lydia M 9T*

Year 10

For the special occasion of Culture Day at Sacred Heart, Gemma Nevers, a successful woman, came to speak to Y10 in our assembly. Running her own photography and videography company with clients such as Google, META and even the Royal Family! She came with a very clear, confident, upbeat speech about self belief that she thought helped her along her career journey and Gemma wanted to share this with us.

Gemma made very clear that "finding" something, infers that you've lost it. She believes that everyone already has a voice inside and bringing it to the surface is possible. You have not lost your voice and there is no need to find it because you already have it, so you need to express it! Gemma also mentioned that other people can also help you! She said that adults really helped her improve as she got older.

Firstly, she introduced her easy structured and powerful tip on how to develop your voice along with your self-esteem. Using the acronym CAP she explained "C" stood for Comparison and quoted "Comparison is the destruction of joy" which was such a sharp and true quote. Before she said this, she asked us all to look left and right. Gemma explained that we are all different and each have our own individual stories.

Secondly, she explained "A" stood for Acknowledgement. Acknowledging not only our differences but also our strengths too! She told us to reflect on what we were good at as this would help us realise our own unique skills and talents that can enrich our day to day lives.

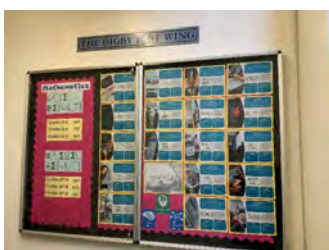
Finally, "P" stood for Practise. By acknowledging skills and talents we are good at, we can choose to improve further. This can help us become more confident and build our skill sets and as a result our self-esteem will grow. Overall, Gemma Nevers gave an excellent speech, with some very memorable quotes and tips on building your character. Thank you for visiting us Gemma and giving us an amazing link between School and the workplace! *Amelia M 10E*

Careers - Department Ambassadors

Departments have started to embed careers into the curriculum. By embedding careers within curriculum, we can help students to understand the range of vocational opportunities that are linked to that learning, and how they can pursue those opportunities. It helps with motivation as students understand how what they are learning links into vocational careers, which in turn helps raise attainment and positive outcomes.

By helping students to understand their career options and how to make the best of opportunities, plus being able to develop relevant skills, qualities and attitudes, will help them to become more proficient at navigating the changing workforce. It's rare that workers will spend their entire career in the same profession; often workers will change roles and employers throughout their working life. This means they need to be able to understand their skills and experience and how this can translate across to different industries and roles.

See here the careers noticeboards across different departments.



Costa Brava Water Sports Trip

During May half term, 64 Year 9 students and eight staff went on a trip to Costa Brava for five days to take part in a variety of activities from water sports to Flamenco dancing!

Day 1 – After a long coach journey to the Costa Brava, the girls were excited to relax at their beach side hotel, either playing games in the pool, lying on the sun lounge or going for a dip in the sea. The students made the most of the ‘all you can eat buffet’ with one student asking ‘how many hours are we allowed to spend in here?!’

Day 2 – On days 2 and 3, the girls took part in water sports activities– each group took it in turns to either snorkel, paddle board, kayak, wind surf or go catamaran sailing. The sun was shining and the groups faced their fears with some students even taking the opportunity to hold a sea urchin. It was wonderful to see their team work and support of one another as students jumped off cliffs, tackled waves that tried to knock them off their paddle boards and raced one another back to the beach in team challenges. After having some time to relax, students went on to a traditional tapas and flamenco evening where it didn’t take long for the group to get on stage and show their dance moves to the fellow spectators.

Day 3 – After completing their water sports, the group went on an excursion to Barcelona. After visiting the Basilica of the Immaculate Conception, there was an excursion to Sagrada Familia and some students made the most of souvenir shopping! It was then on to Parc Guell for the famous photo opportunities before free time exploring La Ramblas and the La Boqueria market.

Day 4 – On the final day before travelling home, we visited the Water World park in Lloret de Mar. Whilst some students spent their day lounging in the lazy river, both students and teachers braved the thrill slides and screams could be heard from every corner of the park. It was the perfect way to tire everyone out before the start of the long journey home.

Well done to all students (and staff!) for their amazing enthusiasm, sense of humour and ‘can do’ attitude which made the trip one to remember.



Theatre Day at LAMDA

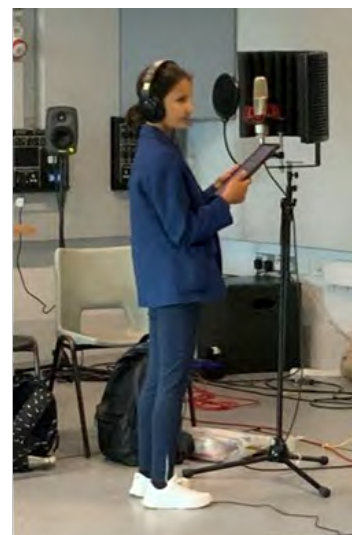


We went on an exciting trip to Lamda. When we first entered, there were an abundant amount of flashes of different colours of blazing lights. Suddenly, a man appeared and put on an amazing show, explaining the scientific definitions of sound and light with fire and weirdly a bowling ball! After the show was over, we started our first workshop where we were given a prism to try and make a rainbow with a light. There were different shades of gel to put in front of the light. After, we all got together on the stage while the instructor pressed different colours as we had to express what we felt. The second workshop was more or less based on mathematics. We were given a scale of a circle that we had to draw out in reality. We were also shown models of different theatres and actors who were performing on the stage.

The third workshop was definitely my favourite because we were doing some voice acting. My friend and I got to portray different characters in an animation. We even got to go on the other side of the actors and talk to them from behind the screen! Last but not least, our fifth workshop of the day was all about sound. We were shown many images of different places and had to describe what we would hear if we were there in real life.

In the end, we had a little experiment on our hearing that even the teachers took part in! We had our hands up whilst the instructor played a series of sounds that got higher in pitch each time. If we couldn't hear the sound any more than we would have to put our hands down. After our final workshop was over, we all gathered together for a Q & A with some of the instructors and even people who have graduated from Lamda. They were all very informative and passionate about their answers and have really inspired me to have a backstage career. Overall, I thought the trip was a really interesting experience. All of the instructors were really kind and supportive and I had lots of fun!

Maya 7S



Global winner of the Justice, Peace & Integrity of Creation (JPIC) Design Competition from the Society of the Sacred Heart of Jesus

The Society of the Sacred Heart of Jesus (RSCJ) were pleased to announce that Sacred Heart in Hammersmith were one of the 4 Schools worldwide to win their JPIC Design Competition and the winning entry is proudly the new icon for their "Care for the Common Home" Imperative. The other winners were from Poland, Japan and Spain.

[Imperatives | JPIC Learning Hub \(rscj-jpic.org\)](https://www.rscj-jpic.org/)

"As soon as I saw that I won I was frozen in shock and couldn't believe that I won. I spent a lot of time trying to fix the hands as at first they looked wrong and I had to paint the hands five times to get the position right. In the end I was proud of myself because I didn't give up and instead tried my best to get the hands to look right.

Although I tried my best I never thought I would win and now that I have won, this has made me think about more things related to design. This has inspired me to become an architect. This competition was promoted to all forms in KS3. It has motivated me to not be afraid of entering competitions for fear of losing but to try my hardest and to get satisfaction because I had tried to the best of my ability".

Olivia K, 7H



We are incredibly proud of all the hard work of our new PTFA committee and thrilled that they were nominated and later won the National New PTA of the Year Award. May they continue this great work with support from the whole school community next year, for the benefit of our students.

A Final Word

I am incredibly proud of all that our students and our staff have achieved this year. Hopefully we can all have a good rest over the summer - there is so much to look forward to as we face a new academic year in September, focussing on our goal of Personal Growth.

I thank you for your continued support.

With best wishes and prayers,

A handwritten signature in black ink, appearing to read "S O'Donovan".

Mrs S O'Donovan, Headteacher

Calendar overleaf



Sacred Heart High School

PARENT & CARER CALENDAR

This year, focussing on the goal of personal growth

	SEPTEMBER 2023	MONDAY 04	TUESDAY 05	WEDNESDAY 06	THURSDAY 07	FRIDAY 08
Week 1	Day Events	Professional Training Day for staff (school closed to students)	Year 7 & Y12 only	All Students return to school		YR 7 WELCOME MASS - 2PM REST OF SCHOOL DAY ENDS AT 13:45
	Evening Events	Y7 Parent Info Eve 5pm	Y8 & Y10 Parent Info Eve 5pm	Y12 & Y13 Parent Info Eve 5pm		
	SEPTEMBER 2023	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Week 2	Day Events	PSHE 1			Secondary Transfer Open Morning 9:30-11am	
	Evening Events	Y9 & Y11 Parent Info Eve 5pm			Secondary Transfer Open Evening 4-6pm	
	SEPTEMBER 2023	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Week 1	Day Events	PSHE 2		Secondary Transfer Open Morning 9:30-11am		
	Evening Events			Secondary Transfer Open Evening 4-6pm		
	SEPTEMBER 2023	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
Week 2	Day Events	PSHE 3				
	Evening Events					
	OCTOBER 2023	MONDAY 02	TUESDAY 03	WEDNESDAY 04	THURSDAY 05	FRIDAY 06
Week 1	Day Events	PSHE 4	UKMT Senior Maths Challenge		Early Closure to allow staff training 'Girls on Board'	
	Evening Events				Inner Drive Yr11 Parents + Students 5 – 7pm	
	OCTOBER 2023	MONDAY 09	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
Week 2	Day Events	PSHE 5				
	Evening Events			SIXTH FORM OPEN EVENING 4-6pm tbc		
	OCTOBER 2023	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
Week 1	Day Events		PSHE 1			
	Evening Events					
	OCTOBER 2023	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
	Day Events	Half term	Half term	Half term	Half term	Half term
	Evening Events					



Sacred Heart High School

PARENT & CARER CALENDAR

This year, focussing on the goal of personal growth

	OCTOBER 2023	MONDAY 30	TUESDAY 31	WEDNESDAY 01	THURSDAY 02	FRIDAY 03
Week 2	Day Events		PSHE 2			
	Evening Events				Y13 PTM 4pm – 6pm	
	NOVEMBER 2023	MONDAY 06	TUESDAY 07	WEDNESDAY 08	THURSDAY 09	FRIDAY 10
Week 1	Day Events		PSHE 3			
	Evening Events					
	NOVEMBER 2023	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Week 2	Day Events		PSHE 4			Mass at Westminster Cathedral 2.15pm
	Evening Events				Year 10 PTM 4pm – 7pm	
	NOVEMBER 2023	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
Week 1	Day Events		PSHE 5			
	Evening Events					
	NOVEMBER 2023	MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 01
Week 2	Day Events			PSHE 1		
	Evening Events					
	DECEMBER 2023	MONDAY 04	TUESDAY 05	WEDNESDAY 06	THURSDAY 07	FRIDAY 08
Week 1	Day Events			PSHE 2		
	Evening Events			St Nicholas Day Music Concert 6pm	5-7pm Yr 7 Transition Parent Meeting	
	DECEMBER 2023	MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15
Week 2	Day Events			PSHE 3		
	Evening Events				Year 11 PTM 4pm – 7pm	
	DECEMBER 2023	MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
Week 1	Day Events			PSHE 4	Last Day of the Michaelmas Term	CHRISTMAS HOLIDAY
	Evening Events			Advent Service 6pm – 7:15pm		



Sacred Heart High School

PARENT & CARER CALENDAR

This year, focussing on the goal of personal growth

	DECEMBER 2023	MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
	Day Events	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY
	Evening Events					
	JANUARY 2024	MONDAY 01	TUESDAY 02	WEDNESDAY 03	THURSDAY 04	FRIDAY 05
Week 1	Day Events	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY	CHRISTMAS HOLIDAY
	Evening Events					
LENT TERM	JANUARY 2024	MONDAY 08	TUESDAY 09	WEDNESDAY 10	THURSDAY 11	FRIDAY 12
Week 2	Day Events	All pupils return Exam week	Exam week	Exam week	Exam week	Exam week
	Evening Events					
LENT TERM	JANUARY 2024	MONDAY 15	TUESDAY 16	WEDNESDAY 17	THURSDAY 18	FRIDAY 19
Week 1	Day Events				PSHE 1 KS3 & Y10 only	
	Evening Events					
LENT TERM	JANUARY 2024	MONDAY 22	TUESDAY 23	WEDNESDAY 24	THURSDAY 25	FRIDAY 26
Week 2	Day Events					
	Evening Events					
LENT TERM	JANUARY 2024	MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 01	FRIDAY 02
Week 1	Day Events			UKMT Intermediate Mathematical Challenge		
	Evening Events					
LENT TERM	FEBRUARY 2024	MONDAY 05	TUESDAY 06	WEDNESDAY 07	THURSDAY 08	FRIDAY 09
Week 2	Day Events				PSHE COLLAPSED CURRICULUM DAY	
	Evening Events				Y12 PTM 4pm – 6pm	
LENT TERM	FEBRUARY 2024	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
	Day Events	Half term	Half term	Half term	Half term	Half term
	Evening Events					
	FEBRUARY 2024	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Week 1	Day Events				PSHE 5	
	Evening Events	Madeleine Sophie Music Competition Preliminary Rounds	Madeleine Sophie Music Competition Preliminary Rounds	Madeleine Sophie Music Competition Preliminary Rounds	Madeleine Sophie Music Competition Preliminary Rounds	Madeleine Sophie Music Competition Preliminary Rounds