

180 & 130



Volume 10

Issue 1

December 2023

from the heart



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



Celebration Mass at Westminster Cathedral

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

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

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

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

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





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



Tree Planting Ceremony, 25 September 2023

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

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



PTFA Christmas Appeal

You're all amazing, our Christmas fundraising raised a superb £2,123.04! Thank you all for your donations and generosity. Without you, none of this would be possible. Wishing everyone a restful, joyful and love filled Christmas break!

Your Sacred Heart PTFA Committee: Sue, Laure, Maria, Melissa, Rosa & Valeria

The school extends its thanks also, both to those who gave so generously but also to the committee for the time they have spent making up the sweet cups and packing up 40 hampers. This is an incredible achievement!





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

Well done to our students for their contributions on the day; to our staff for their amazing dedication and hard work; and to our wider community of parents, carers and governors whose support is so valuable.

Some quotes from the report are highlighted below:

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

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

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

Pupils learn to act as responsible citizens.

Pupils are aspirational and ambitious.

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

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

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

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

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

The strong spiritual ethos forms the bedrock of school life.

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

Opening of our

JANET STUART CENTRE

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

Room M6

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

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



Room M8

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

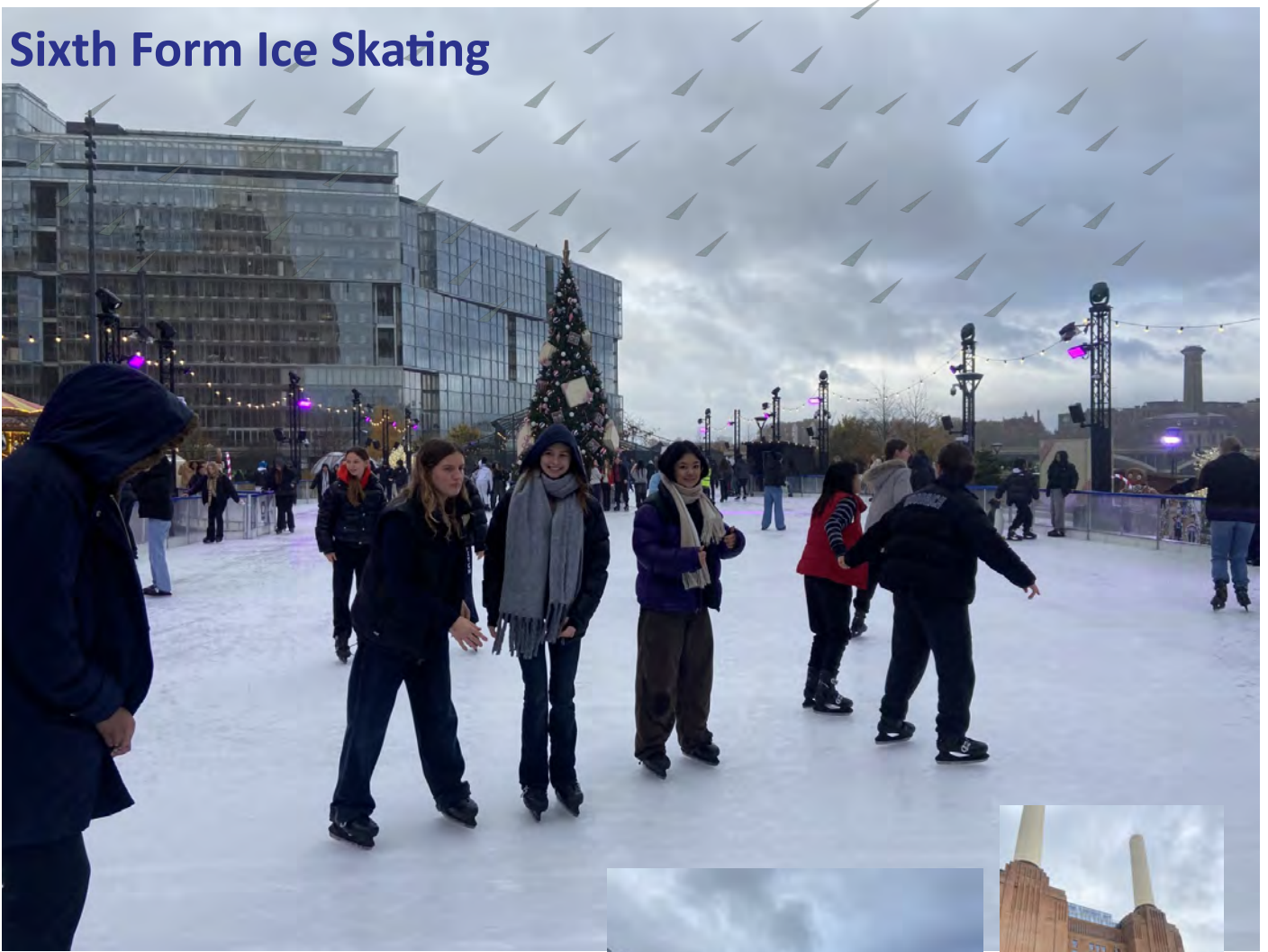


Christmas Concert

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



Sixth Form Ice Skating



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

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

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

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

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



Celebrating Black History Month 2023

“Saluting our Sisters!”



Listen to the girls singing by clicking [HERE!](#)

The theme of Black History Month 2023 was *Saluting our Sisters!* It was an opportunity to study and to celebrate the achievements of women of colour within British society.

During this month, students learnt about the remarkable life of Princess Omo-Oba Adenrele Ademola who was born into a Nigerian royal family and came to England in 1941 to work as a nurse in Guy's Hospital London. They learnt about the extraordinary work of four pioneers in STEM careers – Doctor Samantha Tross, orthopaedic surgeon, Doctor Nike Foylan, chartered engineer, Dr Maggie Aderin-Pocock, space scientist and Doctor Anne-Marie Imafidon, entrepreneur and computer scientist.

All students had an extended assembly created and led by seven members of the school community – Eliana, Anushka, Clara, Tara, Amelia Nicola and Lilly. The assembly recognised the role of the Queen of Sheba who travelled from Ethiopia to challenge the wisdom of King Solomon and gave him gifts of gold, jewels and wood to decorate the Temple in Jerusalem.

The choir sang, “*What have you done today to make you feel proud?*” and all our students were challenged to leave the assembly and emulate these incredible women who are continuing to be trailblazers in British culture, science, business and politics. We have representations of these women on every floor of the school and our students can continue to learn about their wonderful achievements.

Ms Maton

Student Comments on High Performance Learning



The HPL (High Performance Learning) qualities and attributes push Sacred Heart students to be their best selves inside and outside of the classroom. These characteristics are what drive learners further and encourage them to expand their education.

For example, HPL is repeatedly used in language classes. Often, at the beginning of the lesson, the teacher will display a couple of our Sacred Heart HPL characteristics to present how we should overcome the challenges during the lesson.

For example, recently during a French lesson I noticed the HPL symbol for resilience was on the board and I immediately knew this lesson would not only be challenging but also testing my abilities in French. Knowing this, I was able to approach the lesson with a positive attitude in order to complete all of the tasks and expand my knowledge.

I think that, on a wider scale, the school's community would definitely benefit from using these characteristics more frequently, especially in subjects which students often find more challenging. The use of HPL would help students to think about their learning and find tactics to tackle mistakes they make.

Another important attribute promoted by HPL is metacognition. This means students should self reflect on their ways of learning and strategise how they could improve. It literally tells them to 'think about how they think'.

Overall, I believe that HPL has already had a positive impact on students at Sacred Heart. Therefore, using it more would have an even greater productive result.

Sadie F, Year 11T

HPL enables me as a learner to recognise the skills and values that I can incorporate into lessons. Subjects where HPL is most evident include the languages and RE, however us students have all been taught about HPL and why it is important in previous years in PSHE so we can recognise when it's being displayed.

Even in subjects where the HPL characteristics are not explicitly mentioned in the lesson, I am able to identify what skills I can use which really helps me to understand the content and also why it is useful.

For example, recently in French we have learnt about social and global issues and therefore one of the HPL attributes linked to this was 'concern for society'. This helps me understand not only what I am learning about but also why it is important to know about issues in society.

Suzi H, Year 11T

Year 7 Induction

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





Business students organise a

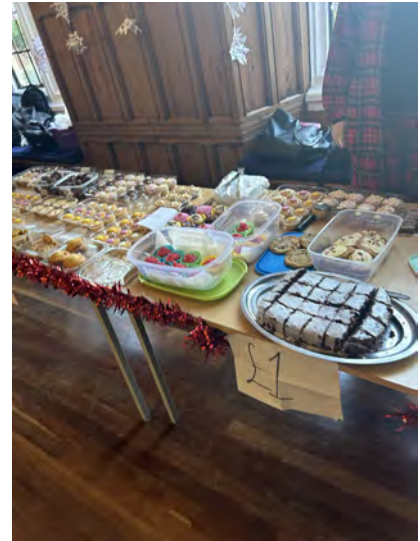
CHRISTMAS FAIR

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

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

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

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





Outside my comfort zone...

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

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

Ottillie, Year 10





The British Library

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



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

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





The Library

Using the library

The library started off this term with our Year 7 orientations, whereby our incoming students learn all about what the library has to offer them, what kinds of resources we have, and how our books are catalogued. We also held our Sixth Form digital literacy and plagiarism workshop, equipping our students with university-level research skills ready for higher education.

Department Collaboration

We've also been strengthening our collaboration with other departments to broaden the reach of who the library serves. For Biology week, we collaborated with the science department to hold a school-wide spelling bee. Students from all years participated in the competition, practising their spelling and improving their understanding of key science vocabulary. We also collaborated with Drama for Black History Month, organising award winning spoken-word poet Urielle Klein-Mekongo's visit to the library. She gave a wonderful workshop on confidence and finding your voice as a young woman. Students were engaged and took a lot away from the hour, performing their own pieces and working together to devise new poetry.

Black History Month

For Black History month we also co-ran a poetry competition with BHM's national platform, with many students entering poems about women they admire. The library was busy during the month with our popular Black History Month book display. Competitions have been popular this term; we had countless entries to our **'New Beginnings' poetry competition**, with Marina Springer, Carolina Ribeiro Potje, and Bernadette Chachati winning their key stage prizes. Their beautiful poems follow overleaf. This term, we are also working with Young Writers, a platform running 'The Glitch' - a short story competition about sci-fi/dystopian worlds. We've had numerous entries so far, with a high quality of writing across the board.

Library Clubs

Our busy clubs have continued this year—this includes Monday's Year 10 Book Club who started off the year with *Murder on the Orient Express*, Tuesday's all-year Magazine Club, Wednesday's Story Writing Club and Journaling Club on Thursday. Our Magazine Club committee have been working diligently to organise and collate a new issue of Sacred Heart's school magazine, running a front cover competition for all years and meeting weekly to discuss content, advertising, and design.

Visit from West London Free School

West London Free School's upper and lower school librarians came for a visit in November. They were given a tour of the library and we showed off our initiatives this year, sharing ideas about engaging students in reading. As librarians, we discussed what books students were loving most, how best to push their reading further, and what kinds of programs are most beneficial for their literacy.

Literacy Programme

We continued our successful morning literacy programme, whereby Year 7 and Year 12 students are paired and read together in the mornings. This year, we extended our initiative to Year 8 and Year 13s, broadening the scope of our program and allowing last year's Year 7s to continue reading with their same sixth former. Alongside these sixth form volunteers, we have our usual team of LRC ambassadors who help keep the library organised and tidy by undertaking weekly shifts where they maintain the library space. Some students also volunteer here for their Duke of Edinburgh skills, where they learn about library cataloguing, resource management, and auditing.

Book Buzz

Year 7 enjoyed this year's Book Buzz initiative, where they received a book of their choice for free as part of a program that encourages Year 7 to push their reading skills to the next level. Authors involved included Adam Kay, Tola Okogwu, and Gavin Aung Than. We've also added even more resources to the library this year in line with our goals to increase diversity of authorship, languages, and mental wellness. This has included adding further foreign-language texts, mindfulness resources, more Sixth Form fiction, and graphic novel adaptations of classic texts.

New Beginnings Poetry Competition winners

Tide

Marina S, 8A

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

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

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

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

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

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

First steps

Bernadette C, 13E

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

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

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

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

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

I redirect my gaze to polished floors,

Knowing that they'll soon find their feet.



Wings

Carolina R P, 10R

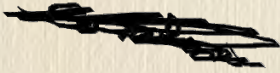


Dear Mr. Porter,

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

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

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

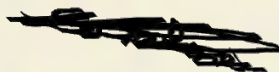


Dear Mr. Porter,

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

Making a legacy.

Best regards,



Debating



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

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

Competitions

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

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

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

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

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



Houses of Parliament Trip

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



An account from a Year 8 debater

On 11 September, members of the Sacred Heart Debate Team went to the Houses of Parliament to see democracy in action! We hopped on a District line train to Westminster and entered Cromwell Green, where we were given 'Visitor' lanyards that were particularly special. After passing through airport-style security, we were then kindly welcomed into Westminster Hall; we received a brief history of the walls and walkway we were standing upon and then prepared to enter. As we toured through the halls of parliament the walls were covered in lavish paintings depicting images from the beginning of British history. We first set foot in the House of Lords, we were greeted with the famous red seats and took a chair overlooking those in the benches.

It was a truly immersive experience where we got to participate in the reality of Government. It was an exciting event for those passionate about debate! But that was only the beginning: we then got access into the House of Commons. After passing back through the central lobby (the hotspot for news and midpoint of the House of Commons and House of Lords) it was time to enter the public gallery.

After multiple flights of stairs, we were able to observe the ongoing debate. It was, without a doubt, a super inspiring opportunity where not only me, but the rest of the debate team, got to witness the room, and atmosphere in which our country's life-changing decisions take place. It was for sure a special moment to observe.

Now this was only possible through Sacred Heart, and I am so grateful we got the chance to have an in-depth tour of the site, an authentic and real-life example of debating and a chance to listen to something we are very passionate about as Sacred Heart debaters!

Violet F 8S



Jack Petchey's "SPEAK OUT" Challenge!

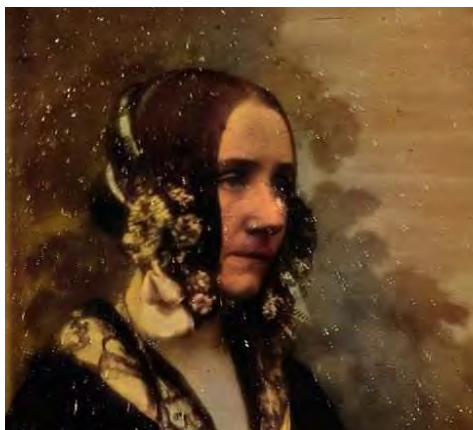
Year 10 students all took part in a day of public speaking training delivered by the Speakers Trust. They learnt how to write and deliver a successful speech and competed against one another for the chance to represent the School.

Congratulations and best of luck to our two winners, Sophie A and Nina P, who will represent Sacred Heart at the Hammersmith and Fulham Regional Final for Jack Petchey's Speak Out Challenge.

Sophie delivered a spectacular speech at the final and took an incredibly impressive third place with her speech entitled 'Carpe Diem'. We are very proud of her!



The Countess of Lovelace



Augusta Ada King, Countess of Lovelace (1815 – 1852) was an English mathematician and writer, chiefly known for her work on Charles Babbage's proposed mechanical general-purpose computer, the Analytical Engine. She was the first to recognise that the machine had applications beyond pure calculation - and this makes her contribution to the development of computers so significant.

Her mindset was perhaps broader than that of other mathematicians of her time. While she didn't know her father (the poet Lord Byron) she described her approach as "poetical science" and herself as an 'Analyst & Metaphysician'. Lovelace believed that intuition and imagination were critical to effectively applying mathematical and scientific concepts. She valued metaphysics as much as mathematics, viewing both as tools for exploring "the unseen worlds around us".

It was her creative thought (as recognised in our HPL approach) that made her so unique. This may have been fostered by her broad interests (beyond just numbers and calculation) in the world around her.

Our very own Janet Erskine Stuart also taught about the importance of curiosity in everything. It is said of her that she was *uninterested in nothing...She was interested in farming every bit as much as in scripture and philosophy and music. She was interested in psychology and the working of the human heart and she was interested in discovering the ever better educational methods.*

Thinking widely in this way may help you to be creative in your own approaches to study and learning –just like Ada Lovelace!

On the second Tuesday of October each year schools nationwide celebrate Ada Lovelace Day which commemorates the achievements of women in STEAM.

Congratulations to all those who took part in our Ada Lovelace competition this year. Our winners were Tia & Pola – Well done!



Ada Lovelace Competition winners and runners up



Competition winners

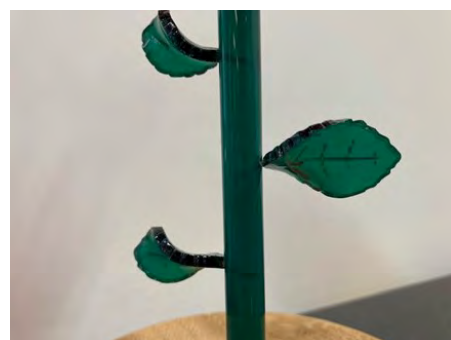
Christmas cheer from our DT Technician

Students amaze me (again) in DT

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

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

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



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



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

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

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

Merry Christmas!

Ms Lowett



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

Happiness! Merry Christmas

STEAM & Careers Trip to



by Isabella C, 7E

On 24 November 2023 we went to Kidzania. This was an extraordinary first trip we have had!

Preparation

We came to school with a light bag. We did only Period 1 and skipped all the other lessons. At the start of Period 2 we went into the netball courts and lined up in register order. In the line our form tutors did the register to make sure that we were all here.

Travel

We set off by travelling by foot. It was about 22 minutes and we were allowed to talk quietly to our pairs beside us. We made sure that we were all together in our form groups.

When We Got There

When we got to Kidzania we did one last register in the Kidzania stadium. They gave us 50 kideos and a tracking bracelet so if you get lost they know where you are. Then the Kidzania guides instructed us through the day.

- * 11:20 to 12:30 - We did activities and went around with our friends to different rooms.
- * 12:30 - It was lunch time
- * After we ate our lunch we could continue with the different activities
- * 2:45 - We had to go back to the stadium and do another register and then take off the tracking bracelet to go home.

Throughout the day

There were many rooms like the supermarket, hospital and police station. Some were salaried, some you had to pay a fee and some were free. This means some had to be charged, paid and some were for free. There was also a bank where you can get a Kidzania card. You have to have 75 kideos to get one. They ask for your name and date of birth and then you get your own personal card for yourself. You can also take money out of your card. It has an expiration date.

Thank you

We have to give enormous thanks to Mrs Roy and Ms Phillips for preparing everything for us. Without them this amazing trip wouldn't have happened. Also, a big thank you to all staff that helped accompany the trip. Without them we would never have had 180 students walking across west London to Kidzania.



HAPPY NATIONAL STEAM

SCIENCE-TECHNOLOGY-ENGINEERING-ARTS-MATHEMATICS

AWARENESS DAY

National STEAM Awareness Day on 8 November was the perfect day to focus on science, technology, engineering, the arts and maths. Multiple studies have highlighted the importance of STEAM education because STEAM skills enhance your capacity to innovate and use technology and science as a tool to solve problems.



Student Feedback from National STEAM AWARENESS Day

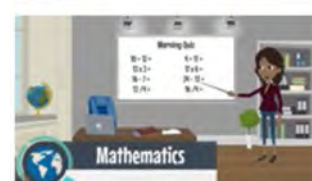
"I think that the showing of 2023 Sacred Heart Year 13 Leavers University destinations gave me an opportunity to see how they have worked hard. If I work hard I can be in the same position as them and achieve many great things in the future as they are." Isabella 7E

"Showing me the 2023 Y13 leavers University list showed me that if I study hard I can achieve great things such a going to amazing Uni's like these girls did. These girls show to all Sacred Heart students that they can excel in their learning and this has also further ignited my passion for STEAM!" Xenia 8H

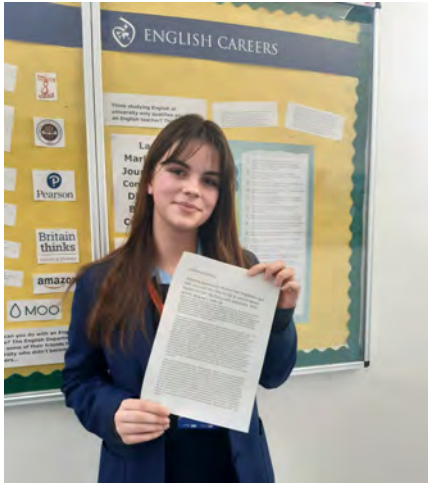
"I liked seeing Y13 achieve and go onto Uni to study subjects involving Science, Technology, Engineering, Arts and Maths. This is really inspiring and is making me want to study hard in these subjects so that I can follow in their footsteps." Rachel 9S

"The way that we are able to see the different Universities that our Year 13 leavers have gone onto is a real inspiration for me personally. It really makes me want to study hard to achieve my goals and fulfil similar aspirations to our Year 13 Women in STEAM!" Caryn 10T

"Being able to see the different University options that STEAM subjects can get me into has really encouraged me to pursue a career in these subjects. The fact that some of our Year 13 students have gone to those top Universities has really motivated me to do the same!" Jagoda 11T



Psoriasis Week



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

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

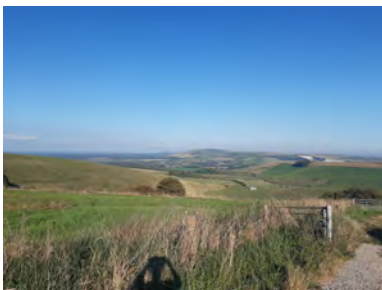
<https://www.psoriasis-association.org.uk/your-stories/julianna%5C>



Duke of Edinburgh Bronze, Silver & Gold

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

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



The West London Teacher Training Alliance

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

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

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

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

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

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

Responses from our trainees:

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

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

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

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

We are currently recruiting for the academic year 2024-25



Teaching 
Every Lesson Shapes a Life

Catholic Children's Society Christmas Appeal



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

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

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

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

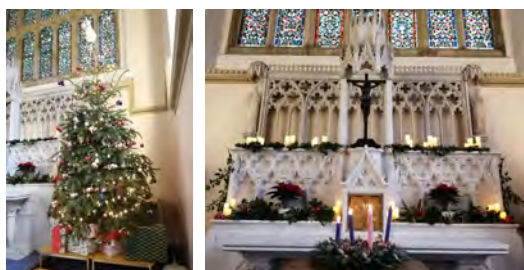
Big applause also goes to our sixth form volunteers who visited the centre to assist in sorting and organising the gifts alongside the dedicated team of charity workers. Their hard work was truly commendable, and they may have secretly enjoyed exploring the array of toys.

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



Advent Liturgy

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



Praying Advent as Parents

Celebrating Christmas with Faith and Hope

Too often, Christmas is a difficult time. If there are family tensions at all, they seem to come out at this time. Yet, if our Advent is full of prayer, preparing for Christmas, we will more likely be prepared to be full of compassion and joy at Christmas. How will this make a difference?

If our trust is in God, if we have prayed for those we love, and for those with whom we have a difficult time, we will be better able to be with them or not be with them with greater compassion and peace, with greater love. We will be less tempted to judge and less disturbed by anxiety and anger. And, our loved ones will experience the difference in us. They will more likely see our faith and be touched by it.

Even without words, we can be evangelists of the Good News we will be gathering to celebrate. Living and longing in hope can be powerfully transformative. We see the promises of our God coming to life when there's a little more light, a little more hope, when pathways are open, and there is a peace and joy at Christmas.

It will all be the gift of our God who came to us that we might have hope, especially that parents might have hope that God's love and mercy is even greater than our own.



[Advent as Parents \(creighton.edu\)](http://creighton.edu)



A Final Word

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

SO Donohue





LENT TERM

JANUARY 2024		
Monday	08	All students return & start of exam week for all students
Monday	15	Exam week continues for Years 11-13
Thursday	18	PSHE: KS3 & Y10 only
Thursday	25	PSHE & Year 8 Retreat - Forms S, H & E
Friday	26	Year 8 Retreat - Forms A, R & T
Tuesday	30	Year 11 GCSE Devised Performances in Drama Rm 4.30pm
Wednesday	31	UKMT Intermediate Mathematical Challenge Year 7 Retreat - Forms S & H
FEBRUARY 2024		
Thursday	01	Year 7 Retreat - Forms E & A
Friday	02	Year 7 Retreat - Forms R & T
Thursday	08	PSHE collapsed curriculum day Y12 Parent Teacher Meeting, 4pm – 6pm
Friday	09	School day ends at the normal time
HALF TERM Monday 12 Feb-Friday 16 Feb inclusive		
Monday	19	All students return to school Madeleine Sophie Music Competition Prelim Rounds after school all week
Wednesday	28	Madeleine Sophie Music Comp Finals 5:30pm, parents welcome
MARCH 2024		
Friday	01	PSHE
Thursday	07	World Book Day Y9 OPTIONS EVENING 5pm
Friday	08	International Women's Day; PSHE; STEAM Panel Event tbc
Monday	11	Contemporary Sounds Prelim Rounds all week after school
Thursday	14	Pi day (KS3) Shakespeare Schools' Festival
Friday	15	PSHE
Tuesday	19	Contemporary Sounds FINAL – 5:30pm, Parents welcome
Thursday	21	Y9 Parent Teacher Meeting 4pm – 7pm
Friday	22	PSHE
Monday	25	Foundation Day -on this day in 1893 our school was established Lent Service Rehearsals
Tuesday	26	Lent Service Rehearsals
Wednesday	27	Lent Service Rehearsals Lent Liturgy 6pm, parents welcome
Thursday	28	Term ends, 1pm
EASTER HOLIDAYS		
APRIL 2024		
Monday	15	Professional Training Day for staff (school closed to students)
Tuesday	16	All students return